



# 2007 OWOA State Clinic

Near falls and Escapes  
Presented by  
Scott Myers and Jack Kruse

Nov. 1, 2007

2007 OWOA Clinic





# Near falls



## **Rule 5-11-2 thru 5 ( page 22-23 rulebook)**

**Art.2....A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer.**

Nov. 1, 2007

2007 OWOA Clinic





# Near fall Criteria



Criteria for a near fall occur when any part of both shoulders or both scapulae of the defensive wrestler are held within 4 inches of the mat or less, or when one shoulder or scapula is held at an angle of 45 degrees or less with the mat; or when the defensive wrestler is held in a high bridge or on both elbows.

Nov. 1, 2007

2007 OWOA Clinic





# Near fall – Rule book



- Only the offensive wrestler can score
- A near fall is ended, award the points
- Defensive pinning position, no near fall points
- Defensive wrestler starts action to near fall
- Bleeding or injury in imminent near fall position
- Bleeding or injury after the 2 pt near fall is earned
- Bleeding or injury after the 3 pt near fall is earned
- In f-h the defensive wrestler commits Tech. Vio, illegal hold, unnecessary roughness, or unsportsmanlike act and requires stoppage





# Near fall – Rule book



- Bleeding or injury of the defensive wrestler in imminent near fall position
- Bleeding or injury of the defensive wrestler after the 2 pt near fall is earned
- Bleeding or injury of the defensive wrestler after the 3 pt near fall is earned
- In f-h the defensive wrestler commits Tech. Vio, illegal hold, unnecessary roughness, or unsportsmanlike act and requires stoppage

Nov. 1, 2007

2007 OWOA Clinic





# Near falls – points of emphasis



- Defensive wrestler intentional slides out of bounds in imminent fall position
- legal moves to illegal – Headlock
- Change of hold – same pinning position
- Edge of the mat calls





# Escapes



## Rule 5-10 Escape( page 22 )

An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while the supporting points of either wrestler are inbounds.

Nov. 1, 2007

2007 OWOA Clinic





# Escapes – new rule



## Rule 5-20-6 ( page 26 )

...Prior to assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. The defensive wrestling is awarded an escape, and wrestling begin from the neutral position.

\*\*\* “Before the Defensive wrestler is set in the defensive starting position. “







# Escapes – points of emphasis



Escapes on the edge of the mat

- holding on
- following out of bounds
- hesitation on the edge
- faces off as they go out of bounds

Nov. 1, 2007

2007 OWOA Clinic





# Escapes – Tough calls



- 1 escape and 2 takedown or 2 reversal
- Reversal, not finished but imminent, on the edge of the mat or end of the period
- Locked around the body

Nov. 1, 2007

2007 OWOA Clinic

