

## Folk style Wrestling Rules

**Object:** The object of a wrestling match is to gain a fall by pinning an Opponents shoulder's to the mat for 2 continuous seconds, or to gain a decision by out-wrestling an opponent.

**Length:** Peewee, Bantam and Midget wrestle three (3) 1 minute periods.  
Novice and Schoolboy wrestle three (3) 1½ 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 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.

### Scoring:

Move	Points	Description
Takedown	2	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 in bound.
Escape	1	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is in-bound.
Reversal	2	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	When near fall criteria is met for 2 seconds. 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. When one shoulder or scapula is touching the mat with the other shoulder 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	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 on the next page.

### Penalties:

Infraction	Warning	First	Second	Third	Fourth
Illegal holds	No	1 point	1 point	2 points	Disqualify
Unnecessary roughness	No	1 point	1 point	2 points	Disqualify
Unsportsmanlike conduct	No	1 point	1 point	2 points	Disqualify
Stalling	Yes	1 point	1 point	2 points	Disqualify
Technical violations	No	1 point	1 point	2 points	Disqualify

Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position or locked hands.

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.

### Dual Meet Team Scoring:

Won By	Team Points
Fall (aka Pin)	6 points
Forfeit, Default, or Disqualification	6 points
Technical Fall - won by 15 or more points	5 points
Major Decision - won by 8-14 points	4 points
Decision - won by less than 8 points	3 points