

1. How long is a wrestling match?

A traditional wrestling match is made up of three two-minute periods. If the score is tied at the end of the match, an overtime period is wrestled with the first person to score winning the match.

2. Why do the wrestlers wear red and green straps on their ankles when they wrestle, and why do the referees wear red and green bands on their wrists?

The referee raises the arm with the green or red arm band when awarding points, issuing cautions or assessing penalties to the wrestlers with the associated strap on their ankle.

3. How is the question of who wrestles at what level and weight determined?

Coaches will decide which wrestlers will wrestle Varsity Team and JV Team based on a number of criteria including, but not limited to: previous performance, performance in the practice room, weight and weight class considerations, attitude, and finally what is best for the team.

4. Why does the team participate in so many tournaments and duals?

The team participates in tournaments and duals to gain experience. Sometimes the wrestlers will refer to this as "mat time". It is very important that the younger wrestlers get as much mat time as possible. This enables them to hone their skills.

5. Why are there two sets of scores on the scoreboard? What are the other numbers on the board?

The team score, individual score, period clock, weight class, and the number of periods can all be found on the scoreboard.

6. How are individual scores determined?

Individual scores are determined by the types of moves that are executed during the match.

- *Reversal: Two points.*
- *Near Fall: Two or three points, depending on the time the wrestler is on his back.*
- *Penalty: Two or three points, depending on the number of penalties issued up to that point.*
- *Takedown: Two points.*
- *Escape: One point.*

7. How are dual team scores determined?

Team scores are determined by the type of victory each individual on the team has made.

- *Decision (1-7 point spread): Three points.*
- *Major decision (8-14 point spread): Four points.*
- *Technical Fall (15 point spread): Five points.*
- *Forfeit: Six points.*
- *Pin: Six points.*

8. Why do referees get tagged with a rolled up towel or flexible tube?

When several mats are in the same gymnasium, the buzzers cannot be used to let the referee know when the match periods are over. To allow the referee to watch the match instead of the timekeeper, the referee is tagged when time has run out.

9. Why do referees stop the match when the wrestlers seem to be actively wrestling?

The referee can stop the match when the hold that is being used could be injurious to one of the wrestlers (dangerous hold) or if neither wrestler is making any progress with the hold they are using (stalemate) or it is the end of the period.

10. After a referee has stopped the match, why do the boys sometimes start in a neutral position (facing each other) and other times in an up-down position (one boy is given the advantage of the top position while the other is kneeling)?

The first period always starts with the wrestlers in the neutral position. The second period position is determined by the choice of one of the wrestlers, which is determined by a toss by the referee of a (usually) green on one side and red on the other flat object. The choice going to the wrestler wearing the ankle band matching the color of the flat object which land face up. The third period is given to the other wrestler. Their choices are: deferring to the other wrestler (this only happens on the first toss only), top, bottom or neutral.

11. What are the weight classes for wrestling?

- *The 14 weight classes are as follows: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285-pounds.*
- *Middle School weights are 75, 85, 95, 103, 112, 119, 125, 130, 135, 145, 155, 165, 175 and Heavyweight.*

12. Who are the people sitting at the tables in the gymnasium?

An official scorekeeper and a timekeeper will always be at the table. You may also find an announcer and team scorekeeper.