

Description of High School Wrestling

Objectives:

The primary objective in a wrestling match is to pin the opponent. A scoring system is used in order to determine the winner in case a pin does not occur. Either shoulders, or both scapulae (shoulder blades), are held to the mat for two consecutive seconds for a pin or fall to occur.

Length and Conduct of a Match:

There are three periods (rounds), two minutes in length, unless there is a pin (fall) or technical fall (scoring a 15 point differential), which terminates the match.

The first period (round) begins with both wrestlers in a neutral (standing) position. The immediate objective is to take one's opponent to the mat and gain control.

The second period begins with one wrestler getting his choice of starting positions. He can select the top or bottom or the "referee's position." He can choose the neutral position where both wrestlers are on their feet, or he can defer his choice of starting position to the third period.

The referee's position has one man on his hands and knees (bottom or defensive man) with the other wrestler grasping the bottom man from the side and behind (top or offensive wrestler). Both wrestlers must work to improve their position. The top man attempts to "break down" the bottom man and apply a pin hold. The bottom man works to escape or reverse positions.

The third period begins with the other wrestler getting his choice of top, bottom, or neutral positions.

One variation which is available to the wrestler who chooses the top position is to utilize the "international" starting position. For this position, the top man can stand on both feet and place both hands in the middle of the back of the bottom man.

Appearance:

Contestants will be clean-shaven (there can be a neatly trimmed mustache), sideburns trimmed no longer than the ear lobe level and hair trimmed and well groomed. Because of the body contact involved, this rule has been approved in the interest of health, sanitation, and safety measures. The hair in the back will not extend below the top of an ordinary shirt collar and on the sides; the hair will not extend below ear lobe level.

Terminology:

Takedown - Bringing an opponent from a neutral position of the mat and gaining control. The supporting points of either wrestler must be within the wrestling area (2 points).

Reversal - A reversal occurs when the defensive wrestler (bottom man) gains control of the offensive wrestler while the supporting points of either wrestler are within the wrestling area (2 points).

Escape - An escape occurs when the defensive wrestler (bottom man) gains a neutral position while the supporting points of either wrestler are within the wrestling area (1 point).

Neutral Position - A neutral position is one in which neither wrestler has control.

Position or advantage - A position of advantage is a position in which a contestant is in control and maintaining restraining power over his opponent.

Near-fall - A near-fall is a position in which the offensive wrestler has control of his opponent in a pinning situation with:

1. Both shoulders or both scapulae of the defensive wrestler held momentarily (stopped) within four (4) inches of the mat or less, or when one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less with the mat; or when the defensive wrestler is held in a high bridge or on both elbows. If held for 2 - 4 seconds, two points will be awarded. A continuous roll-through is not to be considered a near-fall.
2. For near-fall situations that have been held uninterrupted for five seconds, three points will be awarded. A visual hand count is to be used in determining the near fall count. A near-fall is ended when the defensive wrestler gets out of the pinning situation and the offensive wrestler releases the pinning combination or moves to a new attack, regardless of the number of times the offensive wrestler placed the defensive wrestler in a near-fall position during the pinning situation.
3. Only the wrestler with the advantage, who has his opponent in a pinning situation, may score a near-fall. When the defensive wrestler placed himself in a precarious situation during the attempted escape or reversal, a near-fall will not be scored unless the offensive wrestler has control of his opponent in a pinning situation beyond the normal reaction time.

Referee's Position

"Defensive Wrestler" (bottom) - A stationary position at the center of the mat in which the defensive wrestler is on his hands and knees facing away from the timers' table. He must keep both knees on the mat in contact with the rear starting line. The heels of both hands must be on the mat in front of the forward starting line. The elbows will not touch the mat.

"**Offensive** Wrestler" (top) - the offensive wrestler; will be on the right or left side of his opponent with at least one knee on the mat and his head on the mid-line of his opponent's back. The near arm (right or left) is placed loosely around the defensive player's naval and the palm of the other hand (left or right) placed on the back of the near elbow). One knee or foot may be placed on the mat to the outside of the near leg, not touching the defensive wrestler and a knee or foot may be placed in back of the defensive wrestler's feet. However, one knee must be touching the mat.

