

Team Points

When the match is over, both wrestlers return to the center of the mat where the referee will indicate the winner by raising his hand. Both wrestlers will remove their leg bands and the match is over. The winning wrestlers' team will receive points based on the following:

Dual Meet

Decision (win by 8 points or less) – 3pts.
Major Decision (win by 8-14 points) – 4pts.
Technical Fall (win by 15 or more points) – 5pts.
Fall (pin) – 6 pts.

Tournament (Championship Bracket)

Decision – 2pts. (advancement points)
Major Decision – 3 pts. (advancement points plus one bonus pt.)
Technical Fall – 3 ½ pts.
Fall – 4 points

Teams also receive points when the opposing team has forfeited, defaulted, or been disqualified. In a dual meet, 6 points are awarded for a forfeit, default, or disqualification. In a tournament, 2 points are awarded and the wrestler advances to the next round.

Default: a wrestler is unable to continue wrestling for any reason.

Disqualification: a wrestler is removed from participation for flagrant misconduct, unsportsmanlike conduct, or for an accumulation of penalties.

Forfeit: a wrestler fails to make weight or the team doesn't have a man to fill a weight.

Infractions, Penalties, and Injury Time Outs

Illegal Holds

Illegal holds are dangerous and can cause injury. When a referee sees an illegal hold 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 unnecessary force.

Headlock: locking arms or hands around an opponent's head without encircling an arm.

Full Nelson: locking arms under both arms of an opponent and behind his head.

Other illegal holds include bending, twisting, or forcing a wrestler's head, knee, or limb beyond the normal limits of movement, pulling back a thumb or finger, and/or using any hold as punishment.

Some holds are not illegal, but they are potentially dangerous. Potentially dangerous holds occur when a body part is forced to the limit of its normal range of movement. The referee will caution a wrestler against forcing a potentially dangerous hold into an illegal hold. The Referee, however, will not stop the wrestling action unless it is necessary to prevent an injury. Potentially dangerous holds include the double wristlock scissors, toe holds and the guillotine.

Technical Violations

Technical violations include assuming an incorrect starting position, a false start, the grasping of clothing or headgear, interlocking hands, and leaving the wrestling area without first receiving the referee's permission to do so when a wrestler commits a technical violation, he may be given a caution, or he may be penalized one point.

Conduct Infractions

When a referee witnesses one of the following conduct infractions, he takes the appropriate action:

Unnecessary roughness – physical acts that exceed normal aggressiveness (e.g., a wrestler uses his forearm or elbow on his opponent's spine or on the back of the head). The offending wrestler may be penalized one point.

Unsportsmanlike conduct – any unsportsmanlike physical or nonphysical act occurring before, during, or after a match. These acts include failure to comply with the directions of the referee, shoving, swearing, taunting, baiting, throwing headgear and spitting. The offending wrestler is penalized one point for the first offense.

Flagrant Misconduct – any physical or nonphysical act that is considered serious enough for disqualification. These acts, which can occur before, during, or after a match, include biting, hitting, butting, kicking or elbowing. The offending wrestler is disqualified on the first offense.

Stalling - wrestling unaggressively and/or not making an honest attempt to stay within the 10 foot circle. When a referee recognizes stalling (the wrestler is playing the edge of the mat, avoiding contact, not trying to improve his position, not trying to secure a takedown, etc.), he warns the offender. Further violations are penalized.

Penalties and Warnings are Cumulative

Penalty points are awarded to the offender's opponent. Penalties and warnings are cumulative throughout the match and the overtime period. The wrestler's opponent is awarded one point for the first offense, one point for the second offense, and two points for the third offense. On the fourth offense, the offending wrestler is disqualified.

