

Wrestling 201

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

After weigh-ins, there is a random draw to select the first weight class to be wrestled. That weight class is “odd” and the next weight class is “even” and so on for that dual meet only. After the first match, subsequent matches are at the next heavier weight class. After the heaviest weight class (285 pounds), next is the lightest weight class (103 pounds) and the order proceeds up in weight class until all matches have been wrestled.

The next dual meet at the same event (which can span multiple days) begins one weight class above where the prior dual meet began. This order progresses for each round at an event, even if your team did not participate in that round. The first weight class for each dual meet is “odd”.

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 referee has jurisdiction until the scorebook (dual meet) or bout sheet (tournament) is signed.

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.

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Video replay shall NOT be used by the referee.

Periods:	Period	Position	Duration (minutes)
	1	Neutral	2:00
	2	Choice or Defer*	2:00
	3	Opponents Choice*	2:00
Overtime			
If score tied	4	Neutral	1:00 (sudden victory)
If score tied	5	Top, Bottom, Defer**	0:30
	6	Top, Bottom**	0:30
If score tied	7	Top, Bottom***	0:30 (sudden victory)

* Coin flip determines who has choice of Neutral, Top, Bottom or to defer choosing.

Whoever makes the choice, the opponent has choice in the next period.

** Coin flip determines choice of Top, Bottom or to defer choosing. Whoever makes the choice, the opponent has choice in the next period.

*** Whoever scored first in regulation determines who has choice of Top or Bottom. (No score - Coin flip). If wrestler on Bottom does not score in this period, the wrestler on Top wins the match.

In consolation matches, the First Period may be one or two minutes.

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.

Bad Time:

When wrestlers start in the wrong position, the wrong wrestler is given choice in period 3, choice not given after second injury time-out, when the clock should have been stopped or after a violation that should have stopped the action.

“Any points, penalties, or injury time that occurred during bad time shall be voided except flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds, and bleeding time.” Bad time re-wrestling must be corrected before the start of any subsequent period.

Stalemate – when contestants are interlocked in a position other than a pinning situation, in which neither wrestler can improve their position or either competitor has the hands locked around one leg of the opponent to prevent scoring. Action is stopped and wrestlers are returned to the appropriate starting position.

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Positions

Neutral Starting Position (“Neutral”): Both wrestlers stationary and opposite each other with one foot on the colored starting line that matches their ankle band. No other body parts, including the other foot, may contact the mat in front of the foot on the line.

Defensive Starting Position (“Down” or “Bottom”): The heels of both hands on the mat in front of the forward starting line and both knees on the mat behind the rear starting line

Offensive Starting Position (“Up” or “Top”): At the right or left side of the wrestler in the defensive starting position with at least one knee on the mat on the near side of the opponent. The palm of the hand of the outside arm must be placed on, or over the back of, the opponents near-side elbow. The inside arm is placed loosely around the opponents back with the palm of the hand placed loosely over the opponents navel. The offensive wrestler’s head shall be on or above the opponent’s spine. A knee or foot may be placed behind the defensive wrestler’s feet. The offensive wrestler’s legs or feet may not be in contact with the defensive wrestler.

Optional Offensive Starting Position: (must notify the referee before assuming the position). At either side or to the rear of the defensive wrestler, supporting all of their weight on both feet, one knee or both knees. Place hands, with thumbs touching, on opponent’s back. The offensive wrestler can not place a foot or knee in front of the forward starting line, between the opponent’s feet or legs, or straddle the opponent.

The Mat Area

The mat must be between 1-4 inches thick.

The wrestling area must be a circle with a minimum diameter of 28 feet, surrounded by approximately 5 feet of safety mat.

The boundary line (outer circle) is 2-inches wide and is out of bounds.

The center circle is 10 feet in diameter

“Starting Lines” in the center of the mat are 1-inch wide, three feet long and 12-inches apart. The starting lines are connected by a 1-inch red line on one end, and a 1-inch green line on the other end.

Team benches should be at least 10 feet from the mat and 10 feet from the scorer’s table

The scorer’s table should be at least 10 feet from the mat and have room for a timekeeper, head scorer and visiting team scorer.

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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.

The first point scored shall be circled on the bout sheet

Control – “when an individual has gained restraining power over an opponent.” A wrestler may have control when his head, or one leg, is locked by the opponents hands.

Escape (1 point) “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 in bounds.

Takedown (2 points) when, from a neutral position, a wrestler gains control over an opponent down on the mat while the supporting points of either wrestler are inbounds or the feet of the scoring contestant finish down on the mat inbounds.

Reversal (2 points) when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat, or in a rear-standing position while the supporting points of either wrestler are inbounds.

Fall (sudden victory) “when any part of both shoulders or both scapula are in contact with the mat for two seconds.”

Near Fall (2 points) for at least two seconds

Near Fall (3 points) for at least five seconds, when any part of both shoulders or both scapula are in within 4 inches of the mat, or when one shoulder or scapula is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less, or when the defensive wrestler is held in a high bridge or on both elbows.”

Can only score a near fall when “in control”.

Can only score one near fall for each “pinning situation”.

