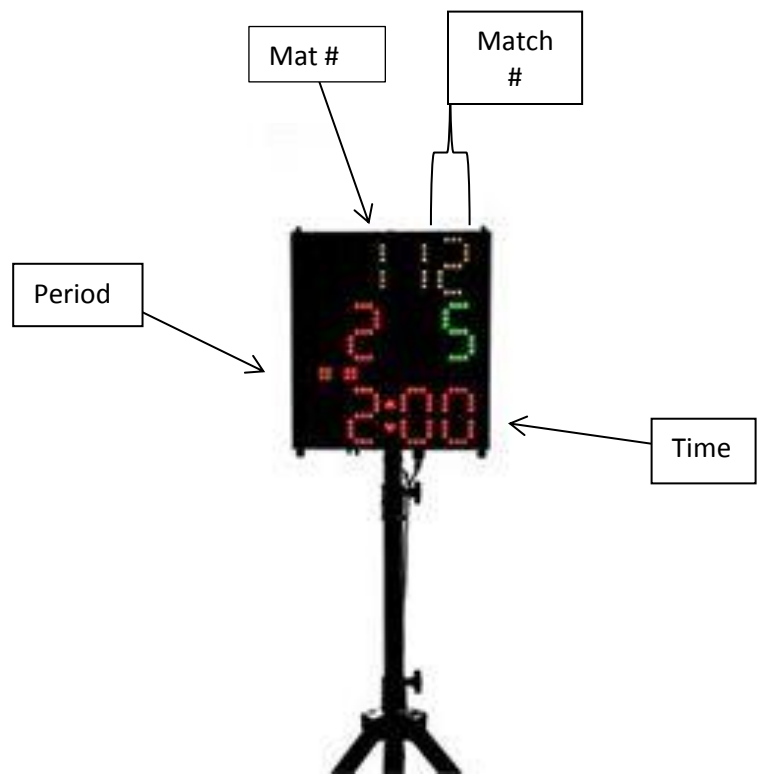
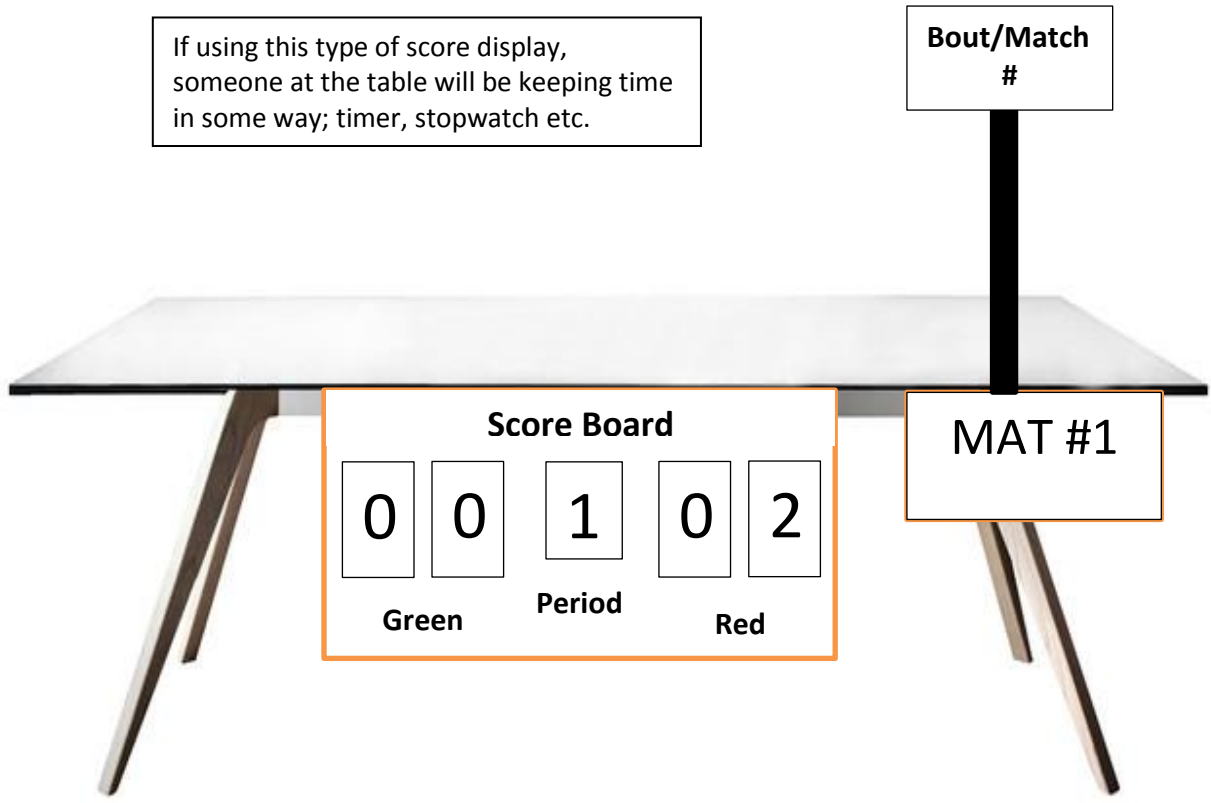


