

WRESTLING

Types of wrestling: **Folk Style** - Done in P.E. classes, middle school, high school, and college.

Free Style - Olympics (faster paced, different scoring).

Grecco Roman - Olympics (upper body wrestling only).

Sumo - Japanese (pushing opponent out of the circle, or to the ground, in big diapers)

World Wrestling Entertainment (WWE) - For entertainment purpose only.

Submissive - Brazilian Jujitsu (arm and leg locks, choke holds, someone gives up). Also seen in the UFC & MMA but this is not limited to just wrestling.

Weight Classes: 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 167, 185, 215, HWT (over 215 and under 270).

3 Periods: 1 min., 1 ½ min., 1 ½ min.

Pin: Holding the opponents shoulder blades to the mat for a count of three. Match is then over.

Technical Fall: A point spread of 15 points. Match is then over.

Take Down: 2 pts. - Taking opponent off their feet and to the mat and establishing control.

Escape: 1pt. - Standing up from the bottom position to a neutral standing position.

Reversal: 2 pts. - Switching from bottom to top position and establishing control.

Near Fall: 2 pts. - Shoulder blades are exposed to the mat at less than a 45 degree angle, but not pinned, and held for a count of 2-4.

3 pts. - Shoulder blades are exposed to the mat at less than a 45 degree angle, but not pinned, and held for a count of 5.

Illegal Moves: 1 pt. is awarded to the opponent if this occurs, examples: full nelson, headlock without the arm, locked hands while on the mat around the waist, & body slam.

Caution: Given to a wrestler if basic rules are not followed (starting positions, false starts, etc.), by the 3rd caution the opponent will receive 1 point.

5th caution – 2 pts., 6th caution – wrestler is disqualified.

Starting Positions: *Neutral* - Both on your feet toes on the short line.

Referees Position - One person is down (defensive) with their hands and knees behind the long lines, the other person covers (offensive) with one hand on the opponents elbow and the other hand on the belly.

Optional Start - The top person in the referees position chooses to start standing with the first finger and thumbs together then placed on the spine of the down person.

Equipment: *Mat* - Used to break a persons fall, prevent injures, and label the ring.

Shoes - Gives proper support and mobility, designed for safety.

Singlet - Form fitting uniform to keep hands and fingers from getting caught while wrestling, and easy visibility of shoulder blades to determine pins.

Head gear - To protect the ears from getting what's called cauliflower ear.