

## **HOW TO WATCH A WRESTLING MATCH - FOLKSTYLE**

**FIRST** - Both wrestlers come forward from the corners of the mat, receive the instructions and shake hands.

**NEXT** - The referee blows his whistle and signals, "Wrestle."

**THEN** - Each wrestler tries to take control of the opponent by getting behind or on top of him - a "takedown."

**POINT** - The first points are likely to be given for a takedown. When one wrestler gets a takedown, the referee signals 2 points with his right hand.

**FINALLY** - The DEFENSIVE (or "down") wrestler tries to escape or reverse his position to get on top or behind. The OFFENSIVE (or "top") wrestler tries to stay on top and get a hold with which he can keep his opponents shoulders on the mat for 2 seconds - a fall or pin.

### **Periods**

Every match has three periods. Each period is 2 minutes long (unless modified).

**FIRST PERIOD** - Starts from standing or neutral position.

**SECOND PERIOD** - Choice of position is decided by toss of coin. The winner may choose either up, down, neutral, or defer choice to 3rd period.

**THIRD PERIOD** - Contestant with choice may choose up, down, or neutral.  
Scoring...The Point System..."Mat" Points

**Points**

**TAKEDOWN**.....2 points

When a wrestler takes control and is on top of his opponent from the neutral or standing position.

**ESCAPE**.....1 point

Getting out from underneath to a standing position or neutral position facing opponent.

**REVERSAL**.....2 points

Getting out from under an opponent and behind or on top of him by one maneuver.

**NEAR FALL**.....3 points

Holding an opponent's shoulders with a pinning combination with one shoulder touching and the other 1 inch off the mat for 2 full seconds or more

or

**NEAR FALL**.....2 points

Holding an opponent's shoulders within about 4 inches of the mat or less for 1 full second or one shoulder touching the other at a 45 degree angle.

**STALLING**.....1 point

To opponent having a position of advantage and failing to make an honest attempt to secure a fall.


**ILLEGAL HOLD**

Roughness, technical foul -- awarded to the offensive wrestler.



# OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



 Stopping the Match	 Time Out	 Start the Injury Clock	 Stop the Injury Clock	 Neutral Position
 Indicating No Control	 Out-of-Bounds	 Indicating Wrestler in Control Left or Right Hand	 Defer Choice	
 Potentially Dangerous Left or Right Hand	 Stalemate	 Caution for False Start and Incorrect Starting Procedure	 Stalling Left or Right Hand	
 Interlocking Hands or Grasping Clothing	 Reversal	 Technical Violation	 Illegal Hold or Unnecessary Roughness	
 Near-Fall	 Awarding Points Left or Right Hand	 Unsportsmanlike Conduct: Green Right Red Left	 Flagrant Misconduct Left or Right Hand	