

WRESTLING

101



This is a brief guide for new and inexperienced wrestlers, fans, and parents. It does not have every question you may have, but it should help.





Weight Certification Info



Wrestlers will lose weight (Mostly fat) during the season due to the level of fitness we maintain. This is normal, monitored, and safe.

All Wrestlers will be weight certified through NWCA

All Wrestlers will take a Hydration Assessment (mid Oct)

All Wrestlers will be given a Body Fat Test

NWCA uses an Optimum Performance Calculator (OPC) generating their individual safest weight options; Lower Weight Class may not be the better weight class!

Weight Management = Discipline!!



WEIGHT CLASSES BOYS



The weight class is the most that a wrestler can weigh and still compete in that weight class.

example: 106.0 is ok and 106.1 has to go up to 113

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



WEIGHT CLASSES GIRLS

The weight class is the most that a wrestler can weigh
and still compete in that weight class.

example: 100.0 is ok and 100.1 has to go up to 107

100 | 107 | 114 | 120 | 125 | 132 | 138 | 145 | 152 | 165 | 185 | 235

WRESTLING Regulations



Each Wrestler will Check In and Shake hands with Refs

Wrestlers 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 pre-determined and alternates during duals)

In the **Third Period**, the other wrestler has choice-**Top/Bottom/Neutral**

If at any time a wrestler **holds** his opponents' shoulder blades to the mat for two consecutive seconds

(**PIN**) the match is over and he wins-Regardless of the score.

If at any point the wrestler has **15** or more points **OVER** his opponent, the match is over and he wins.

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 winners hand.

WRESTLING Match



Points

Takedown- When a wrestler starts from **neutral position** and takes the opponent to the mat and demonstrates **control behind the arms**-**3 Pts** (*New for 2024-Formerly 2 Pts*)

Reversal- When the wrestler on the **bottom** gains **control** and is now on **top**- **2 Pts**

Near Fall- When a wrestler holds his opponents' **shoulder blades** 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**. **1 Pt**

WRESTLING Duals



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 Scores are 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 Points)- 4 Team Points**
- Regular Decision (Win by 1-7 Points)- 3 Team Points**

The Team with the **most Team Points** after all weight classes have wrestled,
wins the dual.

WRESTLING Tournaments



Wrestler advances through a double elimination bracket

Spread over several mats and multiple gyms

TWHS Team Scores will be made up of each individual wrestlers wins

Teams with the highest cumulative score wins

Advancement Points, Bonus Points, Place Points

Advancement Points

-Advancing in the Championship Bracket -2 Pts

-Advancing in the Consolation Bracket-1 Pt

Bonus Points

-Pin/ Default / DQ- 2 Pts

-Technical Fall-1.5 Pts

-Major Decision-1 Pt

Place Points

1st-16 pts 2nd-12 pts 3rd-9 pts 4th-7 pts 5th-5pts

No Advancement Points for winning a Placement Match

TWHS WRESTLING

Season

Review

2023
STATS

State Champs

1

State Placers

3

State Qualifiers

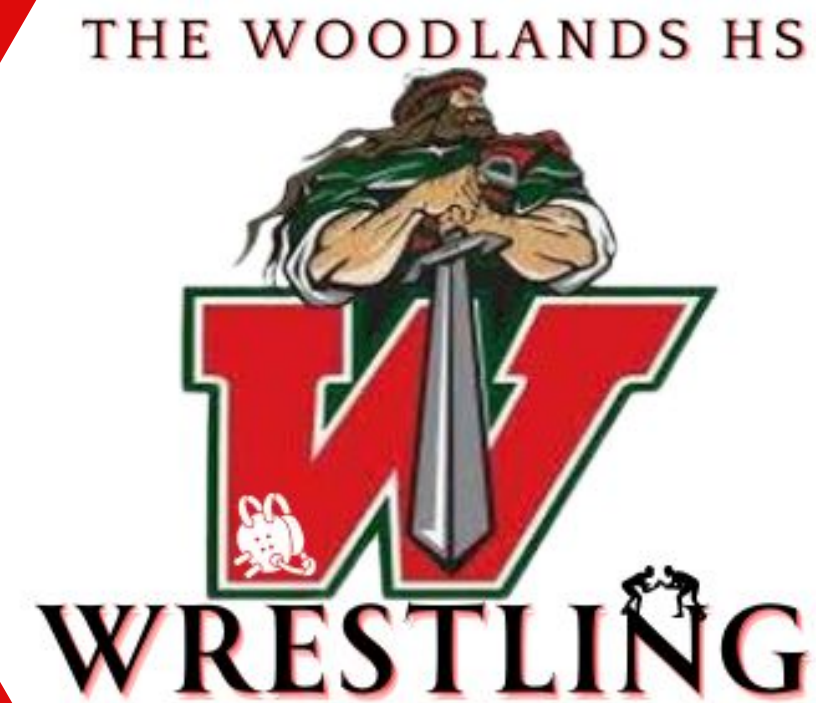
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Girls Team