Injury Timeouts

Injury time-outs are cumulative throughout the match and overtime. A wrestler is limited to two time outs totaling a maximum of 1 ½ minutes. If a second injury time out is taken, the opponent will have his choice of position for the restart. The number of bleeding time outs is determined by the referee. If the referee feels it is necessary, he will stop the match. If the bleeding is not controlled within five minutes, the match is terminated and the opponent is awarded the match by default.

Near Fall (2 or 3 points) – Points for a near fall are awarded when a wrestler has control of his opponent in a near pinning position. This occurs when the defensive wrestler is in one of the following positions: 1) both of his shoulders are restrained four or fewer inches from the mat, 2) one shoulder is touching the mat and the other is held at a forty five degree angle to the mat, 3) he is in a high bridge or he is supported on both elbows. If the near fall criteria is met for two seconds, a 2 point near fall is earned; if the near fall criteria is met for five seconds, a 3 point near fall is earned.

End of the Match

A match ends when one of the following occurs: 1) a fall (pin), 2) a technical fall, 3) time expires.

Fall (pin) – A fall is awarded when a wrestler holds any part of both his opponent's shoulders (or scapulas) to the mat for two consecutive seconds.

Common pinning combinations are 1) the far side cradle 2) the near side cradle 3) the half nelson 4) the headlock

Technical Fall – A technical fall is awarded when a wrestler has a 15 point advantage over his opponent.

Time Expires - 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. If time expires and there is no winner, an overtime period is added.

Overtime – The 1 minute overtime period begins immediately after the regulation match. The wrestlers start in the neutral position, and the wrestler who scores first is declared the winner.

If no winner is declared by the end of the 1 minute overtime, two 30 second tiebreakers from the referees' position will be used. If the score remains tied a 30 second sudden victory will be used where the first wrestler to score from the referees' position is declared the winner.

Offense (top wrestler) – If a wrestler is up, he is the top wrestler. The top wrestler is in the offensive position, also known as the position of advantage. In the offensive wrestling position, the wrestler is at the right or left side of his opponent, with at least one knee on the mat. The offensive wrestler's chin is on or above the spinal column of his opponent's back, and his arm is placed loosely around his opponent's body.

The offensive wrestler can also position himself on either side or to the rear of his opponent. In this position, the wrestler is able to support all of his weight on both feet, one knee, or both knees. When in this position, the wrestler places his hands on his opponent's back between the neck and waist.

Scoring Points

Throughout the match, wrestlers are awarded points by the referee for the following moves: takedown, escape, reversal, and near fall. The points awarded for these moves accumulate throughout the match. (The referee can also award points to a wrestler if his opponent has used an illegal hold or if his opponent is stalling)

Takedown (2 points) – A takedown occurs when a wrestler, starting from the neutral position, gains control of his opponent on the mat. Takedowns can be accomplished by attacking an opponent's legs and/or upper body. The headlock and the hiplock are examples of upper body attacks. The double leg attack, low single leg attack, high crotch attack, and high single attack are all examples of leg attacks. The fireman's carry is an example of a takedown that combines a leg attack and an upper body attack.

Escape (1 point) – When the wrestler in the defensive position moves to a neutral position, he's awarded one point for an escape. The stand-up, the sit out, and the inside shoulder roll are all examples of escapes. The stand up is the most commonly used escape.

Reversal (2 points) – The wrestler in the defensive position is awarded 2 points for a reversal when he gains control of his opponent. This can take place while the defensive wrestler is on his feet or while he is on the mat. The switch is probably the most commonly used reversal.

Wrestling Terms

Bye – a wrestler advances to the next round without wrestling. A wrestler is given a bye when there are not enough wrestlers in a weight class to fill each line of the tournament bracket.

Decision – a win by the wrestler who has scored the most points. It is a regular decision if the winner's score exceeds the loser's score by fewer than 8 points. If the winner's score exceeded the loser's score by 8-14 points, it is a major decision.

Dual Meet – a competition between two schools in which there is a match in each of the 14 weight classes.

