

The Wrestling Match

Matches are 3 periods in length. However, a match will immediately end when one wrestler scores a pin (fall) over another. If at the end of the third period neither wrestler has been pinned, the wrestler with the most points is the winner.

At the start of a match wrestlers will usually be given colored anklets. Generally, one wrestler will wear a green anklet while the other wrestler will wear red. The colors are used by the referee to score the match. The referee will have a green band on one wrist and a red on the other. As the match proceeds, the referee will signal the award of points to a wrestler by holding up that wrestler's color.

As you look at the wrestling mat you will notice a large circle going around the perimeter of the mat, this is the out-of-bounds indicator. Each wrestler must stay within the circumference of this larger circle to score points. In most cases you will also notice a smaller circle within the larger one; this is referred to as the center of the mat. Contained within the center of the mat are 2 parallel lines or a box, this is the starting area for each period.

Period 1

After the wrestler has his anklet on and proceeds to the center of the mat the referee will ask the timer, score keeper, and the wrestlers if they are ready. If everyone is ready to begin the referee will ask each of the wrestlers to shake hands and get ready to start. To start a match each wrestler will be in the "Neutral" position. The neutral position is where both wrestlers face each other in a wrestling stance. Each wrestler is required to have at least one foot on the neutral line before the match is allowed to proceed. Once the wrestlers are in the starting neutral position, the referee will blow his whistle to start the match.

From the neutral position, each wrestler is attempting to score points on his opponent by taking that opponent down. If a wrestler is successful in taking down the opponent and is in control of the opponent the referee will award the wrestler 2 points for a "takedown". To indicate the points, the referee will hold up the hand with that wrestler's corresponding color and flash two fingers up and then down towards the mat. It should be noted that a wrestler must be in control of the other wrestler to score the takedown points.

Once a wrestler has taken down his opponent they must now try to turn that opponent to their back. A wrestler who has successfully taken down his opponent must continue to wrestle or be warned for "stalling". The same applies to the wrestler who was taken down; they must try to escape the control of the top wrestler. If a wrestler receives two warnings for stalling his opponent will receive 1 point on the next stalling warning.

As the top wrestler (the one who took down his opponent) continues to wrestle they will use various holds to turn over his opponent. By doing so a wrestler can "expose" (turn his opponent's back past a 90 degree angle with the mat) his opponent and score points. If the top wrestler successfully exposes his opponent for more than 2 seconds he will score 2 near fall or "back points". However, if the top wrestler can expose his opponent for more than 5 continuous seconds they will receive 3 near fall or "back points". The

referee will award the amount of back points/near fall points a wrestler receives by holding up the corresponding colored arm and indicate with his hand the points and tapping his back.

Period 2

If the first period expires with no pin (fall), the referee will stop the wrestlers and bring them back to the center of the mat. At this point the referee will flip a colored disk. If the wrestler wins the coin toss it is "their choice" as to how they would like to start the second period. The choices a wrestler has are:

1. Defer – A wrestler could choose to defer his choice until the third period and allow his opponent to choose how they will start the second period.
2. Neutral - If the wrestler chooses the neutral position each wrestler will be starting as they did in the first period.
3. Bottom - The wrestler could choose to start in the bottom position. The objective of the bottom wrestler is to either reverse his position with the top wrestler or escape from the top wrestler.
4. Top - The wrestler could choose the top position. He must then try to turn his opponent to their back.

The wrestler with the choice of position should always look to his coach for advice on the choice to make.

The referee will ask the bottom wrestler to get set. The bottom wrestler will have to place his knees behind one line and his hands in front of the other line located in the center of the mat. After the bottom man indicates to the referee that he is set the referee will allow the top wrestler to get position. If the top wrestler tries to get into position too soon or either wrestler moves before the referee indicates to start then that wrestler will be cautioned for a false start. If the wrestler is cautioned again, the other wrestler will be awarded a point. Once the top wrestler is in position, the referee will start the second period.

As the two wrestlers continue to wrestle there may be a point in the match when the referee determines that neither wrestler can complete or advance a move. In this case the referee will call a stalemate and stop the match. The wrestlers will move back to the center of the mat to start again.

If the wrestler on top ever locks his arms around the bottom wrestler while still on the mat and not having control of at least one arm the bottom wrestler, he will be called for locked hands.

Period 3

After the second period expires, the wrestler who did not make the choice on how to start the second period chooses the starting position of this period. This wrestler has the choice of neutral, top or bottom. The wrestler with the choice of position should always look to his coach for advice on the choice to make.

As the wrestlers continue the match they are each trying to score points or a pin (fall). If one wrestler has control over another and is trying to score, they may unintentionally be in a position where the move they are executing is legal but potentially dangerous. If this occurs the referee will stop the match and again move the wrestlers back to the center of the mat to restart.

Throughout the match wrestlers will be performing different moves. A wrestler can only score on the move if they are in-bounds. A wrestler is considered in-bounds if three points of his body and his opponent's body are within the larger circle. If one wrestler tries to execute a move and his opponent or his own body carries over the outer circle, the referee may blow his whistle and have the participants move back to the center of the mat. The referee may or may not award points to a wrestler if the referee deems the move completed before the wrestlers moved out-of-bounds.

If time expires at the end of the third period, the wrestler with the most points is the winner. If a pin (fall) had occurred during the match, the match would end immediately. At the end of the match, both wrestlers meet back in the center of the mat and shake hands. The winner of the match has his arm raised by the referee. Then, both wrestlers proceed to shake hands with the opponent's coach before returning to shake hands and talk with their own coach.

Wrestling Scoring

Takedowns are scored when one wrestler brings his opponent down to the mat from a standing (neutral) position and is considered having "control". A wrestler is awarded 2 points for a takedown.

Reversals are scored when a wrestler, controlled by his opponent on the mat, executes a move that allows him to assume a controlling position on top of the opponent, thus reversing the situation. A wrestler is awarded 2 points for an escape.

A **near fall (back points)** is scored by exposing an opponent's back to the mat. A wrestler must not only tilt the rival's back toward the mat, but their opponent's shoulders must be less than four inches from the mat for two to five seconds. 2 points are scored for holding this position for two seconds and 3 points are scored for holding this position for five seconds.

An **escape** is scored when a wrestler, controlled by his opponent on the mat, frees himself and moves to a standing or neutral position, facing the opponent. A wrestler is awarded 1 point for an escape.

A **pin (fall)** occurs when one wrestler holds his opponent's shoulder blades to the mat for 2 seconds. If this is accomplished the wrestler wins the match.