Top 10 Placement

5 Freestyle National Team Members..

Who's Next...



THANK YOU TWHS

Booster Club!

2024 TWHS Booster Club Board Members

President: Meaghan Guydon (Claire)

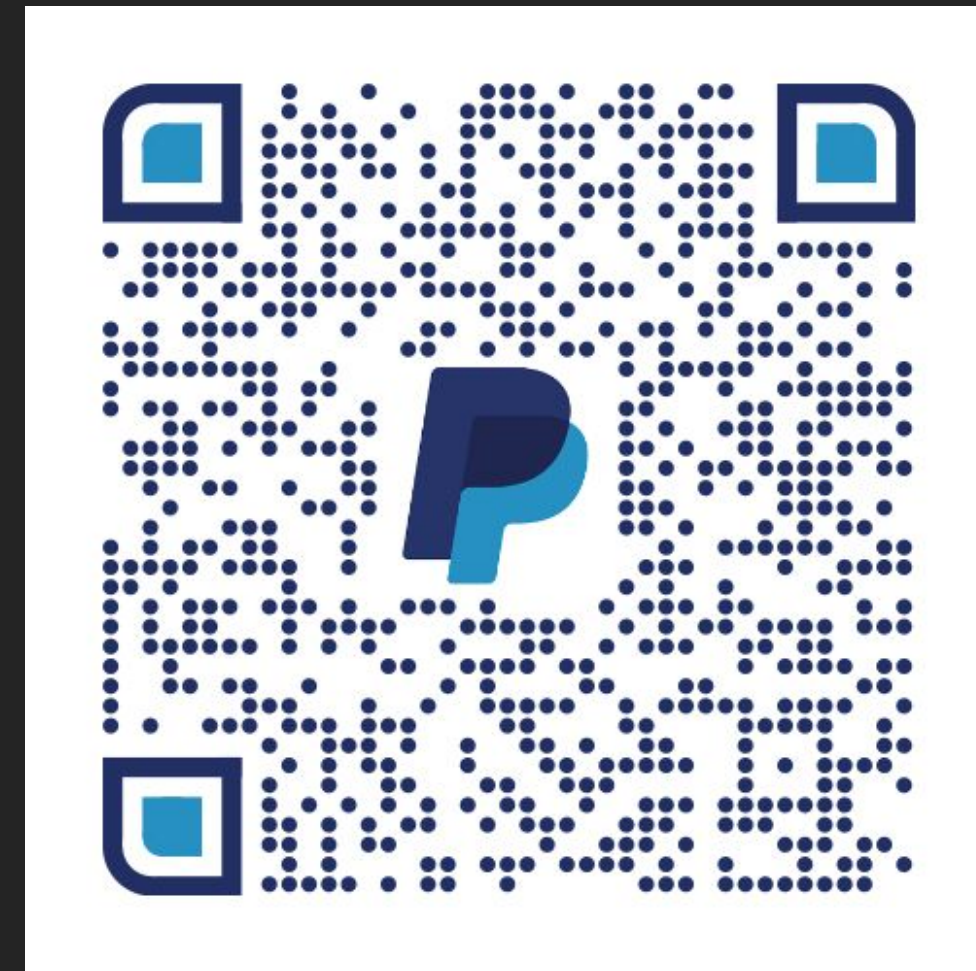
Vice President: Chris Hart (Holden & Orin)

Secretary: Evan Koymarianos (Yianni)

