WRESTLING SCORING & RULES

1. MATCH SETUP

Regulation†	3 × 2:00, varsity / championship
Period 1†	Starts neutral
Period 2	Disk winner chooses
Period 3†	Other wrestler chooses
Dual meet	Disk: who reports first (odd/even)
Overtime	Sudden victory starts neutral. See OVERTIME

3. TEAM SCORING†

DUAL MEET		TOURNAMENT
6	Fall, forfeit, default, DQ (pin†, 2 sec)	**Advancement.** Championship bracket: 2 per win, except the first-place match; consolation: 1 per win, except the 3rd-, 5th-, and 7th-place matches
5	Technical fall (15-pt advantage)	**Bye.** Same points, only if the wrestler wins the next match in a round where at least one match is wrestled; none if they lose it
4	Major decision (8–14)	**Bonus.** +2 fall, forfeit, default, or DQ; +1½ technical fall; +1 major decision
3	Decision (1–7)	**Placement.** As soon as earned; deducted for a forfeit (other than injury) or a tournament DQ. 4 places 14-10-7-4; 6 16-12-9-7-5-3; 8 16-12-9-7-5-3-2-1

2. SCORING

ACTION	POINTS	CONDITION
Takedown	3	Neutral to control
Reversal†	2	Bottom to control
Escape†	1	Bottom to neutral
Fall (pin)†	ENDS	Shoulders / scapulae down, 2 sec

NEAR FALL	POINTS	CONDITION
2 / 3 / 4-count	2 / 3 / 4	Criteria held 2 / 3 / 4 sec
Fifth point	+1	After a 4-point near fall: injury, indicated injury, or bleeding
When scored	—	One per pinning situation, when it ends
Criteria	—	Shoulders / scapulae within 4 in.; one on mat + other ≤45°; high bridge or both elbows
Technical fall	—	15-point lead from TD, R, or near fall: continue until criteria end

4. PENALTIES

Technical violation (TV)	A rules infraction that is not dangerous†. Examples: fleeing the mat, grasping clothing, interlocking hands, leaving the area, not ready or not equipped
Unsportsmanlike conduct (USC)	Poor sportsmanship during or outside the match, such as swearing or taunting†. In the match: no warning; same point chart as an illegal hold

Illegal hold, TV, unnecessary roughness, or USC in the match — no warning

1ST	2ND	3RD	4TH (DQ)
1	1	2	DQ

TV
Same chart as illegal

IN ADDITION
Penalty points add to points already earned

FLAGRANT
DQ on first offense, –3 team points, removed from the event

OFF-MATCH USC
–1 team point; 2nd: removal and –2

FRONT NFHS folkstyle 2026-27. † Escape, reversal, fall, regulation, Period 1 start, Period 3 choice, and plain-language TV/USC wording were not quoted from the paid 2026-27 Rules Book. Sources on the back.

5. STALLING & CAUTIONS

1ST	2ND	3RD	4TH	5TH
WARNING	1	1	2	DQ

4th stall	2 points. Stop. Opponent chooses position
Heel-to-buttocks	Broken down: visual and verbal 5-count; over 5 sec is stalling
Push, pull, back	Stalling; continuing action after going out: no stalling
Caution	False start or incorrect starting position: 2 cautions, then 1 point each

6. OVERTIME

Tied after 3 periods. No rest before sudden victory. Fall or DQ ends any overtime period. Injury time and penalties carry over.

Sudden victory 1:00	Neutral. No disk. First point(s) win at full value; TD or reversal to near fall: finish the count
Tiebreakers 0:30 × 2	Wrestle out unless fall / DQ. Disk: top, bottom, or defer (no neutral). Other chooses next. Most points wins
Ultimate tiebreaker 0:30	First point(s) win; else top +1. Top, bottom, or defer; else disk. USC supersedes. Double-stall or simultaneous: no points for choice

7. ILLEGAL HOLDS

Penalty	Chart in PENALTIES: 1, 1, 2, DQ. No warning
Throat / carotid	Pressure on the throat or carotid is illegal
Figure-4 / scissors†	Head, body, or both legs: illegal. One leg: legal. Body scissors: legal unless used to punish. Straight head scissors: illegal
Potentially dangerous	Stop the hold. No penalty. Restart. A penalty is assessed only if a separate foul is called

8. OUT OF BOUNDS

Inbounds	1 point of contact, on or inside the line
Neutral stop	Apply the push, pull, or backing-out stalling rules (see STALLING & CAUTIONS)
Fleeing	Fleeing the mat to avoid a score is a TV

9. BLOOD TIME & INJURY TIME

Injury. 1:30 cumulative, incl. OT; 2 time-outs max. Used up or a third time-out: default to the opponent

Blood. 5:00 cumulative, incl. OT; not charged to injury time; cleanup not charged. Not stopped in 5:00: default. 2 attendants and an appropriate health-care professional may treat

Recovery. 2:00 if injured or bleeding from the opponent's illegal hold, unnecessary roughness, USC, or a false start in the neutral position. Not charged to injury or blood time; unable to continue: that wrestler wins by default

Restart. 2nd injury time-out: opponent chooses top, bottom, or neutral; if at end of Period 1, also P2 and P3. Blood or first: resume from the position at the stoppage†

10. EQUIPMENT & APPEARANCE

Straps	Up on the mat. Failure: USC. Do not tape straps	**Jewelry†**	Out before reporting. TV
Shoes	Laces secured. Unsecured at report: TV. After the start, untied or shoe off: stalling	**Headgear†**	Required. Strap locked so they cannot come off or turn
Uniform	School-issued singlet or 2-piece: form-fitted shirt / rash guard (not below the elbow) + shorts. Loose T-shirts are not legal; long sleeves only if the state association approves. Female contestants: a sports bra that completely covers the breasts, under the singlet or shirt. Past the inseam: tight-fitting, not below the knee — not loose boxers		
Skin checks	Before competition. Questionable lesion: doctor's note or NFHS/NIAA skin form		
Facial hair	Allowed if trimmed so the skin is visible for skin checks. If not, it must be trimmed before competing; wrestlers who do not meet the requirement shall wear a face mask		
Hair	Hair cover optional. Solid, nonabrasive, attached to ear guards; no loose wave cap/durag†; a bandanna never is. Braids† and hair bands allowed if securely fastened, not an injury risk. Length not regulated. Off before the scale		

SOURCES NFHS Rules Changes 2020–27; 2024–25 Penalty Chart; 2026–27 Interp.; NIAA 17 Nov 2026.

† Marked values were not quoted from the paid 2026–27 Rules Book. Official NFHS Wrestling Rules Book (digital edition): store.nfhsdigital.org/book/6a63a225ed54f87af2c8a529