

FOLKSTYLE WRESTLING RULES

The objective of wrestling is to pin your opponent's shoulders to the mat for 2 seconds. A pin (a.k.a. fall) ends the match immediately. However, if neither wrestler is pinned, the winner is the wrestler with the most points at the end of the match. There are five ways to score points in a folkstyle wrestling match: Takedown, Escape, Reversal, Near-Fall, and Penalty.

MATCH SCORING

Score	Abbreviation	Points	Description
Takedown	T	2	From a natural (standing) position, a wrestler gains control over opponent down on the mat, while the supporting parts of either wrestler are inbounds. Common takedowns include single legs, double legs, shrugs, duck unders, fireman's carries, high crotches, arm drags, headlocks, and bodylocks.
Escape	E	1	When a defensive / controlled (bottom) wrestler gains a neutral position and opponent has lost control, while at least one wrestler is inbounds. Common escapes include stand ups and sit outs.
Reversal	R	2	When the defensive / controlled (bottom) wrestler gains control of opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are inbounds. Common reversals include switches, rolls, and hip heists.
Near Fall (a.k.a. back points)			A near fall criteria exists when the offensive wrestler: <ul style="list-style-type: none"> • holds any part of both shoulders of the defensive wrestler within four inches of the mat; • holds one shoulder of the defensive wrestler to the mat with the other shoulder held at an angle of 45 degrees or less; or • holds the defensive wrestler in a high bridge or on both elbows exposing his back to the mat.
	NF2	2	If a near fall criteria is met for <u>two continuous seconds</u> , 2 points are awarded when the defensive wrestler is out of the predicament.
	NF3	3	If a near fall criteria is met for <u>five continuous seconds</u> , a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.
	NF4	4	Match is stopped to ensure safety of bottom wrestler. It usually occurs when bottom wrestler appears to be hurt or in pain.
Fall (a.k.a. Pin)	F	n/a	When the offensive wrestler holds opponent's shoulders in contact with the mat for a full <u>two-second</u> count. Common pinning combinations include half nelsons, three quarter nelsons, arm bars, cradles, and legs (e.g., double leg grapevine & guillotine).
Penalty	P	1 or 2 (see Penalty Chart)	A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart.

TEAM SCORING

Won by	Meet	Tournament
Fall (a.k.a. Pin)	6 Points	2 Points
Forfeit, Default, or Disqualification	6 Points	2 Points
Technical Fall won by 15 or more	5 Points	1.5 Points

Major Decision won by 8-14 points	4 Points	1 Points
Decision won by less than 8 points	3 Points	0 Points
Draw	2 Points	n/a

In tournament competition, each time a wrestler advances in the Championship bracket he scores an additional 2 team points, each time a wrestler advances in the consolation bracket he scores an additional team point. Also, a wrestler scores team points for placing in the tournament as follows:
 1st -14 pts, 2nd - 10 pts, 3rd - 7 pts, and 4th - 4 pts.
 1st -16 pts, 2nd - 12 pts, 3rd - 9 pts, 4th - 7 pts, 5th - 5 pts, 6th - 3 pts, 7th - 2 pts, and 8th - 1 pt.

PENALTY CHART

Infraction	Warning	First	Second	Third	Fourth
Illegal Holds	No	1 point	1 point	2 points	Disqualification
Unnecessary Roughness	No	1 point	1 point	2 points	Disqualification
Unsportsmanlike conduct	No	1 point	1 point	2 points	Disqualification
Stalling	Yes	1 point	1 point	2 points	Disqualification
Technical Violations	No	1 point	1 point	2 points	Disqualification

Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position, locked hands.

(A wrestler can lock hands around his opponent's body or legs only in pinning combinations, takedown situations, or when opponent is standing on both feet.)

Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.

Unsportsmanlike conduct - No warning, deduct 1 team point for first offense. On 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes coaches and nonparticipants.

Flagrant Misconduct - No Warning. Disqualify and deduct 2 team points. Remove from premises. Includes contestants, coaches, and non-participants.



OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



<p>Green Right Red Left</p>  <p>Unsportsmanlike Conduct and Flagrant Misconduct</p>	 <p>Stopping the Match</p>	 <p>Start the Injury Clock</p>	 <p>Stop the Injury Clock</p>
 <p>Technical Violation</p>	 <p>Out-of-Bounds</p>	 <p>Indicating No Control</p>	 <p>Awarding Points Left or Right Hand</p>
 <p>Reversal</p>	 <p>Interlocking Hands or Grasping Clothing</p>	 <p>Near-Fall</p>	 <p>Caution for False Start and Incorrect Starting Procedure</p>
 <p>Stalling Left or Right Hand</p>	 <p>Illegal Hold or Unnecessary Roughness</p>	 <p>Indicating Wrestler in Control Left or Right Hand</p>	 <p>Defer Choice</p>
 <p>Stalemate</p>	 <p>Time Out</p>	 <p>Neutral Position</p>	 <p>Potentially Dangerous Hold Left or Right Hand</p>