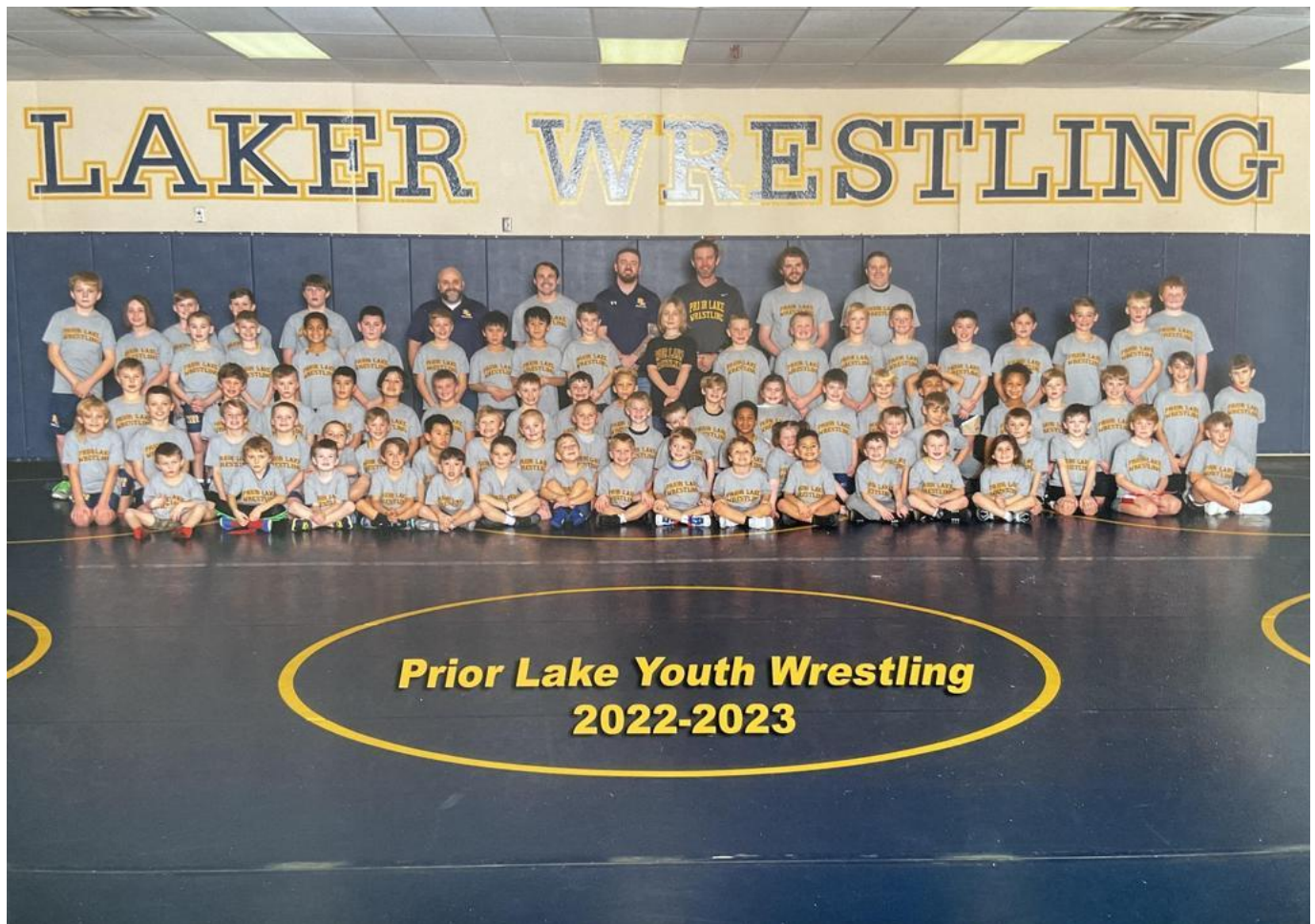


# Lakers Youth Wrestling Club



# Parent Handbook

## Purpose & Mission Statement:

PLWC is a non-profit organization whose purpose is to provide and promote wrestling activities for boys and girls, preschool through high school for children primarily residing in or attending schools within Prior Lake and surrounding communities.

