

WELCOME

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## Table of Contents

- Welcome to Delaware’s Top Team Wrestling Club..... page 3
- Philosophy of a Year Round Wrestling Program..... page 4
- Practices..... page 5
- Tournaments..... page 6
- Frequently Asked Questions (FAQs)..... page 8
- Health and Hygiene Facts..... page 12
- Scholastic Wrestling Rules.....page 16

## **Welcome to Delaware's Top Team Wrestling Club**

Delaware's Top Team Wrestling Club located in Middletown, Dover, and Camden is an ALL YEAR ROUND wrestling program. It is open to children ages 4-18 years old. It exists to provide a high level of highly focused and individualized wrestling instruction. Our goal is to create a program that is renowned for its' high level of wrestling skill, professionalism and integrity. The instruction will be delivered through positive reinforcement and constructive criticism with an emphasis on good sportsmanship. The program's intent is to provide an opportunity for youth of all skill levels to participate in formal wrestling competition and/or exercise. It is equally important to provide positive guidance for children when they accomplish goals as well as when their goals are temporarily delayed.

Top Team does not participate in competitive "Dual Meet" style tournaments. We do not believe children should have to be experienced and skilled in order to compete. Every child at Top Team that consistently practices is welcome and encouraged to compete at any and all tournaments we attend. Our official wrestling season starts on September 1<sup>st</sup> and ends on March 31<sup>st</sup>.

What differentiates Top Team from other programs is the fact that Top Team strictly adheres to a maximum capacity policy. This policy is in place to ensure every child gets the personal attention and instruction he or she deserves. Many programs have well over one hundred children and often times children get lost within their programs, this will not happen with Top Team.

We at Top Team also recommend, but do not require, that our wrestlers participate in our Brazilian Jiu-Jitsu and Judo programs as well as wrestling. Brazilian Jiu-Jitsu is a grappling art similar to wrestling; however, it has significantly different rules and objectives. Brazilian Jiu-Jitsu teaches children to use more leverage and techniques rather than strength and athleticism. Judo is a takedown and throwing art. Judo will teach the child many more variations to takedowns giving the child that many more takedowns in his or her arsenal of techniques.

The Director and Head Coach of Delaware's Top Team Wrestling Club is Ronnie Wuest. Ronnie is a current and active member of the National Wrestling Coaches Association. He has over 30 years of wrestling experience. Ronnie is a retired Professional Mixed Martial Artist and Royce Gracie Brazilian Jiu-Jitsu Black Belt. Ronnie is also an IBJJF World and 2X Pan American Brazilian Jiu-Jitsu Champion (GI and Nogi) where his wrestling background and knowledge have led to his success in the sport.

## **Philosophy of a Year Round Program**

Delaware's Top Team Wrestling Club is an all year round program. Its' philosophy on wrestling is significantly different than traditional, seasonal programs. It is not that one program is right and one is wrong, they are just different.

Traditional, seasonal programs only have a few months to teach the wrestlers techniques, drill and wrestle live, and include strength and conditioning. That is a lot to try and get done in a short 3-4 month season with young wrestlers. This means that wrestlers are typically taught a few important techniques and are expected to basically "memorize" them. Many wrestlers typically do and perform well in competition at young, early ages but not all of them.

With an all year round program, wrestlers are not taught to "memorize" techniques, rather they are taught to genuinely learn and understand how the body works, leverage, timing, etc. Year round programs have the luxury to take weeks to cover the same technique a seasonal program may cover in just one practice. The fact is, not all wrestlers learn at the same pace. Some can learn in only a few practices while others need more time. Top Team Wrestling Club considers wrestling a lifestyle, not simply a seasonal sport. We believe, as do statistics, that wrestlers who sincerely want to excel in wrestling and pursue high school and collegiate careers benefit more from year round wrestling over seasonal.

