

## What happens in a Wrestling match

**Before** - The wrestlers are each given leg bands of different colors (typically red and green). The referee is wearing wrist bands with the same corresponding colors. The referee awards points throughout the match by raising the corresponding hand.

**First** - Both wrestlers come forward from the corners of the mat, receive the instructions from the referee about being ready to go and to step on the starting line and shake hands.

**Next** - The referee blows his whistle and signals, "Wrestle."

**Next** - Each wrestler tries to get control of the opponent by getting behind or on top of him - a "takedown."

**Point** - The first points are likely to be given for a takedown. When one wrestler gets a takedown, the referee signals 2 points with the appropriate hand.

**Then** - The DEFENSIVE (or "down") wrestler tries to escape (get out from under and away from) or reverse his position (get on top or behind). The OFFENSIVE (or "top") wrestler tries to stay on top and get a hold with which he can turn and keep his opponents shoulders on the mat for 2 seconds - a fall or pin.

**Every match has three periods. Youth wrestling periods are each 1 minute. In high school each period is 2 minutes long (unless modified).**

### First Period

Starts from standing or 'neutral' position.

### Second Period

Choice of position is decided by toss of coin. The winner may choose either up, down, neutral, or defer choice to 3rd period.

### Third Period

Contestant with choice may choose up, down, or neutral.

## Scoring

**Takedown** - 2 points

When a wrestler takes control and is on top of his opponent from the neutral or standing position.

**Escape** - 1 point

Getting out from underneath to a standing position or neutral position facing opponent.

**Reversal** - 2 points

Getting out from under an opponent and behind or on top of him by one

maneuver.

**Near Fall (back points) – 3 points**

Holding an opponent's shoulders with a pinning combination with one shoulder touching and the other 1 inch off the mat for 2 full seconds or more.

**Near Fall (back points) - 2 points**

Holding an opponent's shoulders within about 4 inches of the mat or less for 1 full second or one shoulder touching the other at a 45 degree angle.

**Technical Violations**

- fleeing the mat- Going off the mat or forcing your opponent off the mat to avoid wrestling
- Grabbing clothing, the mat the headgear or intentional scratching
- Locked hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have met criteria for a near fall of your opponent, or your opponent stands up and has all his/her weight on two feet, or you have lifted the opponent off the mat.
- Leaving the mat during the match without the referee's permission.
- Reporting to the mat not properly equipped or not ready to wrestle, or equipment that is detected as being illegal after the match has started
- Unnecessary roughness
- Unsportsmanlike conduct
- Flagrant Misconduct (ejection, the match is over)

**Incorrect starting position or false start** (You get two cautions before points are awarded).

**Stalling** – 1<sup>st</sup> time is a warning. The 2<sup>nd</sup> time results in 1 point for the opponent. The opponent having a position of advantage and failing to make an honest attempt to secure a fall.