INDIVIDUAL SCORING

Takedown	2 points
Reversal	2 points
Escape	1 point
Near-fall	2 or 3 points

TEAM SCORING

Pin (fall)	6 points
Technical Fall	5 points
	(Called when there is a 15 point scoring differential.)
Major Decision	4 points
Decision	3 points
Forfeit	6 points
Disqualification	6 points
Default	6 points

Individual Match Scoring:

1. Two points for "Take Down" - bringing opponent to the mat from a standing position.
2. One point for escaping from defensive position on the mat.
3. Two points for "Reversal of Position" from defensive position on mat.
4. Two or three points for a "Near-Fall," a situation in which the offensive wrestler has control of his opponent and a fall is imminent.
5. A pin ends the match. A technical **fall** ends the match, if the 15-point margin is reached with a pinning situation, the opportunity is given to continue for a fall.

Infractions and Penalties

Illegal holds - Any fair hold, lock or grip is allowed, except the hammerlock above a right angle; chokeholds; Full Nelson; toe holds; body slams; or any hold used for punishment alone. Illegal holds will be stopped immediately and penalized with a point going to the victim. The penalties progress in the following manner:

- 1st offense - 1 point
- 2nd offense - 1 point
- 3rd offense - 2 points
- 4th offense - disqualification

Technical Violations

- Locking hands - Wrestler in a position of advantage may not interlock or overlap his hands, fingers or arms around his opponent's body or both legs unless his opponent has all of his weight supported entirely on his feet or he has him in a pinning situation.
- Assuming an incorrect starting position or making a false start.
- Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area (fleeing the mat).
- Leaving the mat - Without first receiving permission to do so from the referee.
- Grasping clothing - Grasping of clothing, mat or headgear by a contestant is prohibited, and any advantage thereby shall be nullified.
- Reporting to the mat not properly equipped, ready to wrestle or any equipment that is detected as being illegal after the match has started.
- Applying the figure 4 around the head from a neutral position.

Stalling (Not a technical violation. It is in its own category) - Both wrestlers must aggressively and honestly work to improve their position. A wrestler will be warned, and then subsequently penalized as with illegal holds. Delaying the match - Such as straggling back from out-of-bounds, unnecessary changing and adjusting equipment, etc.

Weight Classes:

(Freshman only: 95 pounds); 103 pounds; 112 pounds; 119 pounds; 125 pounds; 130 pounds; 135 pounds; 140 pounds; 145 pounds; 152 pounds; 160 pounds; 171 pounds; 189 pounds; 215 pounds; and heavyweight (275). The heavyweight class has a maximum of 275 pounds.

Injury Time:

An injured wrestler is entitled to one and a half minutes of injury time, which is cumulative through the match. Only 2 injury timeouts are allowed. After the second timeout, the other wrestler gets the choice of starting position. Taking additional time or timeouts will result in loss through injury default. For wrestlers injured due to an illegal hold or penalty, a 2 minute **Recovery Time** is allowed. If the injured wrestler is not able to continue after the 2 minutes have expired, he shall win by default.

Bleeding

There is a limit of 5 minutes for all bleeding, including nosebleeds. If a wrestler is still bleeding after the allotted 5 minutes, he will lose by injury default. If the bleeding is the result of an infraction by the opponent, which is penalized, and the bleeding is not stopped, the injured wrestler is declared the winner. Referees will stop the match any time there is blood present. It must be stopped and covered.

Overtime

In dual meet or tournament competition, when the contestants are tied at the end of three regular periods, they will then wrestle an overtime period which will be a maximum of one minute in length, with no rest between the regular match and overtime period. The overtime period will begin with both wrestlers in the neutral position. The wrestler who scores the first point(s) will be declared the winner.

If no winner is declared by the end of the one minute overtime period, a thirty-second tiebreaker will be wrestled. The wrestler that scored first in regulation will be given the choice, "top or bottom." The referee will flip a coin or disk to determine which wrestler has his choice of starting position if there was no scoring in regulation or the tiebreaker. The winner of the toss may select the offensive (top) or defensive (bottom) position or he may elect to defer the choice of top or bottom to his opponent.

The wrestler who scores the first point(s) during the tiebreaker will be declared the winner. If no scoring occurs in thirty seconds, the offensive wrestler will be declared the winner.