



## RYAN MIDDLE SCHOOL

### WRESTLING RULES, SCORING CRITERIA, AND MORE

#### 1. THE TAKEDOWN

The objective of wrestling is to pin your opponent or win by technical fall (being ahead by a certain number of points, usually 15)

- A takedown is usually necessary to accomplish this goal.

Wrestlers start from the neutral or standing position (a situation where neither wrestler has control).

- A takedown is scored when one of the wrestlers gains control over the other while their opponent's supporting contact points (the area or areas in which most of the body weight is placed – e.g., knees, thighs, buttocks, or hands) are on the mat.

A wrestler can be awarded a takedown as long as the wrestler or their adversary is in-bounds.

- The line around the mat is out-of-bounds.
- A takedown can be awarded if the scoring wrestler's feet are in-bounds and touching the mat.

When the takedown is achieved, the offensive wrestler receives **two points**.

**Example:** Wrestler A shoots a double leg takedown on Wrestler B. At the completion of the takedown, Wrestler B is completely out-of-bounds and Wrestler A's feet are in-bounds. *Since the feet of Wrestler A were in-bounds, the takedown would be awarded.*

#### 2. ESCAPES AND REVERSALS

The wrestler in control or on top is referred to as the offensive wrestler, while the wrestler on the bottom is the defensive wrestler.

- Only the defensive wrestler can score an escape or reversal.

**THE ESCAPE:** For the bottom wrestler to secure an escape, they must place themselves in the neutral position, causing their opponent to lose control. The defensive wrestler may also be awarded an escape going out-of-bounds if their adversary is in-bounds at the completion of the move. The official will indicate **one point** for the wrestler who earns an escape.

**THE REVERSAL:** The defensive wrestler executes a reversal by moving from the bottom position to the top position, gaining control of his opponent either on the mat or on their feet. Like the escape, a reversal can be obtained crossing the out-of-bounds line if one of the wrestlers is in-bounds. The referee will designate **two points** for a reversal.

The bottom wrestler stands up and hits a standing switch, spinning behind and controlling their opponent while on their feet. *The referee would award a two-point reversal because they gained control of his opponent on their feet.*

### 3. THE NEAR FALL

Only the offensive (or top) wrestler can score a near fall. They may do so by causing the defensive wrestler to:

1. Spring into a high bridge
2. Lean back on their elbows
3. Expose their shoulders four inches or less to the mat
4. Have one shoulder on the mat and the other 45 degrees or less above the mat

The top wrestler can score **two points** by holding the bottom wrestler in any of the above noted positions for **two seconds**. If the offensive wrestler can secure a near fall for a continuous **five-second period**, they would then be awarded **three points**.

The official usually indicates a near-fall situation with an angular sweep of the arm, each sweep designating a second, but they will not signal any points until the near-fall hold is terminated.

If both shoulders are partially in-bounds or one shoulder is completely in-bounds, a near fall can be scored.

Wrestler A, using a half-nelson, forced Wrestler B to bridge high on their head for four seconds. Then Wrestler B turned to their stomach, only to be placed in another near-fall situation when Wrestler A cradled them. They were held there for another five seconds when the period ended. *Wrestler A would receive a total of five match points: two points for the first near-fall situation and three points for the second.*

### 4. THE FALL

The fall (or pin) terminates the match and no individual match points are necessary to secure the win. The winner's squad receives six team points.

A fall occurs when both shoulders are forced to the mat for a period of two seconds. The official mentally counts this time and indicates the fall by slapping the mat.

Normally, the offensive wrestler (the wrestler in control) scores the fall. However, if the offensive wrestler's shoulders are somehow placed on the mat for the required time, a fall is awarded to the defensive wrestler.

If the shoulders are partially in-bounds or one shoulder is completely in-bounds, a fall may be called.

