

WRESTLING

Revised: 9/99

Scoring

- Takedown - (2 points) - When a wrestler gets behind or on top of his opponent from the neutral or standing position.
- Escape - (1 point) - Getting out from underneath an opponent to a neutral or standing position -- facing him.
- Reversal - (2 points) - Getting out from underneath the opponent and behind or on top of him.

A near-fall is a positioning in which the offensive wrestler has control of his opponent in a pinning situation with:

1. Both shoulders of the defensive wrestler held momentarily within 4 inches of the mat or less, or when one shoulder of the defensive wrestler is touching the mat and the other shoulder is held at an angle of 45 degrees or less from the mat.
2. If the near-fall positioning is held for 5 uninterrupted seconds, 3 points shall be awarded.

If the referee's count is stopped before reaching 5 seconds, 2 point shall be awarded.

Pin - is a position when both shoulders are held in contact with the mat for 1 second.

Stalling - Avoiding wrestling in the top, bottom, or neutral positioning.

First Offense: Warning
Second and Third Offense: One point awarded to opponent
Fourth Offense: Two points awarded to opponent
Fifth Offense: Disqualification

Stalemate - When the wrestler are interlocked in a position, other than a pinning situation, in which neither wrestler can improve his position, the referee shall stop the match and wrestling shall resume.
NO POINTS ARE AWARDED!!

Technical Violations - (full nelson, slams, locking hands, double arm bar locking from the front, choking holds) You may lock your hands around your opponent's body when he is standing.

First and Second Offense: 1 point awarded to opponent
Third Offense: 2 points awarded to opponent
Fourth Offense: Disqualification

Caution - improper positioning; false start

First Offense: Warning
All Offenses After The First: 1 point awarded to opponent each time

WATCH THE REFEREE --- HE INDICATES POINTS AS THEY ARE SCORED BY HOLDING UP THE FINGERS OF ONE HAND.

(OVER)