





Scoring System Takedown

Takedown	2 match points
Escape	1 match point
Reversal	2 match points
Near Fall	(N2) 2 points- (N3) 3 points
Fall	6 team points (ends match)
Technical Fall	5 team points (15 points or greater)
Major decision	4 team points: (8-14 pt. diff)



Control

- **Maintain restraining control over opponent**
 - **Hips**
- **Control will change quickly with continuous scoring of:**
 - **Takedowns,**
 - **Reversals,**
 - **Escapes.**



Specific Maneuvers

- **Takedown:** control over opponent from a neutral position (both standing).
- **Escape:** gaining a neutral position (standing and spacing).
- **Reversal:** defensive (bottom) wrestler comes from underneath and gains control; also could be from a standing position.



Near Falls

Four (4) Criteria:

- One shoulder held to mat while other shoulder is at 45 degrees or less.
- Defensive wrestler in a high bridge up on head.
- Both shoulders held within four (4) inches of mat.
- Defensive wrestler posted on both elbows.
- Key: **Continuous Restraining Control**



Near Falls

Four (4) Criteria:

- **Near Fall 2 points:** occurs when any of the four criteria are held for 2-4 seconds
- **Near Fall 3 points:** occurs when any of the four criteria are held for 5 seconds
- An **extra point may be added** to a near fall if the defensive wrestler is bleeding, hurt or a violation occurs



Wrestling Signals

The wrestling referee has **27 hand signals**

- Time outs
- Scoring
- Potentially dangerous
- Penalties
- Technical violations
- Illegal holds
- Control & No control