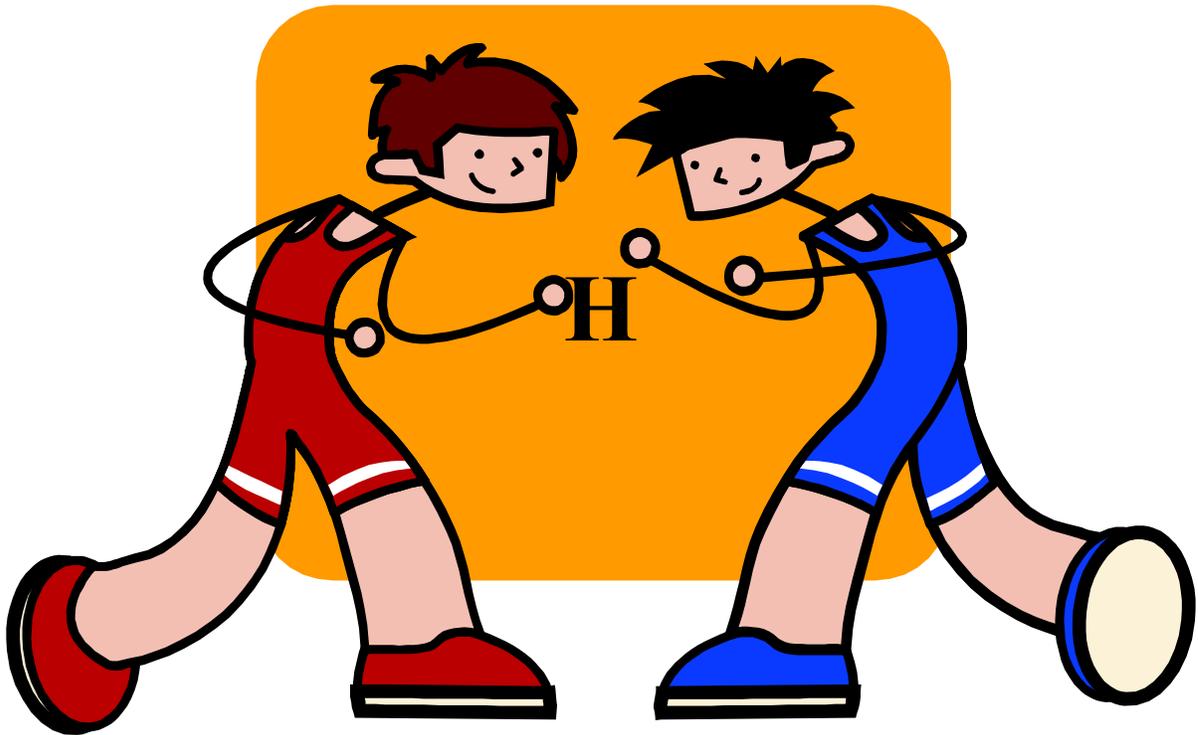


Wrestling for Dummies

(Parents, Grand-Parents, Aunts, Uncles)



The Basics

Equipment

Terms

Drills

Basic Moves

Neutral

Top

Bottom

Referee Signals

Scoring

The Basics:

Wrestling is considered the ultimate “Individual Team” Sport. Although each athlete competes individually, the bond support between team members is as strong or stronger than those experienced in any other sport. While on the mat, the wrestler is on an island. After a win, the island is at the top of the world. After a loss it is the most deserted space on earth. However, once off the mat, there are always teammates and coaches ready to support and encourage the wrestler as all of them have had the same experience at some point in time.

There may be a lot of tears in the beginning and they may last for what seems forever. However, encouragement to endure, until that first taste of the summit, will make that feeling much more sweet. Also, the emotions will often come full circle as even the most successful, testosterone filled wrestlers will break down in tears of joy as they reach the ultimate summit, or just fall short, at many points of their career.

Wrestling is for all sizes and shapes of athletes, and especially for the younger ones, there is almost always someone the same size and ability to compete with. It is still a competitive sport, and there will be a winner and a loser, but everyone gets a chance to compete.

Ask anyone that has wrestled and competed in any other sport, and they will tell you wrestling is the most grueling, both physically and mentally. And for that reason it is also the most gratifying when success is obtained. Building Confidence and Character are also very positive by-products to prepare the athlete for whatever is thrown their way in life.

And as always, especially at the youth level, we all need to remember that it needs to be fun. If at any time the wrestler decides it's no longer fun, it's time to stop and move on to something else. The passion to compete needs to be there, and even it's a temporary hiatus, GIVE THEM A BREAK. KEEP IT FUN.