# Practices

1. Practices are held from 7:00pm-8:00pm on the following days:
  - Monday & Wednesday at the Dover location
  - Tuesday & Thursday at both the Middletown and Camden locations
2. Wrestlers should wear shorts without pockets, zippers, or belts, tight fitting t-shirt or rash guard, wrestling shoes, and head gear.
3. Parents are encouraged to bring their child to all practices as each practice builds upon the lesson taught during the previous practice.
4. The coach will pair your child up with a variety of partners (e.g. age, weight, and skill level) to help your child adapt their skills.
5. There will be practices where the coach is not coaching your child as it is important that your child can trust their instincts and use their skills without being told. In addition, this will aid your child when they go to tournaments where it is very loud and sometimes difficult to hear the coach.
6. At times, the coach will have the wrestlers engage in a game. These games breaks up the practices and helps prevent the wrestlers from burning out.
7. Parents are encouraged to have their children attend practices at other locations and open mats so that they wrestle with different partners.
8. During practices, parents are asked not to coach their children from the waiting area.
9. Parents are asked to silence their cell phones throughout practices as it is distracting to the wrestlers.
10. In-house tournaments will be held in the off season and will be open to both program and non-program members. This will give wrestlers the opportunity to practice competing. Each wrestler is strongly encouraged to participate in these tournaments. There will be prizes awarded.

## Tournaments

1. The “team mom” will set the tournament schedule and distribute it on the Team App.
2. Parents must register their children in advance or at the door for the tournaments according to the tournament’s guidelines
3. Parents must be prepared with all required equipment: headgear, wrestling shoes, singlet, etc. It is also recommended that you keep a roll of athletic tape with you.
4. Wrestlers are to **only** wear a Top Team singlet and warm ups to tournaments that are being coached by Top Team
5. When arriving at the tournament, please check with the tournament staff to ensure your child is properly registered in the correct weight and age division
6. When the brackets are posted, please made a note of the bout numbers, mat numbers, etc. to know where your child will be wrestling
7. Please do not fill your child up with sugar (e.g. soda, candy, etc.) in the morning as tournaments can often be very long days and the children typically crash from the sugar rush in the early afternoon.
8. Please keep the coach(s) informed as to your child’s bout and mat number.
9. The coach is to be the only one on the mat coaching the child as he/she wrestles.
10. If a parent is yelling and/or coaching over the coach, the coach may just walk away from the match and allow the parent to coach themselves.
11. Parents are expected to remain calm and mature at all times during a match and tournament
12. Parent are not to ever approach and/or argue with a referee or a coach from another team.
13. Parents are not to ever grab, slap, push, berate or in any way abuse a child either physically or mentally.
14. If the coach(s) are busy with another wrestler and your child is called to wrestle, you may ask the head table to delay the match until the child’s coach arrives. The referee is not to start a match without a coach present.
15. Parent are expected to ensure and support good sportsmanship at all times with their children.
16. Profanity and other abuse language from parents/family members will not be tolerated.
17. Parents are strongly discouraged from leaving a tournament prior to the end of the child’s division being complete. Sometimes, parents and children both feel if they lose a match they do not want to stay and wrestle back for third. That is disrespectful to the tournament, team and opponents.
18. We ask that parents always support and compliment the children no matter how well they do or do not perform.
19. We ask that parents never belittle the value of a 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> place trophy. They are all special to the child.
20. If two wrestlers from the same team have to wrestle each other, we ask that parents remain quiet the entire time while the match is going on. We know that you want to support and encourage your child; however, without realizing it a parent may say something to their child that hurts the other wrestler. The other wrestler is too young to understand why a parent he sees at practice wants him to lose.

- 21.** For parents that do have wrestling and/coaching experience we ask that if you are willing to help with your child, as well as others you do so. We also ask that you help ensure and support all the rules and guidelines of sportsmanship that we try so hard to maintain with the children (e.g. shaking other wrestlers and coaches hands, never throwing headgear, not crying, not punching or kicking, etc.).
- 22.** We ask that every parent notify the coach(s) prior to leaving the tournament when the child is finished wrestling.
- 23.** Top Team Wrestling Club only allows and approves qualified coaches. We ask that whether or not you personally agree with a coach's decision that you respect and abide by it. Please do not publicly disagree with a coach and/or express your concern with your wrestler as this can cause dissection between the coach, wrestler, and parent.
- 24.** Parents may take their children to any tournament but a coach will only be present at the tournaments listed on the app.
- 25.** A parent may be asked to help coach as there are many more wrestlers than coaches.
- 26.** Parents should talk to the coach about any concerns related to brackets or weights. The coach does not control the tournament but will assist in helping to resolve an issue, if possible.
- 27.** Any unsportsmanlike behavior from parents and/or wrestlers will not be tolerated. Parents are strongly encouraged to lead by example.
- 28.** If there are any questions about registering for a tournament please ask the coach or "team mom".
- 29.** Never complain to the head table without first speaking with the coach.
- 30.** Parents are responsible for calculating their child's win/loss record
- 31.** At the end of the season, awards will be given to wrestlers based on the amount of matches they wrestle in tournaments, wins versus losses will not matter (e.g. 20 matches a medal, 35 matches a trophy, and 50 matches a plaque). The more matches a child wrestles the better they will get over time.
- 32.** An end of the season party will be held in April.

