

Wrestling Jargon

Takedown - 2 points A wrestler brings his opponent's knees down to the mat and has control over his opponent.

Control When a wrestler has his opponent in a disadvantaged position and is capable of scoring.

Escape - 1 point When the wrestler is no longer controlled by his opponent, body contact has ceased, and they are facing each other in a neutral position.

Reversal - 2 points When body contact is constant and the controlled wrestler gains control.

Near Fall

- **2 points** – when an opponent's back is facing the mat in less than 90 degree angle for a 2 second count.
- **3 points** - when an opponent's back is facing the mat in less than 90 degree angle for a 5 second count.

Default 2 points An opponent is unable to continue the match.

Decision 3 points When a wrestler has scored 1 – 7 points over his opponent.

Major Decision 4 team points When a wrestler has scored 8 points over his opponent.

Fall / Pin 6 team points Both shoulder blades are touching the mat for 2 seconds.

Technical Fall / Technical Pin 5 team points When a wrestler has scored in excess of 14 over his opponent.

Forfeit 6 team points There is no one in a wrestler's weight class for him to wrestle.

Disqualification a blatant infraction of CIF rules.

Advancements In a Consolation bracket – **1 point** / In a Championship bracket – **2 points**

Bye When there is no opponent and a wrestler advances to the next bracket.