

Fall, Near-Fall and Supporting Points



Fall

Rule 5-11-1

- A fall occurs when any part of both shoulder or both scapula of either wrestler are in contact with the mat for two seconds.



Near-Fall

Rule 5-11-2

- A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer

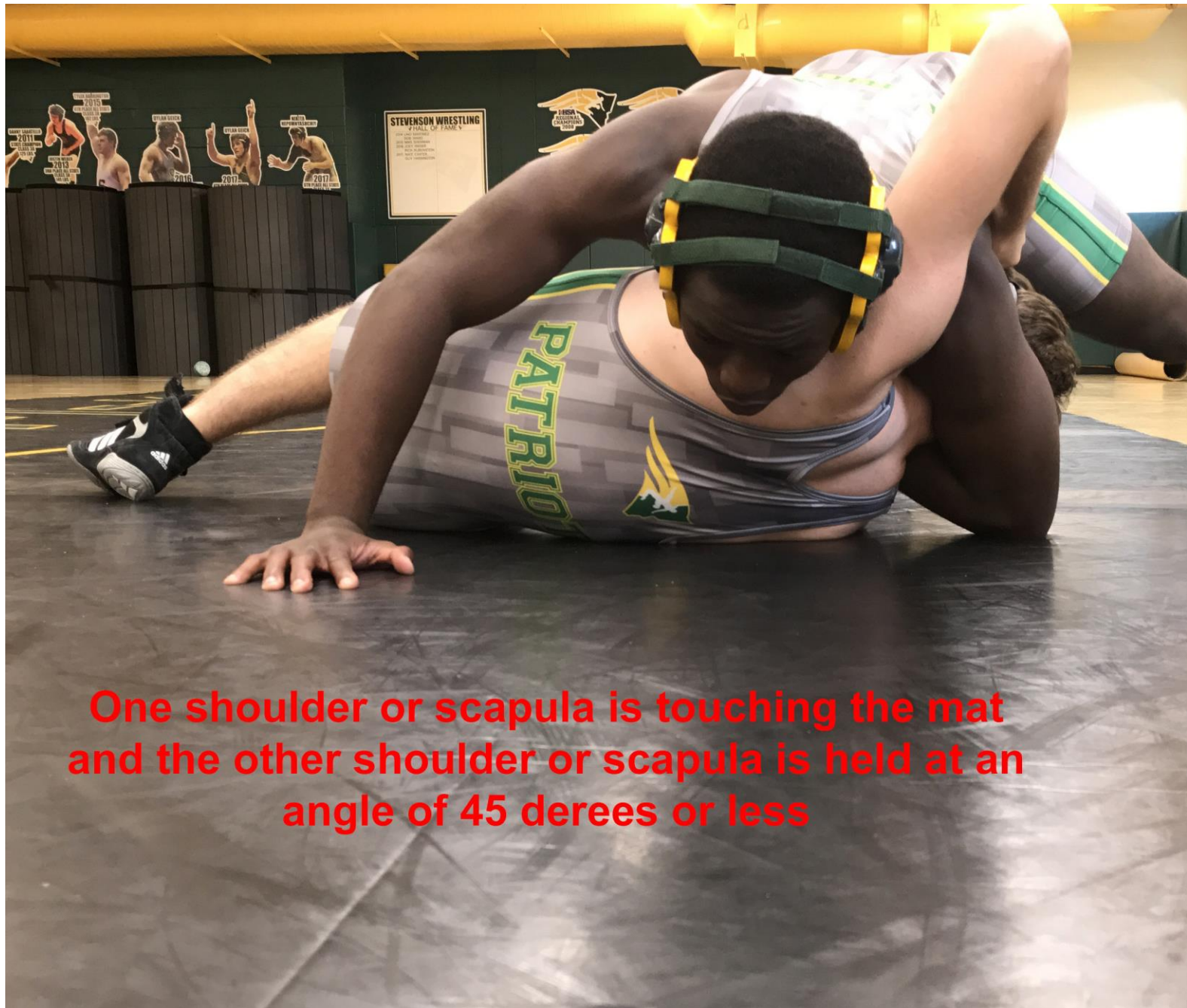
Near-Fall Criteria

Rule 5-11-2A

- When any part of both shoulder or both scapulae of the defensive wrestler are held within 4 inches of the mat or less.
- When one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less.
- When the defensive wrestler is held in a high bridge or on both elbows.