Treasurer: Joe Beagle (Nate & Noah)

Community Relations: Fawn Smith (Fox)

-Scan Here-



**Join TWHS
2024 Wrestling Booster
Club Today!**

www.HighlanderWrestling.com



TWHS WRESTLING

Team Social Media

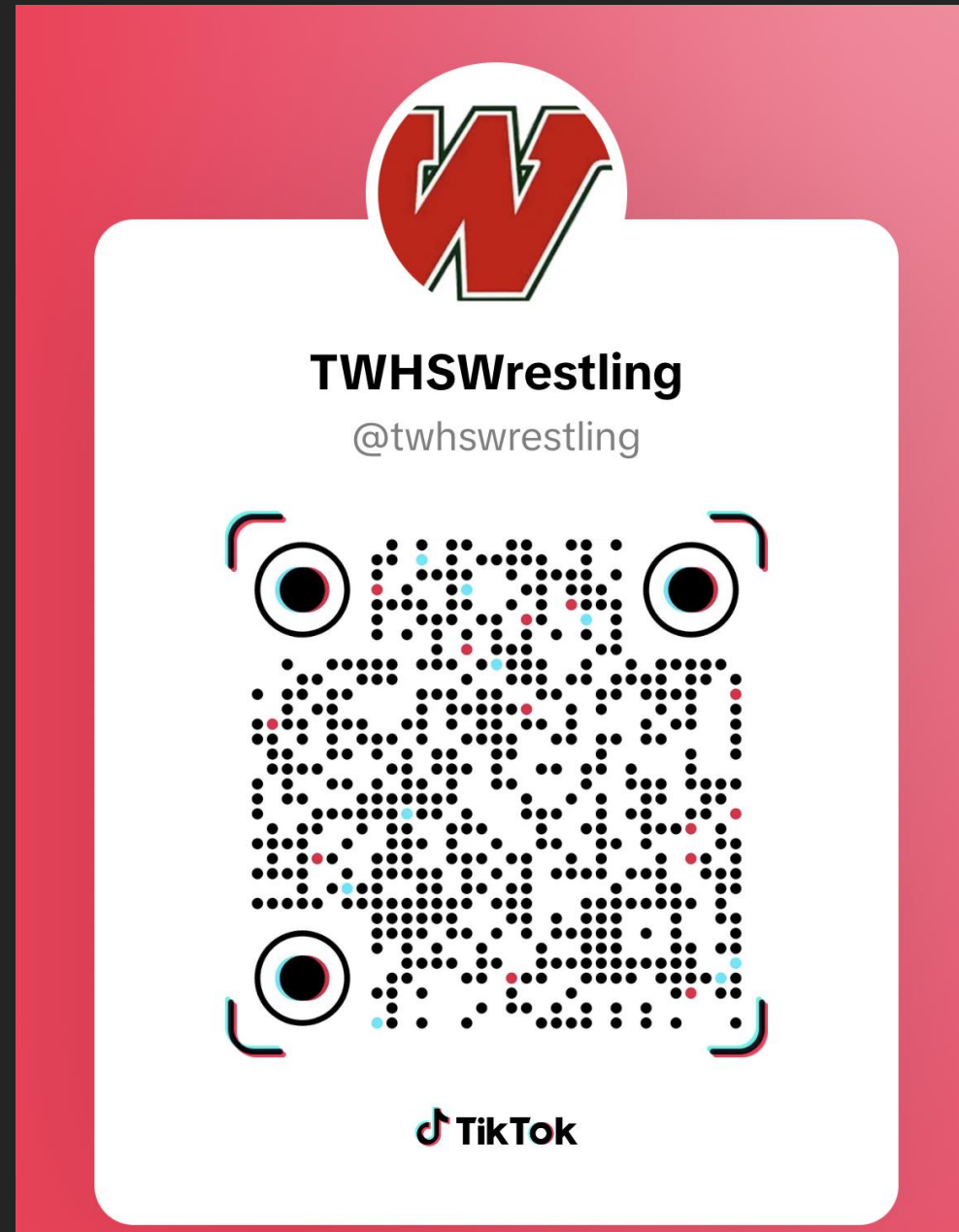


TWHS WRESTLING
TEAM PUBLIC
FACEBOOK PAGE



BOOSTER CLUB
PRIVATE
FACEBOOK GROUP

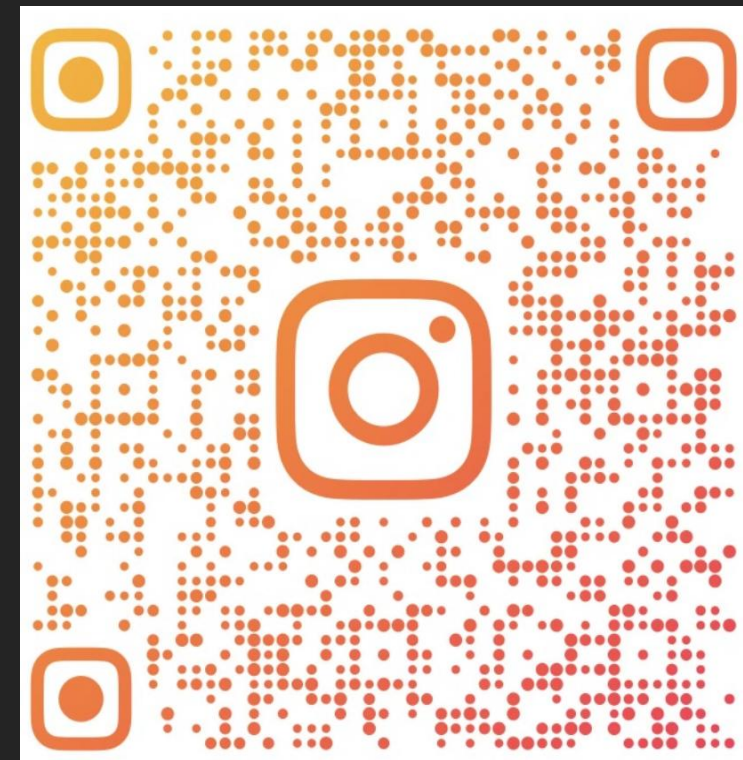
