

## **Individual Match Scoring**

Individual points earned during an individual match.

### **Takedown**

2 points - when a wrestler gets behind or on top of his opponent and establishes control from the neutral position.

### **Escape**

1 point - when the bottom wrestler gets out from underneath his opponent to a neutral (standing) position and then facing him.

### **Reversal**

2 points - when the bottom wrestler gets out from underneath his opponent and behind or on TOP of his opponent.

### **Nearfall**

2 or 3 points - when the offensive wrestler hold his opponents shoulders to or near the mat (breaking 45 degree angle), but not long enough for a pin. 4 points may be awarded if the referee stops the match due to the bottom wrestler choking or a similar situation.

### **Stalling**

1 point to opponent - when the offensive wrestler does not attempt to pin his opponent and/or the defensive wrestler does not attempt to escape or work for a reversal.

### **Illegal Holds, Roughness, Technical Violation**

1 or 2 points or DISQUALIFICATION - awarded to the offended wrestler.

## **Team Scoring**

Team points earned for each individual match win in a dual meet

### **Fall (Pin)**

6 team points - when the offensive wrestler holds his opponent's shoulder's to the mat for two seconds; this ends the match.

### **Technical Fall**

5 team points - when a wrestler out scores his opponent by 15 points; this ends the match unless the wrestlers are in a NEARFALL position at which time the offensive wrestler can attempt to pin his opponent.

### **Major Decision**

4 team points - at the conclusion of the match , when a wrestler out scores by 8 to 14 points.

### **Decision**

3 team points - at the conclusion of the match when a wrestler out scores his opponent by 1 to 7 points.

### **Default, Forfeit, Disqualification**

6 team points - A wrestler is unable to continue wrestling, does not show or penalized.