DISCIPLES WRESTLING CLUB COMPETITOR LEVEL 1

Wrestler Name: _____ Test Date: _____

POINT SUMMARY

Practice Attendance & Competition	Neutral Technique	Top & Bottom Technique	Wrestling Rules & Match Procedures
Minimum Required: 10 points	Minimum Required: 20 points	Minimum Required: 20 points	Minimum Required: 0 points
Maximum Possible: 20 points	Maximum Possible: 40 points	Maximum Possible: 40 points	Maximum Possible: 10 points

PRACTICE ATTENDANCE & COMPETITION

Practice attendance is worth 2 points each.

Each match wrestled is worth 4 points each.

20 points are required in this category.

#	Practice Attendance Date	Parent Initials	Points Earned
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

#	Competition Date	Name of Competition & Number of Matches Wrestled	Parent Initials	Points Earned
1				
2				
3				
4				
5				
6				

NEUTRAL TECHNIQUE

A minimum of 20 points is required, with a maximum of 40 points counted in this category.

Neutral Wrestling Technique	Points Earned	Points Possible
Stance and Motion • Lead leg in front (don't walk), shot/drop step, sprawl, level change, fake		4
Single Leg Takedown • Intentional Set Up, Shot, Finish		8
High Crotch Takedown • Intentional Set Up, Shot, Finish		8
Double Leg Takedown • Intentional Set Up, Shot, Finish		8
Shadow Drill / Head Block Drill • Match Level, Block with Head and Hands, Float Back		4
Leg Attack Defense • Sprawl, Crush the Head, Go Behind		8

TOP/BOTTOM TECHNIQUE

A minimum of 20 points is required, with a maximum of 40 points in this category.

Top / Bottom Wrestling Technique	Points Earned	Points Possible
Proper Position on Top • Line Up – Elbow, Belly Button, Head in Center of Back, Near (Elbow) Side Knee Down • Under Arms • Follow Drill, Don't Lock Hands		4
Breakdowns (2 needed) • Options: Arm Chop, Far Knee Far Ankle, Deep Waist Far Ankle, Spiral		8
Half Nelson Offense From Top • Wrist and a Half • Proper Finishing Position: Elbow Behind Head, Chest to Chest, Perpendicular T • Adjust Back on Top		8
Half Nelson Defense From Bottom • Half Defense – Wing Down, Head Up, Look Away, Peel Hand • Fight Off of Back		8
Proper Position on Bottom • Line Up – Hands in Front of the Line, Knees Behind the Line • Breakdown Defense - Elbows In, Wrists Out • Build Base		4
Quarter Turn Stand Up to Escape • Quarter Turn, Seal Off, Back Pressure, Hand in Back Pocket, Cut and Face Opponent		8

WRESTLING RULES KNOWLEDGE

Be able to answer questions on each of these topics.

A maximum of 10 points is available in this category.

Wrestling Rules Knowledge	Points Earned	Points Possible
Wrestling Match Scoring: • Takedown – 3 pts. • Escape – 1 pt. • Reversal – 2 pts. • Near Fall 2,3,4 count – 2,3,4 pts.		4
Pin Explanation: • Both Shoulders touching the mat for 2 seconds • Ends the Match		2
Match Procedure • Put Anklet on Green or Red • Start 1st Period in the Neutral Position • Out of Bounds Rules • Flip of Disk at Start of 2nd Period • Choice of Top, Bottom, or Neutral Defer (Look at Coach) • Choice 3rd Period • Ways to Win: Decision, Technical Fall, Pin • End of Match: Remove Anklet, Shake Opponent's Hand, Shake Opposing Coach's Hand, Return to Coach		4

FINAL SCORE

Test Date: _____

PASS ☐ TRY AGAIN ☐

_____

Coach Signature

Category	Points Earned	Maximum
Practice Attendance & Competition		20
Neutral Wrestling Technique		40
Top / Bottom Wrestling Technique		40
Wrestling Rules Knowledge		10
TOTAL		100