

HOW TO WATCH A WRESTLING MATCH

What's Happening...

FIRST... Both wrestlers come forward from the circle on the mat, and shake hands.

NEXT... The referee blows his whistle and signals "Wrestle".

NOW... Each wrestler is trying to get control of the other by getting behind or on top of their opponent—a TAKE DOWN.

POINTS... First points are likely to be given for TAKE DOWN.

When one wrestler gets a TAKE DOWN, the referee signals two points with right hand.

THEN... Defensive wrestler (usually bottom or "down") is trying to ESCAPE or REVERSE their position. Offensive wrestler (usually top or "up") is trying to get a hold with which he can keep his opponent's shoulders on the mat for two seconds—a PIN.

Periods and Length...

Every match has three periods, each one minute long.

FIRST PERIOD... Starts from standing or neutral position.

SECOND PERIOD... The wrestler that has the choice selects up, down, neutral or deferring to the 3rd period.

THIRD PERIOD... The wrestler who doesn't have first choice may select up, down, or neutral.

Scoring...

TAKE DOWN – 2 points: When, from a neutral position, a wrestler gains control over his opponent down on the mat while the supporting points of either wrestler are in bounds.

ESCAPE – 1 point: Getting out from underneath opponent to standing or neutral position, facing them.

REVERSAL – 2 points: Getting out from underneath opponent and behind or on top of them by one maneuver.

NEAR FALL – 2 points: A near fall is a position in which the offensive wrestler has control of his opponent in a pinning situation. (A) When both shoulders of the defensive wrestler are held within four inches of the mat or less for one full second, a near fall shall be scored. A continuous roll through is not to be considered a near fall. (B) When one shoulder of the defensive wrestler is touching the mat and the other shoulder is held at an angle of 45 degrees or less with the mat, for one second or more, two points shall be awarded for a near fall.

Scoring (continued)...

NEAR FALL – 3 points: When the criteria for a near fall has been uninterrupted for 5 seconds, a near fall shall be scored and 3 points are awarded. A visual hand count is to be used in determining a near fall.

STALLING – 1 point: Both wrestlers must make an honest attempt to wrestle aggressively whether on the top, bottom or in the neutral position. A stalling penalty is preceded by a warning.

ILLEGAL HOLDS, ROUGHNESS, TECHNICAL VIOLATIONS – 1 or 2 pts. Awarded to the offended wrestler. Watch the referee – indicates Points as they are scored by holding up fingers on the right hand.