

What the Mat Practice Score Sheet

Use this sheet to practice keeping score for a wrestling match.
Great for kids and adults who want to learn how a match works!

Name/School	Period 1	↑↓ND	Period 2	↑↓N	Period 3	Score
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

OVERTIME			OT	Score
OT 1	↑↓N	OT 2	↑↓N	
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

WINNER:

FINAL SCORE:

Name/School	Period 1	↑↓ND	Period 2	↑↓N	Period 3	Score
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

OVERTIME			OT	Score
OT 1	↑↓N	OT 2	↑↓N	
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

WINNER:

FINAL SCORE:

SCORING TIPS

Alternate your marks so you can tell what order the score happened in.
For example:

T2	R2
E1 T2 N3	

CHOICE

- ↑ Up (on top)
- ↓ Down (on bottom)
- N Neutral (both up)
- D Defer (gives choice to opponent)

SCORING

- Takedown: T2
- Reversal: R2
- Escape: E1
- Near Fall: N2 N3 N4
- Penalty: P1 P2
- Caution: C and C1
- Stalling: S and S1
- Warning: W
- Blood Time: BT: 0:00
- Win By Fall (Pin): WBF: 0:00 (record total time, not how much is left on the clock)
- Tech Fall (winning by 15 points): TF