

What to Expect at a Youth Wrestling Tournament

- Organized chaos – lots of people, noise and excited kids!
- Most tournaments have a 4-man round-robin format grouping wrestlers together by grade and weight and sometimes by level of experience. This grouping of wrestlers is known as the bracket.
- Volunteer parents and high school students generally fill positions at Tournaments. The referees are usually high school wrestlers doing their best – take it easy on them.
- Parents/fans wait in the stands until their wrestler is called to the mat for his/her matches.
- Some tournaments don't allow parents/fans to watch mat side, only coaches.
- Most tournaments begin with Pre-K and work up through the remaining grade levels.
- Most tournaments charge an entry fee for spectators, some do not.
- Concessions and wrestling gear are normally available for sale.

Folkstyle Wrestling Rules

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

Length: Wrestle three (3) 1 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 inbound.

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: <ul style="list-style-type: none"> ○ 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 below.

Penalties:

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

- 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.