

Overview of Wrestling

All participants must have a physical and concussion form on file with the nurse. [For a direct link to the forms click here.](#)

Wrestling Overview

Objective:

The primary objective in wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.

Match Basics:

Wrestling matches consist of three periods, the first lasting one minute and the second two one and a half minutes. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

There are only two positions from which referees start, or continue a match. The first is **neutral position**, with both wrestlers standing and facing each other. The other is the **referee's position**, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Wrestler alternate choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. Usually, wrestlers will choose the bottom since it is the position with the most opportunities to score points. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

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 call "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).
- **Technical Violations**

Going off the mat to avoid wrestling ("fleeing the mat.")

Grabbing clothing, the mat, or the headgear

Incorrect starting position or false start (You get two cautions before points are awarded).

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 your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.

Leaving the mat during the match without the referee's permission

Figure 4 head scissors from the neutral position.

- **Unnecessary roughness**
 - **Unsportsmanlike conduct**
 - **Flagrant Misconduct** (ejection, the match is over)
 - **Stalling** (you get one warning before you are penalized and 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).

Dual Meet Team Scoring:

Fall, Forfeit, Default, Disqualification - 6 team points

Technical Fall (getting ahead of your opponent by 15 points ends the match) - 5 team points

Major Decision (winning the match by 8 - 14 points) - 4 team points

Decision (winning the match by fewer than 8 points) - 3 team points