

Wrestling Explained

High School & College

A (not so) Brief Introduction



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(c) sautter 2019

Intro

Wrestling has been sport since the ancient Greeks but didn't become widely popular until the start of the 20th century when colleges and universities began competing in dual meets and tournaments. Soon after such events spread to high schools and lower age levels. Its popularity has recently increased due to the fact that many successful MMA and UFC fighters come from strong high school and college wrestling programs.

Unfortunately, oft times serious wrestling is confused with theatrical Professional Wrestling which bears little resemblance to the actual sport.

Luckily this confusion is disappearing with dramatically increased attendances at legitimate wrestling meets and tournaments.

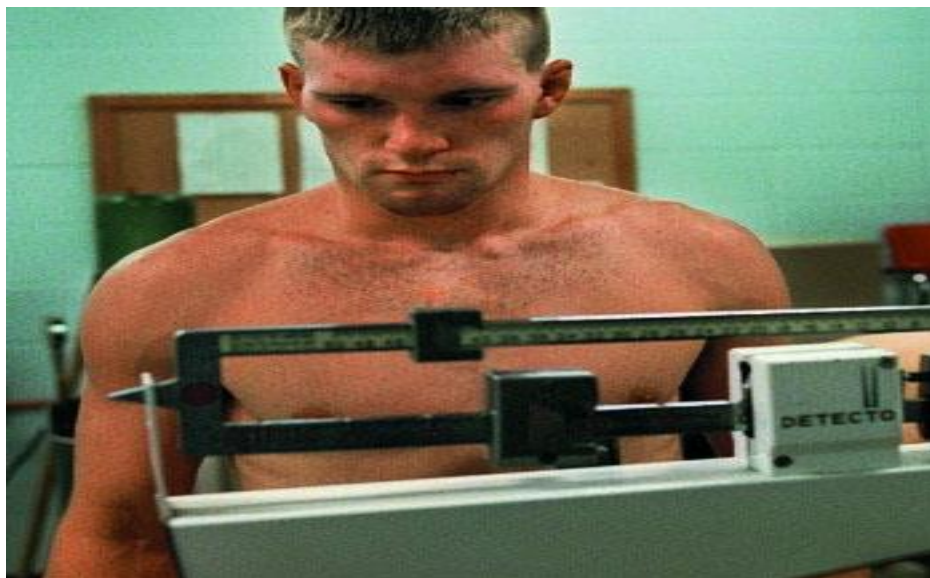
The following is an attempt to familiarize those possessing limited knowledge of the sport with its rules and intricacies so they may better appreciate the performances of these hardened athletes.

By no means will this writing explain every aspect of the game but hopefully it will provide a basis for an enhanced understanding and appreciation.

I sincerely hope it will encourage you to become another ardent fan of this great sport.

Note – Freestyle and Greco- Roman rules are significantly different from Scholastic and College rules.

The Weigh-in



High school weight Classes (14): 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, & 285.

College weight classes (10): 125, 133, 141, 149, 157, 165, 174, 184, 197, & 285.

A wrestler may never wrestle below that wrestler's minimum weight classification and shall not wrestle more than one weight class above that class for which the contestant's weight qualifies at the time of weigh in.

Teams may weigh-in two more contestants per weight class,

The order of weight class for Wrestling is determined by random draw shall take place immediately preceding weigh-ins.

The referee usually officiates at the weigh-in and also checks fingernail lengths, skin rashes, and anything else that may prevent a wrestler from participation.

Before the Match Begins



Each wrestler attaches a colored band to his/her ankle for identification purposes. The colors are red and green. In dual meets, the home team wears the green band and the visitor wears the red.

The Match Begins



The referee calls the opponents to the center of the mat; they shake hands and wait for the referee's whistle to begin the competition. (In some matches, especially high profile matches, two referees may officiate).

