



WRESTLING 101

A Beginner's Guide for Parents and New Wrestlers

THE START OF THE MATCH

At the start of the match, wrestlers begin on their feet, facing each other in the “neutral position.” The wrestler wearing a green leg band is the home wrestler and the visiting wrestler wears red. The wrestlers shake hands and the referee blows the whistle to begin wrestling.

WRESTLING POSITIONS

While the first period begins with the wrestlers in the neutral position, team choice determines which wrestler gets his choice of starting positions of the second and third periods. During tournaments a coin toss will be the determining factor. If the home wrestler gets to choose his position for the second period (top, bottom, neutral or defer), the visiting wrestler gets his choice in the third period unless defer was chosen.

For scoring points throughout the match, wrestlers are awarded points for the following moves: takedown, reversal, escape, and near fall. The referee can also award points for illegal holds or stalling.

Takedown (two points): Occurs when either wrestler, starting from the neutral position, gains control of his opponent on the mat.

Escape (one point): The defensive wrestler (on bottom) is awarded one point for an escape when he moves to a neutral position.

Reversal (two points): The defensive wrestler (on bottom) is awarded 2 points for a reversal when he gains control of his opponent and becomes the offensive wrestler (on top). This may take place while the defensive wrestler is either on his feet or on the mat.

Near Fall (two or three points): Points for a near fall are awarded when the offensive wrestler has control of his opponent in a near pinning position. This occurs when the defensive wrestler's shoulders are restrained four or fewer inches from the mat, one shoulder is touching the mat and the other is held at a 45 degree angle to the mat, or when the wrestler is in a high bridge or supported on both elbows. If the near fall criteria are met for a period of three consecutive seconds, a two point near fall is awarded; if the near fall criteria is met for five consecutive seconds, a three point near fall is earned.

THE END OF THE MATCH

A match ends when one of the following occurs: a pin (fall), a technical fall, or time expires.

Pin (Fall): A pin is awarded when a wrestler holds any part of both of his opponent's shoulders to the mat.

Technical Fall: When a wrestler has earned a 15 point advantage over his opponent, the referee will end the match.

Time Expired: If there has not been a fall or a technical fall by the end of the third period, the winner of the match is determined by the number of individual points scored. The wrestler with the most points wins the match by decision.

Overtime: A one minute overtime period begins immediately after the regulation match. Both wrestlers are in neutral position. The first wrestler to score is the winner.





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POTENTIALLY DANGEROUS AND ILLEGAL HOLDS

Potentially dangerous holds occur when a body part is forced to the limit of the normal range of movement. The referee will caution a wrestler against forcing a hold into an illegal position; however, he will not stop wrestling action unless it is necessary to prevent an injury.

Illegal holds are dangerous and can cause injury. Whenever a referee witnesses one of these holds being used, he awards one point to the offender's opponent. Illegal holds include, but are not limited to:

Slam: Lifting and returning an opponent to the mat with excessive force.

Hammerlock: Pulling the opponent's arms too high on the back or pulling the arm away from the back.

Headlock: Arms or hands are locked around the opponents head without encircling an arm.

Full Nelson: Arms are under both arms of the opponent and touch the head.

PENALTIES AND WARNINGS

Technical violations may cause the offending wrestler to be penalized one point. The referee may give cautions or warnings for some violations but not all. Technical violations include assuming an incorrect starting position, false start, grasping clothing or headgear, interlocking hands, and leaving the wrestling area without permission from the referee.

One of the most common calls is stalling. Each wrestler is required to make an honest attempt to stay within the ten foot circle and wrestle aggressively at all times. When a referee recognizes stalling, he will warn the offender. Further violations will be penalized.

Penalties and warnings are cumulative throughout the match and overtime. Penalty points can be applied in multiple ways including awarding their opponent multiple points and deducting team points. Penalties can also be the deciding factor when a match is tied.