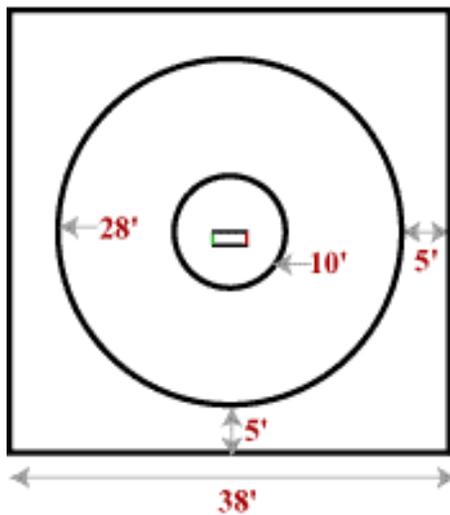
Equipment:

The Mat:

Mat Thickness

The wrestling mat shall be of uniform thickness not more than 4 inches thick nor less than the thickness of a mat which has the shock absorbing qualities of at least one inch PVC vinyl-covered foam.

High School Regulation Minimum Mat Sizes Mat with a circular area



Resilite's Mats are the most commonly used in this area.

Wrestling Area/Protection Area/Mat Size

The wrestling area of the mat shall be a **minimum** of a circular area of 28' in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

(For a High School Regulation Size is minimum of 38' x 38' mat with a minimum of a 28' wrestling circle. Most high schools order a 40' x 40' mat in order to have a larger 30' wrestling circle area.

Wrestling Area/10' Circle

The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are out of bounds. At the center of the mat there shall be a 10-foot circle, indicated by a 2-inch line. When the area enclosed by the 10-foot circle and the inbound area of the mat are of contrasting colors,

Many Youth tournaments will divide the above mats into 2 or 4 sections for younger wrestlers. This allows more matches to occur simultaneously.

Singlet:

A one-piece garment stepped into that covers the torso with straps over each shoulder. Often these are made of materials similar to Nylon, Lycra, or Spandex. At youth levels, singlets are not required, but highly recommended if you plan on attending tournaments.

A wrestler wearing a Team Singlet is easily recognized by coaches when on the mat and when many wrestlers are attending a tournament, it's not always easy to keep track of who's turn it is to wrestle. If a coach sees a familiar singlet on the mat, he can proceed to mat-side to help coach.



Headgear:

There are various types of headgear available. Again, this is not required, especially for the younger wrestlers. It is recommended, as wrestlers get older, for the level of competition gets more physical, and the ears can get beat-up. Headgear is generally one size fits most. So investing in headgear if the interest level is high is not a bad idea.



Shoes:

Wrestling shoes have a much softer sole and many are very light weight to help the wrestler stay light on their feet. K-2 beginners may be able to get away without shoes, but this is an item that you may want to invest in. They come in many styles and colors. Often clubs have used equipment, (especially shoes) available at low cost, to allow new wrestlers to get into the sport at minimal cost until it's determined that the wrestler will be in it for the long haul.



Kneepads:



Generally only wrestlers that have been wrestling for several years will use kneepads. These are purely optional and come in all sizes. Most wrestlers use them to cushion the knee when they shoot.



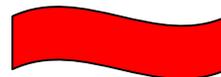
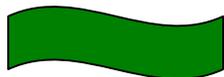
Mouth guards:

Once again, mouth guards are optional unless the wrestler wears braces, then they are required. If you have a large investment in dental work, it is highly recommended.



Bands (Arm, Ankle)

During a match, the referee will have a green band on one arm and red band on the other. He will hand one wrestler a green one and the other a red one. These are placed on an ankle and used to determine which wrestler scored points during the match.



Basic Terms

Base: Good wrestling defensive position. On hands and knees (or feet). Not lying on belly or back.

Bridge: The arched position a wrestler adopts to avoid his back touching the mat.

Bridge out: A move used to escape an opponent by rolling from a bridge onto the stomach.

Breakdown: Getting an opponent to the mat on his stomach or side, usually from the offensive starting position.

Clamping: The wrapping of both arms around an opponent with, interlocking/overlapping hands. An arm, hand, or wrist of the opponent must be controlled to avoid clamping.

Default: A win declared when the opponent is disqualified or injured too badly to wrestle, and does not appear when his name is called for the bout.

Decision: Winning a match by 1 – 7 points.

Disqualification: A match in which a wrestler is disqualified for breaching the rules.

Defensive starting position: Wrestler who is on hands and knees. From this position, the wrestler attempts to avoid being pinned, **escape**, or perform a **reversal**. Also called bottom position.

Escape: Occurs when a wrestler who is being controlled by his opponent gains a neutral position, creates space, and faces the opponent. Standup and the sit-out are common escapes.

