

Dual Meet Rules

In wrestling, a dual meet is a competition format in which two teams compete against each other (unlike an individual tournament format which one wrestler is competing against other wrestlers from many different teams in a tournament format). Each team will have a wrestler at each weight class to wrestle the other team's wrestler at the same weight class.

In international freestyle and Greco-Roman rules, the winning team is determined by whichever team has more wins. In our Kanto and Far East rule, team points are awarded depending on "how" the wrestler wins:

- If a wrestler pins the opponent, 5 points are awarded to the winning wrestler's team and 0 points for the other team (forfeits, disqualifications, are also 5 – 0 team points)
- If a wrestler wins by a score of 10 – 0, then 4 points is awarded to the winning wrestler's team and 0 points for the other team.
- If a wrestler wins by a 10 point difference but the losing wrestler scored point(s) (e.g. 11 – 1; 15 – 5), then 4 points is awarded to the winning wrestler's team and 1 point for the other team.
- If a wrestler wins by a score difference of less than 10 and the losing wrestler did not score any points (e.g. 1 – 0; 9 – 0), then 3 points is awarded to the winning wrestler's team and 0 points for the other team.
- If a wrestler wins by a score difference of less than 10 but the losing wrestler scored point(s) (e.g. 2 – 1; 9 – 5), then 3 points is awarded to the winning wrestler's team and 1 point for the other team.

In our league, there are 13 weight classes: 101lb, 108lb, 115lb, 122lb, 129lb, 135lb, 141lb, 148lb, 158lb, 168lb, 180lb, 215lb, and 275lb.

A pin (or fall) is when a wrestler is holding and controlling the opponent on his back (both shoulder blades on the mat) and the referee judges the bottom wrestler cannot escape out of the hold. This will end the match regardless of the score.

A technical fall (or technical superiority) is when there is a 10 point difference in the score. The match will also end when technical superiority is reached.

For more information on wrestling rules, scan the QR code or go to:

www.titanswrestling.org/resources

and, click on "wrestling rules handout".

