

# Wrestling Scoring

Scoring (individual points earned during a match)

**TAKEDOWN** - 2 points - when a wrestler gets behind or on top of his opponent and establishes control from the NEUTRAL position.

**ESCAPE** - 1 point - when the bottom wrestler gets out from underneath his opponent to a NEUTRAL (standing) position and then facing him.

**REVERSAL** - 2 points - when the bottom wrestler gets out from underneath his opponent and behind or on TOP of his opponent.

**NEARFALL** - 2 or 3 points - when the offensive wrestler holds his opponent's shoulders to or near the mat (breaking 45 degree angle), but not long enough for a pin.

**STALLING** - 1 point to opponent - when the offensive wrestler does not attempt to pin his opponent and/or the defensive wrestler does not attempt to escape or work for a reversal.

**ILLEGAL HOLDS, ROUGHNESS, TECHNICAL VIOLATION** - 1 or 2 points - awarded to the offended wrestler or **DISQUALIFICATION**.

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**Team Points** (earned for each individual match)

**FALL (PIN)** - 6 team points - when the offensive wrestler holds his opponent's shoulder's to the mat for two seconds; this ends the match.

**TECHNICAL FALL** - 5 team points - when a wrestler out scores his opponent by 15 points; this ends the match unless the wrestlers are in a NEARFALL position at which time the offensive wrestler can attempt to pin his opponent.

**SUPERIOR DECISION** - 4 team points - at the conclusion of the match, when a wrestler out scores by 8 to 14 points.

**DECISION** - 3 team points - at the conclusion of the match when a wrestler out scores his opponent by 1 to 7 points.

**DRAW** - 2 team points - at the conclusion of the match when a tie is determined.

**DEFAULT, FORFEIT, DISQUALIFICATION** - 6 team points - A wrestler is unable to continue wrestling, does not show or penalized.

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During the Match (what's happening?)

**FIRST PERIOD** - always starts off with both wrestlers in the NEUTRAL (standing) position. Both wrestlers come forward from their corners of the mat, get directions and shake hands. Next, the referee blows the whistle and signals "wrestle". Now, each wrestler tries to gain control by setting behind or on top of the other opponent (the first points that are generally awarded are usually for a TAKEDOWN). When one wrestler gets a TAKEDOWN, the referee signals "two points". The offensive wrestler (usually on top) is trying to apply a hold which will keep his opponent's shoulders on the mat for two seconds for a FALL (PIN) and the defensive wrestler (usually on bottom) tries to ESCAPE or REVERSE positions to gain control.

**SECOND PERIOD** - the referee will determine which wrestler will get the choice of deciding how he would like to begin this period. He may choose TOP, BOTTOM, NEUTRAL or he may DEFER the decision to the other wrestler; which makes his opponent choose and gives him the choice in the third period.

**THIRD PERIOD** - the wrestler who did not choose in the second period now has the choice of TOP, BOTTOM, NEUTRAL.