Seed – seeded wrestlers are acknowledged as superior wrestlers. Seeds are usually selected according to criteria established by the tournament director and/or by a vote of participating schools' coaches.

Seven Basic Wrestling Skills:

1. **Stance** – having good body position during moves and counter attacks, and in the various starting positions.
2. **Motion** – keeping proper position and balance when defending and attacking.
3. **Changing Levels** – raising and lowering the body to attack and defend.
4. **Penetration** – moving forward to penetrate an opponent's defenses and to gain a takedown.
5. **Lifting** – lifting an opponent off the mat.
6. **Back step** – the action taken to begin back step throws such as the headlock.
7. **Back arching** – throwing an opponent from his feet to his back.

Stalemate – two contestants are interlocked in a position that will not result in a pin and neither wrestler is able to improve his position. The referee starts the wrestlers again in the center of the circle.

Supporting Points – the parts of a wrestler's body that are supporting his weight. They may include feet, knees, hands, the side of the thigh and the buttocks.

Things you should know...

Athletic Eligibility Criteria

Students must meet certain academic requirements in order to be eligible to wrestle. If you have questions about the school's eligibility guideline, talk to your son's coach or contact the athletic office. Know that any student that is failing one or more classes at mid trimester will have 9 days to prove that they are passing all their classes or will be unable to wrestle for the rest of the season.

The Importance of Conditioning

Wrestlers should follow a conditioning program that combines weight training and aerobic exercise (like running) during the off season. Conditioning is important not only for performance enhancement, but also for injury prevention. Encourage your son to work with this coach in order to develop a program that is appropriate for him. Prior Lake does offer a summer strength program that students can sign up for.

Proper Nutrition Guidelines

Wrestling is a strenuous, physically demanding sport. It is, therefore, important for wrestlers to eat a healthy diet that includes vegetables, fruits, meat and foods high in complex carbohydrates (e.g., pasta, potatoes). It is also extremely important for your son to drink enough fluids, particularly when practicing. The meal the night before a match is especially important for strength and endurance; it should be a nutritious meal high in carbohydrates. If your son is having difficulty maintaining weight while eating a healthy diet, you and your son should talk to the coach.

First Aid for Minor Injuries

Injuries are a part of every sport. Wrestlers are most likely to get minor cuts, sprains, bumps, bruises and mat burns. Clean minor cuts or mat burns with soap and water, and then apply an antiseptic ointment and a band aid. For minor bumps, bruises, and sprains, elevate the area and put an ice pack (not heat) on it as soon as possible. Apply the ice pack for 15-20 minutes, wait 45 minutes, and apply it again. All injuries should be reported to the coach. The coach will contact the trainer.

The Length of a Match

High school wrestler matches consist of three consecutive 2 minute time periods. If the score is tied at the end of the third period, there is a 1 minute overtime. If the score is still tied there will be two 30 second overtimes in the referees' position with the wrestler scoring the most points in those two periods being declared the winner. If the score is still tied a 30 second sudden victory period will be wrestled.

Starting the Match

Wrestlers begin each match on their feet, facing each other. Usually the home wrestler wears a green leg band and the visiting wrestler wears a red leg band. The wrestlers shake hands, and when the referee blows his whistle, they begin wrestling.

Wrestling Positions

Wrestlers begin each period in the tip, bottom, or neutral position. The first period begins with both wrestlers in the neutral position. To begin the second period, a coin toss determines which wrestler gets his choice of starting position. If the home wrestler gets to choose his starting position second period the visiting wrestler gets his choice of starting position third period. (The wrestler who wins the second period coin toss also has the option of deferring his choice until third period.)

Neutral: The neutral position is one in which neither wrestler has control. In the neutral position, both wrestlers are on their feet, facing each other. The home wrestler has one foot on the green starting line and the visiting wrestler has one foot on the red starting line.

