

Wrestling Rulebook

“Folkstyle”

Starting the Match

The wrestlers are each given leg bands of opposing colors (typically red and green). The referee is wearing wrist bands with corresponding colors, used to award points throughout the match by raising the corresponding hand. Both wrestlers come forward from the corners of the mat, receive the instructions and shake hands. The referee blows his whistle and signals “Wrestle”. Each wrestler tries to take control of the opponent by getting behind or on top of him - a “takedown”. The first points are likely to be given for a takedown.

Match: 3 periods in a match

Pee Wee (5&6), Bantam (7&8), Midget (9&10)	1 minute periods
Novice (11&12) and Schoolboy (13&14)	2-1-1 minute periods

Fall (or Pin): Match is over in the event of a pin or fall (shoulder blades held on mat for 2 second).

Technical Fall: Match is over when one wrestler reaches a 10 point lead.

Overtime: 1 minute period, first to score wins. If still no winner, 30 second tie breaker from down position; the first to score wins. If no score, the top wrestler wins.

Scoring

Takedown: 2 points - When a wrestler takes control and is on top of his opponent from the neutral or standing position.

Escape: 1 point - Getting out from underneath an opponent to a neutral or standing position facing opponent.

Reversal: 2 points - Getting out from underneath an opponent to behind or on top of him in one maneuver.

Near Fall (back points): 2 points - Holding an opponent's shoulders with a pinning combination for 2 seconds with (a) one shoulder touching the mat and the other within a 45 degree angle to the mat, or (b) both shoulders within 4 inches of mat, or on elbows.

Near Fall (back points): 3 points - Holding an opponent's shoulders with a pinning combination for 5 seconds with (a) one shoulder touching the mat and the other at a 45 degree angle or less to the mat, or (b) both shoulders within 4 inches of mat, or on elbows.

Starting Positions

First Period: Both wrestlers start from standing or neutral position.

Second Period: Choice of position is decided by toss of coin. The winner may choose either up, down, neutral, or defer choice to 3rd period.

Third Period: The contestant with choice (generally the wrestler that did not win the second period choice) may choose up, down, or neutral.

False starts: The offending wrestler is penalized 1 point after 2 cautions.

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Other

Out of Bounds: The supporting parts (feet, knees, thighs) of one wrestler must be in bounds when scoring points.

Stalling: When a wrestler continuously avoids contact with his opponent or fails to aggressively work to score. One warning – then penalized.

Technical Violations / Penalties: 1pt – 1pt – 2pt – Disqualification

- Illegal holds
- Grasping clothing
- Locking hands when on top
- Unnecessary roughness
- Unsportsmanlike conduct

Potentially Dangerous Holds: Match stopped and wrestlers placed back in original starting positions.

Stalemates: Match is stopped when neither wrestler can improve their position. Wrestlers return to original starting positions.