

# WRESTLING SCORING

- **TAKEDOWN - T2 - 2 points** - One of the neutral wrestlers gets behind the opponent and takes them down to the mat to their stomach or side or knees or weight on all fours OR takes them directly to their back or buttocks without getting behind them and becomes the offensive wrestler. If you go from neutral to defense, you were taken down and are now on the bottom. Neutral to Offense is a two point takedown.



Awarding Points  
Left/Right Hand

**green or red**

- **ESCAPE - E1 - 1 point** - The defensive wrestler gets out from underneath the opponent's control and gets into the neutral position AND is facing the opponent. Defense to Neutral is a one point escape.



Awarding Points  
Left/Right Hand

**green or red**

- **REVERSAL - R2 - 2 points** - The defensive wrestler gets out from underneath the opponent's control and gets on top of and/or behind the opponent in one move and becomes the offensive wrestler. To earn a reversal, you do not have to return your opponent to the mat as you would on a takedown. Defense to Offense is a two point reversal.



Reversal

- **NEAR FALL 2 - N2 - 2 points** – **Awarded** after the offensive wrestler turns the defensive wrestler over onto their back and holds them at a 45 degree angle or less for between 2-4 seconds (2-4 counts by the referee). **Also awarded** when the match is stopped due to the defensive wrestler being injured and/or screaming out to stop the match (unethical unless they are really injured) while being turned toward their back (imminent near fall) before the near fall count starts or before 2 counts by the referee. Only one set of near fall points can be awarded for each pinning hold, and they cannot be awarded until after the pinning situation has ended. Defense on Back.



Near-Fall

- **NEAR FALL 3 - N3 - 3 points** – Awarded after the offensive wrestler holds the defensive wrestler within near fall criteria for five or more seconds in a row, instead of the two point near fall. **Also awarded** when the match is stopped due to the defensive wrestler being injured and/or screaming out to stop the match (unethical unless they are really injured) after being held within two point near fall criteria (2-4 count by the referee), instead of the 2 point near fall. Defense on Back Longer.



Near-Fall

- **PENALTY POINTS - P1 or P2 - 1 or 2 points** - A wrestler in any of the three scoring positions can earn one or two penalty points when their opponent breaks the rules of wrestling. These rules include no stalling (one stall warning “S” is given before penalizing for stalling), no swearing, kicking, scratching, biting, hitting, body slamming an opponent to the mat, bending any body part beyond its normal range of motion (the referee will try to stop these situations as “potentially dangerous” before someone is injured), or using holds from the illegal holds’ list. On the penalty chart, any first penalty is 1 point. Any second penalty is 1 point. Any third penalty is 2 points. Any fourth penalty is disqualification. Unsportsmanlike conduct and flagrant misconduct can lead to immediate disqualification.



Stalling  
Left/Right Hand



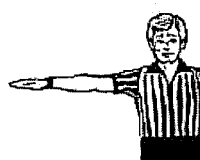
Illegal Hold or Unnecessary  
Roughness



Interlocking Hands or  
Grasping Clothing



Technical Violation



Unsportsmanlike Conduct  
Left/Right Hand



Flagrant Misconduct  
Left/Right Hand

- **LOCKED HANDS PENALTY** - A wrestler in the neutral position or defensive position can lock hands around the torso or both legs of the opponent. But it is a penalty for the offensive wrestler to lock hands (except cradles) around the torso or both legs of the defensive wrestler unless the opponent is standing on their feet or within a near fall count. Overlapping fingers is considered locked hands by the referee.



Interlocking Hands or  
Grasping Clothing

- **LOCKED HANDS AROUND THE HEAD PENALTY** - It is a penalty from any of the three scoring positions to lock hands around the opponent’s head without an arm or leg included. You must also allow your opponent to breath in a headlock or the referee can stop it as potentially dangerous.



