

# Wrestling Match Scoring



Win by 1-7 Points –

**Regular Decision**

Win by 8-14 Points –

**Major Decision**

Win by 15 or More Points –

**Technical Fall**

Hold Opponent's Shoulders to the

Mat for 2 Consecutive Seconds –



**Pin or Fall**

Match Type

Dual Score

Tournament Score

Regular Decision

3 Points

0 Points

Major Decision

4 Points

1 Point

Technical Fall

5 Points

1 ½ Points

Pin or Fall

6 Points

2 Points

# Wrestling Scoring

## Takedown - 3 Points

A takedown is scored when one wrestler gains control of the other wrestler from the neutral position down to the mat with one supporting point of either wrestler in bounds.



Neutral



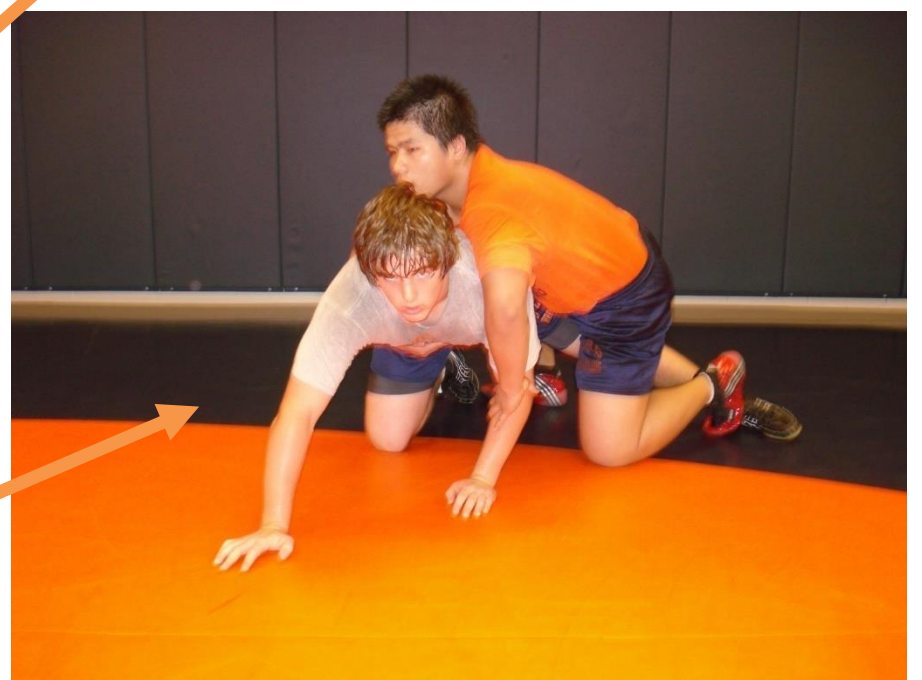
The Gray wrestler has gained control of the Orange wrestler on the mat and scored a takedown.



# Wrestling Scoring

## Reversal - 2 Points

A reversal is scored when the defensive wrestler comes out from underneath and gains control of the other wrestler on the mat or behind in the standing position.



The Gray wrestler is in the offensive position.

The Orange wrestler comes from underneath.

The Orange wrestler gains control on the mat and has scored a reversal.

# Wrestling Scoring

## Escape - 1 Point

An escape is scored when the defensive wrestler returns to the neutral position and the offensive wrestler has lost control.



The Gray wrestler is in the defensive position.

The Gray wrestler begins to come from underneath.

The Orange wrestler has lost control and the Gray wrestler has scored an escape.



# Wrestling Scoring

Near Fall - 2 Points (2 seconds), 3 Points (3 seconds), or 4 Points (4 seconds)

Near fall is scored when the offensive wrestler holds one of the defensive wrestler's shoulders within 4 inches of the mat and the other shoulder at an angle of 45 degrees or less (or in a high bridge) for two to four seconds.



The Gray wrestler is in the offensive position.



The Gray wrestler meets near fall criteria and will receive 2 points for 2 seconds, 3 points for 3 seconds, or 4 points for 4 seconds.