



IRONMAN FOLKSTYLE WORLD CHAMPIONSHIPS

MAT TOURNAMENT RULES

1. Folkstyle Rules with slightly different scoring
 - a. Escape = 1 pt - the time is stopped and the wrestler who just earned the escape would then take the top position and the match would resume upon the officials whistle.
 - b. Reversal = 1 pt – the match would continue without stopping
 - c. 2-count nearfall = 1 pt
 - d. 5-count nearfall = 2 pts
 - e. Penalty points will follow the normal penalty chart
2. Matches would be two periods of two minutes (1:30 for the little guys)
3. Flip of the coin at the beginning of the match for choice. (Top, bottom or defer) At the beginning of the 2nd period the other wrestler has their choice of top or bottom.
4. Riding time will be used in both periods according to NCAA rules: ***
5. Any pin at any time will signify a win.
6. Tech fall will end the match at any time.
7. Overtime – (sudden victory – first points scored wins the match) if at the end of a match the score is tied, we would proceed to overtime. The wrestler who scored first during regulation would get his choice of positions – top or bottom. If the wrestler chooses top and rides his opponent for the entire 30 second period, he would be declared the winner. If the wrestler in the bottom position earns the escape, the match would end and the wrestler earning the escape would be declared the winner. If during this overtime period either wrestler is awarded a penalty point, the match is over and the wrestler who scored is the winner

*** Rule 2.11 Time Advantage

2.11.1 *Recording Time Advantage (riding time)*. The offensive wrestler who has control in an advantage position is gaining time advantage (i.e., “riding time”). A timekeeper records that wrestler’s accumulated time advantage throughout the match. A multiple timer may be used to record the time advantage. At the end of the match, the referee subtracts the lesser time advantage from the greater. If a contestant has one minute or more of net time advantage, that wrestler is awarded one point.