## **Frequently Asked Questions (FAQs)**

### **1. Can my child practice or be a part of other teams while wrestling for Top Team Wrestling Club?**

No, we ask that while your child is wrestling with Top Team Wrestling Club that they do not train at other facilities for several reasons. Wrestling and coaching styles are different and personality based. This can be confusing to your child which can lead to frustration. In addition, out of respect and loyalty to Top Team Wrestling Club your child should not be wrestling under other coaches and teams. A wrestling camp, as well as, certain special travel teams may be permitted but should be discussed with the coach prior to attendance.

### **2. My child is new to the sport of wrestling, what should he/she and I expect?**

Wrestling is a very physical sport and heavily dependent on coordination and intuition. Many new children struggle with strength, coordination and the physicality early on but with time these skills, along with physical conditioning will come. Parents should expect to see their children struggle with the emotions of wrestling and the idea of them thinking they are doing badly or “losing”. Children do not have the life experience to know that everyone struggles when they start something new and one day they will be the more experienced wrestler. However, there are children that are naturally talented and physical and seem to excel from the start. These children should not be gauges for how everyone should perform. Parents need to accept that their child may not be the best or even perform well for quite a while, but they need to always be supportive and loving. On average, most first and / or second year wrestlers do not win many tournament matches. Although, year around wrestlers almost always surpass seasonal wrestlers later in life (Middle School, High School and College) when it really matters.

### **3. My child is an experienced wrestler, what should he/she and I expect?**

Top Team Wrestling Club’s instruction does not vary depending on each child’s skill or experience level. He/she may need to work with older or heavier partners in order to get the challenge he needs.

### **4. What if my child needs extra help?**

The coach can be contacted to schedule a private lesson.

### **5. Can I drop off my child to practice and pick him/her up when it’s over?**

Yes, as long as a current “drop off” form with accurate contact information is on file.

### **6. What happens if my child is injured during practice?**

Basic first aid will be initiated, 911 will be called if necessary and the parents will be contacted if they are not at practice.

### **7. What happens if my child injures another child?**

Injuries happen in wrestling. As long as the child was not being malicious, nothing would need to be done. If the child intestinally hurt another child, the coach would intervene and also speak with the parent.

**8. What happens if my child is feeling ill during practice and does not want to finish practice?**

Your child may sit out anytime he/she feels ill.

**9. What happens if my child is sick or injured for a long period of time and cannot attend practices?**

There are no punishments or consequences for missing practices.

**10. What happens or what should I do if my child does not like the coach or coaching methods?**

The parents should speak to the coaches and resolve the issue.

**11. What should I do if I don't like the coach or his coaching methods?**

The parents should speak to the coaches and resolve the issue.

**12. 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 another school on the same night) There are also tournaments virtually every weekend somewhere for children 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 children ready for the traditional season and post season is for simply continued competition.

**13. 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. Mouthpiece (optional)
4. Singlet
5. Practice shorts (no pockets)
6. Practice shirts (tight spandex / lycra type)
7. Hair cap for children with long hair

**14. 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 (tight spandex / lycra type)

### **15. 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/compression shirt. These shirts are a little more expensive but will last a lifetime. These can be purchased from martial arts websites. For wrestling Shoes, Head Gear, Singlets I recommend the following websites:

[www.wrestlingone.com](http://www.wrestlingone.com) [www.wrestlinggear.com](http://www.wrestlinggear.com)

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

### **16. Are mouth pieces required?**

If your child has braces then a dental mouthpiece is required because the braces could scratch another wrestler.

### **17. What are the Head Gear for?**

Head gear 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.

### **18. 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.

### **19. 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 which are very effective; though you should still consult your family doctor.

### **20. 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.

\*We recommend that a child wrestles at their normal weight. It is strongly discouraged to have your child cut weight.

## Health and Hygiene Facts

1. Your child's nails should be kept short as they could scratch another child while wrestling.
2. Your child should shower immediately after each practice and tournament.

