



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 opponents' shoulder on the mat for 2 seconds)
- 3 Periods:** Each match consists of three two-minute periods. The 1st period begins with both wrestlers beginning on their feet. At the start of the 2nd period and 3rd period, the wrestler has a choice of being in a 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 bottom wrestler escapes into a neutral position
- Reversal (2 pts)** The bottom wrestler gains control of his opponent
- Near-Fall (2-3 Pts)** Holding an opponent's shoulders near the mat less than 5 sec but for at least 2 sec
- Stalling (1 pt.)** Awarded to a wrestler when his opponent refuses to wrestle aggressively
- Illegal Hold (1 pt.)** Such as full nelson, slam, 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 | 2 pts |
| Technical Fall | 1 ½ pts |
| Major Decision | 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 |

Wt. Classes

- 106, 113, 120, 126, 132, 138
145, 152, 160, 170, 182, 195,
220, 285