Promote excellence in wrestling and positively influence the lives of kids in the Prior Lake and Savage communities, by developing a commitment to wrestling through a fun and affordable team-oriented experience at practices and competitions, emphasizing sportsmanship, teamwork, skill building, physical conditioning, goal setting, a competitive spirit, hard work and a winning attitude. Our goal is to help guide our athletes to become the best and prepare them to face all of life's challenges.

## Prior Lake Youth Wrestling Welcomes You!

This booklet was designed to help explain our program, especially to new members. Please file it away for future reference during our current wrestling season.

The Board of Directors reserves the right to modify this handbook and rules at any time.

**All are welcome.** Wrestling is a sport in which both genders can participate.

### Coaches

**High School Head Coach:** Joe Block

### Board of Directors

<b>President:</b>	Dan Collins
<b>Vice President</b>	Jon Mikolyzk
<b>Treasurer:</b>	Chris Andryski
<b>Secretary:</b>	Kari Donnay
<b>VP High School:</b>	Mike Hendricks
<b>VP Middle School:</b>	Aaron Smith
<b>VP Youth:</b>	Stacy Putman
<b>VP Youth Coach:</b>	Scott Congdon
<b>VP Fundraising:</b>	Shane Trondson
<b>VP Sponsorships:</b>	Chad LeMair
<b>VP Communications</b>	Chris Harvey
<b>VP Athlete Outreach</b>	Nick Kokotovich

### Committees

We have a number of committees that parents can volunteer for. These are meant to be breakdown tasks that can be overwhelming or time consuming for one person. They also allow everyone to get involved and share ideas, direction and focus to the committees.

### Funding

Prior Lake Wrestling Club will have fundraisers during the year. These fundraisers provide money to be used for singlets, awards, warm-ups, mat supplies, etc. We ask that you please help out whenever possible.

## Equipment and Clothing Needed

- \*Singlet
- \*Shorts (Recommended for practice)
- \*T-shirt (Recommended for practice)
- \*Clean tennis shoes or wrestling shoes
- \*Knee pads (optional)
- \*Head Gear (optional)

## Tournament Competition

If your child decides they want to wrestle in a tournament, they will be wrestling with an opponent matched by class level and weight or age and weight. Wrestlers are matched with opponents within 5 pounds of their own weight. If the tournament pairs wrestlers by age, then the age group each wrestler competes in is determined by the year of their birth, not their grade in school.

## Tournaments

Our Coaches and Wrestlers attend wrestling tournaments every weekend throughout the season. Wrestling clubs in the area sponsor these competitions. Participation in the tournaments is **strictly** by personal choice. Information on upcoming tournaments will be posted either on the website or at the information table outside the wrestling room at practice.

**Our club is hosting 2 tournaments this year, a Team tournament (Dec 10<sup>th</sup>) & an Individual Tournament (Jan. 6<sup>th</sup>). Our tournament is prepaid by Prior Lake Wrestling Club for those that plan to participate (we encourage all of our members).**

*Note: Coaching at tournaments is demanding; please understand that we are trying to coach every Prior Lake wrestler there. We do our best to move around the gym from mat to mat, so please communicate when your child or any child is in need of a coach.*