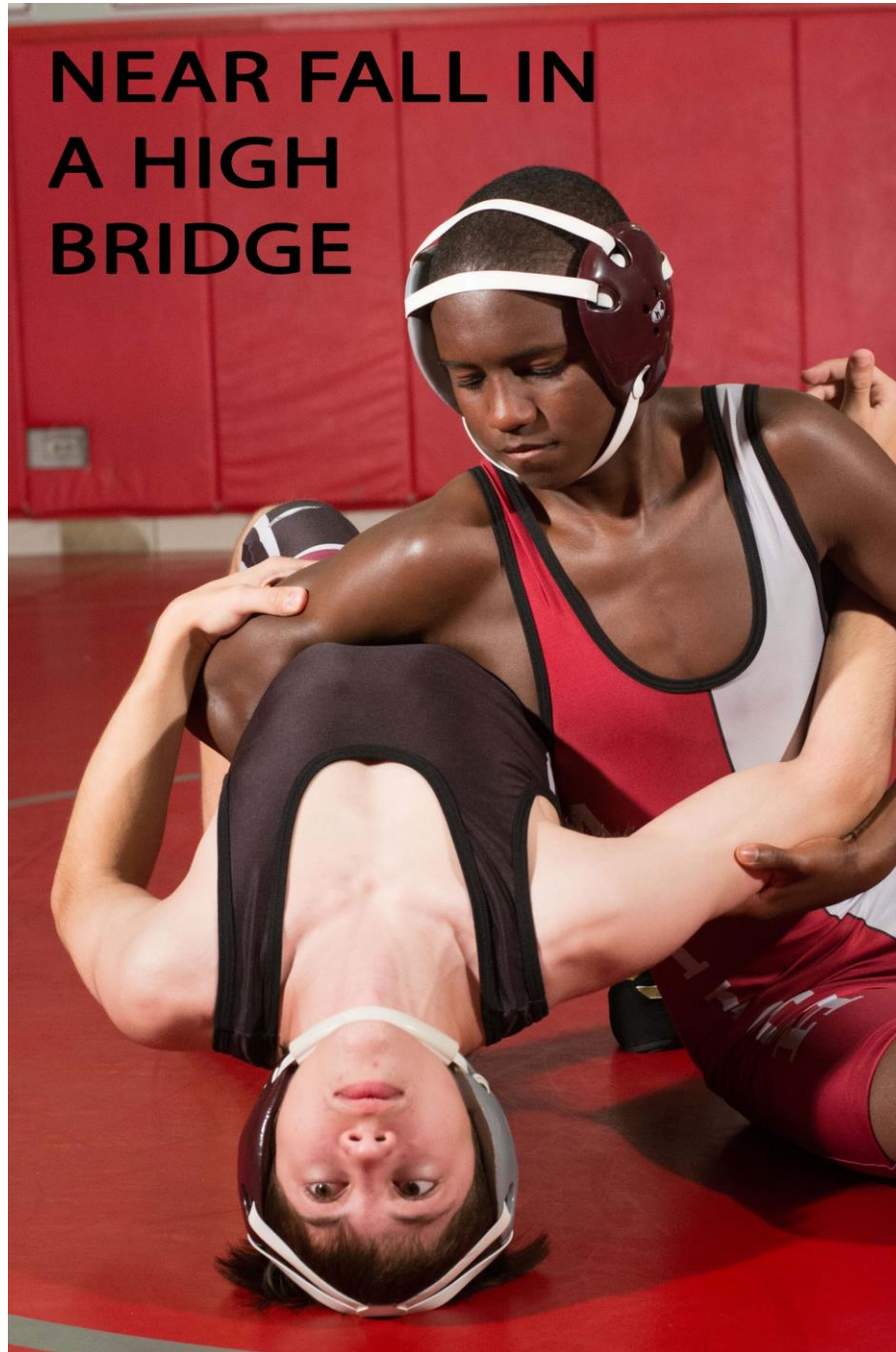


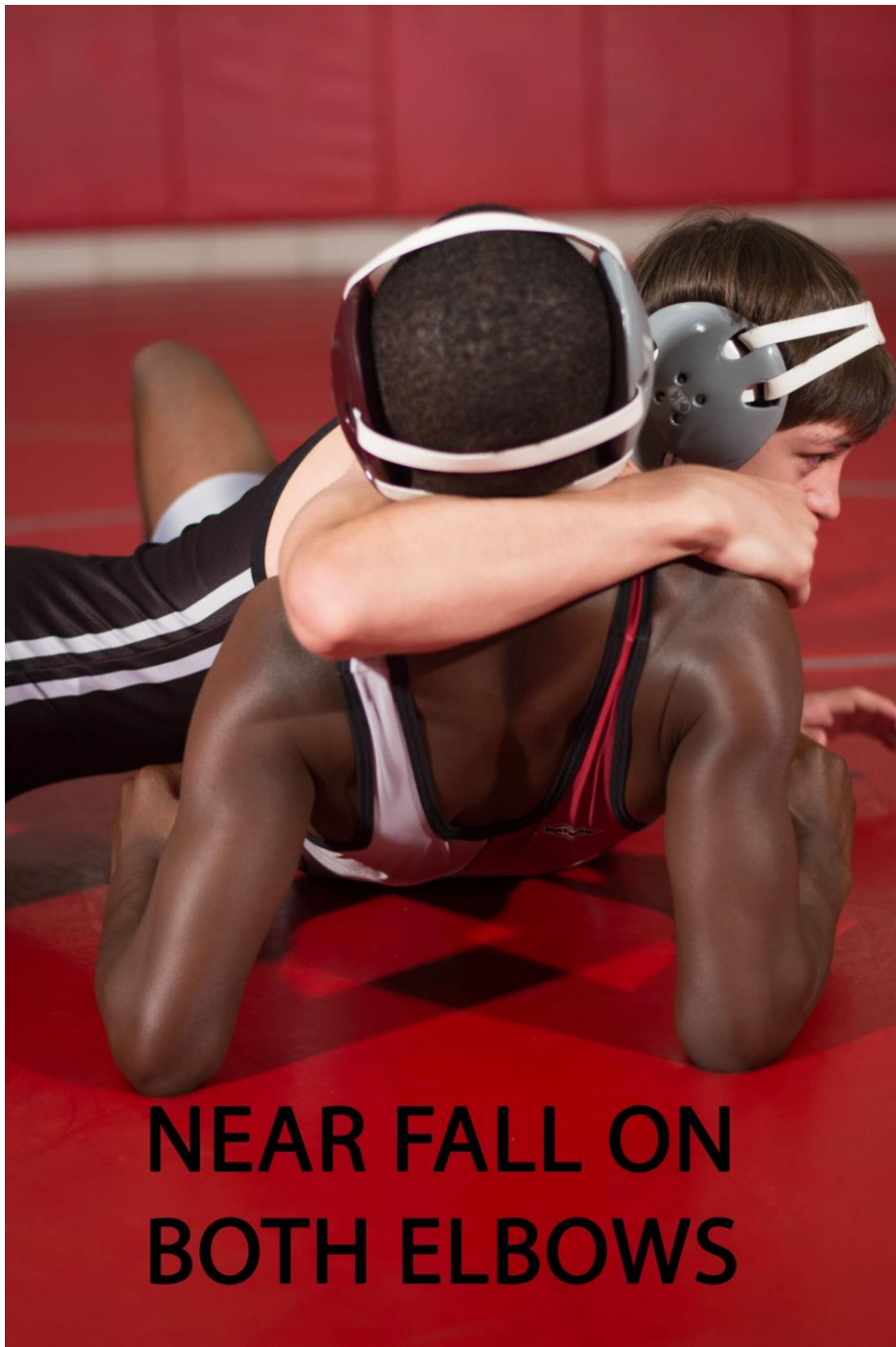
**Any part of both shoulders or both scapulae
are held within 4 inches of the mat or less**



**One shoulder or scapula is touching the mat
and the other shoulder or scapula is held at an
angle of 45 derees or less**

NEAR FALL IN A HIGH BRIDGE





**NEAR FALL ON
BOTH ELBOWS**

Rule 5-11-5

- A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body off mat.

Rule 5-15-2C

- Near-fall points or a fall shall be earned only while the supporting points of either wrestler are inbounds.

Match must
be stopped if
any portion of
the body is
off mat



Inbounds Rule 5-15-2A

When down on the mat usual points of support are:

- The knees
- The side of the thigh
- The buttocks
- The hand(s)
- The head



**KNEES ARE SUPPORTING
POINTS DOWN ON THE
MAT**



**SIDE OF THIGH IS
SUPPORTING POINT DOWN
ON MAT**



**BUTTOCKS ARE
SUPPORTING POINTS
DOWN ON THE MAT**

Rule 5-18

- Out of bounds occurs when a supporting point of both wrestlers is beyond the boundary line.

Rule 5-25-3

- In awarding a takedown at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.

5-22-2

- In awarding a reversal at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.

TAKEDOWN



A takedown can be scored. Match stopped.

REVERSAL



A reversal can be scored. Match stopped. No near-fall can be awarded.



**TOES ARE NOT SUPPORTING
POINTS DOWN ON THE MAT**



If toes were allowed to be supporting points down on the mat it would move wrestling towards the edge of mat which is not the intent of the rule

Questions?