

Overview of Wrestling Rules and Scoring

The object of the sport of wrestling is to put your opponent on his back -- to pin your opponent. The offensive wrestler (top position) tries to stay on top of his/her opponent and secure the pin. The defensive wrestler (bottom position) tries to reverse positions and gain the offensive position in order to secure a pin

A pin (or fall) is when you put your opponent on his/her back with any part of both shoulders or both shoulder blades of your opponent in contact with the mat for two seconds. When you pin your opponent, the match is over and you are the winner.

If nobody gets pinned, the winner is the wrestler who has scored the most points during the match.

Every match has 3 periods of $\frac{1}{2}$ minutes each, unless a fall or technical fall is secured which immediately ends the match. Matches are started by each wrestler wearing a red or green ankle band. The wrestlers meet at center mat and shake hands and step back so that one foot is on their color in the center circle. In the first period, both wrestlers start in the neutral (standing) position. In the second period, choice is determined with a coin toss at the beginning of all matches by the team captains or at the start of the 2nd period with a coin toss for individual matches in a tournament. The wrestler with the choice has four options: (1) Defer the choice until the 3rd period; (2) start from the neutral position; (3) take the top position (hand on elbow and other arm around the waist OR Freestyle start with hands on the opponent's back; (4) take the bottom position. In the third period, the wrestler with no choice in the 2nd period now has the options above.

These rules apply to the type of wrestling done in the United States in College, High School, Junior High, Middle School, and most youth wrestling. This type of wrestling is often referred to as "folkstyle" wrestling. The rules for "freestyle" and "greco-roman" wrestling, as is done in the olympics and internationally, are a little different.

Individual Match Scoring:

The referee wears red and green wrist bands and awards points to the wrestler wearing the correspondingly colored ankle band. There are five ways to score points in a wrestling match:

- 1) Takedown** - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.
- 2) Escape** - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
- 3) Reversal** - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.

4) Near Fall (Back Points) - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when...

both shoulders are held for two seconds within four inches of the mat, or...

one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or...

the wrestler is held in a high bridge or back on both elbows.

If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.

5) Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

- **Illegal Holds** - There are several holds that the referee will penalize you for without warning. (There are other holds call "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).
- **Technical Violations**
 - Going off the mat to avoid wrestling ("fleeing the mat.")
 - Grabbing clothing, the mat, or the headgear
 - Incorrect starting position or false start (You get two cautions before points are awarded).
 - Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.
 - Leaving the mat during the match without the referee's permission
 - Figure 4 head scissors from the neutral position.
- **Unnecessary roughness**
- **Unsportsmanlike conduct**
- **Flagrant Misconduct** (ejection, the match is over)
- **Stalling** (you get one warning before you are penalized and points are awarded).

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified. (Except for illegal starting position or false start - you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified).

Overview of Wrestling Terms

Decision	If no fall occurs in three periods, the contestant scoring the greater number of points will be declared the winner
Default	One of the wrestlers is unable to continue wrestling for any reason
Disqualification	A wrestler is banned from competition for flagrant misconduct, greasy substance on skin, objectionable pads and braces, illegal equipment, or illegal costume. After the third penalty for illegal holds, technical violations, stalling, or unnecessary roughness
Escape	When the defensive wrestler gains a neutral position and the offensive wrestler has lost control
Fall	Any part of both shoulders or area of both scapulas held in contact with the mat for one second. Shoulders must not be out-of-bounds
Flagrant Misconduct	Determined by the referee to be flagrant. Two team points are deducted.
Forfeit	Received by a wrestler when his opponent, for any reason, fails to appear for the match. Wrestler receiving a forfeit must be dressed to wrestle at mat-side.
Interlocking Hands	A wrestler in the advantage position may not lock or overlap his hands, fingers, or arms around his opponent's body or both legs unless the opponent has all of his weight supported on his feet or has him in a pinning situation.
Reversal	When the defensive wrestler comes from underneath and gains control of his opponent, either on the mat or standing. Supporting points must be within the wrestling area.
Stalling	When a contestant does not make an honest attempt to stay in the circle and wrestle aggressively. A penalty is preceded by only one warning
Stalemate	A position other than a pinning situation in which neither wrestler can improve his position
Takedown	From a neutral position, a contestant gains control and places his opponent's supporting points down on the mat and holds there beyond reaction time. Supporting points of either wrestler must be within the wrestling area
Technical Fall	15-point advantage.
Three-Point Near Fall	When the near-fall criteria have been met uninterrupted for five full seconds. Only the wrestler with the advantage may score a near-fall

OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE

 <p>Unsportsmanlike Conduct and Flagrant Misconduct</p>	 <p>Stopping the Match</p>	 <p>Technical Violation and Misconduct</p>	
 <p>Out-of-Bounds</p>	 <p>Indicating No Control</p>	 <p>Awarding Points</p>	
 <p>Reversal</p>	 <p>Interlocking Hands or Grasping Clothing</p>	 <p>Near-Fall</p>	 <p>Caution for False Start</p>
 <p>Warning</p>	 <p>Illegal Hold</p>	 <p>Indication Wrestler in Control</p>	
 <p>Stalemate</p>	 <p>Time Out</p>	 <p>Neutral Position</p>	 <p>Potentially Dangerous Hold</p>