Wrestler A, the offensive wrestler, cradles Wrestler B and takes them to their back. However, when finishing this move, Wrestler A ends up completely out-of-bounds and only the top of Wrestler B's shoulders are in-bounds on the mat. *If Wrestler B were held in the aforementioned position for the required amount of time, a fall would be called. Since the top of the shoulders are in-bounds, wrestling would continue.*

## 5. ILLEGAL HOLDS

The best definition for an illegal hold would be "any maneuver used that could cause bodily harm intentionally or not." Examples of illegal moves include full nelsons, overscissors ([https://www.youtube.com/watch?v=Ty\\_wqNepbC0](https://www.youtube.com/watch?v=Ty_wqNepbC0)), back bows, headlocks (without an arm encircled), forceful trips, pulling a thumb or less than four fingers, holds that restrict breathing or circulation, and any holds used for punishment alone. E.g.:

- Joint Locks (arm, leg, spinal, wrist, small joint manipulation)
- Choke holds (anything cutting off the opponent's airway)
- Spiking (driving shoulder/knee/etc. into opponent)
- Slams (excessive lift and forceful slam onto the mat)
- Using a triangle scissors (where one knee is bent at a 90° angle and placed behind the other knee) on the head. Scissors can be used on the body or limbs, while the figure four has been made completely illegal as of 2011.
- Full Nelson - when both arms are under both opponent's forearms or arm and both hands are behind his neck or head
- Biting
- Pinching/Poking with fingers or toes or nails
- Fish-hooking the nose or mouth
- Gouging or intentionally scratching
- Eye gouging
- Strikes with hands/fists/elbows/feet/knees/head
- Grasping or holding an opponent's "private" parts

Illegal maneuvers are penalized in the following manner:

- First and second offense - one match point for opponent
- Third offense - two match points for opponent
- Fourth offense - disqualification from the match

A wrestler applying a legal hold shall not be penalized if his adversary turns it into an illegal hold.

- Whenever possible, an illegal move should be prevented by the official rather than penalized.

Wrestler A applies an illegal full nelson to Wrestler B just prior to the final buzzer of the last period. It was Wrestler A's fourth illegal hold of the match. The score prior to this offense was 12-5 in favor of Wrestler A. *Wrestler A would be disqualified, and Wrestler B is the winner.*

## 6. UNNECESSARY ROUGHNESS

Any intentional act that is hazardous to an opponent's physical well-being is considered unnecessary roughness.

Furthermore, if a hold is utilized for the sole purpose of punishment alone, the referee may see fit to declare unnecessary roughness. Such perpetrations as striking, kicking, butting with the head, elbowing, and forceful tripping are examples of this infraction.

Normally, the violator would be penalized as follows:

- First offense - one point for opponent
- Second offense – an additional point for opponent
- Third offense - two points for opponent
- Fourth offense - disqualification

However, when the official believes the unnecessary roughness of the wrestler to be inexcusable, they can indicate a "flagrant misconduct" signal, which is an automatic disqualification and the deduction of ALL team points scored in the event.

Wrestler A shoots a hard double leg, causing Wrestler B to hit their head on the mat forcefully when taken down. The match had to be stopped to check if Wrestler B was injured. *Wrestler A would not be penalized for unnecessary roughness. It was a legal move.*

## 7. TECHNICAL VIOLATIONS

There are six technical violations in wrestling, and all are penalized in the following manner:

- First Offense - 1 penalty point for opponent
- Second Offense - 1 penalty point for opponent
- Third Offense - 2 penalty points for opponent
- Fourth Offense - Disqualification

Six common technical violations:

1. "Leaving the Mat Proper" -- No wrestler may completely step off the wrestling mat without permission of the referee.
2. "Intentionally Going Out-Of-Bounds" -- If either wrestler goes out-of-bounds to avoid wrestling his opponent for any reason (except when near-fall points are scored), this technical violation will be enforced.
3. "Grasping of Clothing" -- A wrestler may grab nothing but his opponent. When a wrestler grasps their adversary's uniform to prevent them from scoring, the appropriate penalty point(s) will be given along with any points their opponent may have obtained.
4. "Interlocking or Overlapping Hands" -- The offensive (or top) wrestler may only lock or touch hands around their opponent's body or both legs when they are scoring near-fall points, or their opponent stands up. If their opponent scores points while they commit this violation, their opponent would also receive the stipulated penalty point(s).
  - a. The official can only stop the match to award point(s) when the bottom wrestler is unable to gain an escape or reversal due to interlocking or overlapping hands.
5. "The Figure-4 Head Scissors" -- The figure-4 head scissors is a technical violation in the neutral position.
6. "Improperly Equipped" -- Reporting to the scorer's table, not properly equipped, or not ready to wrestle, or having any illegal equipment after the match has started is a technical violation.

