

# For Parents & Fans New To Wrestling

**THE FIRST PERIOD** always starts off with both wrestlers in the NEUTRAL (standing) position. Both wrestlers come forward from their corners of the mat, get directions and shake hands. Next, the referee blows the whistle and signals "wrestle". Now, each wrestler tries to gain control by setting behind of or on top of the other opponent (the first points that are generally awarded are usually for a TAKEDOWN. When one wrestler gets a TAKEDOWN, the referee signals "two points". The offensive wrestler (usually on top) is trying to apply a hold which will keep his opponent's shoulders on the mat for two seconds for a FALL (PIN) and the defensive wrestler (usually on bottom) tries to ESCAPE or REVERSE positions to gain control.

**THE SECOND PERIOD** the referee will determine which wrestler will get the choice of deciding how he would like to begin this period. He may choose TOP, BOTTOM, NEUTRAL or he may DEFER the decision to the other wrestler; which makes his opponent choose and gives him the choice in the third period.

**IN THE THIRD PERIOD** the wrestler who did not choose in the second period now has the choice of TOP, BOTTOM, NEUTRAL.

**OVERTIME** occurs when the score at the end of the third period is tie. The wrestlers will start this 1 minute period in the NEUTRAL position and will attempt to score. The first points earned by any of the wrestlers will determine the winner. A TAKEDOWN in overtime usually determines the winner of the match. If the wrestlers go from the NEUTRAL position to a NEARFALL situation, the wrestler on top can attempt to PIN his opponent to end the match from this position.

**DOUBLE OVERTIME** occurs if a winner has not been determined in OVERTIME, the referee will determine which wrestler has the choice of choosing TOP, BOTTOM, or DEFER to start this 30 second period. The BOTTOM wrestler must ESCAPE or REVERSE his position to win the match. The TOP wrestler must maintain control of the BOTTOM wrestler, score back points or pin him to win the match.

**AT THE END OF THE MATCH** the wrestlers will shake hands and the referee will raise the hand of the winner.

## **Individual Match Scoring - Individual points earned during an individual match**

### **TAKEDOWN**

2 points - when a wrestler gets behind or on top of his opponent and establishes control from the NEUTRAL position.

### **ESCAPE**

1 point - when the bottom wrestler gets out from underneath his opponent to a NEUTRAL (standing) position and then facing him.

### **REVERSAL**

2 points - when the bottom wrestler gets out from underneath his opponent and behind or

on TOP of his opponent.

**NEARFALL**

2 or 3 points - when the offensive wrestler hold his opponents shoulders to or near the mat (breaking 45 degree angle), but not long enough for a pin. 4 points may be awarded if the referee stops the match due to the bottom wrestler choking or a similar situation.

**STALLING**

1 point to opponent - when the offensive wrestler does not attempt to pin his opponent and/or the defensive wrestler does not attempt to escape or work for a reversal.

**ILLEGAL HOLDS, ROUGHNESS, TECHNICAL VIOLATION**

1 or 2 points or DISQUALIFICATION - awarded to the offended wrestler.

**Team Points - Team points earned for each individual match win in a dual meet**

**FALL (PIN)**

6 team points - when the offensive wrestler holds his opponent's shoulder's to the mat for two seconds; this ends the match.

**TECHNICAL FALL**

5 team points - when a wrestler out scores his opponent by 15 points; this ends the match unless the wrestlers are in a NEARFALL position at which time the offensive wrestler can attempt to pin his opponent.

**MAJOR DECISION**

4 team points - at the conclusion of the match , when a wrestler out scores by 8 to 14 points.

**DECISION**

3 team points - at the conclusion of the match when a wrestler out scores his opponent by 1 to 7 points.

**DEFAULT, FORFEIT, DISQUALIFICATION**





















6 team points - A wrestler is unable to continue wrestling, does not show or penalized.






















**Referee Hand Signals**



# OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



|   |   |  |   |
|---|---|--|---|
|  <p>Green Right      Red Left</p> <p>Unsportsmanlike Conduct<br/>and Flagrant Misconduct</p> |  <p>Stopping the<br/>Match</p>                       |  <p>Start the<br/>Injury Clock</p>                                 |  <p>Stop the<br/>Injury Clock</p>  |
|  <p>Technical Violation</p>  |  <p>Out-of-Bounds</p>                                |  <p>Indicating No Control</p>                                      |  <p>Awarding Points<br/>Left or Right Hand</p>                           |
|  <p>Reversal</p>  |  <p>Interlocking Hands<br/>or Grasping Clothing</p> |  <p>Near-Fall</p>  |  <p>Caution for False Start<br/>and Incorrect<br/>Starting Procedure</p> |
|  <p>Stalling<br/>Left or Right Hand</p>  |  <p>Illegal Hold or<br/>Unnecessary Roughness</p>  |  <p>Indicating<br/>Wrestler in Control<br/>Left or Right Hand</p> |  <p>Defer Choice</p>  |
|  <p>Stalemate</p>  |  <p>Time Out</p>                                   |  <p>Neutral Position</p>  |  <p>Potentially Dangerous<br/>Hold Left or Right Hand</p>               |

|   |  |  |  |  |
|---|--|--|--|--|
|  <p><b>Stopping the Match</b></p>                        |  <p><b>Time Out</b></p>                             |  <p><b>Start the Injury Clock</b></p>                                     |  <p><b>Stop the Injury Clock</b></p>                    |  <p><b>Neutral Position</b></p> |
|  <p><b>Indicating No Control</b></p>                     |  <p><b>Out-of-Bounds</b></p>                        |  <p><b>Indicating Wrestler in Control Left or Right Hand</b></p>         |  <p><b>Debar Choice</b></p>                             |  |
|  <p><b>Potentially Dangerous Left or Right Hand</b></p> |  <p><b>Stalemate</b></p>                           |  <p><b>Caution for False Start and Incorrect Starting Procedure</b></p> |  <p><b>Stalling Left or Right Hand</b></p>             |  |
|  <p><b>Interlocking Hands or Grasping Clothing</b></p> |  <p><b>Reversal</b></p>                           |  <p><b>Technical Violation</b></p>                                     |  <p><b>Illegal Hold or Unnecessary Roughness</b></p>  |  |
|  <p><b>Near-Fall</b></p>                               |  <p><b>Awarding Points Left or Right Hand</b></p> |  <p><b>Green Right Red Left</b><br/><b>Unsportsmanlike Conduct</b></p> |  <p><b>Flagrant Misconduct Left or Right Hand</b></p> |  |