### **RINGWORM (Tinea)**

#### **What is RINGWORM?**

Ringworm is a common skin infection caused by a fungus. Despite the name, ringworm is not caused by a worm. It is not dangerous and can be treated easily. Ringworm can affect skin on the body (tinea corporis), scalp (tinea capitis), groin area (tinea cruris, also called jock itch), or feet (tinea pedis, also called athlete's foot).

#### **How is ringworm spread?**

Ringworm is spread by direct skin-to-skin contact with infected people or pets, or indirectly by contact with items such as combs, unwashed clothing, shower or pool surfaces, gyms and locker rooms.

#### **What are the symptoms?**

Symptoms of ringworm include itchy, red, raised patches on the skin that may blister and ooze. The patches are often redder around the outside with normal skin tone in the center, creating the appearance of a ring. When the scalp or beard is infected, there can be bald patches. If the nails are infected, they can become discolored, thick, and even crumble.

#### **What is the treatment for ringworm?**

Ringworm usually responds well to self-care within four weeks without having to see a health care provider. Keep skin clean and dry. Apply over-the-counter antifungal or drying powders, lotions or creams such as Miconazole or Clotrimazole. Wash sheets and pajamas frequently. Severe or persistent infections may require treatment by a doctor. Prescription medications are stronger than over-the-counter products and may be needed.

#### **When can my child return to daycare or school?**

Children can return to daycare or school the same day treatment begins.

### **COMMUNITY-ASSOCIATED METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (CA-MRSA) Sports Teams/Athletes**

#### **What is STAPHYLOCOCCUS AUREUS (STAPH)?**

*Staphylococcus aureus*, often referred to as "staph," are bacteria commonly carried on the skin or in the nose of healthy people. Approximately 25 percent to 30 percent of the population is colonized (when bacteria are present, but not causing an infection) in the nose with staph

bacteria. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics. However, staph bacteria also can cause serious infections (such as surgical wound infections, bloodstream infections, and pneumonia).

### **What is METHICILLIN RESISTANT *STAPHYLOCOCCUS AUREUS* (MRSA)?**

Most staph bacteria are susceptible to antibiotics, and are termed methicillin susceptible *Staphylococcus aureus* (MSSA). Some staph bacteria are resistant to several antibiotics and are therefore more difficult to treat. MRSA is a type of staph that is resistant to antibiotics called beta-lactams. Beta-lactam antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. While 25 percent to 30 percent of the population is colonized with staph, only approximately 1 percent is colonized with MRSA.

### **Who gets staph or MRSA infections?**

Staph infections, including MRSA, occur most frequently among persons in hospitals and health care facilities who have weakened immune systems. These health care-associated staph infections include surgical wound infections, urinary tract infections, bloodstream infections, and pneumonia.

### **What is community-associated MRSA (CA-MRSA)?**

Staph and MRSA can also cause illness in persons outside of hospitals and health care facilities. CA-MRSA infections are acquired by persons who have not been hospitalized nor had a medical procedure within the past year. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.

### **What does a staph or MRSA infection look like?**

Staph bacteria, including MRSA, can cause skin infections that may look like a pimple or boil. These skin infections can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections, or surgical wound infections.

### **Are certain people at increased risk for community-associated staph or MRSA infections?**

Clusters of CA-MRSA skin infections have been investigated among athletes, military recruits, children, Pacific Islanders, Alaskan Natives, Native Americans, men who have sex with men, and prisoners. Factors that have been associated with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

### **How can a school and their athletes prevent staph or MRSA skin infections?**

#### **Prevention steps:**

1. Keep hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer before, during and after events. Always wash or sanitize hands after sneezing, blowing or touching the nose and after using the toilet.

2. Keep cuts, scrapes and wounds clean and covered with a bandage until healed. If a wound cannot be covered adequately, exclude players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.
3. Avoid contact with other people's wounds or bandages.
4. Avoid sharing personal items such as towels (even on the sidelines at a game or match), clothing, equipment and other personal items.
5. Encourage good hygiene, including showering and washing with soap after all practices and competitions. Always dry with a clean dry towel.
6. Establish routine cleaning schedules for the athletic area and equipment at least once weekly. Use an EPA approved commercial disinfectant (which contains phenol) or a fresh (mixed daily) solution of one part bleach to 100 parts water (1 tablespoon bleach in one quart of water).
7. Wash towels, uniforms, scrimmage shirts, and any other laundry in hot water and ordinary detergent and dry on the hottest cycle. Also, inform parents of these precautions if laundry is sent home. Laundry must be in an impervious container or plastic bag for transporting home.
8. Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.
9. Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.