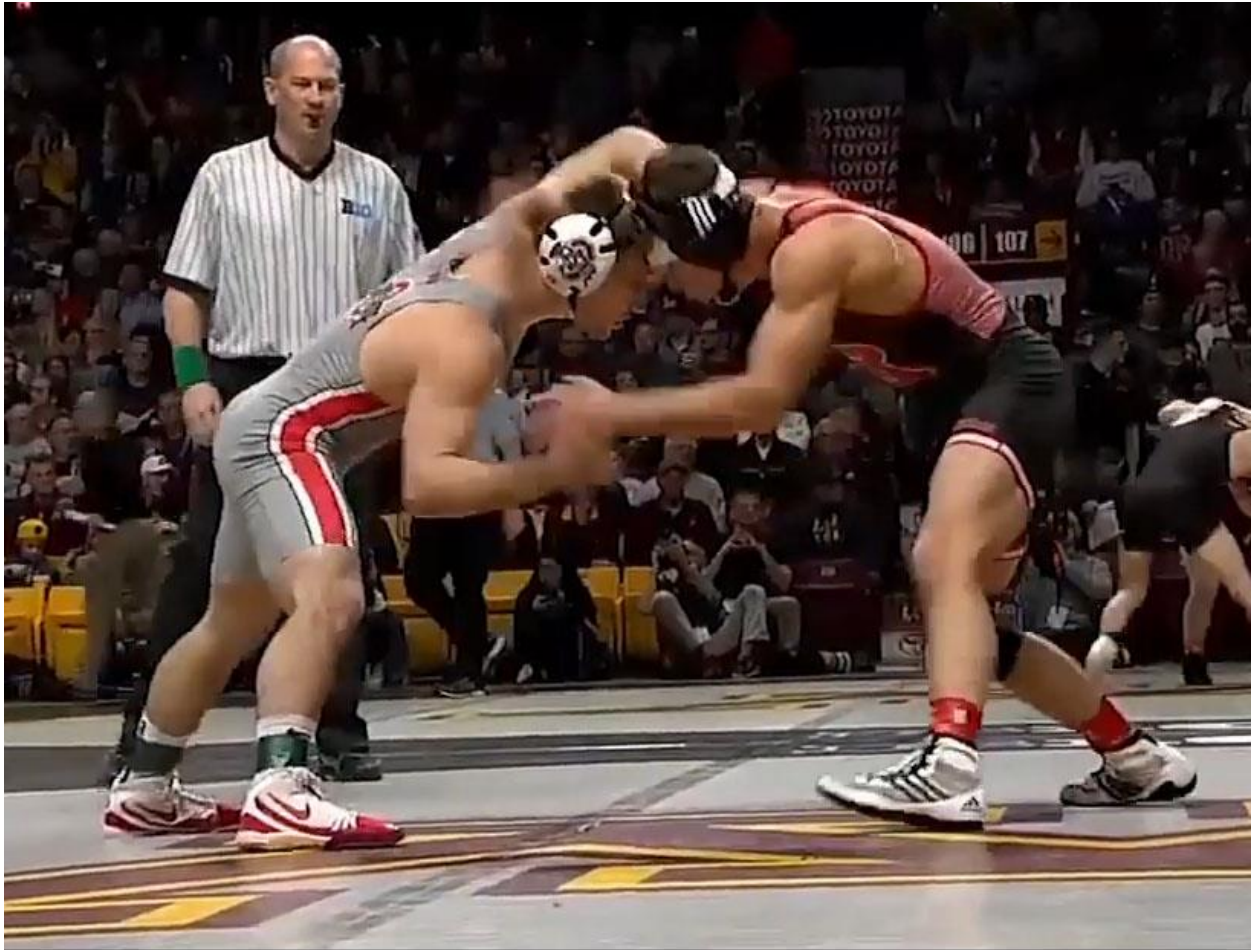
Period One



All matches consist of three periods. In high school competition, all three are two minutes in length. In college, the first period is three minutes long while the second and third are two minutes.

In both high school and college, the first period begins in a neutral (stand up) position. Each contestant attempts to “take down” his opponent and gain control. If he succeeds he is awarded two points and wrestling continues until the end of the period.

Hand Fighting



In the neutral position “hand fighting” often occurs. Each opponent attempts to “set up” a position of the other so as to enable a successful takedown attack.

An opponent’s four fingers may be grasped however less than four fingers may not be clasp.

Neutral



Neither wrestler has control. Both are vying for a takedown.

Defending Against a Take Down



Here a wrestler is in a sprawl position to prevent being taken down. The attacking wrestler is attempting to move behind his opponent and thereby gain control and will be awarded two points for having done so.

