

WRESTLING MATCH & TOURNAMENT INFORMATION

Weight Classes

High School	Freshman	Junior High
106	98	86
113	103	92
120	112	98
126	119	104
132	125	110
138	130	116
145	135	122
152	140	128
160	145	134
170	152	142
182	160	150
195	171	160
220	189	172
285	265	205
		245

WEIGHT & WEIGH-INS

- Weigh-ins are one hour prior to the match or tournament. Wrestlers get 1 additional pound for each additional day of a tournament. (Maximum of 2 pounds over scratch weight)
- Wrestlers get 2 additional pounds on Christmas Day.
- Must make weight for weight wrestled - Ex. 152 lb. weight class must make 152.0 or less
- Referees and Trainers - Check for skin diseases, facial hair, hair is proper length, and nails are trimmed.

THE MATCH

- Wrestling takes place on a circular mat with markings for the starting positions in the center of the mat. Out of bounds is outside of the circle.
- Each wrestler has a color for score (green or red). The color of uniform usually dictates this. (Green = Home, Red = Away)
- Wrestlers must shake hands before and after the match, and opposing coaches' hands after the match.
- The match has 3 periods:
 - High School match is 6 min. (3 – 2 min periods)
 - Tournament consolation (1:30, 2:00, 2:00)
 - Junior High match is 4 ½ min. (3 - 1:30 periods)
 - Tournament consolation (1:00, 1:30, 1:30)
- 1st Period-Match starts in neutral position (on feet)
- 2nd Period-Referee flips a disk (one side green other side red) the wrestler that matches the color flipped has choice of position-top, bottom, neutral, or defer choice to 3rd period (forces other wrestler to pick position in 2nd period)
- 3rd Period-wrestler must choose top, bottom, or neutral position.

- End Match – Wrestler who has the most points at end of 3rd period or the wrestler who pins the other
- Overtime - Tie match in end of regulation time:
 - Sudden Victory - 1 min. overtime, first person to score wins the match
 - Flip disk for 2 - 30 sec. top bottom-each man: man who wins toss can choose top, bottom, or defer. Stalling is called just like a match.
 - Ultimate tiebreaker, first man who scored gets to choose top/bottom. If no one has scored in a match, then flip a disk to see who has choice.
- Sudden Death – The first point scored, wins. Or the first man who scored a point gets his choice of top or bottom. If the top man rides the bottom man for 30 seconds, then he wins. If the bottom man escapes or the top man locks his hands in the 30 seconds, then he wins.

SCORING

- Takedown - Both wrestlers start in neutral position. When one wrestler gains control of the other. (2 pts.)
- Escape - The bottom wrestler gets away from the wrestler in control. (1 pt.)
- Reversal - The bottom wrestler gains control of the wrestler who was in control. (2 pts)
- Near Fall - The wrestler in control turns the bottom wrestler to his back and holds him there. 2-4 seconds on back (2 pts.) 5 seconds on back (3 pts.)
- Fall or Pin - Wrestler in control holds bottom man on shoulders for 2 seconds. Match is over, top man wins.
- Stalling - One or both men are not initiating action. Wrestlers can be called for stalling from top, bottom, or neutral position.
 - 1st stalling-Warning is called from referee
 - 2nd stalling-1 point for other wrestler
 - 3rd stalling-1 point for other wrestler
 - 4th stalling-2 points for other wrestler
 - 5th stalling-forfeit the match
- Stalemate - Neither wrestler is able to improve position. Go back to position that was started by referee (top, bottom, or neutral).

TEAM SCORING

- Win (If you defeat your opponent by 1-7 points) - 3 team points
- Major Decision (If you defeat your opponent by 8-14 points) - 4 team points
- Tech. Fall (If you defeat your opponent by 15+ points) - 5 team points
- Pin/Fall - 6 team points
- Forfeit - 6 team points
- Disqualification - 6 team points

TOURNAMENT SCORING

- Tournament scoring can be complicated and is done by a computer. Each weight class in a tournament has a championship bracket (undefeated wrestlers) and a consolation bracket (all wrestlers with one loss). A wrestler that has two losses is eliminated from the tournament.
 - Championship advancement (win the match) 2 pts.
 - Consolation advancement (win the match) 1 pt.
 - Major decision 1 additional pt.
 - Tech Fall 1.5 additional pts.

