

















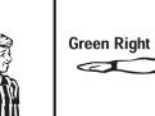




# Folkstyle Wrestling



## 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	 Green Right Red Left Unsportsmanlike Conduct	 Flagrant Misconduct Left or Right Hand	

## Match Length

Folkstyle wrestling's focus is on controlling your opponent. Folkstyle, known as scholastic or collegiate wrestling, is the style more commonly found in US high schools and colleges. Points are awarded for moves which help pin or escape from an opponent. In many ways, Folkstyle is similar to Freestyle wrestling.

The length of matches will be determined by the age group wrestling.

Peewee, Bantam, and Midget will wrestle three one (1) minute periods.

Novice and Schoolboy/girl will wrestle three one and one-half (1-1/2) minute periods.

- **1st Period:** Starts from the standing or "Neutral" position.
- **2nd Period:** Choice of position is determined by a coin toss. The winner may choose top or bottom in "referee's" position or may now opt to start in the neutral position.
- **3rd Period:** Choice of position is given to the wrestler who lost the coin toss before the second period. The same options apply.
- **Overtime:** There are no ties in wrestling. If the match is tied at the end of three periods the match goes in to sudden death overtime. Overtime lasts one minute. In this overtime the first wrestler to score wins. If after the additional period the score is still tied the match is decided in double overtime.
- **Double Overtime:** In double overtime the wrestler with the first takedown gets choice of top or bottom. If there are no points scored the referee flips the disk and the wrestlers choose top or bottom. This final period lasts 30 seconds and if the wrestler on the bottom escapes then he/she is declared the winner. If the wrestler on the bottom doesn't escape in 30 seconds then the wrestler on top wins.

## Knowing How to Score in Folkstyle Wrestling

The objective of the sport of wrestling to force your opponent onto his back, to pin your opponent. A pin, also called a fall, occurs when any part of both shoulders or both shoulder blades (scapula) of either wrestler are in contact with mat for two (2) continuous seconds. A pin ends the match immediately. However, if neither wrestlers is pinned, the winner is the wrestler with the most points at the end of the match.

There are five ways to score points in a folkstyle wrestling match: Takedown, Escape, Reversal, Near-Fall, and Penalty.

### MATCH SCORING

#### Takedown: 2 Points

From a neutral position (both standing with neither wrestler having control) a wrestler gains control over is opponent down on the mat while the supporting parts of either wrestler are in bounds.

#### Escape: 1 Point

When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is in bounds.

#### Reversal: 2 Points

When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are in bounds.

#### Near-Fall: 2 or 3 Points

Near fall criteria is when any part of both shoulders or scapula of the defensive wrestler are held for at least 2 seconds within four inches of the mat, or when one shoulder or scapula is touching the mat with the other should or scapula held at an angle of 45 degrees or less. If

near fall criteria is met for **two continuous seconds**, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for **five continuous seconds** a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.

#### Penalty: 1 Point typically

A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent.