

Wrestling 101

Wrestling: The world's oldest sport

Unlike other sports, there is no size advantage

The harder and longer you work – the better you get

You get better by wrestling better wrestlers (experience)

Keys: technique, experience, balance (mat sense), conditioning, strength

Safety: flexibility, experience, conditioning, hygiene, equipment (headgear, knee pads), nutrition, hydration, tight-fitting clothing

Benefits: character, self confidence (physical and mental), determination, perseverance, conditioning and an unparalleled work ethic

“Once you wrestle, everything else in life is easy” – Dan Gable

Wrestling 101

Style wrestled in High School “**Folkstyle**”

Match – A competition between two individual wrestlers

Meet (Dual Meet) – A series of matches, one in each of the 14 weight classifications

Tournament – Many individuals (“Traditional”), or many teams (“Dual”)

Proper Uniform

A singlet (sleeveless shirt fastened at the crotch)

A tight fitting, solid color, short sleeve shirt may be worn under the singlet.

Tight fitting, solid color, under shorts may be worn under the singlet, if they don’t extend below the knee.

Full length tights with stirrups may be worn under the singlet.

Light, heelless wrestling shoes reaching above the ankle. Laces must be secured.

Headgear must be worn (to reduce the risk of “Cauliflower Ear”)

Tight fitting knee pads are permitted and must be worn on the knees.

Other pads must be approved by the referee (no hard or sharp components).

Proper Grooming

No greasy substances on the uniform or body

No jewelry or watches

No sharp or long fingernails

Hair trimmed and well groomed. Not below the collar (back and sides). May be covered.

Sideburns no lower than the earlobe.

Mustache shall not extend below the line of the lower lip. Other facial hair must be covered by a face mask. Otherwise, the face shall be shaved smooth.

Universal Hygiene Protocol

Shower immediately after all competition and practice (anti-bacterial soap)

Wash all clothing after competition and practice

Wash personal gear, such as knee pads, periodically

Don’t share towels or personal hygiene products with others

Refrain from (full body) cosmetic shaving

Skin Conditions - A doctor’s note stating that it is not communicable is required. An on-site meet physician may overrule the note.

Wrestling 101

Weight Classes

14 Weight Classes (maximum weight in pounds):

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

The Meet (“Dual Meet” - one team against another team)

Before the start of each Meet, one team is designated “Home” and is Green, the other team is designated “Visitors” and is RED. Team captains meet at the center of the mat and the referee flips a disc (Green on one side, Red on the other). The team whose color wins the toss, must choose “Odd” or “Even” to designate at which weight classes, their wrestler 1) must report first to the head scorer, and 2) has choice of position at the beginning of the second period.

The same wrestler may compete only once (including forfeits) in each Meet. A wrestler can not compete in more than five (5) matches (including forfeits) in one day.

A wrestler must have at least 45 minutes between matches. The conclusion time of each match shall be recorded.

The Match

A wrestler is permitted a maximum of 5 minutes to appear at the mat ready to compete. Once a wrestler reports to the scorer's table, no substitution is permitted.

The wrestlers will shake hands and when the referee sounds the whistle, they shall begin wrestling.

The First Period is two minutes in length (In consolation matches, the First Period may be one or two minutes) and the wrestlers start in the Neutral position.

The Second Period is two minutes in length. Based on a coin flip, one wrestler has the choice to select their starting position (Neutral, Top or Bottom), or to defer their choice until the third period.

The Third Period is two minutes in length. The wrestler that did not choose in the second period has the choice to select their starting position (Neutral, Top or Bottom).

A Fall ("Pin") results in sudden victory and ends the match. A Technical Fall (margin of 15 or more points) results in sudden victory and ends the match (unless the margin was achieved by a Near Fall, in which case the match continues until there is a Fall, or until the wrestlers are out of the pinning situation, or time expires). Otherwise, the wrestler with the most points at the end of the Third Period wins the match.

If the match is tied at the end of the Third Period, there is a Fourth Period (the First Overtime Period). The wrestlers start in the Neutral position and wrestle for one minute or until one wrestler scores. The first score immediately ends the match unless there is a Near Fall situation, in which case the match continues until there is a Fall, or until the wrestlers are out of the pinning situation, or time expires.

If the match is tied at the end of the Fourth Period (the First Overtime Period), There are two additional periods (the Fifth Period or Second Overtime Period, and the Sixth Period or Third Overtime Period). Each period is 30 seconds in length, unless there is a Fall which immediately ends the match. A coin flip determines choice of Top, Bottom or to defer choosing. Whoever makes the choice in the Fifth Period, the opponent has the choice in the Sixth period. The wrestler with the most points at the end of the Sixth Period wins the match.

If the match is tied at the end of the Sixth Period, there is a Seventh Period (the Fourth Overtime Period). The period is 30 seconds in length, unless there is a Fall which immediately ends the match. Whoever scored first in regulation (Periods 1-3) determines who has choice of Top or Bottom. If there was no score in regulation, a coin flip determines who has choice. If the wrestler on Bottom does not score in this period, the wrestler on Top wins the match.

The wrestlers shall shake hands and the referee shall raise the hand of the winner.

Wrestling 101

Positions

Neutral Starting Position (“Neutral”): Both wrestlers on their feet.

Defensive Starting Position (“Down” or “Bottom”): on hands and knees.

Offensive Starting Position (“Up” or “Top”): on top of the Bottom wrestler.

Option: contact Bottom wrestler with only hands on back.

In Bounds

When the supporting parts of EITHER wrestler are inside the boundary line. The supporting points are the parts of the body which bear the wrestlers weight. When the wrestlers go out of bounds, they are returned to the center of the mat in the starting position relative to their position when they went out of bounds (Top, Bottom or Neutral).

Time Stoppage

Injury time – 90 seconds cumulative from a legal hold. Limit 2 stoppages. The second grants the opponent choice of position when the match resumes.

Blood time – 5 minutes cumulative to stop blood from flowing.

Recovery time – 2 minutes from an injury sustained from an illegal hold. If the injured wrestler can’t continue, he wins by default.

Referee’s time – unlimited: out of bounds, injury, reposition headgear, to clean up blood, correcting legal equipment that becomes illegal, potentially dangerous holds, Coach/Referee conference, etc.

Match Scoring

During each match, the “Home” wrestler wears a Green ankle band and the “Visitor” wrestler wears a Red ankle band. The Referee shall wear a Green armband on the Right wrist and a Red armband on the Left wrist. When the Green (“Home”) wrestler has scored, the referee will lift the Right arm with the Green wrist band, and raise one finger for each point scored.

Escape (1 point)

Takedown (2 points)

Reversal (2 points)

Near Fall (2 points) for at least two seconds

Near Fall (3 points) for at least five seconds

Technical Fall for a 15-point advantage

Fall (sudden victory)

Penalty - Violations (caution, warning, 1 point, 2 points or disqualification)

Wrestling 101

Violations

Technical Violations (Group 1):

False Start. Moving before the Referee's whistle from any starting position.

Incorrect Starting Position

First–Caution, Second–Caution, Third or more–1point each

Technical Violations (Group 2):

Intentionally going out of bounds or forcing an opponent out of bounds

Grasping the clothing, mat or headgear

Interlocking or overlapping the hands around the body or both legs while in control and not in a standing, lifted or pinning situation.

Leaving the wrestling area without the referee's permission.

Reporting to the mat not properly equipped or ready to wrestle (injury time).

Applying a figure 4 around the head from the Neutral position.

First–1 point, Second–1 point, Third–2 points, fourth–DQ

Illegal holds – any hold used to endanger life and limb. When a body part is forced beyond the limit of normal range of motion. Unnecessary force. Any hold with pressure exerted over the mouth, nose, throat or neck that restricts breathing or circulation.

First–1 point, Second–1 point, Third–2 points, fourth–DQ.

Potentially Dangerous holds – any hold which may cause injury when used legally Holds become potentially dangerous when a body part is forced to the limit of normal range of movement. When the defensive wrestler stands supporting all of the weight of the offensive wrestler. Action is stopped.
no penalty points

Stalling – Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively

First–warning, Second–1 point, Third–1point, fourth–2 points, fifth–DQ.

Unnecessary Roughness – any act which exceeds normal aggressiveness (eg. Forceful crossface or trip, elbow used in a punishing way to the neck or spine, etc.). First–1 point, Second–1 point, Third–2 points, fourth–DQ

Wrestling 101

Violations (continued)

Unsportsmanlike Conduct (contestants) – any act which becomes abusive or interferes with the orderly progress of the match (taunting, pushing, shoving, swearing, throwing headgear, spitting, dropping shoulder straps while on the mat, indicating displeasure with a call).

First–1 point, Second–1 point, Third-2 points, fourth-DQ

Unsportsmanlike Conduct (Coaches and team personnel)

First–deduct 1 team point, Second–deduct 2 teams points and remove from premises for duration of event.

Unsportsmanlike Conduct (Spectator) A referee may remove an unsportsmanlike spectator for the remainder of the event.

Coach misconduct – improperly questioning the referee concerning the application of a rule or any questioning of judgment. First-Warning, Second-1 team point, Third-2 team points AND removal of the head coach for the remainder of the day.

Flagrant misconduct – “any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school event.” Examples: striking, butting, elbowing, biting, kicking an opponent, use of tobacco products. First-DQ, deduct 3 team points and remove from premises for duration of event.