

SWANSBORO WRESTLING'S NEW PARENT GUIDE

Weight Classes

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, HWT (under 285). Tournaments will follow this order. Singular dual meets will normally go in this order, although coaches may agree to start at a different weight. For example, a dual could start at 120 and end at 113 (i.e., will always follow the weight class order). For competitions with multiple duals (e.g., tri-meets, quads, or dual tournaments), each consecutive one will start with the next higher weight class. For example, if the first dual started at 106, the next would start at 113 and so on.

Match Length

Regulation Match: 6 minutes (three, 2-minute periods)

Overtime: 1-minute sudden death period starting in the neutral position. If still tied, there will be two additional 30-second periods with each wrestler taking a turn in the top and bottom positions. If still tied at the end of those 30-second periods, the process will start over.

Consolation Bracket Match: 5 minutes (1,2,2). Wrestlers who suffer a defeat during a tournament will move to the "consolation bracket." Consolation matches will consist of a one-minute first period, followed by the standard two-minute second and third periods.

** A Pin or Technical Fall will end the match regardless of time (see Team Scoring for explanation).*

Positions

Neutral. Both wrestlers on their feet, facing each other, and neither is in control. All matches will begin from the neutral position.

Top. This position is exactly how it sounds - one wrestler is on top of the other. This can occur following a takedown, reversal, or at the start of the second/third period. The top wrestler is considered "in control."

Bottom. Again, this position is exactly as it sounds - one wrestler is on bottom with his/her opponent on top of them. A wrestler can find themselves in this position after being taken down or at the start of the second/third period.



The pictures to the left and right of this box both depict the "Neutral" position. The one on the left shows essentially how every match will start. Though the positioning in the right photo is distinctly different, with one wrestler underneath her opponent, both athletes are still considered "Neutral" since neither one has secured a takedown.



The pictures to the left and right of this box both depict the "Top" and "Bottom" positions. The one on the left shows how wrestlers start from the top/bottom. In the photo to the right, the wrestler in blue, though technically under his opponent in a manner of speaking, is considered to be in the "top" position since he has control over his opponent (red singlet).



Individual Scoring

Takedown (2pts). A takedown is scored from the neutral position, when one wrestler gains control over the other on the mat (i.e., no longer neutral). At this point, the wrestler who scored the takedown is considered to be in the "top" position.

Near Fall (2 or 3 pts). A near fall occurs when the defensive wrestler is in one of the following positions: 1) both shoulders restrained four or fewer inches from the mat, 2) one shoulder/scapula touching the mat, with the other at a 45° angle to the mat, or 3) he/she is in a high bridge (arching back with head and feet on the mat) or supported by both elbows. If near fall criteria is met for two to four seconds, the offensive wrestler receives two points. If met for five or more seconds, the offensive wrestler receives three points.

Reversal (2 pts). A reversal is awarded when a wrestler goes from a defensive to an offensive position (i.e., bottom position to top).

Escape (1 pt). An escape occurs when the defensive wrestler (bottom) breaks free of an opponent's grasp and moves into the neutral position.

Penalties/Stalling/Technical Violations (1pt). Penalties, Stalling, and Technical Violations may result in an immediate point for the other wrestler or could result in a warning(s), followed by a point. Refer to the parent section of the website for detailed explanations.

For detailed photos and explanations of scoring opportunities, penalties, and in/out of bounds criteria, refer to the "Rules and Scoring" section of our website (under "Parents' Corner"), where you'll find a "Rules Illustration Brief" link. The brief was developed by wrestlingref.com in 2012. There have been some minor rule changes since then, but this guide will give you the 99% solution for understanding scoring. <https://bit.ly/3auTPyd>

Team Scoring

Pin (6 pts). A pin, also known as a "fall" is earned when one wrestler holds the other's shoulder blades to the mat for two seconds. This is the ultimate goal of a match. Note: By rule, the requirement is two seconds but there's no actual timer and most refs will call it before that point; some quicker than others. Bottom line, if a wrestler allows their shoulder blades to touch the mat, they risk being pinned.

Forfeit / Injury Default (6 pts). When one team does not have a wrestler available for a respective weight class, the other team receives a forfeit. An Injury Default occurs when one wrestler is unable to continue due to injury. In both cases, a pin is assumed, so they are worth 6 points.

Technical Fall (5 pts). A Technical Fall is earned when one wrestler outscores the other by 15 points (i.e., essentially a mercy rule). Once this happens, the match is over - unless the winning wrestler has his opponent in a potential pinning position. In that case, the referee will allow the match to continue until the defensive wrestler gets off his/her back, time runs out, or the pin is secured.

Major Decision (4 pts). A Major Decision occurs when a wrestler beats their opponent by at least 8 points but fewer than 15 (i.e., 8-14 pts).

Decision (3 pts). A Decision occurs when a wrestler beats their opponent by between one and seven points.

** Unsportsmanlike conduct will result in the loss of a team point. Examples include throwing headgear, failure to shake hands following a loss, etc.*

Other Important Terms/Information

Illegal Holds. Illegal holds are dangerous (i.e., could injure an opponent) and will result in the referee immediately stopping the match and award the defensive wrestler one point, or possibly the win, if the defensive wrestler is hurt in the process and unable to continue.

Potentially Dangerous. Though not illegal, some holds are potentially dangerous. They occur when a body part is forced to the limit of its normal range of movement. If possible, the referee will caution the offensive wrestler against forcing a potentially dangerous hold instead of stopping the match; however, if the offensive wrestler does not heed the advice or if there is no time for a warning, the bout will be stopped to prevent injury.

Injury and Blood Time. A wrestler is allotted 90 seconds to deal with injuries and five minutes to address bleeding; both types of stoppages are cumulative. If unable continue after the 90 seconds of injury time or unable to stop their bleeding after five minutes, they will be forced to injury default. * For suspected head (concussion) or neck injuries, additional time will be allotted for medical personnel to evaluate the injured wrestler.

Referee Hand Signals

