

The following points are scored during FREESTYLE Wrestling.

Folkstyle wrestling is scored slightly different.

One point:

- To the wrestler who brings his opponent to the ground by passing behind him and, while in this position, holds him/her down with control (three points of contact: two arms and one knee, or two knees and one arm). **(takedown)**
- To the wrestler who overcomes, holds and controls his opponent on the mat by passing behind him/her. **(reversal)**
- To the attacking wrestler whose opponent flees the mat, the hold, refuses to start. **(fleeing the mat)**
- To the wrestler who's opponent commits illegal actions or acts of brutality or breaks the clinch. **(Caution and 1)**
- To the wrestler who holds his opponent in a position of danger for five seconds or longer. **(5 count)**
- In wrestling on the mat, to the wrestler who has been dominated, controlled or brought to the ground and who raises himself up to a standing wrestling position facing his opponent. **(escape)**

Two points:

- Wrestler who applies a correct hold while wrestling in the "par terre" position and who places his opponent in a position of danger or in an instantaneous fall position. **(back exposure)**
- Attacking wrestler whose opponent flees the hold by jumping off the mat in a position of danger. **(fleeing the mat)**
- Attacking wrestler who's opponent engages in an illegal hold which prevents him from completing a hold he had initiated. **(illegal hold)**

Three points:

- To wrestler performing a hold in a standing position, which brings his opponent into a danger position by direct projection over a short amplitude. **(feet to back)**
- For any hold executed by raising a wrestler from the ground, over a short amplitude, even if one or both of the attacking wrestler's knees are on the ground, insofar as the attack results in an immediate danger position. **(short amplitude throw to the side)**

Five points:

- All grand amplitude holds executed in a standing position, which bring the defending wrestler to a direct and immediate danger position. **(grand throw straight over the back)**
- The hold executed by a wrestler in the parterre position who completely lifts his opponent off the ground with the execution of a grand amplitude hold which projects the opponent into a direct and immediate danger position. **(grand throw straight over the back)**