

Folkstyle, Freestyle, and Greco-Roman Explained

There are three primary wrestling styles: Freestyle, Greco-Roman, and Folkstyle (Collegiate). While all are different in their own right, all have many of the same basic characteristics. All three have takedowns, turns, and pins and the primary goal of each style is to pin your opponent. In both Folkstyle and Freestyle, you can do takedowns by either shooting or throwing. In Greco-Roman, you can only do takedowns by attacking your opponents upper body, leg attacks are prohibited.

	Folkstyle	Freestyle	Greco-Roman
Takedown with no back exposure	2 points	1 point	1 point
Takedown with back exposure (leg attack)	2 points	3 points	Illegal
Takedown with back exposure (throw/feet-to-back)	2 points	3 or 5 points	3 or 5 points
Near Fall (Referee counted)	2 points (2-4 seconds) or 3 points (5 seconds) at a 45° angle	1 point (5 seconds) at a 90° angle	1 point (5 seconds) at a 90° angle
Turn your opponents shoulders to the mat (no referee count)	No points	1 or 2 points	1 or 2 points
Escape	1 point	1 point	1 point
Reversal	2 points	1 point	1 point
Pushout	0 points	1 point Stepping out of bounds without being offensive	1 point Stepping out of bounds without being offensive
Technical Superiority (techfall)	15 point match difference	6 point match difference A techfall ends the period; must win two of three periods to win the match Each period score starts 0-0	6 point match difference A techfall ends the period; must win two of three periods to win the match Each period score starts 0-0
Pin (Fall)	Two seconds (say "one one-thousand")	1 second (say "tomber"). A Fall ends the entire match regardless of period	1 second (say "tomber"). A Fall ends the entire match regardless of period

Freestyle and Greco-Roman wrestling are the International/Olympic wrestling styles.

- Freestyle is different to Greco-Roman simply because Greco-Roman does not allow type of scoring below the waist (no leg attacks or trips).
- The main difference between Freestyle and Folkstyle is that in Freestyle competition (and Greco) you do not do anything while you're on the bottom besides trying not to get turned. This is called *par terre*.

Here are some of the general rules to Freestyle and Greco:

- Like in all styles of wrestling you want to pin your opponent. To do so in Freestyle or Greco wrestling you must hold your opponent to their back for one second.
- You may lock your hands at any point in time during the match (clasping doesn't exist).
- An alternative way to end your period early would be being a Technical Superiority. To do so in Freestyle or Greco competition you must be beating your opponent by 6 points.

Folkstyle (Collegiate) is the more traditional form of wrestling in the United States.

- The main difference between Folkstyle and Freestyle wrestling is that in Folkstyle competition, there are moves from the bottom position.

Here are some of the general rules to Folkstyle:

- To pin your opponent in Folkstyle, you must hold your opponent to their back for two seconds.
- During Folkstyle competition you can only lock your hands while trying to pin or trying to take down your opponent, but not while riding... that is clasping and is illegal.
- An alternative way to end your match early would be being a Technical Superiority. To do so in Folkstyle-competition you must be beating your opponent by 15 points
- You may lose a point for stalling or fleeing the mat during your match if the referee has already warned you for doing so.