

# Beginner's Guide to Wrestling



## General introduction:

Wrestling is in many people's opinion the toughest and most demanding sport there is yet possibly one of the most misunderstood. Many people have little to no contact with this great sport and therefore, do not understand much of how the sport works.

Wrestling is a very simple sport in its conception but extremely intricate and precise in execution. Simplicity diminishes even more when you realize that there are even different types of wrestling (just like there are many different types of martial arts). All of them have their own specific rules, but generally are the same in their format. The type of wrestling that high school wrestlers take part in is folkstyle wrestling.

## Varsity wrestling team:

Just like many other sports, a team only has so many spots available for competition. Wrestling is no different. In Wisconsin we now have 14 weight classes on any team.  
*106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285*

Sometime before the match begins, the coaches do a "random draw" (normally with cards) to determine at what weight class the dual will begin. Then at the appointed time, the dual will begin.

## The Match:

A wrestling match is six minutes in length (three, two-minute periods) with two exceptions: 1) someone is pinned during the match or 2) the match is tied at the end of six minutes.

At the beginning of each match, both wrestlers come together at the middle of the circle, each with one foot on their respective lines, shake hands and wait for the referee's whistle. That starting position is called the neutral position – where neither man has control.

At the start of other periods the wrestlers take turns choosing what positions they would like to begin at: neutral, top or bottom. If a wrestler chooses the top position, he is in control. If the wrestler chooses to start on the bottom, he is in a defensive position and has to work to get to a neutral position or get to a position where he is in control.

During the match, a wrestler can score points from any position in many different ways:

Takedown – (2 points) When the wrestlers are in neutral position, one of the wrestlers will get his opponent to the mat and gain control. Control normally means that the wrestler is behind his opponent and in control of his hips.

Escape – (1 point) If a wrestler is in the bottom position and moves in such a way to get away from his opponent back to neutral position, he is awarded one point for an escape.

Reversal – (2 points) If a wrestler in the bottom position moves in such a way to gain control of his opponent without first going to neutral, he is awarded a reversal. This can occur while the wrestlers are on the mat or from standing.

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. Generally, if the shoulders are within four inches of the mat, the referee will begin to count. If two seconds are counted, the wrestler earns two points, but if the referee counts for a full five seconds, the wrestler will earn the three point near fall.

If the match is tied after three two-minute periods, there is a one-minute overtime period from the neutral position. If the match is still tied, one more overtime period is wrestled. This period is 30 seconds and the referee will flip a coin to determine who gets the choice of position. The wrestler will choose up or down. If he chooses the control position, he must not allow the bottom man to score any points. If the bottom man scores any points, he is automatically the winner. If the top man keeps him from scoring for 30 seconds or scores on his opponent, he is declared the winner.

### **End of match (team scoring ):**

When a match ends, each team is awarded points for the type of win.

Fall (pin) or Forfeit – (6 points) If a wrestler pins (holds both shoulders to the mat) his opponent during the match, the wrestler's team will receive six points. If the opposing team does not have a wrestler for that weight class and the other team does, that team automatically receives six points for the forfeit.

Technical fall – (5 points) If a wrestler is fifteen points ahead during any point in a match, the wrestler's team receives five points.

Major decision – (4 points) If time expires and a wrestler is winning by eight to fourteen points, the wrestler's team will receive four points.

Decision – (3 points) If time expires and a wrestler is winning by one to seven points, the wrestler's team will receive three points.

### **Illegal holds and infractions:**

Slam: lifting and returning an opponent to the mat with unnecessary force

Hammerlock: pulling an opponent's arm too high on his back or away from his back

Full nelson: locking arms under both arms of an opponent and locking hands behind his head

Stalling: if the top man makes no effort towards working on a pin or the bottom man makes no effort to reverse the situation, the wrestler will first be warned for stalling and then penalized points




Locked hands: a wrestler may only lock hands from a standing position or from a position on the mat as long as a leg or arm is encircled as well

Unnecessary roughness: involves physical acts that occur during a match that includes any act that exceeds normal aggressiveness. Examples might include a forceful crossface, forceful trip, throwing an elbow in a punishing way. This can become flagrant misconduct.

Unsportsmanlike conduct: involves physical or nonphysical acts before, during or after a match. Examples might be failing to comply with a referee's instructions, swearing, taunting, spitting, throwing headgear, pushing, shoving, intimidation... etc. This also can become flagrant misconduct.

Flagrant misconduct: involves physical or nonphysical acts before, during or after a match that is serious enough to disqualify a contestant from a match. Examples may be striking, butting, elbowing, kicking an opponent or using tobacco products.

**NF** **OFFICIAL WRESTLING SIGNALS** **HIGH SCHOOL AND COLLEGE** 

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