

Delaware's Top Team Wrestling Club

Frequently Asked Questions

1. How long is the wrestling season and when is it?

Wrestling has a unique season structure. There is the traditional school (Jr. High, High School) season which typically starts mid-November and lasts until about the end of February. This is when the schools are having their dual meets against other schools. (Dual meets are Varsity and JV teams wrestling on the same night) There are also tournaments virtually every weekend somewhere for kids of all age groups and skill levels during this same season. Then there is also a wrestling pre and post season. Many tournaments are held both before and after the traditional season. The pre-season tournaments are to get the kids ready for the traditional season and post season is for simply continued competition. The post season is when the District, Regional and National tournaments are held.

2. What wrestling gear is needed or required?

Schools, clubs, tournaments, etc. often vary on their wrestling gear requirements. For the most part, the following gear is required:

1. Wrestling shoes
2. Head gear
3. Singlet
4. Protective Cup
5. Practice shorts (no pockets)
6. Practice shirts (very tight spandex / lycra type)
7. Hair cap for kids with long hair

Delaware's Top Team Wrestling Club requires the following for practices:

1. Wrestling shoes
2. Head Gear (up to the parent / child)
3. Practice shorts (tight with no pockets)
4. Practice shirts (very tight spandex / lycra type)

3. Where can we purchase wrestling gear?

Most practice gear (shirts, shorts, etc.) can be purchased at Target, Wal-Mart, etc. Although, the higher end clothes like Under Armour, Atama, etc. will last longer and can be purchased online or at Dicks Sporting Goods, Modell's, Sports Authority, etc. If a child is dedicated and committed to wrestling I highly recommend purchasing shirts that are called "Rash" guards. These shirts are a little more expensive but will last a lifetime. These can be purchased from martial arts websites. Wrestling Shoes, Head Gear, Singlets I recommend the following websites:

www.wrestlingone.com

www.wrestlinggear.com

www.Cuvo.com

Wrestling shoes, Head Gear, Singlets, etc. can also be purchased on site at most wrestling tournaments as well.

4. Are mouth pieces required?

Only if you have been instructed to do so by your child's dentist or doctor.

5. What are the Ear Muffs (Head Gear) for?

Head gear, as it is more commonly known, is worn to protect the ears. Over time, with constant pounding, the cartilage layers in the ear will begin to bleed and result in Auricular Hematoma better known as cauliflower ear.

6. My child has asthma, can he wrestle?

This question should only be answered by your pediatrician. Keep in mind that there are no time outs in wrestling; so a match will not be stopped for this reason. If your child requires an inhaler please inform a coach.

7. I think my child has ringworm. What should we do?

If you suspect your child has ringworm inform a coach right away; ringworm is very contagious! Some over the counter medications are Lamisil, Lotrimin, and Desenex; these medications are very effective; though you should still consult your family doctor.

8. How are the weight classes determined?

Elementary

Elementary school students competing in wrestling have multiple ways weight classes are determined.

1. "Madison system" - This is a popular tournament format where there is no weight classes and the tournament director pairs wrestlers into brackets (usually 8 or 16 man) based on weight at weigh-ins. This is a popular method because it discourages "weight cutting" in young athletes.
2. Division-based system - In this system, the tournament director separates athletes by age (ex: Grade 2 and under, Grade 4 and under, and Grade 6 and under), and by weight class. Weight class and division are at the tournament director's discretion.
3. Pure-weight based system - In this system, the athletes are not divided by age by rather just by weight class. This is rarely used because it pairs younger, less experienced athletes with older, more experienced athletes.

Middle school

Wrestling weight classes for Middle (junior high) school in the United States vary from state to state and are not regulated by the NFHS. Students may compete in scholastic wrestling in one of the following weight classes:

- 78 lb
- 86 lb
- 93 lb
- 103 lb
- 110 lb
- 117 lb
- 124 lb
- 134 lb
- 142 lb
- 152 lb
- 165 lb
- 185 lb
- 275 lb

Some states use these weight classes for middle school:

- 80 lb
- 86 lb
- 92 lb
- 98 lb
- 104 lb
- 110 lb
- 116 lb
- 122 lb
- 128 lb
- 134 lb
- 142 lb
- 150 lb
- 160 lb
- 172 lb
- 205 lb
- Heavyweight (up to 245 lb)

Also in some states:

- 75 lb
- 80 lb
- 85 lb
- 90 lb
- 95 lb
- 100 lb
- 105 lb
- 110 lb
- 115 lb
- 122 lb
- 130 lb
- 138 lb
- 145 lb
- 155 lb
- 165 lb
- 185 lb
- 210 lb
- Heavyweight (up to 250 lb)

High school

High school students in the United States competing in scholastic wrestling do so in one of the following 14 weight classes set by the National Federation of State High School Associations (NFHS)^[4]:

- 103 lb
- 112 lb
- 119 lb
- 125 lb
- 130 lb
- 135 lb
- 140 lb
- 145 lb
- 152 lb
- 160 lb
- 171 lb
- 189 lb
- 215 lb
- Heavyweight (up to 285 pounds; up to 275 pounds from 1988-89 through 2005-06; unlimited before 1988-89).

Also some tournaments have a 95 lb weight class.

The AAU has their own weight classes for their tournaments.

- 103
- 108
- 117
- 124
- 130
- 135
- 140
- 145
- 150
- 157
- 165
- 176
- 194
- 220
- 290

These weights are only for their Freshman/Sophomore State Tournament.

9. Where can I go for more information on wrestling?

Your local book store may not have a wide selection of wrestling material for you to choose from. The best place to find information is on the internet; check www.Wrestlingsbest.com which has over 5000 links. Their site has everything from history, health, news, clubs, moves and more. Two other great links are www.wvmat.com and www.themat.com.