

Wrestling 101

This is a brief guide for new and inexperienced wrestlers, fans and parents. It does not answer every question you may have, but it should help. Email or call me if you have any questions. Enjoy!



UIL Weight Classes

Boys

103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 180, 189, 215, 285

Girls

95, 102, 110, 119, 128, 138, 148, 165, 185, 215

- The weight class is the most that a wrestler can weigh and still compete in that class (103.0 is okay, 103.1 has to go up)
- Wrestlers will lose weight (mostly fat) during the season because of the level of fitness we maintain. This is normal, monitored, and safe.
- A wrestler must be certified before they can compete.
 - Pass a hydration test
 - Body fat test
 - Computer generated best weight
- A lower weight class may not be a better weight class.
- Weight management = **Discipline!!!**

Regulation Match

- Each wrestler will check in.
- Wrestlers will shake hands.
- Three periods – each period will be two minutes long.
- First period starts with both wrestlers on their feet (neutral position).
- At the beginning of the second period, a red and green disc will be flipped to decide who has choice first (this is predetermined and alternates for duals).
- In the third period, the other wrestler has choice.
- If at any time a wrestler holds his opponent's shoulders to the mat for two consecutive seconds, the match is over and he wins
 - Regardless of the score.
- If at any time, a wrestler has 15 or more points than his opponent, the match is over and he is declared the winner.
 - Unless the winner has his opponent in near fall criteria.
- The wrestler with the most points at the end of the third period is declared the winner.
- Wrestlers will shake hands again and the referee will raise the winner's hand.

Match Points

- Takedown
 - When a wrestler starts from the neutral position and takes his opponent to the mat and demonstrates control behind the arms
 - 2 pts.
- Reversal
 - When the wrestler on the bottom gains control and is on top
 - 2 pts.
- Near Fall
 - When a wrestler holds his opponent's shoulders at an angle less than 45 degrees for 2-5 seconds
 - 2-4 pts.
- Escape
 - When the wrestler on the bottom returns to the neutral position.

Dual Competition

- One team wrestles every weight class of another team in order on one mat.
- Match points only count to decide the winner of each individual match.
- Team score is decided by the following:
 - Pin / Default / Forfeit / Disqualification
 - 6 points
 - Technical Fall (15 point superiority)
 - 5 points
 - Major Decision (win by 8-14 point difference)
 - 4 points
 - Regular Decision (win by 1-7 point difference)
 - 3 points
- The team with the most points wins.

Individual Tournament

- Spread over several mats (and sometimes multiple gyms).
- Wrestler advances through a bracket.
- Most brackets are double elimination.
- Team score is as follows
 - Advancing in championship – 2pts.
 - Advancing in consolation – 1pt.
 - Pin / Default / DQ – 2pts.
 - Technical Fall – 1.5pts.
 - Major Decision – 1pt.
 - Place points (usually 1st – 14pts, 2nd – 10pts, 3rd – 7pts, & 4th – 3pts).
- Teams with the highest cumulative score wins.