- Pin/Fall 2 additional pts.
- Example: Wrestler Pins in Championship Bracket: 2 pts. Advancement + 2 pts. For Pin = 4 Points
- Wrestlers gain points for placing (Top 4 Placement)
 - 1st place-14 points
 - 2nd place-10 points
 - 3rd place-7 points
 - 4th place-4 points

TOURNAMENT TERMINOLOGY

- Bye - Bracketed tournament-a wrestler has no first round match, may be in championship or consolation rounds
- Seed - In coaches meeting, coaches vote on the best wrestler (1st seed), second best (2nd seed), etc. Most tournaments have 4 seeds, large tournaments can have up to 8 seeds
- Penalties - Illegal holds are penalties, 1 point will be awarded to the opponent. (Example: full nelson, slamming opponent to mat, etc.)
- Technical Violations - Include incorrect starting positions, false start, locking hands, grabbing clothes or headgear, etc. Technical violations will be awarded a caution or penalty point to opponent.
- Injury Time - A wrestler has a maximum of 1 ½ min. of injury time. If a wrestler uses more than the 1 ½ min, then he will forfeit the match. A wrestler's second injury timeout will give the other wrestler a choice of top, bottom, or neutral position.
- Blood Time - A wrestler has a maximum of 5 min. of blood time. If a wrestler uses more than 5 min, then he will start injury time—after that he will forfeit the match.
- Eligibility - OHSAA (Ohio High School Athletic Association) rules state that all athletes must be passing 5 classes (excluding PE class) in order to be eligible.

WRESTLING WEB SITES

www.elkswrestling.com

www.ohsaa.org

www.gwocsports.com

www.baumspage.com

www.themat.com

www.usawrestling.com

www.ohiowrestling.net

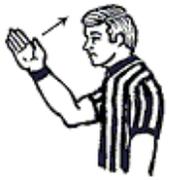
www.centerville.k12.oh.us

www.yappi.com

www.ijhuddle.com

www.flowrestling.org

REFEREE SIGNALS

<p>1</p>  <p>Starting the Match</p>	<p>2</p>  <p>Stopping the Match</p>	<p>3</p>  <p>Time Out</p>	<p>4</p>  <p>Start Injury Clock</p>	<p>5</p>  <p>Start Blood Clock</p>	<p>6</p>  <p>Start Recovery Clock</p>
<p>7</p>  <p>Stop Blood/Injury/Recovery Clock</p>	<p>8</p>  <p>Neutral Position</p>	<p>9</p>  <p>Indicates No Control</p>	<p>10</p>  <p>Out-of-Bounds</p>	<p>11</p>  <p>Indicates Wrestler in Control Left/Right Hand</p>	
<p>12</p>  <p>Defer Choice</p>	<p>13</p>  <p>Potentially Dangerous Left/Right Hand</p>	<p>14</p>  <p>Stalemate</p>	<p>15</p>  <p>Caution - False Start or Incorrect Starting Procedure</p>	<p>16</p>  <p>Stalling Left/Right Hand</p>	
<p>17</p>  <p>Interlocking Hands or Grasping Clothing</p>	<p>18</p>  <p>Reversal</p>	<p>19</p>  <p>Technical Violation</p>	<p>20</p>  <p>Illegal Hold or Unnecessary Roughness</p>	<p>21</p>  <p>Near-Fall</p>	
<p>22</p>  <p>Awarding Points Left/Right Hand</p>	<p>23</p>  <p>Unsportsmanlike Conduct Left/Right Hand</p>	<p>24</p>  <p>Flagrant Misconduct Left/Right Hand</p>	<p>25</p>  <p>Coach Misconduct Left/Right Hand</p>		