ADD PICTURES HERE!



TEAM TIKTOK



TWITTER



INSTAGRAM

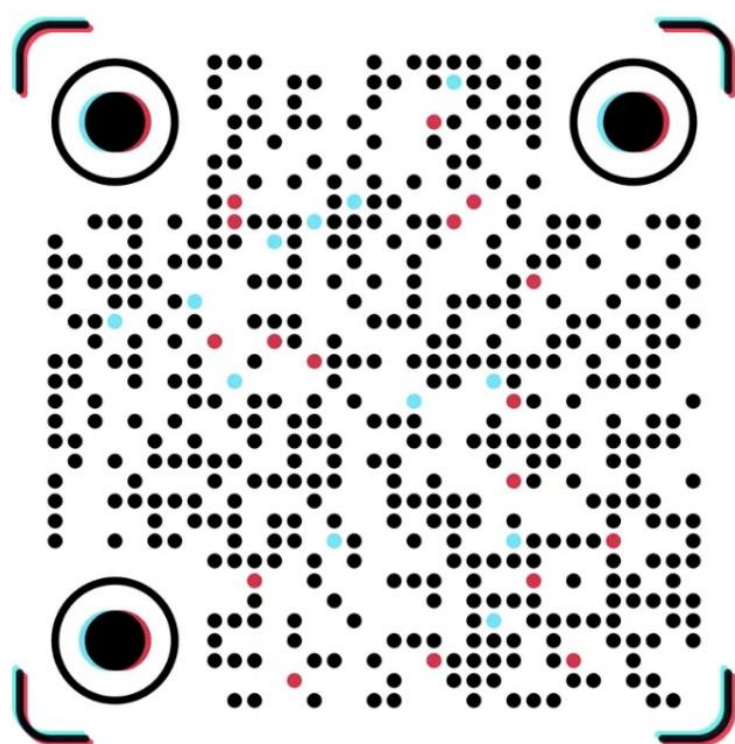


K-12 Highlander USA Wrestling Club



Highlander Wrestling Club

@highlanderwrestlingclub



 TikTok



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HIGHLANDER WRESTLERS



HWC FACEBOOK GROUP



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