

HOW TO WATCH A HIGH SCHOOL WRESTLING MEET

Before the match, each team's captain comes to the center of the mat for the toss of the coin. The winner picks the odd or even number matches for his team to take their choice of positions at the end of the first period of wrestling.

WHAT HAPPENS

- FIRST:** Both wrestlers come forward from their benches, shake hands, and place one foot on the respective starting lines.
- NEXT:** The referee blows his whistle and signals "Wrestle".
- NOW:** Each wrestler is trying to get control by taking his opponent to the mat and getting behind or on top of him—**A TAKEDOWN**.
- POINTS:** First points are likely to be given for a takedown. When one wrestler gets a takedown, the referee signals two (2) points with one hand while pointing to the wrestler who has gained the takedown with his other hand.
- THEN:** The defensive wrestler (usually in the "bottom" or "down" position) is trying to ESCAPE or REVERSE his opponent, or to get on "top" or behind. The offensive wrestler (usually on "top") is trying to stay on top and get a hold with which he can keep his opponent's shoulders on the mat for two (2) seconds, a FALL or PIN.

Every match has three periods, each two (2) minutes long. The First Period starts from the standing or "neutral position". The Second Period starts from either the "neutral position" or the "Referee's position", with the team that has the choice according to the coin toss taking either the "up", "down", "neutral position" or deferring his choice to the third period. The Third Period starts the same as the second period with the other wrestler having choice of position. A match ends if there is a pin, no matter what the period or score.

If at the end of regulation time the score is tied, there will be a two (2) minute sudden death period from the neutral position. If no one scores in the overtime, there will be a 30 second tiebreaker. If the top man controls the bottom man, he wins. If the bottom man scores, he wins.

SCORING

A. INDIVIDUAL MATCH POINTS*

1. **Takedown:** 2 Points -When a wrestler gets behind or on top of his opponent and takes him to the mat from the standing or neutral position.

*The referee signals all points awarded by raising one hand with the appropriate number of fingers, and pointing to the wrestler who gained the points with the other hand.

2. **Escape:** 1 Point - Getting out from underneath one's opponent to a standing or neutral position.

3. **Reversal:** 2 Points - Getting out from a defensive position and getting on top or behind your opponent by one maneuver.

4. **Near Fall:** 2 Points - The offensive wrestler must have control of his opponent in a pinning situation. He must hold both shoulder within four inches of the mat or one shoulder down on the mat and the other at a 45* angle to the mat.

5. **Near Fall:** 3 Points - The offensive wrestler must meet the conditions for a 2-point near fall and hold them for five (5) consecutive seconds or more.

6. **Stalling:** 1 Point - Refusing to wrestle for a pin from the top position or not trying to escape from the bottom is stalling. A warning is given for the first call. Points are awarded for the second and succeeding calls.

7. **Illegal Holds:** 1 Point - These are technical violations and a point is awarded to the offended wrestler for each violation.

TEAM MATCH POINTS

1. **Pin or Fall:** 6 Points - Awarded to the team whose holds his opponent's shoulders in contact with the mat for two (2) seconds. This ends the match.

2. **Decision:** 3 Points - Awarded to the team whose wrestler beats his opponent by seven (7) or less points, neither wrestler having secured a fall (Ex. 5-1,14-6).

3. **Major Decision:** 4 Points - Awarded to the team whose wrestler has beaten his opponent by eight (8) to fourteen (14) points, neither wrestler having secured a fall (Ex. 8-0, 19-5).

4. **Technical Fall:** 5 Points - Awarded to the team whose wrestler has beaten his opponent by fifteen (15) or more points, neither wrestler having secured a fall (Ex. 16-1).

5. **Forfeit, Disqualification or Default:** 6 Points - Awarded to the opponent when a wrestler is unable to continue or fails to appear; or is disqualified for illegal maneuvers, stalling or un-sportsmanlike conduct; or a wrestle is unable to continue due to injury.

At the conclusion of the matches, the Team points are added and the team with the greater number is declared the winner.