

# Wrestling 101

---

## What to Expect at Wrestling Practice:

- Wrestlers should wear t-shirts and comfortable athletic shorts without pockets. It is recommended that the kids also wear wrestling shoes.
- No street shoes are permitted on the wrestling mats. We want to keep them as clean as possible since the kids will be rolling around on them.
- Practices normally begin with warm-up and conditioning exercises such as stretching, running, push-ups and crunches. Next will be technique demonstrations by the coaches followed by practicing the demonstrated moves with a partner. Each child will be paired with another child of comparable weight and skill. Some practices may include live wrestling or games.
- Wrestlers are expected to listen and behave during practice so as not to distract the coaches and other wrestlers. Push-ups or time-outs may be given to kids who are disruptive during practice.

## What to Expect at a Youth Wrestling Tournament:

**We encourage wrestlers to attend tournaments however; tournament participation is a parent/family decision. The best place to practice what you have learned in practice is in a tournament format. There are no losers at youth wrestling tournaments – only winners and learners! The average wrestling fee at a tournament is \$10-\$12. Our coaches will attend many local tournaments and be available to coach storm wrestlers. Please remember it can get a little hectic when there are multiple wrestlers wrestling across the gym but our coaches will always do their best to help! They love this stuff!! As a parent you should encourage your child to do their best and have fun it is important for them to know there are things to learn in every match and whether they win or lose we must show good sportsmanship!**

- Most tournaments have a 4-man round-robin format grouping wrestlers together by grade and weight and sometimes by level of experience. This grouping of wrestlers is known as the bracket.
- Positions are filled by volunteer parents and high school students. The referees are usually high school wrestlers doing their best – take it easy on them.
- Parents/fans wait in the stands until their wrestler is called to the mat for his/her matches.
- Some tournaments don't allow parents/fans to watch mat side, only coaches.
- Most tournaments begin with Pre-K and work up through the remaining grade levels.
- Most tournaments charge an entry fee for spectators, some do not.
- Concessions and wrestling gear are normally available for sale.

## What to do when you get there:

1. Register your wrestler and pay at the door
2. Go to designated room for weigh-in and skin check
3. Meet at pre-determined mat in gym for warm-ups
4. Listen for wrestler's grade to be called then report to the staging area
5. Go with your wrestler and others in the bracket to your assigned mat where the matches will take place. Be sure to stay near the mat and listen for your wrestler's name. Numerous brackets will wrestle on each mat to give the kids time to rest in between matches. Your wrestler needs to be ready to go when his/her name is called.
6. Go to the awards table after your bracket is completed to collect your award
7. Cheer on your team mates then go home and rest up for next practice

## Folkstyle Wrestling Rules:

**Object:** The objective of wrestling is to pin your opponent's shoulders to the mat for ~2 seconds. A pin (a.k.a. fall) ends the match immediately. However, if neither wrestler is pinned, the winner is the wrestler with the most points at the end of the match. There are five ways to score points in a folkstyle wrestling match: Takedown, Escape, Reversal, Near-Fall, and Penalty.

**Length:** Typically three 1 minute periods. Older children may wrestle three 1½ minute periods.

1st Period: Starts from the standing or "Neutral" position.

2nd Period: Choice of position is determined by a coin toss. The winner may choose top or bottom in "referee's" position or may opt to start in the neutral position.

3rd Period: Choice of position is given to the wrestler who lost the coin toss before the second period. The same options apply.

### There are five ways to score points in a wrestling match:

**1) Takedown** - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.

**2) Escape** - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.

**3) Reversal** - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.

**4) Near Fall (Back Points)** - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when...

both shoulders are held for two seconds within four inches of the mat, or...

one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or...

the wrestler is held in a high bridge or back on both elbows.

If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.

**5) Penalty Points** - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

- **Illegal Holds** - There are several holds that the referee will penalize you for without warning. (There are other holds called "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).
- **Technical Violations**
  - Going off the mat or forcing your opponent off the mat to avoid wrestling ("fleeing the mat.")
  - Grabbing clothing, the mat, or the headgear
  - Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have met criteria for a near pin of your opponent, or
  - your opponent stands up and has all his/her weight on two feet, or you have lifted the opponent off the mat.
  - Leaving the mat during the match without the referee's permission
  - Figure 4 head scissors from the neutral position.
  - Reporting to the mat not properly equipped or not ready to wrestle, or equipment that is detected as being illegal after the match has started
- **Unnecessary roughness**
- **Unsportsmanlike conduct**
- **Flagrant Misconduct** (ejection, the match is over)
- **Stalling** (you get one warning before you are penalized and points are awarded).
- **Incorrect starting position or false start** (You get two cautions before points are awarded).

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified. (Except for illegal starting position or false start - you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified. In the event of Flagrant Misconduct, you are ejected from the match on the first offense, you lose the match, and 3 team points are deducted).

These rules apply to the type of wrestling done in the United States in College, High School, Junior High, Middle School, and most youth wrestling. This type of wrestling is often referred to as "folkstyle" wrestling. The rules for "freestyle" and "greco-roman" wrestling, as is done in the olympics and internationally, are a little different.