## Typical Tournament Timetable

1. Before each tournament, bathe and cut fingernails.
2. Remember to bring your wrestler's registration card (if required), wrestling singlet and attire.
3. Weigh-ins: Arrive at tournament, find appropriate registration table by grade level or by year of birth. Register and pay fee (typical fee is \$12). Go to the scales to be weighed. Your weight will be written on the back of your hand and on the weight slip. A weigh-in official will also visually check your skin (for skin ailments) and check your fingernail length.
4. Go eat breakfast. This is usually offered at the wrestling site, but fast food or family restaurants are nearby or you can bring your breakfast and eat in the cafeteria. During this time, the pairing is done. Most tournaments are "scratch", which means there are no weight classes, rather kids are grouped with others close to their weight. If you have any questions on how the pairing is done, please ask.
5. Warm-up. Exercise with the other Prior Lake Club members and loosen up before wrestling by doing calisthenics and practice moves.
6. Listen to the announcer for your age group or class group to be called. Example: All 1<sup>st</sup> graders report to staging area.
7. Most of the youth tournaments are 4 to 6 man round robins. These types of tournaments will call a group to staging, bring them to a mat and you will stay there until all matches are wrestled. They will

typically wrestle one group and then wrestle 1 or 2 other brackets before returning to yours. This allows the wrestlers to have a reasonable break. Plan your eating and drinking accordingly, (lunch, snacks). Refreshments are for sale after wrestling begins. You may bring your own food and drink. Typical awards are medals, plaques, or trophies.

## Health Concerns

The wrestling room is used by all programs, youth, middle school and high school. We are very careful when it comes to skin conditions, open sores, pink eye or any other medical situations that can be transferred to another wrestler. Depending on the health issue a medical physician note and final approval from the Head Youth and Head High School coaches will be required prior to returning to the wrestling room. **Please respect the fact that they are responsible for ALL the wrestlers K-12 and their well being.**

## Internet Sites and Links

Here are some links that you may want to visit to keep an eye on area tournament schedules.

PLC Wrestling: [www.priorlakewrestlingclub.org](http://www.priorlakewrestlingclub.org)  
The Guillotine: [www.theguillotine.com](http://www.theguillotine.com) (Youth/Opens Tournament Schedules)  
NYWA: [www.nywa-mn.com](http://www.nywa-mn.com)  
MNUSA: [www.mnusawrestling.org](http://www.mnusawrestling.org)

## The Rules of Wrestling & Wrestling Positions

**Neutral Position** - The match starts with both contestants standing opposite each other with their lead foot on the green or red area of the starting lines and their other foot even with or behind the lead foot. In the neutral position, neither wrestler has control.

**Defensive Starting Position (aka Referee's Position)** - The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat, as directed by the referee. The elbows may not touch the mat.

**Offensive Starting Position** - The offensive wrestler is positioned on the right or left side of the opponent with at least one knee on the mat and head on or above the midline of the opponent's back. One arm is placed loosely around the defensive wrestler's body perpendicular to the long axis of the body, with the palm of the hand placed loosely against the defensive wrestler's navel and the palm of the other hand placed on or over the back of the near elbow. One knee is on the mat to the outside of the near leg, not touching the defensive wrestler.

**Stalemate** - When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve position, the referee stops the match as soon as possible; wrestling is resumed as for out of bounds.

**Position of Advantage** - A situation in which a wrestler is in control and maintaining restraining power over an opponent. Control is the determining factor. The offensive wrestler is entitled to this advantage until such time as the opponent gains a neutral position or a reversal.

**In Bounds** - Contestants are considered to be in bounds if the supporting parts of either wrestler are inside the inner edge of the boundary lines. A wrestler's supporting points are the parts of the body touching, or within, the wrestling area that bears the wrestler's weight, other than those parts being used to hold the opponent. (Down on the mat, the usual points of support are the knees, the side of the thigh, the buttocks and the hands.) Wrestling continues as long as the supporting parts of either wrestler remain in bounds. When the defensive wrestler's back is exposed to the mat in a pinning situation while at least the supporting points of either wrestler are in bounds, wrestling continues as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. In this situation, the defensive wrestler's shoulders (scapulae) are the supporting parts. Near-fall points may be earned only while any part of the defensive wrestler's shoulders (scapulae) are in bounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match. Upon resumption of the match, the contestants begin in the neutral position at the center of the mat if neither wrestler has control. If one wrestler has the advantage, that contestant will take the offensive starting position at the center of the mat, and the opponent will assume the defensive starting position.