**Division of Public Health (DPH) recommends that facilities introduce a policy in which participants must inform the athletic director and/or coaching staff if they have a rash illness or skin lesion. Participants should be excluded from contact activities until evaluated by a health care professional or until the lesion is clear and dry.**

**What should coaching staff do if an athlete presents with a possible staph or MRSA infection?**

1. Treat any draining wound as a potential MRSA infection.
2. Separate the infected athlete from direct physical contact with other participants. This includes practicing or training using any shared equipment.
3. The participant with an active infection must be evaluated by a health care professional.
4. Inform the physician or clinician of the possibility of MRSA.
5. Treat uncultured wounds as MRSA.

**Health care provider management of an athlete with a possible staph or MRSA infection:**

The health care provider should perform a culture and susceptibility test to determine what bacteria the athlete has and what antibiotic will be the most effective with the fewest side effects. Start the athlete on an antibiotic that is appropriate for MRSA at the same time the culture is taken. If the physician or clinician determines that the athlete does not have a bacterial infection, he or she will not receive an antibiotic. Antibiotics are not effective for nonbacterial infections. If an antibiotic is prescribed, the athlete must take all medication even after the infection seems to have healed. If a topical ointment is prescribed, it should be applied as directed. The athlete should follow all other directions as instructed by the health care provider. The health care provider must be informed if the athlete does not respond to treatment.

### **Are staph and MRSA infections treatable?**

Yes. Staph and MRSA infections are treatable with antibiotics and/or drainage of the lesion. If you are given an antibiotic, take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it. Do not share antibiotics with other people or save unfinished antibiotics to use at another time. Many staph skin infections may also be treated by draining the abscess or boil and may not require antibiotics. Drainage of skin boils or abscesses should only be done by a health care provider.

### **Is it possible that my staph or MRSA skin infection will come back after it is cured?**

Yes. It is possible to have a staph or MRSA skin infection recur after it is cured. To prevent this from happening, follow your health care provider's directions while you have the infection, and follow the prevention steps above.

### **What can I do to prevent MRSA and other staph infections?**

You can prevent spreading staph or MRSA skin infections to others by following these steps:

- Report all cuts, scrapes, wounds or skin lesions to coaching staff. Give all documentation from a health care provider regarding your injuries or wounds to coaching staff and the school nurse, especially if exclusion from sports has been advised.
- Cover your wound. Keep any draining wound covered with clean, dry bandages. Follow your health care provider's instructions on proper wound care. Pus from infected wounds can contain staph and MRSA.

Discard bandages or tape with the regular trash.

- Wash your hands. You, your family, and others in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the infected wound.
- Do not share personal items. Avoid sharing personal items such as towels, washcloths, razors, clothing, or sports equipment that may have had contact with the infected wound or bandage. Wash soiled sheets, towels, and clothes with water and laundry detergent. Drying clothes in a hot dryer, rather than air-drying, also helps kill bacteria in clothes.
- If a sore or cut becomes red, oozes, causes pain, or is not healing, consult a health care provider.
- Do not insist on antibiotics for treating colds or other viral infections.

\*Source Delaware Division of Public Health

# Scholastic Wrestling Rules

## Overview of Wrestling Rules

The object of the sport of wrestling is to put your opponent on his back -- to pin your opponent. A pin (or fall) is when you put your opponent on his/her back with any part of both shoulders or both shoulder blades of your opponent in contact with the mat for two seconds. When you pin your opponent, the match is over and you are the winner. If nobody gets pinned, the winner is the wrestler who has scored the most points during the match.

### There are five ways to score points in a wrestling match:

1. Takedown - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.
2. Escape - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.
3. Reversal - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.
4. Near Fall (Back Points) - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when both shoulders are held for two seconds within four inches of the mat, or one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or the wrestler is held in a high bridge or back on both elbows. If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.
5. Penalty Points - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

Illegal Holds - There are several holds that the referee will penalize you for without warning. (There are other holds call "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).

