

SCVAA Wrestling 2008

Folk Style Wrestling Rules & Scoring

The objective of the sport of wrestling is to get your opponent onto his back, and to pin them. A pin, also called a fall, occurs when any part of both shoulders, and/or 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 wrestler is pinned, the winner is the wrestler with the most points at the end of the match.

Length of match: Peewee, Bantam and Midget wrestle three (3) 1 minute periods.

- **1st Period:** Start 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 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.

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

Match Scoring		
Move	Points	Description
Takedown	2 Points	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are inbounds.
Escape	1 Point	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is inbounds.
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 inbounds.
Near Fall	2 or 3 Points	<p>When near fall criteria are met for 2 seconds. Near fall criteria is:</p> <ul style="list-style-type: none">• When any part of both shoulders or scapula of the defensive wrestler is held for a least 2 seconds within four inches of the mat.- Or -• When one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less. <p>If near fall criteria are 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.</p>
Penalty	See Chart	A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart.

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Penalty Chart					
		Number Of Offenses			
Infraction	Warning	First	Second	Third	Fourth
Illegal Holds	No	1pt	1pt	2pt	Disqualify
Unnecessary Roughness	No	1pt	1pt	2pt	Disqualify
Un-sportsman-like conduct	No	1pt	1pt	2pt	Disqualify
Stalling	Yes	1pt	1pt	2pt	Disqualify
Technical Violations	No	1pt	1pt	2pt	Disqualify
False Start / Incorrect Starting Position	2 (Cautions)	Following 2 cautions there is a 1 point penalty for each infraction.			
Coach Misconduct (during the match).	Yes	Deduct 1 Team Point	Removal of the head coach from the premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct – Contestants (not during the match). Coaches and Other Team Personal.	No	Deduct 1 Team Point	Removal from the premises immediately on second penalty and deduct 2 team points. Removal is for the event or tournament.		
Flagrant Misconduct – Contestants.	No	Disqualified on first offense. Deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of the dual meet, multiple school event or tournament and no team points can be earned.			
Flagrant Misconduct – Coaches and Other Team Personnel.	No	Removal from premises immediately on first offense and deduct 2 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.			
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pade and Braces, Illegal Equipment or Uniform.		Any contestant reporting to the mat in violation of this article shall be disqualified if not removed or corrected within the 1 ½ - minute injury time.			
<p>Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position, locked hands.</p> <p>Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.</p> <p>Un-sportsman-like conduct- No warning, deduct 1 team point for first offense. On 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes coaches and non-participants.</p> <p>Flagrant Misconduct- No Warning. Disqualify and deduct 2 team points. Remove from premises. Includes contestants, coaches, and non-participants.</p>					

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Team Scoring	
Win By:	Points Awarded
Fall (a.k.a. Pin)	6 Points
Forfeit, Default, or Disqualification	6 Points
Technical Fall - win by 15 or more points more than opponent	5 Points
Major Decision - win by 8-14 points more than opponent	4 Points
Decision - win by 1 - 7 points more than opponent	3 Points