

Modified Wrestling Folkstyle Rules

1. All starts and restarts are from the neutral position- meaning:
 - a. At the beginning of a match
 - b. At the restart after any out of bounds
 - c. At the restart after a takedown has been secured
 - d. At the restart after a penalty or stalemate
 - e. At the restart after injury or blood time.
 - f. At the restart after a stalling warning on a wrestler in the advantage (top) position
 - g. At the start of any period (excluding the ultimate 30 second tie-breaker)
*for the 30 second ultimate tie-breaker standard folkstyle rules apply
2. There will be a 1 point push out rule awarded if from a neutral position the action is taken out of bounds. All attempts by both wrestlers should be made to wrestle aggressively and in the center of the mat. The push out point will be awarded to the opponent of the wrestler who goes out of bounds first with one point of contact.

Situational criteria.

1. Wrestler A and Wrestler B start the match from a neutral position and a takedown is secured by Wrestler A and action is taken out of bounds with 30 seconds remaining in the period. At the restart of the period both wrestlers would start neutral.
2. Wrestler A and Wrestler B begin the second period from a neutral position and Wrestler B Secures a takedown and then is awarded a penalty point with stoppage of the match for unnecessary roughness as he is elbowed in the face by Wrestler A. At the restart of the match both wrestlers would start neutral.
3. Wrestler B is on top and is warned for stalling as they are not attempting to score. After the required stoppage of the match the restart shall be from a neutral position.
4. Wrestler B is taken down and there is a stoppage for a stalemate situation. At the restart both wrestlers would be neutral.
5. The wrestlers complete a full match and the two 30 second tie breaker periods and the match is taken to a 30 second ultimate tie breaker. During this ultimate tie breaker Wrestler A chooses top and the match is started with Wrestler B in the down position. The wrestlers go out of bounds with no change in position. During the restart there is no change in position and Wrestler A would start in top.
6. Both wrestlers are neutral and Wrestler B shoots. Wrestler A defends the takedown with both wrestlers' hip to hip and knees on the mat inbounds. Wrestler A's knee then goes out of bounds. The match shall be stopped and both wrestlers returned to the center of the mat to restart from a neutral position and no points earned.
7. Both wrestlers are neutral and Wrestler A's foot goes out of bounds while defending a takedown and both wrestlers are on their feet. The match shall be stopped, one point awarded for a push out to Wrestler B- and action restarted from neutral in the center of the mat.

8. Both wrestlers are neutral and Wrestler A initiates action to push Wrestler B out of bounds. Prior to going out of bounds Wrestler B circles in bounds and Wrestler A inadvertently touches their hand out of bounds in an attempt to circle and keep wrestling. The match shall be stopped and Wrestler B would be awarded one point for a push out. The match would restart with both wrestlers in the neutral.
9. Both wrestlers are neutral and Wrestler B executes a double leg takedown without establishing control and one or both knees are on the mat while action is taken out of bounds. Action is stopped and no points awarded. At the restart both wrestlers would be neutral.
10. Both wrestlers are neutral and Wrestler A secures a sweep single on Wrestler B and while both wrestlers are still on their feet Wrestler A steps out of bounds. Wrestler B would be awarded one point for a push out and at the restart of the match both wrestlers would be neutral.
11. Starting from neutral one or both wrestlers go to one or two knees and no control is established as they go out of bounds. No points are awarded and the restart is from neutral.
12. Wrestler B has Wrestler A in near fall criteria and the match is stopped for injury or blood time. The restart of the match would be from the neutral position.
13. The match is tied at the end of regulation and at the end of the 1 minute sudden victory period. There will be only one 30 second ultimate tie breaker period. Choice would be given in the 30 second tie breaker to the wrestler who wins a coin toss by the official. One point will be awarded to the winner of the tiebreaker either for the bottom wrestler earning the escape or the top wrestler maintaining control; the bottom wrestler may also win by securing a 2 point reversal.