

# Wrestling 101

This is a brief guide for new and inexperienced wrestlers, fans and parents. It does not answer every question you may have, but it should help. Email or call me if you have any questions. Enjoy!



# UIL Weight Classes

## Boys

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

## Girls

95, 102, 110, 119, 128, 138, 148, 165, 185, 215

- The weight class is the most that a wrestler can weigh and still compete in that class (106.0 is okay, 106.1 has to go up)
- Wrestlers will lose weight (mostly fat) during the season because of the level of fitness we maintain. This is normal, monitored, and safe.
- A wrestler must be certified before they can compete.
  - Pass a hydration test
  - Body fat test
  - Computer generated best weight
- A lower weight class may not be a better weight class.
- Weight management = **Discipline!!!**

# Regulation Match

- Each wrestler will check in.
- Wrestlers will shake hands.
- Three periods – each period will be two minutes long.
- First period starts with both wrestlers on their feet (neutral position).
- At the beginning of the second period, a red and green disc will be flipped to decide who has choice first (this is predetermined and alternates for duals).
- In the third period, the other wrestler has choice.
- If at any time a wrestler holds his opponent's shoulders to the mat for two consecutive seconds, the match is over and he wins
  - Regardless of the score.
- If at any time, a wrestler has 15 or more points than his opponent, the match is over and he is declared the winner.
  - Unless the winner has his opponent in near fall criteria.
- The wrestler with the most points at the end of the third period is declared the winner.
- Wrestlers will shake hands again and the referee will raise the winner's hand.

# Match Points

- Takedown
  - When a wrestler starts from the neutral position and takes his opponent to the mat and demonstrates control behind the arms
  - 2 pts.
- Reversal
  - When the wrestler on the bottom gains control and is on top
  - 2 pts.
- Near Fall
  - When a wrestler holds his opponent's shoulders at an angle less than 45 degrees for 2-5 seconds
  - 2-4 pts.
- Escape
  - When the wrestler on the bottom returns to the neutral position.

# Dual Competition

- One team wrestles every weight class of another team in order on one mat.
- Match points only count to decide the winner of each individual match.
- Team score is decided by the following:
  - Pin / Default / Forfeit / Disqualification
    - 6 team points
  - Technical Fall (15 point superiority)
    - 5 team points
  - Major Decision (win by 8-14 point difference)
    - 4 team points
  - Regular Decision (win by 1-7 point difference)
    - 3 team points
- The team with the most team points after all weight classes have been contested wins the dual.

# Individual Tournament

- Wrestler advances through a double elimination bracket.
- Spread over several mats (and sometimes multiple gyms).
- Team scores are made up of each individual's Advancement Points, Bonus Points, and Place Points.
  - Advancement Points
    - Advancing in the championship bracket – 2pts.
    - Advancing in the consolation bracket – 1pt.
  - Bonus Points
    - Pin / Default / DQ – 2pts.
    - Technical Fall – 1.5pts.
    - Major Decision – 1pt.
  - Place points
    - Usually 1<sup>st</sup> – 16pts, 2<sup>nd</sup> – 12pts, 3<sup>rd</sup> – 9pts, 4<sup>th</sup> – 7pts 5<sup>th</sup> – 5pts, and 6<sup>th</sup> – 3pts.
    - You do not get advancement points for a winning a placing match
- Teams with the highest cumulative score wins.