

Wrestling “Lingo”

Match: Two teams compete for team scores.

Tournament: Competition of two or more teams. The first three places are awarded to wrestlers in each weight class. Top teams are also awarded.

Weight classes: Wrestlers are weighed and placed into weight classes. The wrestle opponents in the same weight class. Wrestlers may “wrestle up” (they may wrestle an opponent one weight class up, but no higher).

High School Weight Classes

113 120 126 132 138 145 152 160 170 182 195 220 285

Officials

Referee: Judge who controls the match, protects wrestlers from injury and assesses points to individual wrestlers. The referee wears a black and white striped shirt. Wrestlers wear an ankle band (home/green – guest/red) to help identify them. Sometimes, especially in the final rounds, two referees work as a team with one designated Head Referee. No instant replays are allowed. Referee’s decisions are final.

Team coaches: Determine who wrestles in each weight class. Only one who can question a Ref’s decisions.

Team trainers: Provide first aid. Refs stop match if wrestler is bleeding, ill or injured.

Time keeper: Sets, starts and stops official clock at ref’s direction.

Regulation: three 2-minute periods. The TK or towel boy “taps” the ref for a 15-sec. warning at end of regulation, so refs pay attention to wrestlers instead of the clock.

Out of bounds: If both wrestlers have a hand, foot, knee or elbow outside the boundary line, refs stop the match and restart with wrestlers in the center.

Overtime: If match is tied at end of regulation, there is a wrestle-off: 1 min., starts from the neutral position. Whoever scores first wins. If no one scores, there’s a ride-out: a tiebreaker of 30 secs. starts from the down position. If there’s still no score, the offensive wrestler gets choice of top or bottom. Then there’s another 30-second period and a hold or score wins.

Scorekeeper: Keeps official scorebook. Assistant posts each match and team cumulative score for public view and keeps track of timeouts. Discrepancies are corrected by the ref.

Injury timeout : Clock is stopped by the ref. An injured wrestler is allowed 90 secs. – if he/she cannot return in 90 secs., the opponent wins if not caused by an illegal move.

(Additional time can be taken to clean the mat, etc.)

Scoring

A wrestler that pins or has the most points, wins.

Take down: (2 pts.) Wrestler gains control over opponent from the neutral position.

Escape: (1 pt.) Defensive wrestler gains a neutral position.

Reversal: (2 pts.) Defensive wrestler gains the advantage.

Near fall or back points: Inbound offensive wrestler has both shoulder blades of the defensive wrestler within 4 inches of the mat or one shoulder is touching the mat and the others is at 45 degrees or less of the mat, or held in a bridge, or on both elbows for:

At least 2 seconds (2 pts.)

At least 5 secs. (3 pts.)

Stalling: Wrestlers must initiate action. 1st **warning: 0 pts.** 2nd :1 pt. more: 2 pts.

Potentially dangerous: Match is stopped, restarted with **no penalties.**

Illegal hold or move: 1 pt.

Technical violation: 1 pt. (interlocking hands, grasping clothing/headgear, full nelson)

Team scoring: Points awarded are added – the team with the most points wins.

Forfeit: 6 pts. – wrestler fails to appear

Default: 6 pts. - wrestler can't continue a match

Fall or pin: 6 pts. – both shoulders is in continuous contact with mat for 2 secs.

Technical fall: 5 pts. – wrestler outscored opponent by 15 pts. or more.

Major decision 4 pts. - opponent is outscored by 8-14 pts.

Decision 3 pts. – opponent is outscored by 7 or fewer pts.

In the event of a tie, team rankings are decided by examining predetermined categories such as pin times, number of pin times, number of takedowns, etc.