- Technical Violations Going off the mat to avoid wrestling ("fleeing the mat.") Grabbing clothing, the mat, or the headgear incorrect starting position or false start (You get two cautions before points are awarded).
- Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.
- Leaving the mat during the match without the referee's permission
- Figure 4 head scissors from the neutral position.
- Unnecessary roughness
- Unsportsmanlike conduct Flagrant Misconduct (ejection, the match is over)
- Stalling (you get one warning before you are penalized and points are awarded).

The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified. (Except for illegal starting position or false start - you

are cautioned twice, then one point awarded for each infraction, but you will not be disqualified). These rules apply to the type of wrestling done in the United States in College, High School, Junior High, Middle School, and most youth wrestling. This type of wrestling is often referred to as "folkstyle" wrestling. The rules for "freestyle" and "greco-roman" wrestling, as is done in the Olympics and internationally, are a little different.

### **WRESTLING RULES, SCORING CRITERIA, AND MORE**

The following are many of the more specific rules (labeled as items) that are part of the sport of wrestling:

**Item 1: THE TAKEDOWN** The objective of wrestling is to pin your opponent, but it usually involves a takedown to accomplish this goal. As a matter of fact, it has been proven statistically that the wrestler who executes the first takedown in a match will win the match 85 to 90% of the time. What is considered a takedown? To set up a takedown, the wrestlers must be working from the neutral or standing position; a situation where neither wrestler has control. Then a takedown is scored when one of the wrestlers gains control over the other, causing his opponent's supporting points (the area or areas in which most of the body weight is placed) to be the knees, thighs, buttocks, or hands. In reference to out-of-bounds situations, a wrestler can be awarded a takedown as long as he or his adversary is in-bounds. Remember, the line around the mat is out-of-bounds. And don't forget, a takedown can be awarded if the scoring wrestler's feet are in-bounds and touching the mat. In years past, the scoring wrestler's knees had to be in-bounds. When the takedown is achieved, the offensive man receives two match points. The double-leg drop, single-leg sweep, fireman's carry, arm drag, snapdown and pancake are just a few types of takedowns.

**Item 2: ESCAPES AND REVERSALS** The wrestler in control or on top is referred to as the offensive wrestler, while the wrestler on the bottom is the defensive matman. Keep in mind, only the defensive man can score an escape or reversal. **THE ESCAPE:** For the bottom man to secure an escape, he must place himself in the neutral position, causing his opponent to lose control. The defensive wrestler may also be awarded an escape going out-of-bounds if his adversary is in-bounds at the completion of the move. The official will indicate one point for the wrestler who earns an escape. The stand-up, forward or Granby roll, sit-out turn-in, and sit-out turn-out are examples of escape maneuvers. **THE REVERSAL:** The defensive wrestler may procure a reversal by moving from the bottom position to the top position, gaining control of his opponent either on the mat or on their feet. Like the escape, a reversal can be obtained crossing the out-of-bounds line if one of the wrestlers is in-bounds. The referee will designate two points for a reversal. The switch, side roll and Peterson roll are examples of reversals. Remember, one match point is awarded for an escape and two match points are given for a reversal.

**Item 3: THE NEAR FALL** Only the offensive (or top) wrestler can score a near fall. He may do so by causing the defensive wrestler... (1) to spring into a high bridge, (2) to lean back on his elbows, (3) to expose his shoulders four inches or less to the mat, and (4) to have one shoulder on the mat and the other 45 degrees or less above the mat. The top wrestler can score two points by holding (for two seconds) the bottom wrestler in any of the above noted positions.

Furthermore, if the offensive wrestler can secure a near fall for a continuous five-second period, he would then be awarded three match points for the maneuver. Note, the official usually indicates a near-fall situation with an angular sweep of the arm, each sweep designating a second, but he will not signal any points until the near-fall hold is terminated. In reference to the out-of-bounds line, if both shoulders are partially in-bounds or one shoulder is completely in-bounds, a near fall can be scored. The half-nelson, cradle, three-quarter nelson, and armbar series are near-fall maneuvers that can ultimately lead to a "fall."

**Item 4: THE FALL** The fall (or pin) terminates the match and no individual match points are necessary. Of course, the winner's squad receives six team points. Now a fall occurs when both shoulders are forced to the mat for a period of two seconds in high school and only one second in college. The official mentally counts this time and indicates the fall by slapping the mat. Normally, the offensive wrestler (the man in control) scores the fall. However, if the offensive grappler's shoulders are somehow placed on the mat for the required time, a fall is awarded to the defensive wrestler. Finally, in reference to the out-of-bounds line, if the shoulders are partially in-bounds or one shoulder is completely in-bounds, a fall may be called.

