

Folkstyle Wrestling Rules Summary

Object: The object of a Folkstyle wrestling match is to control your opponent. Pinning an opponent's shoulders to the mat for two continuous seconds is the ultimate form of victory. The wrestler who scores the most points in the designated time frame - is the winner, however, a wrestler who earns a "pin" wins the match, regardless of the score and the pin ends the match immediately.

Length: A wrestling match consists of three (3) one-minute periods at the youth level (grades K-6); middle school and high school bouts consist of three (3) two-minute periods. There are always exceptions; however, this is a good rule of thumb.

- **1st Period:** Starts in the standing or "Neutral" position. As a sign of sportsmanship, opponents shake hands. Each wrestler must have a foot on the starting line (green or red) in the center of the mat.
- **2nd Period:** Choice of the starting position is determined by a coin toss. The winner may choose the top or bottom position in the "referee's position," choose neutral, or defer the choice to his/her opponent who must choose top, bottom or neutral. This position is simply a starting position and wrestling proceeds as normal the remainder of the period.
- **3rd Period:** The choice of position is given to the wrestler who did not have choice in the second period. Once again, this is a starting position.

Individual Scoring & Points

Move	Points	Description
Takedown	2	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 in bound.
Escape	1	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is in-bound.
Reversal	2	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 in-bounds.
Near Fall	2 or 3	<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 at least 2 seconds within four inches of the mat. • 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	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 below.





Penalties

Infraction	Warning	First	Second	Third	Fourth
Illegal holds	No	1 point	1 point	2 points	Disqualify
Unnecessary roughness	No	1 point	1 point	2 points	Disqualify
Unsportsmanlike conduct	No	1 point	1 point	2 points	Disqualify
Stalling	Yes	1 point	1 point	2 points	Disqualify
Technical violations	No	1 point	1 point	2 points	Disqualify

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

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

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