Fall (Pin): Forcing an opponent's shoulder blades to the mat for a touch to halt and win the bout.

Folkstyle: Very similar to Freestyle, however, there is more focus on control. This is the style commonly used in Youth, High School, and Collegiate levels.

Freestyle: A form of wrestling in which wrestlers may use their arms, bodies and legs and may hold opponents above or below the waist.

Greco-Roman: A traditional form of wrestling in which wrestlers may use only their arms and upper bodies to attack and may hold only those parts of their opponents.

Illegal hold: Anytime a wrestler pushes an opponent's body part past its regular range of motion, uses excessive force, or performs a hold that hampers breathing or circulation.

Injury time: Two injury timeouts are allowed that cannot exceed a total of 90 seconds, in which a wrestler may recover from an injury and resume the match. Specifically when nose-bleeds are involved, called "Blood Time".

Major Decision: Winning a match by a margin of 8 – 14 points.

Near fall: When one shoulder is touching the mat and the second shoulder is past a 45-degree angle, or if both shoulders are within four inches of the mat. Holding the position for two seconds receives two points, and maintaining the position for five seconds receives three points. One point is added if an injury timeout occurs during the near fall.

Neutral position: Neither wrestler has control. From this position, wrestlers attempt to **Takedown** their opponents. Wrestlers will often **tie-up** in the neutral position while working on a takedown.

Offensive starting position: Wrestler on top who kneels with at least one knee on the mat, one hand on the opponent's elbow, and the other hand around the opponent's body. From this position, a wrestler tries to **breakdown** his opponent. Also called top position.

Pin: Forcing both of the opponent's shoulder blades to the mat.

Referee's position: Position when one wrestler is in the **defensive starting position**, on his hands and knees, and one is in the **offensive starting position**, kneeling beside his opponent.

Reversal: Executing a move from underneath an opponent that shifts control from the opponent to the wrestler. Worth two points.

Stalemate: When neither wrestler can improve his position, wrestling resumes from the starting lines.

Stalling: Both wrestlers must constantly make an effort to be assertive (attempt a takedown, escape, pin, etc.) and remain within the 10-foot circle. A warning is given for the first offense, after which penalties are enforced.

Technical violations: There are seven major technical violations, including incorrect starting position/false start (warning given), intentionally going out of bounds, grasping an opponent's clothing or equipment, interlocking/overlapping hands, leaving wrestling area without referee's permission, improper/illegal equipment, or applying a figure 4 (type of hold) from the neutral position.

Takedown: Dropping the opponent down to the floor from a standing position and gaining control. Worth two points

Technical Fall (Tech Fall): Winning a match by a margin of at least 15 points.

Tie-up: Wrestler grabs the opponent's upper body while standing to gain control. Common tie-ups include the head and arm tie, as well as the double bicep tie.

Unnecessary roughness: Called for actions that are unreasonably aggressive.

Unsportsmanlike conduct: Called for disobeying or arguing with a referee, or other acts of poor sportsmanship such as swearing, spitting, taunting, or throwing equipment.

Drills

Individual Drills

Step-Knee-Step

Partner Drills

Spin Drill

Basic Moves

Neutral

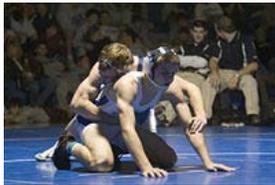


Duck-under
Single Leg Takedown
Double Leg Takedown
High Crotch
Head throw
Body-lock
Shrugs
Fireman's Carry
Body throws



Iowa
Field Goal

Bottom Position



Switches

Bridge



Rolls
Hip Heist



Sit-out
Back-Door



Top Position

Half Nelson - The **half nelson** is done using only one hand, by passing it under the arm of the opponent and locking the hand at the opponent's neck. Half nelsons are commonly used in amateur wrestling.



ArmBar

Cradle

Tilt Leg Ride



Quarter Nelson,
Double Arm Bar



Air Force
Cross-Face

Referee Signals:

NF		OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE		USA			
<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>Deter Choice</p>
<p>Stalemate</p>	<p>Time Out</p>	<p>Neutral Position</p>	<p>Potentially Dangerous Hold Left or Right Hand</p>				

Scoring:

Match

Takedown – 2 points

Escape – 1 point

Reversal – 2 points

Stalling – 1 point (after 1 warning)

Technical Violation – 1 point

Near Fall (2 sec.) – 2 points

Near Fall (5 sec.) – 3 points

Near Fall (injury) – 4 points

Team Points

Decision (margin 1 - 7 match points) - 3 points

Major Decision (margin 8 – 14 match points) - 4 points

Tech Fall (margin 15 + points) - 5 points

Fall (Pin) – 6 points

Forfeit – 6 points