



Basic Rules/Guidelines for a Wrestling Match

- First** - The wrestlers shake hands and action commences on the referee's whistle.
- Then** - Each wrestler attempts to take his opponent off his feet and to the mat for a takedown.
- Once** A takedown is secured, the top wrestler attempts to keep his opponent under control and works for a fall/pin (holding both of your opponents shoulders on the mat for two seconds).
- 3 Periods** Each match consists of three, two minute periods. The first period begins with both wrestlers beginning on their feet. At the start of the second and third period, the wrestler has a choice of being in neutral position, on top (referee position) or on bottom (referee position).

Individual Match Scoring

- Takedown (2 pts.)** Taking an opponent off his feet to the mat under control.
- Escape (1 pt.)** The underneath wrestler escapes into a neutral position.
- Reversal (2 pts.)** The underneath wrestler gains control of his opponent.
- Near-Fall (2 pts.)** Holding an opponent's shoulders near the mat less than five seconds but for at least two seconds.
- Near-Fall (3 pts.)** Holding an opponent's shoulders near the mat for five seconds or more.
- Stalling (1 pt.)** Awarded a wrestler when his opponent refuses to wrestle aggressively.
- Illegal hold (1pt.)** Such as full nelson, twisting hammer lock, etc.

Dual Meet Scoring

- Fall/ Forfeit..... (6 pts.)**
- Technical Fall (win by 15 pts).....(5 pts.)**
- Major Decision (win by 8 pts).....(4 pts.)**
- Decision.....(3 pts.)**

Tournament Scoring

Team Scoring

- Fall..... 2 pts
- Default..... 2 pts
- Forfeit..... 2 pts
- Disqualification. 2 pts
- Advancement
- Champ bracket..... 2 pts.
- Consol. Bracket 1 pts.
- Technical Fall..... 1 ½ pts.
- Major Decision (by 8-14) ..1 pt.

Place Points

- First.....18 pts.
- Second.....15 pts.
- Third..... 13 pts.
- Fourth.....11 pts.
- Fifth.....9 pts.
- Sixth.....7 pts.
- Seventh.....5 pts.
- Eighth.....3 pts.