## Wrestling Terminology

**Sprawl** - Falling forwards with your legs going back. A defensive counter to an attack on the legs.

**Wrist Control** - Control your opponent's wrist.

**Hand Control** - Control of your opponent's hand.

**Shoot** - Making an attempt for a takedown. (single leg or double leg)

**Escape** - Defensive person escapes for points from controlling wrestler.

**Takedown** - Wrestler has taken his opponent down to the mat and gained control by being on top and behind the arms of opponent.

**Breakdown** - Wrestler has his opponent flat on his belly.

**Reversal** - Defensive wrestler gained control.

**Neutral position** - Both wrestlers standing.

**Referee's Position or Base position** - Wrestler is on his hands and knees and his opponent is on top of him.

**Pin** - Wrestler has succeeded in turning over his opponent to the mat and keeping any part of both of his opponent's shoulders (or scapulas) to the mat for 2 continuous seconds or less. Resulting in completion and winning the match.



## **Fall - Pin**

**Cross Face** - Forearm is placed on the near side of the opponents face to maneuver him for control.

**Optional Start** - In referee's position the offensive man is standing up with 2 hands on the defensive man's back shaped like a V. Usually to let him go to neutral but not always.

**Stalling** - Offensive or defensive wrestler fails to attempt to gain control or go for the pin.

**Stance** - Correct standing position.

**Technical Fall** - Scoring a lead of 15 points in Folkstyle, resulting in completion and winning the match.

## **End of Match Scoring**

**Fall** - Any part of both shoulders or part of both scapulae of either wrestler held in contact with the mat for one second constitutes a fall. A fall shall not be awarded unless part of both shoulders or part of both scapulae is in bounds. If any portion of the body of one of the wrestlers is out of bounds so that the wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared. When the match was stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat.

**Technical Fall** - A technical fall occurs when a wrestler has earned a 15-point advantage over an opponent in Folkstyle Wrestling.

**Major Decision** - A major decision occurs when the margin of victory after three periods is 8 through 14 points.

**Decision** - A decision occurs when the margin of victory is fewer than 8 points. A decision also is credited to the wrestler who is awarded the first points in an overtime match that does not end with a fall, default or disqualification.

**Default** - A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason. A default shall be included as a win or loss in each wrestler's season record.

**Disqualification** - A disqualification is a situation in which a contestant is banned from participation in accordance with a pre-determined penalty table. A disqualification shall be included as a win or loss in each wrestler's season record.

**Forfeit** - A forfeit is received by a wrestler when the opponent, for any reason, fails to appear for the match. In order to receive a forfeit or medical forfeit, the non-forfeiting wrestler must be dressed in a wrestling uniform and appear on the mat. A forfeit or medical forfeit shall be included as a win in the victor's season record. In the event of injury or illness, a contestant may declare a medical forfeit, which counts as a win but not as a loss on record.

## General Wrestling Scoring Procedures

Takedowns are scored when one wrestler brings their opponent down to the mat from a standing position. Additional points are awarded when a wrestler takes their opponent directly to their back. Common takedowns include single legs, double legs, headlocks, bodylocks, shrugs, fireman's carries, and many more.

Reversals are scored when a wrestler, controlled by their opponent on the mat, executes a move that allows them to assume a controlling position on top of the opponent, thus reversing the situation. Common reversals include switches, rolls, and hip heists.

Exposing an opponent's back to the mat is a scoring technique in all styles of wrestling. In Folkstyle wrestling, a wrestler must not only tilt the rival's back toward the mat, but also hold the back in this position to score points. Common "pinning combinations" include the half nelson, bar arm, cradle, and tilt leg ride.

Escapes are scored when a wrestler, controlled by their opponent on the mat, frees themselves and moves to a standing position, facing the opponent. Common escapes include the standup and a sit-out.

### The 3 Periods of a Match

Generally all matches are 3 periods in length. A match will end when one wrestler scores a pin, technical fall or time expires at the end of the third period. Most of the tournaments that Prior Lake Wrestling Club participates in will have 3 – 1 minute time periods. If at the end of all three periods the score of the match is tied there will be a 1-minute overtime period.