If the defensive wrestler is injured or bleeding and the pinning situation is stopped, the offensive wrestler is awarded 2 points (less than 2 seconds), 3 points (2-4 seconds) or 4 points (5 or more seconds).

Technical Fall for a 15-point advantage. Stops the match unless in near fall criteria.

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

Any error in scoring must be corrected before the start of the next period or, if at the end of the match, before the wrestler/ coach leave the mat area.

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Violations

Illegal holds

- Slam – lifting and returning an opponent to the mat with unnecessary force.
- Suplay or Salto – a lift up and straight back where the opponent lands on the head.
- Intentional Drill – bringing the opponent straight down on the head.
- Forceful Fall-back – from a scissors or cross-body ride.
- Pulling back the thumb or 1, 2 or 3 fingers of the opponent's hand.
- Double underhook snap back from the standing position.
- Hammerlocks above a right angle or lifting the elbow off the back.
- Headlock without encircling an arm (elbow or above) or leg.
 - Exceptions: Guillotine or $\frac{3}{4}$ Nelson (“Rocko”) are permitted.
- Head Sissors with or without an arm.
- Full Nelson
- Twisting Kneelock taken against the joint and/ or away from the body.
- Keylock
- Overhead Double Arm Bar
- Neck Wrench
- Front, Quarter Nelson with the chin
- Leg Block (cut-back)
- Back Bow
- Figure 4 around the body or both legs
- Chicken Wing with pressure toward the shoulder
- Hands in the eyes or raking the eyes
- Any hold used for punishment

Stalling – The referee is required to penalize stalling without hesitation. Holding the heel against the buttocks for 5 seconds.

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Dual Meet Team Scoring

Fall, Forfeit, Default, Disqualification	6 points
Technical Fall (margin 15 points or more)	5 points
Major Decision (margin 8-14 points)	4 points
Decision (margin less than 8 points)	3 points

Maximum team score: 84 points

Guaranteed team victory: 43 points

Team Score Tie-Breakers

- 1) Flagrant or Unsportsmanlike Conduct Violations
- 2) Most matches won (including forfeits)
- 3) Most total wins by Falls, Forfeits, Defaults, and Disqualifications
- 4) Most total wins by Technical Falls
- 5) Most total wins by Major Decisions
- 6) Most first points scored in all matches
- 7) Most near fall points scored in all matches
- 8) Most takedowns scored in all matches
- 9) Most reversals scored in all matches
- 10) Most escapes scored in all matches
- 11) Least stalling points scored in all matches
- 12) Least stalling warnings in all matches
- 13) Least other infraction points scored in all matches
- 14) Coin Flip

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Tournament Brackets

See example for: Order of Rounds
 Determination of Opponents

Tournament Team Scoring

For each Match:

Fall, Forfeit, Default, Disqualification	2 points
Technical Fall (margin 15 points or more)	1.5 points
Major Decision (margin 8-14 points)	1 point
PLUS	
Advancement: Championship Bracket	2 points
Advancement: Consolation Bracket	1 point
PLUS	
Bye followed by a win: Championship Bracket	2 points
Bye followed by a win: Consolation Bracket	1 point
PLUS	

For each Wrestler that Places:

	-----Number of Places awarded-----		
Place:	Four Places	Six Places	Eight Places
First	14 points	16 points	16 points
Second	10 points	12 points	12 points
Third	7 points	9 points	9 points
Fourth	4 points	7 points	7 points
Fifth		5 points	5 points
Sixth		3 points	3 points
Seventh			2 points
Eight			1 points

Wrestling Beyond High School

Training – The Wrestling Center, 1701 McCoba Dr. in Smyrna, GA.

Competition:

USA Wrestling

National High School Coaches Association (NHSCA)

Amateur Athletic Union (AAU)

International Wrestling Styles (Freestyle and Greco-Roman) “Wrestling 301”

Three 2-minute periods. If no fall, must win 2 periods to win the match.

Fall (sudden victory) “when any part of both shoulders or both scapula are in contact with the mat for one second.”

Tie-Breaker: The wrestler that scored the highest-point move

The wrestler that scored last

Coin Flip for 30-second overtime clench advantage (Freestyle only)

Freestyle Scoring:

Takedown – from the feet or knees with no back exposure (1 point)

Takedown – from the knees to back exposure (2 points)

Takedown – from the feet to back exposure (3 points)

Throw – from the feet to back exposure (3 points)

Takedown – from a lift to back exposure where the feet go over the head (5 points)

Throw – from a lift to back exposure where the feet go over the head (5 points)

Reversal (1 point)

Back Exposure – must be 90 degrees or less – instantaneous (2 points)

Opponent Steps out of Bounds – (1 point)

Escape – no points

Greco-Roman Scoring:

Neither wrestler may use or touch the body below the waist

Takedown – from the feet or knees with no back exposure (1 point)

Takedown – from the knees to back exposure (2 points)

Takedown – from the feet to back exposure (3 points)

Takedown – from a lift to back exposure where the feet go over the head (5 points)

Reversal (1 point)

Back Exposure – must be 90 degrees or less – instantaneous (2 points)

Opponent Steps out of Bounds – (1 point)

Escape – no points

Reverse Clench – not getting scored upon in the Bottom position (1 point)