

Pre-Match Notes

- #1 responsibility is keeping athletes safe.
- #2 Good sportsmanship.
- #3 Get the calls right.

Reassure them that you will use all the available tools to get the calls right (video review, assistant, table workers, coaches)

Recent Rule Changes

- Grabbing ankle in top position is a count excluding a progressing bow and arrow
- 3 points for takedowns
- On the mat, top man must work for near fall or pin to avoid stalling call
- Eliminated hand touch takedown
- Video review is for sequence now so very limited bad time situations
- Near falls are 2-3-4 points, adding 3 point near fall

Points of Emphasis

- Hooking near side ankle – use it progress with it
- Interlocking fingers -stay out of it
- Stalling out of bounds – takes 2 wrestlers to go out for an OOB call
- 5 second drop down and side headlock counts
- Neutral Danger Zone (NDZ)
- Twisting knee locks
- Kick Backs and cut backs

There is Reaction Time in all situations except locked hands on the mat.

In Conclusion: Wrestle in the middle
Work Aggressively in all positions
Do not go Out of Bounds

Section 21. Breaking Ties in Dual Meets and Team-Advancement Tournaments

When two teams finish in a tie in a dual meet or a team-advancement tournament, the following criteria shall be applied to determine a winner:

- a. Greater number of victories.

Note: Forfeits, defaults and disqualifications count toward total number of victories.

- b. Combined total number of falls, forfeits, defaults and disqualifications.
- c. Total match points scored only from decisions, major decisions and technical falls.
- d. Total near fall points scored only from decisions, major decisions and technical falls. (Example: N-2 + N-2 + N-4 = Total of 8 near fall points scored for one team.)
- e. Total number of takedowns scored only from decisions, major decisions and technical falls. (Example: T-2 + T-2 + T-2 = Total of 3 takedowns scored for one team.)
- f. Least number of unsportsmanlike conduct calls.
- g. First takedown scored in the dual meet.

One team point shall be awarded to the team winning by criteria. The method of recording the score in breaking team ties shall be the score followed by the criterion number that broke the tie (for example, Team A 17, Team B 16, criterion 3.21.a.)