## Overtime

### Sudden victory

- No rest between regulation match and sudden victory period.
- In sudden victory one minute period, wrestling starts in the neutral position. (Note: the only thing that could change this would be the second injury timeout)
- The wrestler that scores the first points in the sudden victory period is declared the winner

### Two thirty second tie-breakers

- If no winner is declared at the end of the sudden victory period, then two 30 second tie-breaker periods will be wrestled.
- Both periods will be wrestled unless, disqualification or a fall occurs.
- The referee shall flip the disk to determine choice for the starting position of the first tie-breaker period. Choice may be top or bottom. NO NEUTRAL!
- At the conclusion of the first tie-breaker period the opponent will have the choice of top, bottom or defer.
- Whichever wrestler has scored the most points in the two 30 second tie-breaker periods will be declared the winner.
- Remember if a fall or disqualification occurs in either of the 30 second tie-breaker periods the match is over.



### Ultimate tie-breaker

- Should the score be tied at the end of the two 30 second tie-breaker periods, one ultimate 30 second tie-breaker period will be wrestled.
- Choice for position in the 30 second ultimate tie-breaker period will be given to the wrestler that scored the first point(s) in the 3 minute **regulation match**. Double stalling points or simultaneous penalties shall be considered as no points for the purpose of choice in the ultimate tie-breaker.
- **If no points were scored, choice will be determined by a flip of the disk.** They must choose top, bottom or defer.
- The wrestler who scores the first point(s) during the ultimate tie-breaker will be declared the winner.
- If no points are scored in the ultimate tie-breaker period, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- Remember a fall or disqualification terminates any of the overtime periods.
- Remember that the Ultimate tie-breaker period is different than the rest of the match.
- The goal of the wrestler is to control the bottom wrestler and the goal of the bottom wrestler is to get away or score.
- Controlled wrestling should not be confused as stalling in this situation.
- There would be times when the top wrestler could be considered stalling, like grabbing a leg and hanging on.

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

**Takedown, Escape, Reversal, Near-Fall, and Penalty.**

Match Scoring		
Move	Points	Description
Takedown	2 Points	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are inbounds.
Escape	1 Point	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is inbounds.
Reversal	2 Points	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are inbounds.
Near Fall	2 or 3 Points	<p>When near fall criteria is met for 2 seconds. Near fall criteria is:</p> <ul style="list-style-type: none"><li>• when any part of both shoulders or scapula of the defensive wrestler are held for a least 2 seconds within four inches of the mat;</li><li>• or when one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less.</li></ul> <p>If near fall criteria is met for <b>two continuous seconds</b>, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for <b>five continuous seconds</b> a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.</p>
Penalty	1 Point typically, See Chart	A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart.

PENALTY CHART					
Infraction	Warning	First	Second	Third	Fourth
Illegal Holds	No	1pt	1pt	2pt	Disqualify
Unnecessary Roughness	No	1pt	1pt	2pt	Disqualify
Un-sportsman-like conduct	No	1pt	1pt	2pt	Disqualify
Stalling	Yes	1pt	1pt	2pt	Disqualify
Technical Violations	No	1pt	1pt	2pt	Disqualify
<p>Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position, locked hands.</p> <p>Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.</p> <p>Un-sportsman-like conduct - No warning, deduct 1 team point for first offense. On the 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes coaches and non-participants.</p> <p>Flagrant Misconduct - No Warning. Disqualify and deduct 2 team points. Remove from premises. Includes contestants, coaches, and non-participants.</p>					

## What is a Dual Meet?

A dual meet is when 2 teams compete in predetermined weight classes. The individual matches at each weight are scored and then converted into "Team" points. The objective is to win your match by the most possible points with a pin being the best. The team with the most team points is the winner of the dual meet.

## Team Scoring in Dual Meets

The following are the Team Scoring Procedures based on the outcome of matches.

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