

## How to score a wrestling match!

**Match:** A match consist of three periods. Each period is 1-2 minutes in length.

**Fall:** Also called a *PIN* occurs when any part of both shoulders of either wrestler is held in contact with the mat for a period of at least 2 seconds. A fall is declared by the referee. Whenever a fall occurs, the bout is ended. The fall in wrestling is similar to the knockout in boxing.

**Near fall:** When a contestant has control of his opponent and a fall is imminent. The Following conditions must take place:

*Both shoulders or both scapulae (shoulder blades) of the defensive wrestler have touched the mat for less than two seconds,  
When the defensive wrestler is held in a high bridge or on both elbows,  
One shoulder is touching the mat and the other is held at a 45 degree angle or less.*

If any of these positions is held for 2-4 seconds, two points are awarded. Three points are awarded if held for five seconds or more.

**Takedown:** Each contestant is awarded two points for each takedown he secures. A takedown occurs when a wrestler takes the other down to the mat with control. This maneuver is done from the standing or neutral position.

**Escape:** *One point is awarded to the wrestler who comes out from a down position (disadvantage) and gains a neutral position.*

**Technical fall:** *When a wrestler gains an advantage of 15 or more points than his opponent, the match is stopped and he is awarded a technical fall.*

## Individual Match Scoring

Takedown	2 points
Reversal	2 points
Escape	1 points
Near Fall	2 or 3 points
Rule Infraction	1 or 2 points

