



## FOLK STYLE WRESTLING RULES

**Objective:** 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 shoulder blades (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.

**Period Length:** Peewee, Bantam and Midget wrestle three (3) 1 minute periods. Novice and Schoolboy wrestle three (3) 1½ minute periods.

- **1st Period:** Starts from the standing or "Neutral" position.
- **2nd Period:** Choice of position is determined by a coin toss. The winner may choose top or bottom in "referee's" position or may opt to start in the neutral position.
- **3rd Period:** Choice of position is given to the wrestler who lost the coin toss before the second period. The same options apply.

**Scoring:** There are five ways to score points in a folk style wrestling match:

- **Takedown**
- **Reversal**
- **Penalty**
- **Escape**
- **Near-Fall**

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	When near fall criteria is met for 2 seconds. Near fall criteria is:  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.  If near fall criteria is met for <b>two continuous seconds</b> , 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for <b>five continuous seconds</b> a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.
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.

Dual Meet Team Scoring	
Won By	Team Points
Fall (aka Pin)	6 points
Forfeit, Default, or Disqualification	6 points
Technical Fall - won by 15 or more points	5 points
Major Decision - won by 8-14 points	4 points
Decision - won by less than 8 points	3 points

<b>PENALTY CHART</b>					
<b>Infraction</b>	<b>Warning</b>	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>Illegal Holds</b>	No	1pt	1pt	2pt	Disqualify
<b>Unnecessary Roughness</b>	No	1pt	1pt	2pt	Disqualify
<b>Un-sportsman-like conduct</b>	No	1pt	1pt	2pt	Disqualify
<b>Stalling</b>	Yes	1pt	1pt	2pt	Disqualify
<b>Technical Violations</b>	No	1pt	1pt	2pt	Disqualify
<p>Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position, locked hands.</p> <p>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.</p> <p>Un-sportsman-like conduct - No warning, deduct 1 team point for first offense. On 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes contestants, coaches and non-participants.</p> <p>Flagrant Misconduct- No Warning. Disqualify and deduct 2 team points. Remove from premises. Includes contestants, coaches, and non-participants.</p>					