## 7a. Incorrect Starting Position or False Start

If a wrestler assumes an incorrect neutral or referee's position, a violation will be called. This also includes false starts in both situations.

- Unlike technical violations, the first two offenses are "cautioned" (the official will form a "C" with their hand), and then penalize if the infraction occurs again.
- This violation is not on the "progressive penalty chart", so, a wrestler cannot be disqualified for an incorrect starting position or false start.

Wrestler A places Wrestler B on their back in a high bridge for three seconds. Wrestler B scoots on his feet and head out-of-bounds on purpose. Wrestler B has not committed a technical violation because Wrestler A would have been awarded two match points for a near fall.

## 8. UNSPORTSMANLIKE BEHAVIOR OF WRESTLERS

The unsportsmanlike rule for wrestlers covers two situations in which the penalty is administered differently.

- Situation One -- If the wrestler is unsportsmanlike during the bout, his opponent would be awarded match point(s) in the following manner:
  - o First Offense - 1 point
  - o Second Offense - 1 point
  - o Third Offense - 2 points
  - o Fourth Offense - Disqualification from the match
- Situation Two -- If an unsportsmanlike act occurs prior to the first period or after the third period (or fall), ***the offending wrestler's squad would lose one team point.*** On the second offense, they would be asked to leave the premises and ***their squad would lose another team point.***

Flagrant misconduct at any time would result in immediate disqualification from the dual meet or tournament and the deduction of ALL team points earned

During the second period, Wrestler A showed overt displeasure over the referee's call. *This would be unsportsmanlike behavior and the official would award Wrestler B one match point since it occurred during the bout.*

## 9. UNSPORTSMANLIKE CONDUCT OF COACHES AND SPECTATORS

Coaches -- No coach can be disrespectful during competition. If they are:

- The official will deduct one point from the violator's team
- On the second offense, the perpetrator would be removed from the premises for the duration of the dual meet or tournament session.

When a coach's initial action is "flagrant" in nature, they will be expelled immediately for the duration of the dual meet or the tournament AND two team points will be deducted from the team's score.

Spectators -- No fan may react in an unsportsmanlike manner toward the referee or the opposing coach

or wrestlers. This behavior can result in removal from the gym, fieldhouse or arena on the official's comment.

- Neither team would be penalized for misconduct of an over-zealous spectator, and it is up to the home management to remove the offender.

During the progress of a dual meet, the referee was constantly being harassed by a heckler in the front row of the home-school's bleachers. The official stopped the match and had the athletic director escort the perpetrator from the gym. The visiting coach immediately demanded that one team point be deducted from the home squad. *The visiting coach was wrong. Whenever a spectator is removed from the premises for unsportsmanlike behavior, no point is deducted from his or her team's score.*

## **10. THE ASSISTANT REFEREE**

An assistant referee may be utilized during competition, usually during tournament action.

- They are allowed the same mobility around the mat as the referee.
- The assistant referee can talk to the main official as the match is in progress and help in making calls.
- They can also signal locked hands and the grasping of clothes technical violations. However, the main official must make all other calls.

If there is a disagreement between the two, the main official has the final say in the matter.

- Coaches are not permitted to address the assistant referee while the match is being contested.

