



# GWC (Gladiator Wrestling Competitions) Official Rulebook – Freestyle

*(Integrated with gender policy, bout-length caps, technique matrix, and medical requirements)*

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## 1. Field of Play

- The wrestling mat must have a **9 m** diameter, surrounded by a **1.50 m** border of the same thickness.
  - A **1 m** central circle marks the middle of the mat.
  - The wrestling surface is **7 m** in diameter, with a **1 m**-wide **passivity zone** (orange strip).
  - Scoreboards must be placed on a separate platform near the mat(s).
  - The mat must be cleaned and disinfected before every session.
  - Coaches must be seated on the same side of the mat: **Red** wrestler on the left, **Blue** wrestler on the right.
  - The mat should be surrounded by open space to ensure smooth competition.
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## 2. Skill Divisions

- **Novice**
- **Experienced**

Note: Age/skill restrictions on techniques appear in **Section 9**.

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## **3. Age & Weight Divisions**

### **3.1 Boys' GWC Wrestling Divisions (Ages 6–18)**

- Under 30 kg
- Under 40 kg
- Under 50 kg
- Under 60 kg
- Under 70 kg
- Over 70 kg
- Over 80 kg
- Over 90 kg
- Over 100 kg

### **3.2 Girls' GWC Wrestling Divisions (Ages 6–18)**

- Under 30 kg
- Under 40 kg
- Under 50 kg
- Under 60 kg
- Over 60 kg
- Over 70 kg
- Over 80 kg

### **3.3 Men's GWC Wrestling Divisions (19+)**

- Under 70 kg
- Under 80 kg
- Under 90 kg
- Under 100 kg
- Over 100 kg

### **3.4 Women's GWC Wrestling Divisions (19+)**

- Under 50 kg
- Under 60 kg

- Under 70 kg
  - Under 80 kg
  - Over 80 kg
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## 4. Eligibility & Gender Policy

### 4.1 Mixed-Gender Bouts

1. GWC sanctions competition in **separate male and female categories from age 12 and above**.
  2. **Mixed-gender bouts are prohibited for participants aged 12+** in all sanctioned formats.
  3. **Under 12** development formats may permit mixed-gender participation at the Event Director's discretion, subject to:
    - appropriate **weight/size and skill parity**,
    - **parent/guardian consent** for both athletes, and
    - all GWC safety and welfare requirements.
  4. Where doubt exists, the bout **must not proceed**; athletes compete in their gender category.
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## 5. Weigh-ins

- **Weigh-in time: 8:30 AM** on the day of the competition.
  - All athletes must weigh in prior to start of competition.
  - The official weigh-in period lasts 30 minutes.
  - Competitors may attempt to weigh in as many times as they wish within this 30-minute window
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## 6. Match Duration & Structure

### 6.1 Seniors

- **Regulation time: 2 × 3:00** rounds
- **Rest interval: 0:30** between rounds

- **Overtime (if tied after regulation): single 2:00** period
- If still tied after OT → **Golden Point** (first score wins)
- **Pin** wins outright; **10-Point Superiority** applies (see Section 8)

**Total elapsed time (max): 8:30** (6:00 wrestling + 0:30 rest + up to 2:00 OT)

## 6.2 Juniors

- **Regulation time: 2 × 2:00** rounds
- **Rest interval: 0:30** between rounds
- **Overtime (if tied after regulation): single 1:00** period
- If still tied after OT → **Golden Point** (first score wins)
- **Pin** wins outright; **10-Point Superiority** applies (see Section 8)

**Total elapsed time (max): 5:30** (4:00 wrestling + 0:30 rest + up to 1:00 OT)

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## 7. Officials

- **Referee:** On-mat, calls points in real time and may stop the bout at any time for safety.
- **Mat Chairman:** Final adjudicator on points and winner/loser.
- **Minor Official:** Scorer/timer with no judging responsibilities.

**Safety:** Referee safety stoppages are **final in-bout**. Scoring/administrative disputes proceed per officiating protocols.

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## 8. GWC Scoring System

### 1 Point

- Escape
- Push-out
- Shoelace untied
- Danger position for more than 5 seconds (back exposure of more than 90°)

### 2 Points

- Reversal

- Tilt (back exposure more than 90° – danger position)

### 3 Points

- Takedown to elbow, head, or knee (chest to mat)

### 4 Points

- Standing position **directly to back**

### 5 Points

- **Leg-over-head throw** (elevation)
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## 9. Techniques — Safety, Prohibited Actions & Penalties (incl. Matrix)

### 9.1 Code Type

- GWC is a **non-submission** wrestling code. **Submission-style holds are not permitted** in any division.

