

Wrestling Basics

THE ACTUAL SPORT OF WRESTLING

Based on self-discipline, hard work, skill and determination

Conducted on a mat with wrestling shoes, kneepads, and headgear

Physically demanding, but relatively safe and non-violent. Does not involve or even tolerate actions intended to cause injury

World class wrestlers utilize skills, strength and endurance developed over a lifetime of practice and hard work

Is grade school/ middle school wrestling like anything wrestling on TV?

Absolutely not.

OBJECTIVE

The primary objective in folk style (grade/middle school) wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.

MATCH BASICS

Wrestling matches consist of **three periods**.

Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling.

Either wrestler can win the match at any time if they are able to

1. pin their opponent

or

2. develop a lead of more than 14 points.

Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

There are only **two positions** from which referees start, or continue a match.

The first is the **neutral position**, with both wrestlers standing and facing each other.

The other is the **referee's position**, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind, and in control.

The **first period always begins in the neutral position**. Each wrestler has their choice in one of the remaining periods, to choose to start from the top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.