

FOLKSTYLE WRESTLING

The objective of the sport of wrestling is to force your opponent onto his back, to pin your opponent. A pin, also called a fall, occurs when any part of both shoulders or both shoulderblades (scapula) of either wrestler are in contact with mat for **two (2) continuous seconds**. A pin 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

Move	Points	Description
Takedown	2 Points	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are inbounds.
Escape	1 Point	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is inbounds.
Reversal	2 Points	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are inbounds.
Near Fall	2 or 3 Points	<p>When near fall criteria is met for 2 seconds. Near fall criteria is:</p> <ul style="list-style-type: none"> when any part of both shoulders or scapula of the defensive wrestler are held for a least 2 seconds within four inches of the mat; or when one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less. <p>If near fall criteria is met for two continuous seconds, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for five continuous seconds a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.</p>
Penalty	1 Point typically, See 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.

PENALTY CHART

Infraction	Warning	First	Second	Third	Fourth
Illegal Holds	No	1pt	1pt	2pt	Disqualify
Unnecessary Roughness	No	1pt	1pt	2pt	Disqualify
Unsportsmanlike conduct	No	1pt	1pt	2pt	Disqualify
Stalling	Yes	1pt	1pt	2pt	Disqualify
Technical Violations	No	1pt	1pt	2pt	Disqualify

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

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.














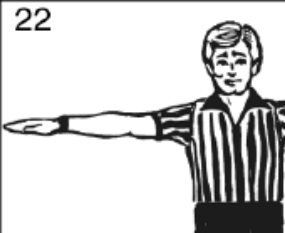

Unsportsmanlike conduct- No warning, deduct 1 team point for first offense. On 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes coaches and nonparticipants.

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



OFFICIALS' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Clock	5  Start Blood Clock
6  Stop Blood/Injury Clock	7  Neutral Position	8  Indicates No Control	9  Out-of-Bounds	
10  Indicates Wrestler in Control Left/Right Hand	11  Defer Choice	12  Potentially Dangerous Left/Right Hand	13  Stalemate	
14  Caution - False Start or Incorrect Starting Procedure	15  Stalling Left/Right Hand	16  Interlocking Hands or Grasping Clothing	17  Reversal	18  Technical Violation
19  Illegal Hold or Unnecessary Roughness	20  Near-Fall	21  Awarding Points Left/Right Hand	22  Unsportsmanlike Conduct Left/Right Hand	23  Flagrant Misconduct Left/Right Hand