**Item 5: ILLEGAL HOLDS** The best definition for an illegal hold would be "any maneuver used that could cause bodily harm intentionally or not." Examples of illegal moves include full nelsons, overscissors, back bows, headlocks (without an arm encircled), forceful trips, pulling a thumb or less than four fingers, holds that restrict breathing or circulation, and any holds used for punishment alone. Illegal maneuvers are penalized in the following manner: first and second offense - one match point for opponent; third offense - two match points for opponent; and fourth offense - disqualification from the match. Note, a wrestler applying a legal hold shall not be penalized if his adversary turns it into an illegal hold. And whenever possible, an illegal move should be prevented by the official rather than penalized.

**Item 6: UNNECESSARY ROUGHNESS** Any intentional act that is hazardous to an opponent's physical well-being is considered unnecessary roughness. Furthermore, if a hold is utilized for the sole purpose of punishment alone, the referee may see fit to declare unnecessary roughness. Such perpetrations as striking, kicking, butting with the head, elbowing, and forceful tripping are examples of this infraction. Normally, the violator would be penalized as follows: first offense - one point; second offense - another point for his rival; third offense - two points for his adversary; and fourth offense - disqualification. However, when the official believes the unnecessary roughness of the wrestler to be totally inexcusable, he can indicate a "flagrant misconduct" signal, which is an automatic disqualification and the deduction of ALL team points scored in the event. Certainly, a sucker punch to the jaw would fall under this category.

**Item 7: TECHNICAL VIOLATIONS** There are six technical violations in wrestling and all but one are penalized in the following manner: First Offense - 1 penalty point (for opponent); Second Offense - 1 penalty point; Third Offense - 2 penalty points; Fourth Offense - Disqualification. Let's now consider wrestling's six technical violations: "Leaving the Mat Proper" -- No wrestler may completely step off the wrestling mat without permission of the referee. "Intentionally Going Out-Of-Bounds" -- If either wrestler goes out-of-bounds to avoid wrestling his opponent for any reason (except when near-fall points are scored), this technical violation will be enforced. "Grasping of Clothing" -- A contestant may grab nothing but his

opponent while wrestling or this encroachment will be called. Furthermore, when a wrestler grasps his adversary's uniform to prevent him from scoring, the appropriate penalty point(s) will be given along with any points his opponent may have obtained. "Interlocking or Overlapping Hands" -- The offensive (or top) wrestler may only lock or touch hands around his opponent's body or both legs when he is scoring near-fall points or his antagonist stands up. If his rival scores points while he commits this violation, his opponent would also receive the stipulated penalty point(s). Note, the official can only stop the match to award point(s) when the bottom man is unable to gain an escape or reversal due to interlocking or overlapping hands. "Incorrect Starting Position" -- If a wrestler assumes an incorrect neutral or referee's position (Remember, this year wrestlers would be "corrected" two times.), a technical violation would be called. This also includes false starts in both situations. Note, unlike other technical violations, the first two offenses are "cautioned" (The official will form a "C" with his hand.), and then penalized if the infraction occurs again. Furthermore, this technical violation is not on the "progressive penalty chart." Thus, a wrestler cannot be disqualified for an incorrect starting position or false start. "The Figure-4 Head Scissors" -- The figure-4 head scissors is a technical violation in the neutral position.

**Item 8: UNSPORTSMANLIKE BEHAVIOR OF WRESTLERS** The unsportsmanlike rule for contestants covers two situations in which the penalty is administered differently. They are as follows: Situation One -- If the wrestler is unsportsmanlike during the bout, his opponent would be awarded match point(s) in the following manner: First Offense - 1 point; Second Offense - 1 point; Third Offense - 2 points; Fourth Offense - Disqualification from the match. Situation Two -- If an unsportsmanlike act occurs prior to the first period or after the third period (or fall), the offending wrestler's squad would lose one team point. On the second offense, he would be asked to leave the premises and his squad would lose another team point. (Note: Flagrant misconduct at any time would result in immediate disqualification from the dual meet or tournament and the deduction of ALL team points earned.)

