

# WRESTLING BASICS

## How to watch & what to look for...

The referee will signal the wrestlers to come forward, shake hands, & return to a color on the small circle.

On the whistle, each wrestler attempts to take the other off his feet & down to the mat. This is called a **takedown** & is worth 2 points. A takedown is an exciting moment in a match as the wrestler being thrown is in a relatively helpless position & can be caught on his back with a pinning hold – or **pin or fall**. The idea is not to meet the opponent's force head on, but to go with it & use it to defeat him. Takedowns require skill, technique, & speed. Brute force is self-defeating. A wrestling match is much like a chess game – one man moves, the other counters, a re-counter, & so on until one is outwitted & defeated.

On the mat, the wrestler in the advantage position (on top) must work for a **fall** by turning his opponent's shoulders to the mat. The man on the bottom must attempt to escape from his opponent's hold & return to his feet or reverse positions & gain control himself.

At the start of the 2<sup>nd</sup> period, one wrestler will be asked "top, bottom, neutral, or defer" by the referee. The team choice is determined by a toss of the coin at the start of the match. These four choices allow the wrestler to make some tactical decisions & try to gain an advantage by utilizing strengths or exploiting his opponent's weakness. At the start of the 3<sup>rd</sup> period, the other wrestler gets his choice.

The object of the match is to throw & hold an opponent on his back. The idea came perhaps, from the example in nature that animals & man are most helpless in this position.

A match can be terminated instantly by putting an opponent's shoulders to the mat for 2 full seconds, regardless of who is winning. A **tech-fall** also terminates the match. This is won by achieving a 15-point lead over one's opponent. Now that you know what to watch for, please enjoy!

## SCORING

### Individual Match – Individual Point System

- Takedown (2) – when wrestler gets control or on top of opponent from the neutral or standing position
- Escape (1) – getting out from underneath opponent to a standing or neutral position facing him
- Reversal (2) – getting out from underneath opponent & behind or on top of him by one maneuver
- Near Fall (2) – hold opponent's shoulder to the mat 45 degrees or less for a period of 2 seconds
- Near Fall (3) – hold opponent's shoulder to or near the mat for a period of 5 seconds
- Fall Penalty – warning, 1 point, 2 points, or disqualification

### Dual Meet – Team Point System

- Decision (3) – decision by less than 8 points
- Major Decision (4) – decision by 8-14 points
- Technical Fall (5) – if a wrestler has 15-point lead
- Fall/Pin (6)
- Default (6)
- Disqualification (6)
- Forfeit (6)

## LEVELS OF COMPETITION

- **Varsity** – 1<sup>st</sup> string in each weight class, regardless of grade
- **Junior Varsity** – 2<sup>nd</sup> string in each weight class, regardless of grade
- **Novice** – 1<sup>st</sup> year competition in high school wrestling, regardless of grade
- **Frosh/Soph** – only open to Freshmen & Sophomores