From the neutral position, wrestlers change levels in order to create openings in their opponents' defenses. Wrestlers in this position also try to initiate attacks and score takedowns by using setups like the collar tie, wrist tie, and arm drag.

Defense: (bottom wrestler) If the wrestler is down, then he is the bottom wrestler, and he is in the defensive position (also known as the position of disadvantage). When a wrestler is in the defensive position, he is on his hands and knees in the center of the circle. It is important for a defensive wrestler to control his opponent's hands, and to go for an escape or a reversal as quickly as possible.

THE MATCH

The Wrestler's Uniform and Grooming:

Wrestler's must wear a close fitting one or two piece uniform known as a singlet and light heelless shoes that are laced above the ankles. They must also wear protective headgear.

Hair must be above the top of an ordinary shirt collar in the back, and sideburns and hair must be above the bottom of the earlobe. While wrestlers must be clean shave, a neatly trimmed mustache is permitted. A shaved head can be no more abrasive than a clean shaven face, or the wrestler must wear a legal hair cover. No jewelry is allowed.

Equipment:

Wrestling mats have a 10-foot center circle, a 28-foot circular wrestling area, and 1-4 inches of padding.

The Referee:

The referee has full control of the match and his decisions are final. Referees make decisions based n the rules and guidelines found in the NFHS Wrestling Rules Book. The referee supervises weigh-ins, and he starts and ends each period. He awards points, issues warnings, and he declares the winner of each match. While the referee oversees all aspects of the match, his primary concern is for the safety and health of the wrestlers.

During the match, the referee indicates which wrestler has the position of advantage (which wrestler is in control) by pointing to him. When a wrestler makes a move for which he is to receive points, the referee holds up fingers to indicate how many points the wrestle is to be awarded. If the wrestle receiving the points is on the home team, the referee holds up the hand with the green wristband. If the wrestler receiving the points is on the visiting team, the referee holds up the hand with the red band. Points are recorded by the official scorer seated at the scorer's table.

During the match, the referee must make sure that the wrestlers stay in bounds. When a supporting part of both wrestlers is out of bounds, the referee stops the wrestling, and the wrestler return to the center of the mat. There they start in the same positions they were in when they went out of bounds.

Preventing injuries should, of course, be of utmost importance to everyone. Athletes can avoid injury by: 1) being in good condition when the season starts, 2) having the right equipment, 3) stretching properly before all practices and matches, 4) drinking enough water, 5) getting the proper rest and nutrition, and 6) working closely with the trainer.

Skin Care:

As a precaution against communicable diseases from skin to skin contact, wrestlers must shower after each practice or competition with an antibacterial soap. Each wrestle's competition uniform and practice uniform, including headgear and towels, should be cleaned after each use.

The coach must be informed of any skin disorder, and the wrestler must be seen by a doctor for diagnosis and if necessary, treatment. A doctor's written verification of treatment, and a release to wrestle, may be requested by the referee before a wrestler is allowed to compete.

Equipment:

Schools often provide wrestlers with a singlet and protective headgear. Wrestler need to buy socks and wrestling shoes. Wrestlers will also have the opportunity to purchase practice gear.

There are rules governing the use of special equipment (e.g., face masks, braces, supports). Equipment that does not permit the normal movement of joints is not permitted. Equipment that prevents opponents from applying normal holds is also not permitted. Any equipment which is hard and/or abrasive must be covered and padded.

Wrestling in College:

Wrestling in college requires talent and a great deal of dedication. For wrestlers who wish to continue competing after high school, there are several options.

How to Best Help Your Athlete:

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there is a problem at any time during the season, have your son talk to his coach. If the problem is not resolved, or it is of a serious nature, call the coach yourself or talk to the AD.

Know that you are the most important person in your son's life and that your son wants you to be proud of him. Be in the stands for all dual meets and tournaments and stay positive.

