

OHIO MARTIAL ARTS CHAMPIONSHIPS

Official Rules - Freestyle Wrestling

FREESTYLE WRESTLING

- All competitors must wear a tight-fitting t-shirt or rashguard. Singlets are optional.
- Jewelry or other objects that may endanger a competitor may not be worn. Medical ID tags may be worn.
- Wrestling shoes may be worn, but are optional.
- Safety equipment is recommended in all divisions. Mouthpiece and headgear are suggested.
- An official may at no time referee for his/her own student.
- No match will begin without the presence of trained and certified medical personnel. Only certified medical personnel may administer first aid to an injured competitor.
- Juvenile matches are a three (3) minute match. Adult matches are a five (5) minute match. Time will only be stopped by the center referee when necessary.
- Locking in a leg scissor move to the head, neck, or body of their opponent is forbidden. Scissor moves on the legs and arms are permitted.
- If a wrestler is considered passive, they will be placed on a 30 second shot clock. If neither competitor manages to score any points during those 30 seconds, the opponent is awarded a point. The passive competitor will also be given a caution.

SCORING

- 2 - 5 points - takedown
Takedowns can score anywhere between two (2) to five (5) points. These are moves that involve at least three (3) points of contact (e.g. two arms, one knee) and vary in value depending on the execution and style. For example, a high scoring takedown will be one that involves a strong throw from a standing position that lifts an opponent's legs above their head.
- 2 - 3 points - exposure
Exposure or the "danger position" can score a wrestler two (2) or three (3) points. This is when a wrestler puts his/her opponent on their back for a few seconds. The number of points scored will depend on the effectiveness, execution, and length of the exposure move.
- 1 - 2 points - penalty
A wrestler may be penalized if they flee a hold, back away over the mat, or take a timeout when they are not forced to because of bleeding. If a wrestler persistently offends, they will be cautioned. Three (3) cautions can lead to disqualification. A wrestler is entitled to challenge cautions, which will either be upheld or overturned by the judges.
- 1 point - reversal

A reversal is when a wrestler manages to outfox their opponent and turn to a defensive position into an attacking one. One (1) point is awarded to the wrestler who manages to achieve a reversal during a match.

- 1 point - out of bounds

If a wrestler places one foot outside of the designated fight area, their opponent will be awarded an out of bounds point.

WINNING

- Victory by Pin - A pin is locking an opponent's shoulders down on the mat with control for 1 - 2 seconds. Once a pin is made, the fight will end and the wrestler who made the pin will be crowned the victor.
- Victory by Technical Pin - A technical pin/technical fall victory is awarded to a wrestler who achieves a 10 point lead over their opponent at any stage during the match.
- Victory by Decision - If no pin or technical pin is achieved during a match, the judge will check the scorecards to see which wrestler scored the most points throughout the match. The highest scorer is declared the winner.
- Victory by Default - If a wrestler can no longer continue a fight due to injury or does not take part in the match for any reason at all, they will forfeit the match and their opponent is awarded the victory by default.
- Victory by Disqualification - If a wrestler repeatedly breaks the rules and/or receives three (3) cautions during a match, they will be disqualified and their opponent will be handed the win.