

FOLKSTYLE WRESTLING BASICS BY PHIL HENNING, THE PREDICAMENT WRESTLING



SCOREBOOK FOLKSTYLE WRESTLING - A combative sport where one wrestler tries to **physically control** the opponent against their will without injuring them. **PHYSICAL CONTROL** - To get behind the opponent's back and arms, take them down to the mat, turn them over onto their back, and pin them. To take the opponent directly from their feet to their back and pin them. To counter the opponent's moves to stay in the control position. **MATCH OR BOUT** - When two wrestlers wrestle each other. Both wrestlers must weigh within one weight class of each other. A **MATCH** in high school consists of three two-minute periods. The first period begins in neutral position with both wrestlers on their feet and facing each other. The second period begins with one wrestler choosing top, bottom, neutral, or deferring choice until the third period. The third period begins with the other wrestler choosing top, bottom, or neutral position. A college match is the same except the first period is three minutes long. **POSITIONS** - Most sports have two scoring positions - offense and defense. *** Wrestling has three scoring positions - offense, defense, and neutral. *** You can only be in one of these positions at a time. *** Scoring match points is just going from one position to another. *** You can only score in certain ways from each position.*** If one wrestler is in neutral position, the opponent must also be in neutral position.*** If one wrestler is in the offensive position, the opponent must be in the defensive position. **MATCH STOPPED** - If the wrestlers have their match stopped by the referee's whistle, the referee will return them to the center of the mat and start them wrestling again in the same neutral, top, or bottom position that they were in when the match was stopped. For example: out of bounds, potentially dangerous situations, penalties, injuries, and coach's conference. **NEUTRAL (FEET) POSITION - No Control** - When neither wrestler has control over the other and they are both on their feet or knees and facing each other. Besides penalty points, the only way you can score from the neutral position is a 2 point takedown. **OFFENSIVE (TOP) POSITION - In Control** - The wrestler who is on top of or behind the opponent and is physically controlling them. Also the wrestler on top in referee's position. The offensive wrestler will try to physically break down the opponent and turn the opponent's back toward the mat (45 degree angle or less) to score near fall points or to gain a fall. Besides penalty points, the only ways you can score from the offensive position are 2, 3, or 4 point near fall. **DEFENSIVE (BOTTOM) POSITION - Being Controlled** - The wrestler who is underneath and is being physically controlled. Also the wrestler on the bottom in referee's position. The defensive wrestler will try to get out of the top wrestler's control by escaping from or reversing the offensive wrestler. Besides penalty points, the only ways you can score from the defensive position are a 1 point escape or a 2 point reversal. **MATCH POINTS** - Points scored during a match. There are eight basic ways to score match points in high school and nine basic ways in college (riding time).

- **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.
- **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.
- **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.
- **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 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 4** - N4 - 4 points – **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 near fall criteria for five or more seconds in a row, instead of the 3 point near fall. Defense on their Back Longer and Are Injured.
- **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.
- **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.
- **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.
- **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.

OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE

 <p>Unsportsmanlike Conduct and Flagrant Misconduct</p>	 <p>Stopping the Match</p>	 <p>Technical Violation and Misconduct</p>	
 <p>Out-of-Bounds</p>	 <p>Indicating No Control</p>	 <p>Awarding Points</p>	
 <p>Reversal</p>	 <p>Interlocking Hands or Grasping Clothing</p>	 <p>Near-Fall</p>	 <p>Caution for False Start</p>
 <p>Warning</p>	 <p>Illegal Hold</p>	 <p>Indicating Wrestler in Control</p>	
 <p>Stalemate</p>	 <p>Time Out</p>	 <p>Neutral Position</p>	 <p>Potentially Dangerous Hold</p>