

What is a PIN?

Pin is when both shoulder blades must be down on the mat for 1 second.

What is a DECISION?

Decision is to win a match by points if nobody wins after 3 rounds.

What does it mean to FORFEIT?

A wrestler can win by Forfeit if their opponent did something illegal during the match, or they're injured and can no longer compete; if no competitor is in the weight class or if the wrestler chooses not to wrestle the opponent.

What is a DRAW?

A Draw is a tie in points after three rounds of wrestling.

What is SUDDEN DEATH?

Sudden Death is used to break ties if a winner needs to be declared, so wrestlers will compete for 30 seconds more.

What are the WRESTLING MOVES?

TD = Take Down 2 points

- Double Leg
- Single Leg
- Single Leg with a sweep

R = Reversal 2 points

- Granby

E = Escape 1 point

- Firecracker
- Sit - Out

NF = Near Fall - almost a pin  
2 or 3 points (referee judgment)

Breakdown = no points for a breakdown

- Near Arm Near Leg
- Far Arm Far Leg aka Cross Face

P = Penalty Points (illegal holds, unsportsmanlike, fingers crawling off mat.)

Pin = WIN - 6 Team Points

- Half Nelson with Arm Bar
- Cradle

DECISION = 3 Team

DRAW = 2 Team Points

FORFEIT = 6 Team Points

Flagrant Misconduct = Loss of Match  
(Biting or hitting)



FAR LEG BREAKDOWN



TAKE-DOWN



STAND-UP ESCAPE



HALF NELSON



PIN OR FALL



ILLEGAL

How are team points awarded to Determine who wins the meet or Tournament?

What is Flagrant Misconduct?

SUMMARY

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