DEVELOPING STUDENT-ATHLETES TIPS FOR PARENTS

Be Interested:

Make sure that your son knows that the academic progress is important to you. Attend all open houses and parent conferences. Know when each grading period ends, and see all progress reports and report cards as soon as they come out. Do not must assume that someone will call you if there is a problem. If you do not see a progress report or report card, call the school and request a copy immediately.

Make sure your son's courses are appropriate for him.

Help you son choose his courses carefully. If any of his courses are too difficult, too easy, or inappropriate, talk to his school counselor.

Weight Classes

Weight Classes:

High school wrestlers compete in the following weight classes:
103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

Weighing In:

Wrestlers weigh in 60 minutes before a dual meet begins. If there is a JV match first they weigh in 60 minutes before the JV meet. In a Triangular or Quad (which usually starts at 5:00pm) weigh ins are at 4:00. Wrestlers will weigh in 1-2 hours before a tournament and if the tournament is more than one day there will be an additional weigh in the second day with a one pound allowance. If a wrestler is weighing in at 145 he must weigh 145.0 or less. A wrestler may wrestle not more than one weight classes at which he weighs in.

Weight Control:

A wrestler is required to establish a certified minimum weight in the first week or two of the season. This weight is sent in to the state association. Without recertifying at a higher weight, a wrestler cannot weigh in more than one weight class above his certified weight. A wrestler also cannot recertify at a lower weight during the season. (A two pound growth allowance is added the first of January)

The National Federation of State High School Associations (NFHS) has mandated a new wrestling weight certification program that does go into effect for the 2006-07 season. The state of Minnesota, however, will only take part in doing a specific gravity (hydration) test not to exceed 1.025 for any athlete that is lower than 7% body fat for males and 12% for girls. The 2lb. growth allowance is still in place and will take effect as of January 1st. The 50% rule for weigh-ins after Jan. 15 is also in effect.

Your coach should be able to answer any questions that you may have about weight certification.

Dear Parents:

During this wrestling season your son will learn a great deal about the sport of wrestling. He will learn how to maintain his balance while moving forwards, backwards, and sideways. He will learn how to setup, execute, and finish moves. He will also learn techniques and strategies that will help be successful on the mat. Your son will improve his coordination, increase his endurance and he will become stronger through various strength training regiments.

To be a good wrestler, an athlete must not only be physically tough, he ust also be mentally tough. During a match, a wrestler cannot rely on anything or anyone else; it is just him and his opponent, one on one. The skills and self discipline that your son will develop through wrestling will be invaluable to him in the years to come.

This booklet is designed to help parents and fans better understand, appreciate, and enjoy the sport of wrestling. We hope that you find this booklet helpful, and that you have a great season.

Help your son set goals:

Sit down with our son and the beginning of each grading period and help him set realistic academic goals for that term. Setting goals gives our son something to work for, and it helps him understand what your expectations are.

Talk to your son about time management:

Playing any sport requires a substantial time commitment. In order to be able to get everything done, athletes must develop good time management skills. Encourage your son to use all of the time he is given in school to study and to work on homework. Help your son create a study plan, and then help him identify anything that might sabotage his plan.

Offer to help:

Offer to help with homework; but don't give more help than is wanted. Your son may not ask again. Keep in mind that it is your son's responsibility to get his homework done and to prepare for tests.

Make your son accountable:

It is human nature to be tempted to slack off when we are not held accountable. Your son needs to know that you car and that you are monitoring his academic progress. He needs to know that successes will be recognized and that port performances will be noticed. Go over every progress report and report card with him, and contact the teacher if your son has a low grade in a class.

Work with the school:

Teachers, counselors, coaches and principals are there to help your son get the best education possible. A divorce, health problem, or death in the family can affect your child's attitude and performance. If such a circumstance should arise, call the school and tell them what is going on. If you have a concern that relates to a specific class, call the teacher. For other concerns, call your son's counselor.



Wrestling Information for Parents and Fans

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WRESTLING

**Information for Parents and
Fans**