If using this type of score display, someone at the table will be keeping time in some way; timer, stopwatch etc.



We sit together as a team, this makes it easier for the coaches to find kids in a hurry. Sitting up higher, you can see better, trust us on this. We try to sit in the center of the gym, so we can see all the matches as best as possible. Sitting as a team helps us to know when teammates are up and we can help each other out with younger siblings while your child is wrestling, and kids just enjoy being with their teammates.

Please have your child at their mat 3 bouts/matches before theirs, with their clothes on over their singlet and their headgear. Once your child is with a coach, please go back to the stands, the coach will have them strip to their singlet the match before and will hold onto their clothes during the match then send your child back up to you in the stands after they discuss the match with them, where they need to immediately put their clothes back on so they do not damage the singlet. We do not allow parents to be mat side, some clubs do, however we do not as it only distracts your child away from their coaches and what they are saying. We do however encourage the wrestlers to sit mat side and cheer on their teammates, as long as they are sitting, so those behind them can see.

DO NOT LET YOUR CHILD WRESTLE WITHOUT A COACH!!!

At the start of the match your child will be assigned either a green or red leg band, you will notice the referee will have a red and green band on their wrists. This is how the score table and referee communicate points.




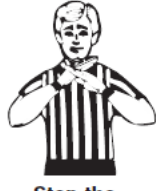





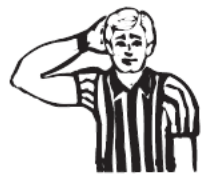











The coaches only have your child's matches on the winning side so if your child loses then it is your responsibility to find their next match number from their bracket. The coaches will try their best to go see too, but you will see they are very busy coaching. There will be a coach assigned to every mat, but please always make sure a coach acknowledges that your child is down there and they have a match coming up.

Coach Dietrich does his best to try to coach as many kids as he can, however it is not always possible to do so. We have confidence in all of our coaches and do our best to have two coaches per mat. (He has also recently been diagnosed with diabetes, and these are long days for him, so learning to take a break and snack will be a challenge for him, especially since he can't carry a pepsi around all day)



OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



 Stopping the Match	 Time Out	 Start the Injury Clock	 Stop the Injury Clock	 Neutral Position
 Indicating No Control	 Out-of-Bounds	 Indicating Wrestler in Control Left or Right Hand	 Defer Choice	
 Potentially Dangerous Left or Right Hand	 Stalemate	 Caution for False Start and Incorrect Starting Procedure	 Stalling Left or Right Hand	
 Interlocking Hands or Grasping Clothing	 Reversal	 Technical Violation	 Illegal Hold or Unnecessary Roughness	
 Near-Fall	 Awarding Points Left or Right Hand	 Unsportsmanlike Conduct	 Flagrant Misconduct Left or Right Hand	

Takedown = 2pts Reversal = 2pts Escape = 1pt

Nearfall/Back Points = 2pts. Or 3pts Penalties = TBD.