



What Happens In a Wrestling Match?

There's no let-up... it's the fastest six minutes in sports. Each wrestling match is divided into three periods. Yet, from the first seconds, the "Sudden Death" rule applies. Each opponent is going for a "pin". If one succeeds, at any time, the match is over. Tournaments are usually double-elimination.

FIRST PERIOD

Match begins with contestants facing each other on their feet. Referee signals the timekeeper, blows the whistle and commands "Wrestle". Each wrestler moves, attempting to take his opponent to the mat and gain control. This is called a "take-down" for which the referee awards points. A "take-down" is completed when offensive wrestler has taken his opponent to the mat and has moved behind and on top of him, or in some other manner has demonstrated his control. After securing advantage, top wrestler tries to retain it by keeping the underneath wrestler in his control. He may use his hands, arms, legs, or a combination to maintain control. The underneath wrestler must at all times try to escape and gain control, or get the top position for himself.

SECOND PERIOD

Second period starts with the toss of a coin or colored disk and the winner of the toss has the choice to select neutral, top or bottom position; or to "defer" and choose his position in the third period. A wrestler choosing top position attempts to pin his opponent or retain control, while the underneath wrestler tries to reverse his position. When a wrestler on top trying to pin his opponent fails to hold both shoulders down for the necessary two seconds, he may still be given credit and points for a partially successful attempt.

THIRD PERIOD

The wrestler who did not choose position during second period now has choice. This gives each wrestler an opportunity to show his skill from his best position during the course for the match.

OVERTIME

If at the end of the 3 periods the match is tied there will be a 1 minute sudden death over time period. The wrestlers will begin in the neutral or standing position and the first person to score a point will win the match. If at the end of the first overtime there is still no winner there will be a second and final 1 minute overtime period. This period will be from the referees or down position with the top or bottom wrestler once again being determined by the flip of the coin. In this period the bottom wrestler must escape to win and the top wrestler must either prevent the escape or score a pin or gain near fall points.

SUMMARY

When the wrestlers go off the edge of the mat, the referee brings the contestants back to the center of the mat, placing the wrestlers on the mat as determined by the position held upon going out-of-bounds.

The individual match point system in wrestling is an evaluation of the activity, used to determine a winner in case there is no fall (or pin, as it is called). It is the referee's duty, among other things to analyze the situation and signal the points to the scorekeeper. The points signaled by the referee are usually a reward to the wrestler for his actions. Once in a while, a wrestler is penalized, and points are awarded to his opponent for infractions such as illegal holds and/or unnecessary roughness, as well as various technical violations related mainly to stalling.

Additional Match and Tournament Information

The match times vary with the age group: IKWF Illinois Rules

- Bantams: 3 periods, 1 minute each
- Midgets: 3 periods, 1 minute each
- Novice: 3 periods, 1.5 minutes each
- Senior: 3 periods, 1.5 minutes each
- Consolation Match (all ages): 1 minute each



Match Rules:

- All wrestlers must be accompanied at all times by a parent or legal guardian. You cannot drop off your child and leave them at tournaments. There will be NO exceptions to this rule.
- Always have your child notify a Lions club coach when they are "on deck" to wrestle. ("On deck" means that the wrestler's match is on the board and will take place very soon.)
- No child should ever wrestle without a Lions club coach at their match. If there isn't a coach, request the ref to not start the match until you locate a Lions club coach.
- ALWAYS let the coach handle any problems that occur during a match. This would include point disputes and injuries. The coach will let you know if your assistance is needed.
- It's great to cheer for your child but please refrain from profanity or speaking negatively about any opponent.
- Be responsible for helping your child keep up with when and where he needs to be - if your child isn't at the mat when his match is ready to start, the official will disqualify him and award the opponent the win.
- Keep a record of your child's performance (how many matches, how many wins, pins, etc.) You can download a stats sheet from www.mtvlions.com
- Tournaments can be very chaotic, so be sure to bring lots of patience. If you have questions at a tournament, find a Lions club coach and ask for help.

What should you bring to tournaments? Here's a list of the basics:

- USA wrestling member/participant card
- Some sort of handheld game for the in-between waiting time
- Healthy snacks (fruit, oatmeal/breakfast bars, veggies, pretzels, peanut butter, etc.)
- Lots of water and Gatorade
- Pillow and/or a small blanket (the gym floor can be quite hard)
- Camera (we need pictures for the website)
- Wrestling Gear (shoes, singlet, headgear, etc.)
- Books, magazines, homework, sketch pads, and writing utensils
- Tylenol/Advil
- PATIENCE!

