



**2009 Modified Folkstyle Guidelines  
for  
NCUSA Events**

- ❖ **Time/Periods-** Matches will be 3 x 2min. periods.
- ❖ **Best 2 of 3 period format.** Each period is scored separately. The wrestler who wins two of the three periods wins the match (same as freestyle).
- ❖ **Period may be won by the wrestler scoring the most points or by technical fall.** A technical fall for a period will be awarded if a wrestler gets 6 or more points ahead of his/her opponent (same as freestyle).
- ❖ **A pin in any period ends the match.**
- ❖ **If a period ends in a tie score then criteria shall be used to determine the winner (fewest penalties (not warnings), most 3s, 2s, last score).** If the period ends 0-0 then a 30 second leg clinch shall be used to determine the winner (same as freestyle).
- ❖ **Pins will be 2 seconds (folkstyle).**
- ❖ **Scoring will be folkstyle (i.e. 2 pt takedowns, 1 pt escapes, 2 and 3 pt near falls, 2 pt. reversals, etc.).**
- ❖ **No locking hands from the top position allowed (folkstyle).**
- ❖ **Any time the wrestlers go out of bounds in par terre they will return to a neutral starting position unless the official penalizes either wrestler for fleeing the mat.**
- ❖ **When it becomes evident that the top man has not secured a hold that would earn him back points (wrestling on the mat becomes boring) the referee may stop the match and resume wrestling in the neutral standing position. This is along the same idea as freestyle wrestling.**
- ❖ **Stepping Out-of-Bounds:** Wrestlers are out of bounds whenever either steps out-of-bounds. If out-of-bounds is defined with a line than the line is considered to be out-of bounds. Leaving the mat in the standing position by a wrestler gives 1 point to the opponent regardless of whether the wrestler was pushed out or not.

In all cases, in the standing position, where the attacking wrestler steps (first) into the protection area without scoring, the bout shall be stopped and 1 point awarded to the opponent.

When the defending wrestler steps in the protection area the attacking wrestler is allowed to finish his hold. If the hold is not completed, the bout shall be stopped and 1 point awarded to the attacking wrestler.

Intentionally carrying the opponent out-of-bounds will result in a penalty to the attacking wrestler and 1 point to his opponent.