Stalemate



If the opponents remain in a condition where neither has the ability to improve his position for 5 seconds the referee will restart the match from the original position. (This is sometimes viewed as an inappropriate subjective call by the referee and may be contested).

Avoiding a Take Down



Although the wrestler on the right is in a good takedown position he has not yet obtained control as the referee is indicating.

Out of Bounds



“Out of Bounds” (off the mat) requires the entire bodies of both contestants to be over the line of the large outer ring. Even a toe of one of the wrestlers remaining inside the circle will allow wrestling to continue.

Period Two



The second period can begin in one of three positions, neutral (standing), wrestler one in offense (top) – wrestler two in defense (bottom) or vice versa. The decision is made at weigh-in where one of the teams selects the odd or even matches when their wrestler can decide or defer to his opponent at the start of period two. At the start of period three, the other wrestler can select the starting position.

Offense / Defense Start (Typical Start Position)



The defensive wrestler (bottom) is on all fours at the center of the mat with his hands and knees aligned with starting marks on the mat. He must remain motionless.

The offense (top) encircles the waist of his opponent with his hand on the opponent's elbow. His chest must rest of the opponent's back and his legs may not be touching the defensive wrestler. He too must be motionless. The action begins on the referee's whistle. In any deviation from the above, the referee cites a "caution". After a second caution points against the offender are awarded.

An Alternative Starting Position That May Be Used (Olympic Start)



Control of an Opponent



Once a wrestler is in control he must continually work for a pin. The defensive wrestler must continually work to escape.

Awarding Points



If a wrestler escapes the control of his opponent and gains a neutral position he is awarded one point. If he escapes and gains control in one move this is called a reversal and he is awarded two points.

Stalling



Wrestlers must continually attempt to improve their position. The offense must always be working to pin the opponent. If he fails to do so for 5 seconds a stall warning is called. A second stall call results in a point for the opponent. A third stall call results in two points and a third disqualification. The defense must always be working to escape. Failing to do so results in the same penalties as described for the offensive wrestler. (Calling stalling is subjective on the referee's part and is often met with protest by coaches and fans alike).

A Situation Frequently Resulting in Stalling



If the defensive wrestler comes to his feet, the offensive wrestler must bring him back to the mat within 5 seconds to avoid a stalling call. Many times both wrestlers go off the mat before the 5 seconds elapses.

The offensive wrestler may not “body slam” his opponent. (The offensive wrestler’s knees must contact the mat before the defensive wrestler contacts the mat).

Another Situation Which May Result in Stalling



A wrestler must move up from holding the legs of an opponent. If he fails to do so a stalling call is invoked.

Potentially Dangerous



The referee will stop the match and then restart it in the original position of the contestants (neutral or offense/defense). No penalty points are awarded.

Illegal Moves



If the bottom wrestler's arm is raised above 90 degrees this is illegal. Additionally, body encircling scissors with the legs is illegal, as well as encircling the body or head with the arms (without including one of the opponent's arms). Pulling or pushing an opponent's appendage against the natural motion of the joint is prohibited. Also, a full nelson applied from any position is illegal.

The Referee's Judgment or the Scoring May Be Challenged During the Match



Injury Time



Blood always results in time out to address the issue. Other injuries can also result in the temporary stoppage of the match. If it was unintentional, no penalty points are awarded. Injury time is limited to 5 minutes. If the injured wrestler cannot continue the opponent wins by default. If bleeding or injury happens after a near fall 2 count has occurred the match is stopped and 3 points are awarded. In college, if a wrestler is in a pinning situation, or the situation is imminent, 2 points are awarded after the match is stopped; 3 points if the referee has begun his count, and 4 points if the referee has reached a five count.

