

Overview of Wrestling Rules (1)

The object of the sport of wrestling is to put your opponent on his back -- to pin your opponent.

A pin (or fall) is when you put your opponent on his/her back with any part of both shoulders or both shoulder blades of your opponent in contact with the mat for two seconds. When you pin your opponent, the match is over and you are the winner.

If nobody gets pinned, the winner is the wrestler who has scored the most points during the match..

There are five ways to score points in a wrestling match:

- 1) Takedown** - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.
- 2) Escape** - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
- 3) Reversal** - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
- 4) Near Fall (Back Points)** - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when...

both shoulders are held for two seconds within four inches (10 cm) of the mat, or...

one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or...

the wrestler is held in a high bridge or back on both elbows.

If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.

5) Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

- **Technical Violations**

- Going off the mat or forcing your opponent off the mat to avoid wrestling ("fleeing the mat.")

- Grabbing clothing, the mat, or the headgear

- **Unnecessary roughness**
- **Unsportsmanlike conduct**
- **Stalling**

These rules apply to the type of wrestling done in the United States in College, High School, Junior High, Middle School, and most youth wrestling. This type of wrestling is often referred to as "folkstyle" wrestling. The rules for "freestyle" and "greco-roman" wrestling, as is done in the olympics and internationally, are a little different.