Interlocking Hands or  
Grasping Clothing

- **CAUTION and CAUTION POINT - C and C1 - 0 and 1 point** - A wrestler in any of the three scoring positions can earn one caution point from the opponent's third caution on for each time the opponent is cautioned by the referee for starting too quick before the whistle OR by lining up incorrectly when starting from referee's position or from on the feet. A wrestler is allowed two cautions before the C1 penalty points begin. Also caution points are separate from penalty points and do not count on the penalty chart towards disqualification. Scored C, C, C1, C1, C1, etc.

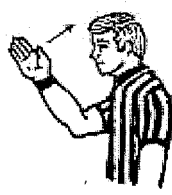
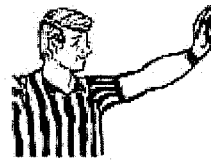



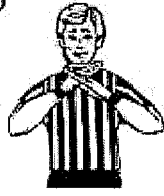
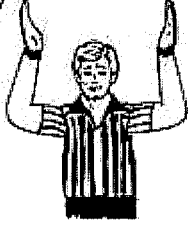
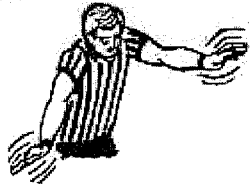

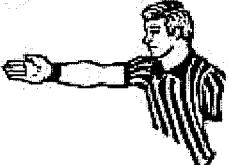








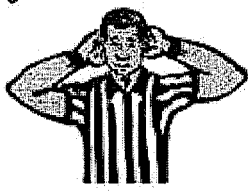

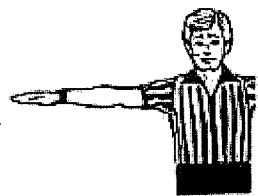

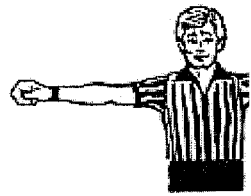


Caution – False Start  
or Incorrect Starting  
Procedure

## **WAYS TO WIN A WRESTLING MATCH**

- **FALL (noun) or PIN (verb or noun)** - Awarded to the team whose wrestler holds both of the opponent's scapulas to the mat for two consecutive seconds in high school and one second in college. The match is over as soon as the fall occurs, and the one who is pinned loses automatically even though they may have been way ahead in match points at the time. The referee slaps the mat when a fall occurs. You can pin or be pinned in any of the three scoring positions.
- **TECHNICAL FALL** - Awarded to the team whose wrestler has scored 15 match points more than the opponent has scored. The match is stopped as soon as the 15 point margin is achieved, except in a pinning situation where the referee will allow the offensive wrestler to try to score the fall. In college only, the winning wrestler has to have scored near fall points during the match to receive the technical fall team points. If no near fall points were scored, this 15-point-margin-win would be a major decision.
- **MAJOR DECISION** - Awarded to the team whose wrestler wins by a margin of 8-14 match points more than the opponent has scored. Also in college, a 15-point-margin-win with no near fall points.
- **REGULAR DECISION** - Awarded to the team whose wrestler wins by a margin of 1-7 match points more than the opponent has scored.
- **DRAW OR TIE** - There are no more ties in wrestling as the match will be decided by sudden victory overtime from the feet and/or by tie breakers from referee's position.
- **DISQUALIFICATION** - A wrestler wins a match by disqualification when the opponent is disqualified from the match because of too many penalties **OR** when a wrestler is illegally injured by an opponent's illegal hold and cannot continue wrestling. If you were injured by an opponent's illegal hold (not a technical violation like locking hands or grabbing the uniform), you will win the match by DQ. It will not do a wrestler any good to intentionally try to injure an opponent because they will lose.
- **INJURY DEFAULT** – A wrestler wins a match by injury default when the opponent is injured accidentally during the match and cannot continue wrestling.

# OFFICIAL'S WRESTLING SIGNALS

<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>	<p>24</p>  <p>Coach Misconduct Left/Right Hand</p>	