**Item 9: UNSPORTSMANLIKE CONDUCT OF COACHES AND SPECTATORS** The Coaches -- No coach can be disrespectful during competition. If such were the case, the official would deduct one point from the violator's team. On the second offense, the perpetrator would be removed from the premises for the duration of the dual meet or tournament session. Take note. When a coach's initial action is "flagrant" in nature, he would be expelled immediately (with the loss of two team points) for the duration of the dual meet or the tournament. The Spectators -- No fan may react in an unsportsmanlike manner toward the referee or the opposing coach or wrestlers. This unbecoming response can result in removal from the gym, field house or arena on the official's comment. Important point, neither team would be penalized for misconduct of an over-zealous spectator, and it is up to the home management to remove the offender.

**Item 10: THE ASSISTANT REFEREE** An assistant referee may be utilized during competition, usually during tournament action. He is allowed the same mobility around the mat as the referee. Furthermore, the assistant referee can talk to the main official as the match is in progress and help in making calls. He can also signal locked hands and the grasping of clothes technical violations. However, all other calls must be made by the main official. If there is a

disagreement between the two, the main official has the final say in the matter. Note, coaches are not permitted to address the assistant referee while the match is being contested.

**Item 11: OFFICIAL'S JUDGMENT CALLS** If a referee misapplies a rule, say giving three points for a takedown instead of two, the coach may certainly confront him regarding the matter. However, the coach cannot question any judgment calls made by the official. When he does, the referee will first warn him for misconduct, the second offense will cost the coach a team point, and with the third offense, the coach will be asked to leave premises for the duration of the dual meet or tournament session and another team point would be deducted.

**Item 12: THE LOWERING OF SHOULDER STRAPS** The lowering of shoulder straps while on the mat is considered an act of unsportsmanlike conduct. The only time it would not be penalized is if the wrestler received permission from the official to do so. Should this infraction occur before wrestling has started or after the completion of wrestling, it would be a deduction of one team-point from the offender's squad. However, if the offense takes place during the match, the violator's opponent would receive a match point. Note, there is a variation of the rule in West Virginia. The unauthorized lowering of shoulder straps anywhere in the gym during competition is considered unsportsmanlike.

**Item 13: SUDDEN DEATH IN DUAL MEETS AND TOURNAMENTS** No longer will there be ties or draws for individual matches. Instead, the overtime tie-breaker will be utilized to determine the winner. The new procedure, as revised for the 2006-07 season, is as follows. Scenario: The first three periods end up in a tie, 1 to 1, with Wrestling A scoring the first escape. Sudden Victory (Overtime Period): During tournament and dual meet action, when the wrestlers are tied at the end of the three regular periods, they will then wrestle an overtime period which will be one minute in length with no rest between the regular match and the overtime. The overtime period will begin with both matmen in the neutral position. The wrestler who scores the first point(s) will be declared the winner. If no winner is determined by the end of the one minute overtime period, 30-second tie-breakers in the referee's position will be wrestled. Tiebreaker I: The disk is tossed to determine the wrestler who has choice. The wrestler who wins the toss may choose top, bottom, or defer (Neutral cannot be chosen). Wrestler B wins the toss and selects down. As soon as the referee blows the whistle, Wrestler B scores an escape. At this point, the match continues to the conclusion of the thirty seconds. Before the end of the first tiebreaker, Wrestler B also scores a takedown. The score at this time is Wrestler B: 4 and Wrestler A: 1. Tiebreaker II: It is now Wrestler A's choice; he also selects down. During the second tiebreaker period, Wrestler A likewise scores an escape and a takedown. The score is tied 4 to 4. Ultimate Tiebreaker: At this point, Wrestler A is given the choice of position because he scored the first point (an escape) in the match. There is no neutral, but the wrestler may defer. The Ultimate Tiebreaker winner is determined the same as in the past. The wrestler who scores the first point(s) in this 30-second tie-breaker will be declared the winner. However, if no scoring occurs during this time, the top wrestler will be declared the winner. If Wrestler A rides Wrestler B; Wrestler A wins with the ride out point. If Wrestler B scores, Wrestler B wins. Points of Emphasis: 1. At any point during the three-tiebreaker process, the match is over if a fall occurs. 2. In Tiebreakers I and II, stalling will be call the same as in the regular match and Overtime Period. 3. As in the past, stalling will be indicated differently in the Ultimate Tiebreaker. A

wrestler will not be warned or penalized for stalling when he controls his opponent with a traditional riding maneuver.