

What takes place during a wrestling match?

First Both wrestlers come forward from the corners of the mat, receive the instructions and shake hands.

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

Next each wrestler tries to take control of the opponent by getting behind or on top of him, called 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.

Then The DEFENSIVE (or "down") wrestler tried to escape or reverse his position to get on top or behind. The OFFENSIVE (or "top") wrestler tried to stay on top and get a hold with which he can keep his opponents shoulders on the mat for 2 seconds, called a fall or pin.

Every match has three periods. Each period is 2 minutes long

First period - Starts from standing or neutral position.

Second Period - Odd and even matches are chosen prior to the match, and every other team wrestler has first choice on positioning. The wrestler may choose either up, down, neutral, or defer choice to 3rd period.

Third Period - The contestant having the choice may choose the up, down, or neutral position

During the match, the referee must make sure that the wrestlers stay in-bounds (in the circle). When a supporting part of both wrestlers is out-of-bounds, the referee stops the wrestling, and the wrestlers return to the center of the mat. There, they start in the same position they were in when they went out-of-bounds.

End of the match: A match ends when one of the following occurs: a fall (pin), a technical fall, or time expires.

Fall (Pin): A fall (pin) is awarded when a wrestler holds any part of both his opponent's shoulders (or scapulas) to the mat for two consecutive seconds.

Technical Fall: A technical fall is awarded when a wrestler has a 15 point advantage over his opponent.

Time Expired: If there has not been a fall or a technical fall by the end of the third period, the winner of the match is determined by the number of individual points scored. The wrestler with the most points wins the match by decision.

If there is no winner at the end of the three regulation periods, an overtime period is added. The 1-minute overtime period begins immediately after the regulation match, with the wrestlers starting in the neutral position. The wrestler who scores first is declared the winner. If no winner is declared by the end of the 1-minute overtime, there is a 30-second tiebreaker.

The match can also end with a flagrant misconduct, biting or fighting. A wrestler who does this will be disqualified immediately.

The Referee

The referee has full control of the match, and his decisions are final. Decisions are based on the national Federation High School Wrestling Rules Book. While the referee oversees all aspects of the match, his primary concern is the health and safety of the wrestlers.

During the match, the referee indicates which wrestler has the position of advantage (which wrestler is in control) by pointing to him. When a wrestler makes a move for which he is to receive points, the referee holds up fingers to indicate how many points the wrestler is to be awarded.

You can tell which wrestler the referee is referring to by the color of the wrist and ankle band. Each wrestler has a red or green ankle band, and when signaling, the referee holds up the hand with the corresponding color band. Points are recorded by the official scorer seated at the scorers table.

Scoring... The Point System... "Mat" Points

Takedown (2 points) Occurs when a wrestler takes control and is on top of his opponent from the neutral or standing position

Escape (1 point) Occurs when a wrestler maneuvers from underneath to a standing position facing the opponent

Reversal (2 points) Occurs when a wrestler maneuvers from under and opponent and behind or on top of him by one maneuver.

Near Fall (3 points) Occurs when a wrestler holds an opponent's shoulders at a 45 degree angle, and within about 4 inches of the mat or less for 5 seconds

Near Fall (2 points) Occurs when a wrestler holds an opponent's shoulders at a 45 degree angle, and within about 4 inches of the mat or less for 2-4 seconds

Stalling (1 point) Point is awarded to opponent having a position of advantage and failing to make an honest attempt to secure a fall.

Illegal Hold Roughness, technical foul - awarded to the offensive wrestler

Wrestling Positions

Neutral - In the neutral position, both wrestlers are on their feet, facing each other. The home wrestler has one foot on the red starting line. From the neutral position, wrestlers change levels in order to create openings in their opponents defenses. Wrestlers in this position also try to initiate attacks and score takedowns by using setups like the collar tie, wrist tie, and arm drag.

Defense (Bottom Wrestler) - If the wrestler is down, he is the bottom wrestler and he is in the defensive position (also known as the position of disadvantage). When a wrestler is in the defensive position, he is on his hands and knees in the center of the circle. It is important for a defensive wrestler to control his opponent's hands, and to go for an escape or a reversal as quickly as possible.

Offense (Top Wrestler) - If the wrestler is up, he is the top wrestler, and he is in the offensive position (also known as the position of advantage). In the offensive wrestling position, the wrestler is at the right or left side of his opponent, with at least one knee on the mat. The offensive wrestler's chin is on or above the spinal column of his opponent's back, and his arm is placed loosely around his opponent's body. The offensive wrestler can also support all of his weight on both feet, one knee, or both knees. In this optional offensive position, the wrestler places his hands on his opponent's back between the neck and waist.