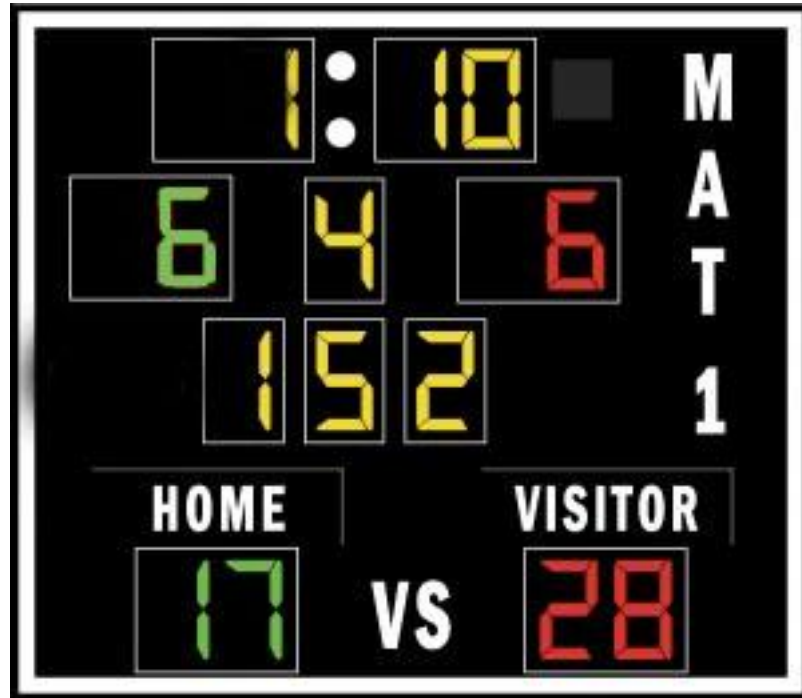
Pinning and Pin Related Points



The ultimate objective of the game is a “pin” which consists of putting an opponent’s any part of both shoulders or both shoulder blades in contact with the mat for two seconds. When a pin occurs the match is over. If no pin occurs the winner is the contestant with the most points. In the case of a tie, overtime periods are conducted. When a wrestler is close to obtaining a pin, back points are awarded. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45-degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows. If a near fall lasts for two seconds, 2 points* are awarded. If a near fall lasts for 5 seconds, 3 points* are awarded.

- In college matches, 3 and 4 points are awarded.

Tie Scores and Overtime Periods Individual Matches



No winner in an individual match results in a one minute, Sudden Victory (first points scored wins). If no winner is declared at the end of the sudden victory period, then two 30 second tie-breaker periods will be wrestled.

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.

The Conclusion of the Match



This requires a handshake by the contestants.

The Winner is Declared



Team Score



Team Scoring

Fall (pin) = 6

Forfeit = 6

Default = 6

Disqualification = 6

Technical Fall (by 15-point differential with near fall) = 5

Major Decision (by 8 through 14 points) or Technical Fall (by 15-point differential without near fall) = 4

Decision (by fewer than 8 points) = 3

Individual Match Scoring

Takedown = 2

Escape = 1

Reversal = 2

Near Fall = 2, 3 or 4 (college)

Time Advantage (college only) = 1 (Max for 1 minute or more)

