

# SCORING IN WRESTLING

Youth wrestling is a dynamic and exciting sport that involves two athletes competing against each other with the goal of controlling and pinning their opponent. Understanding the scoring system is essential for participants, coaches, and spectators alike.

- **Basic Rules:**
  - Matches typically consist of three periods, each lasting a specific duration (e.g., 1 minute per period).
  - The wrestler with the most points at the end of the match is declared the winner.
  - Points are awarded based on various actions and positions achieved during the match.
- **Scoring Actions:**
  - **Takedown (3 points):** Awarded when a wrestler takes their opponent from a standing position to the mat and gains control.
  - **Escape (1 point):** Awarded when a wrestler successfully breaks free from their opponent's control and returns to a neutral position.
  - **Reversal (2 points):** Awarded when a wrestler escapes from the bottom position and gains control over their opponent.
  - **Near Fall (2, 3, or 4 points):** Awarded when one wrestler nearly pins their opponent. The referee counts near fall points when the opponent's shoulders are exposed to the mat but not held for a full pin. Two seconds = 2 points; Three seconds = 3 points; Four seconds = 4 points
  - **Pin/Fall (Match Ends):** Awarded when a wrestler holds both of their opponent's shoulders on the mat for a specified duration (e.g., 2 seconds).
- **Advantage Points:**
  - **Stalling (1 or 2 points):** If a wrestler is consistently avoiding engagement or not actively attempting to score, the referee may award stalling points to the opponent.
  - **Penalty Points:** Wrestlers can receive points for infractions, such as illegal holds or misconduct.
- **Additional Considerations:**
  - **Overtime:** In the event of a tie at the end of regulation, an overtime period may be used to determine the winner.
  - **Technical Fall:** If a wrestler accumulates a certain point advantage over their opponent (e.g., 15 points), the match may be stopped, and the leading wrestler declared the winner by technical fall.
- **Scorekeeping:**
  - Coaches and wrestlers should be familiar with the scorekeeping system, which involves a score clock and a scoreboard. It is essential to keep track of points awarded for various actions and maintain accurate timekeeping.

Understanding the youth wrestling scoring system is crucial for participants and spectators alike. Coaches play a vital role in educating young wrestlers about the rules and strategies to maximize their scoring potential during matches. The dynamic nature of wrestling makes it an engaging and rewarding sport for young athletes to develop both physically and mentally.