### 9.2 Prohibited for All Divisions (non-exhaustive)

Sanctioned by verbal warning, caution with point(s), or **disqualification** depending on severity. Post-event discipline may apply.

- **Uncontrolled throws/slams**; any technique delivered without control/safe landing.
- **Head-first landings**; any action causing the opponent to land on the **head/neck**.
- **Neck compressions; strangles/chokes**; holds endangering the cervical spine.
- **Twisting/torquing submissions**; any hold likely to cause fracture/dislocation.
- Pulling hair/ears/genitals; skin pinching; biting; twisting fingers/toes.
- Kicking; head-butting; strangling; pushing; striking actions of any kind; elbow/knee thrusts to the body.
- Applying holds that may endanger life or cause fractures/dislocations.
- Stepping on the opponent's feet.
- Touching the opponent's face between the eyebrows and the line of the mouth.
- Holding the **singlet; clinging to or grasping** the mat surface.
- **Seizing the sole of the opponent's foot** (only upper foot or heel may be controlled).
- Talking during the bout; **interlocking fingers** to block Active Wrestling; colluding on

bout outcomes; spitting water.

### 9.3 Age/Skill-Based Restrictions

- **Juniors (18 and under): No Grand Amplitude/high-risk throws and no suplex variants.**
- **Seniors/Experienced:** Controlled amplitude throws **below Grand Amplitude** are permitted **only** with demonstrable control and a **safe landing** for the opponent.

### 9.4 Technique Matrix

Technique Category	Juniors (<19)	Seniors (19+)	Notes
Uncontrolled throws/slams	<b>Prohibited</b>	<b>Prohibited</b>	Control & safe descent mandatory.
Head-first landings	<b>Prohibited</b>	<b>Prohibited</b>	Immediate stoppage; medical check if indicated.
Neck compressions / chokes	<b>Prohibited</b>	<b>Prohibited</b>	Non-submission code.
Twisting/torquing submissions	<b>Prohibited</b>	<b>Prohibited</b>	Non-submission code.
Suplex & <b>Grand Amplitude</b>	<b>Prohibited</b>	<b>Grand Amplitude prohibited; non-Grand amplitude permitted with control</b>	Referee errs on safety.
Controlled amplitude throws (non-Grand)	<b>Permitted with control</b>	<b>Permitted with control</b>	Must show clear control & protect opponent on landing.
Trips, sweeps, body locks, leg attacks	<b>Permitted</b>	<b>Permitted</b>	Finish safely; avoid head/neck contact.
Reversals / Escapes	<b>Permitted</b>	<b>Permitted</b>	No submissions/joint torques.
Foot controls	<b>Upper foot/heel only</b>	<b>Upper foot/heel only</b>	<b>No seizing the sole.</b>
Ground control & pins	<b>Permitted</b>	<b>Permitted</b>	Maintain spinal safety; no neck cranks.
Unsportsmanlike talk/taunt	<b>Prohibited</b>	<b>Prohibited</b>	Sanctions escalate per severity.

Referees must **stop** actions trending toward a prohibited end state (e.g., developing head-first trajectory) and may sanction **dangerous attempts** even without injury.

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## 10. Ways to Win a Match

- **By Fall (Pin)** — match ends immediately.
  - **By Injury or Forfeit.**
  - **By Disqualification** (three cautions or a severe infraction).
  - **By Points** — wrestler with at least 1 more point after both periods wins.
  - **10-Point Superiority** — technical superiority rule applies.
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## 11. Disciplinary Actions

- Additional sanctions may be applied **after** the competition for serious infractions.
  - A wrestler who intentionally injures an opponent may be banned from future competitions.
  - Violations may progress: **verbal warning** → **caution with 1 or 2 points to opponent** → **disqualification (DQ)**, as warranted.
  - Referee safety decisions are **final in-bout**; protests/appeals follow the GWC Protest & Appeals Policy.
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## 12. Medical & Safety Requirements

**Ringside Medical:** Promoter must provide a **medical practitioner or paramedic** for all permitted GWC events.

**Emergency Readiness:** **AED** on site and accessible; maintained **first-aid station**.

**Pre-Bout Medical:** Pre-bout medical checks per event medical bulletin and permit conditions.

**Mat Hygiene:** Mats **cleaned and disinfected** before each session and as needed between bouts (blood-borne pathogen protocol).

**Concussion Protocol:** Immediate removal for any suspected concussion; **medical clearance** required for return per GWC Return-to-Play.

**Stopping Criteria:** Referees may stop the bout at any time for injury, illegal action, or uncontrolled trajectory.

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**This integrated rulebook governs all GWC-sanctioned Freestyle competitions.** All wrestlers, coaches, officials, and promoters must adhere strictly to these regulations