When Team Scores Are Tied



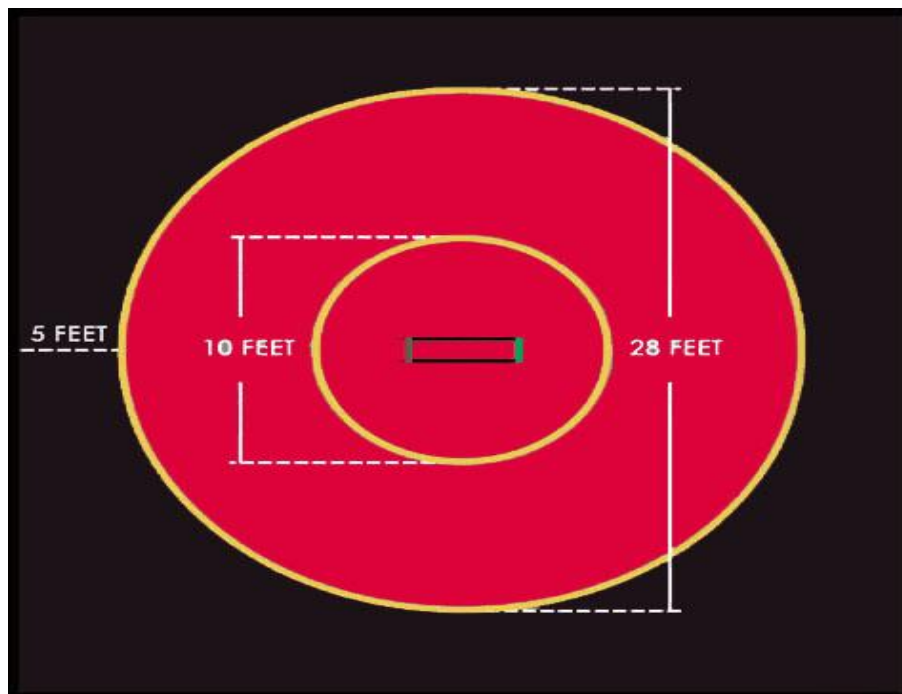
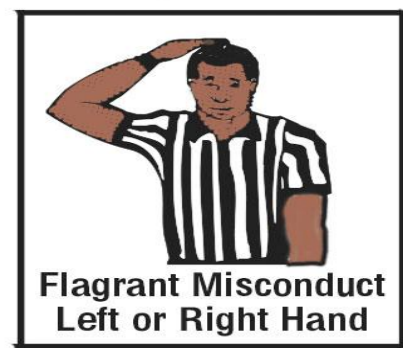
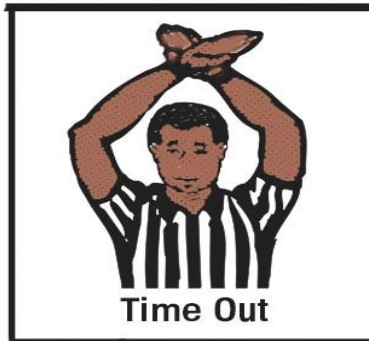
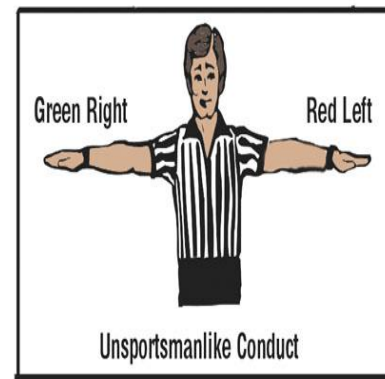
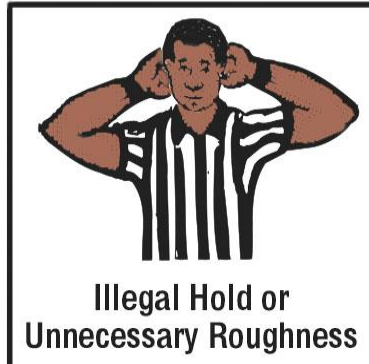
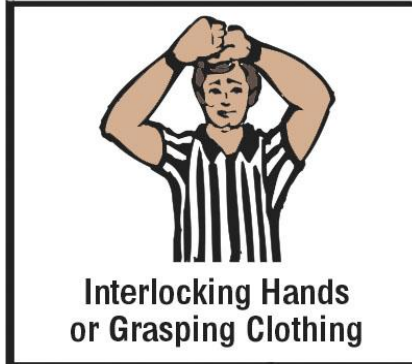
In dual-meet competition, if the teams have identical scores, the following tie-breaking system shall be used to determine the winner:

1. The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
2. The team whose opposing head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.
3. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
4. The team having won the greater number of matches (including forfeits) shall be declared the winner.
5. The team having accumulated the greater number of points for falls, defaults, forfeits, or disqualifications shall be declared the winner.

6. The team having the greater number of points for technical falls shall be declared the winner.
7. The team having the greater number of points for major decisions shall be declared the winner.
8. The team having the greater number (total match points) of first point(s) shall be declared the winner.
9. The team having the greater number of points for near-falls shall be declared the winner.
10. The team having the greater number of takedowns shall be declared the winner.
11. The team having the greater number of reversals shall be declared the winner.
12. The team having the greater number of escapes shall be declared the winner.
13. The team whose opponent has been penalized more often for stalling will be declared the winner.
14. The team whose opponent has been warned more often for stalling will be declared the winner.
15. The team whose opponent has the greater number of points for all other infractions (i.e. false starts) shall be declared the winner.
16. If none of the above resolve the tie, a flip of a disk will determine the winner.

Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie.

Other Referee Signals



The End