

|  | <b><u>Folkstyle</u></b>                                       | <b><u>Freestyle</u></b>   | <b><u>Greco-Roman</u></b>   |
|--|---|---|---|
| Take down with no back exposure                              | 2 points  | 1 point   | 1 point   |
| Take down with back exposure (leg attack)                    | 2 points  | 3 points  | Illegal   |
| Take down with back exposure (throw/feet-to-back)            | 2 points  | 3/5 points  | 3/5 points  |
| Near Fall (Referee counted)                                  | 2 points (2-4 seconds)<br>3 points (5 seconds at a 45* angle) | 1 point (5 seconds at a 90* angle)  | 1 point (5 seconds at a 90* angle)  |
| Turn your opponents' shoulders to the mat (no referee count) | 0 points  | ½ point   | ½ point   |
| Escape   | 1 point   | 1 point   | 1 point   |
| Reversal   | 2 points  | 1 point   | 1 point   |
| Push out   | 0 points  | 1 point (stepping out without being offensive)  | 1 point (stepping out without being offensive)  |
| Technical Superiority (techfall)                             | 15 point match difference                                     | 6 point match difference. A techfall ends the period. Must win 2 of 3 periods to win match. Each period starts at 0 points. | 6 point match difference. A techfall ends the period. Must win 2 of 3 periods to win match. Each period starts at 0 points. |
| Pin (fall)   | Two seconds (say one one-thousand)                            | 1 second (say tomber)   | 1 second (say tomber)   |