

# Wrestling 101

This is a brief guide for new wrestlers, fans and parents. Enjoy



# UIL Weight Classes

## Boys

106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

## Girls

100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

- The weight class is the most that a wrestler can weigh and still compete in that class (106.0 is okay, 106.1 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 their opponent's shoulders to the mat for two consecutive seconds, the match is over and he/she wins
  - Regardless of the score.
- If at any time, a wrestler has 15 or more points than his/her opponent, the match is over and he/she 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
  - 3 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 2-4 seconds
  - 2 points for 2 seconds, 3 points for 3 seconds, 4 points for 4 seconds.
- Escape
  - When the wrestler on the bottom returns to the neutral position.
  - 1 point

# 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 team points
  - Technical Fall (15 point superiority)
    - 5 team points
  - Major Decision (win by 8-14 point difference)
    - 4 team points
  - Regular Decision (win by 1-7 point difference)
    - 3 team points
- The team with the most team points after all weight classes have been contested wins the dual.

# Individual Tournament

- Wrestler advances through a double elimination bracket.
- Spread over several mats (and sometimes multiple gyms).
- Team scores are made up of each individual's Advancement Points, Bonus Points, and Place Points.
  - Advancement Points
    - Advancing in the championship bracket – 2pts.
    - Advancing in the consolation bracket – 1pt.
  - Bonus Points
    - Pin / Default / DQ – 2pts.
    - Technical Fall – 1.5pts.
    - Major Decision – 1pt.
  - Place points
    - Usually 1<sup>st</sup> – 16pts, 2<sup>nd</sup> – 12pts, 3<sup>rd</sup> – 9pts, 4<sup>th</sup> – 7pts 5<sup>th</sup> – 5pts, and 6<sup>th</sup> – 3pts.
    - You do not get advancement points for a winning a placing match
- Teams with the highest cumulative score wins.