

Quick Score And Rules

1 POINT SCORES

- ** STEP OUT ** REVERSAL—with out “DANGER”
- **TAKEDOWN – with out “DANGER” ** HAND TO HAND “EXPOSURE”
- ** NEARFALL—hold in “DANGER” for 5 count
- **FLEE MAT – 1 POINT and “CAUTION”
- **FLEE HOLD _ 1 POINT and “CAUTION
- **BRUTALITY HOLDS – 1 POINT and “CAUTION” Like unnecessary roughness
Unsportmanlike conduct,also second time use of Illegal hold.
- ** LIFT FROM PAR TERRE – with out “DANGER”
- ** Wrestler stops match for other then bleeding.

2 POINT SCORES

- ** TILTS—moves from Par Terre that places wrestler in “DANGER”
Look for WHO causes ACTION-WHO DID A MOVE ? Fronthed lock/belly roll ect
- ** REVERSAL __ with “DANGER”
- ** COUNTER MOVES -- counter action in same direction as attack
- **FLEE MAT in “DANGER” – 2 points and a “CAUTION”
- ** ILLEGAL HOLD that prevents SCORING – 2 points and a “CAUTION”

3 POINT SCORE

- ** TAKEDOWN – with ”DANGER”
- **LIFT FROM PAR TERRE to “DANGER”

5 POINT SCORE

- **GRAND AMPLITUDE THROWS—hips higher then thrower OOHHS and AAHH

NOTES:

2 COACHES/PEOPLE PER WRESTLER/ MUST have sportsmanlike conduct

Must have COACH BAND OR FLOOR BAND

“DANGER” 90 DEGREE TO MAT

PINS—14 & UNDER “2” SECOND / 15 & UP “TOUCH FALL held for 1 second

ZONE AREA 3 feet from out of Bounds

No SLIPS

** ALL OUT OF BOUNDS RETURN TO STANDING

EXCEPT in pinning position. Return par terre

Kids Schoolboy & Below Illegal Hold 1 Point and “Caution”

Cadet & above No Penalty Point for Illegal Hold—Loss of POSITION only

NO STALLING –“FLEEING HOLD” ** 3 CAUTIONS—DISQUALIFIED

BLOOD – STOP MATCH –5 MINUTE TOTAL

INJURY – stop match not do to illegal action opponent gets 1 point (2 minute total)

GIVE WRESTLERS APPOX.10 sec to get a move going—no action or progress

bring them back to standing position.