In the second period of the bout, the assistant referee warned Wrestler A for stalling. Immediately, Wrestler A's coach approached the scorer's table and argued that the assistant referee had no authority to make the call. *The coach was correct. Only the main official of the match is allowed to designate stalling.*

## **11. OFFICIAL'S JUDGMENT CALLS**

If a referee misapplies a rule, say giving three points for a takedown instead of two, the coach may certainly confront him regarding the matter. However, the coach cannot question any judgment calls made by the official. When he does, the referee will first warn him for misconduct, the second offense will cost the coach a team point, and with the third offense, the coach will be asked to leave premises for the duration of the dual meet or tournament session and another team point would be deducted.

The referee indicated a takedown at the edge of the mat and then blew the whistle for out-of-bounds. The coach, whose wrestler was taken down, approached the score table to argue with the official over the call. The referee indicated misconduct on the coach's part. *The referee was right. A coach cannot question the judgment of an official.*

## **12. THE LOWERING OF SHOULDER STRAPS**

The lowering of shoulder straps while on the mat is considered an act of unsportsmanlike conduct. The only time it would not be penalized is if the wrestler received permission from the official to do so. Should this infraction occur before wrestling has started or after the completion of wrestling, it would be a deduction of one team-point from the offender's squad. However, if the offense takes place during the match, the violator's opponent would receive a match point.

Wrestler A lowers their shoulder straps between the second and third periods of a match. *Wrestler A's opponent would receive one match point. There would be no team-point deduction since wrestling has not concluded yet.*

### **13. SUDDEN DEATH IN DUAL MEETS AND TOURNAMENTS**

The overtime tie- breaker will be utilized to determine the winner.

Scenario: The first three periods end up in a tie, 1 to 1, with Wrestler A scoring the first escape.

Sudden Victory (Overtime Period): During tournament and dual meet action, when the wrestlers are tied at the end of the three regular periods, they will then wrestle an overtime period which will be one minute in length with no rest between the regular match and the overtime. The overtime period will begin with both wrestlers in the neutral position. The wrestler who scores the first point(s) will be declared the winner.

If no winner is determined by the end of the one-minute overtime period, 30-second tie- breakers in the referee's position will be wrestled.

#### Tiebreaker I:

The disk is tossed to determine the wrestler who has choice. The wrestler who wins the toss may choose top, bottom, or defer (Neutral cannot be chosen). Wrestler B wins the toss and selects down. As soon as the referee blows the whistle, Wrestler B scores an escape. At this point, the match continues to the conclusion of the of the thirty seconds. Before the end of the first tiebreaker, Wrestler B also scores a takedown. The score at this time is Wrestler B: four and Wrestler A: one.

#### Tiebreaker II:

It is now Wrestler A's choice; they also select down. During the second tiebreaker period, Wrestler A likewise scores an escape and a takedown. The score is tied 4 to 4.

#### Ultimate Tiebreaker:

At this point, Wrestler A is given the choice of position because they scored the first point (an escape) in the match. However, the wrestler whose opponent has received an unsportsmanlike conduct penalty at any time during the match will have the choice of position. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match. There is no neutral choice, but the wrestler may defer. The Ultimate Tiebreaker winner is determined the same as in the past. The wrestler who scores the first point(s) in this 30-second tiebreaker will be declared the winner. However, if no scoring occurs during this time, the top wrestler will be declared the winner. If Wrestler A rides Wrestler B Wrestler A wins with the ride out point. If Wrestler B scores, Wrestler B wins.

Points of Emphasis:

1. At any point during the three-tiebreaker process, the match is over if a fall occurs.
2. In Tiebreakers I and II, stalling will be called the same as in the regular match and Overtime Period.
3. As in the past, stalling will be indicated differently in the Ultimate Tiebreaker. A wrestler will not be warned or penalized for stalling when he controls his opponent with a traditional riding maneuver.

**14. TEAM SCORING IN DUAL MEETS**

**Dual Meet Team-Scoring**

Regular Decision -- 3 team points.

Major Decision -- 4 team points (8–14-point spread)

Technical Fall -- 5 team points (15-point spread)

Fall, Forfeit, Default, & Disqualification -- 6 team points.

This is team scoring during dual meets, not tournaments.

Wrestler A won his match 17-7. *Wrestler A would score four points.*