



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.

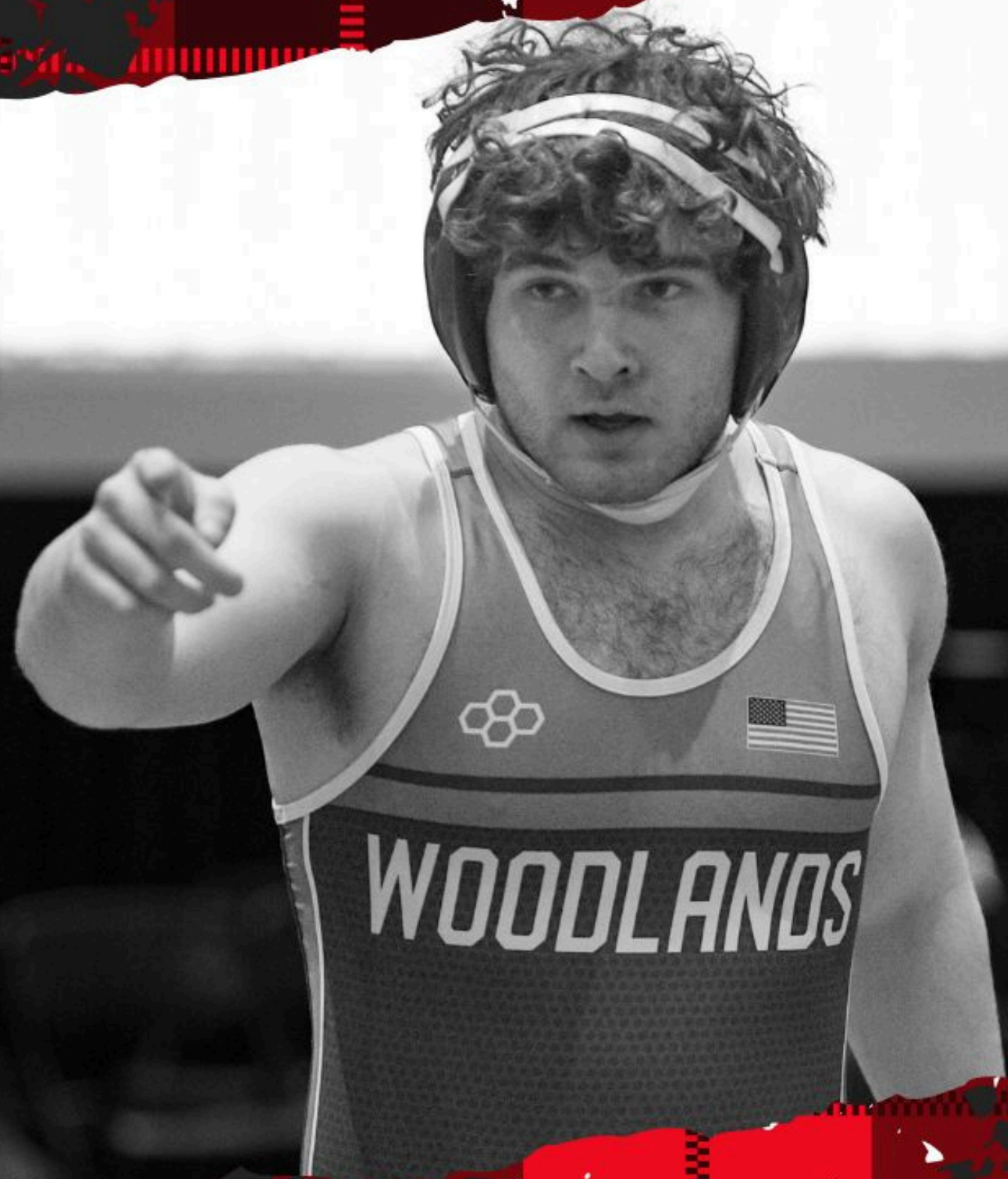
All Wrestlers will be weight certified through NWCA

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 105

100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 155 | 170 | 190 | 235



WRESTLING

Regulations



Each Wrestler will Check In at the scoring table and Shake hands with the referee

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. The assigned colors are pre-determined before the match starts

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 that is a PIN and the match is over 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 by technical fall (TECH fall). 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** -3Pts(*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

2024
STATS

State Champs

1

State Placers

3

State Qualifiers

8

Girls Team

Top 10 Placement

5 Freestyle National Team Members..

Who's Next...

THE WOODLANDS HS



www.thewoodlandswrestling.com

THANK YOU TWHS BoosterClub!

2024 TWHS Booster Club Board Members

President: Meaghan Guydon (Claire)

VicePresident: ChrisHart(Holden)

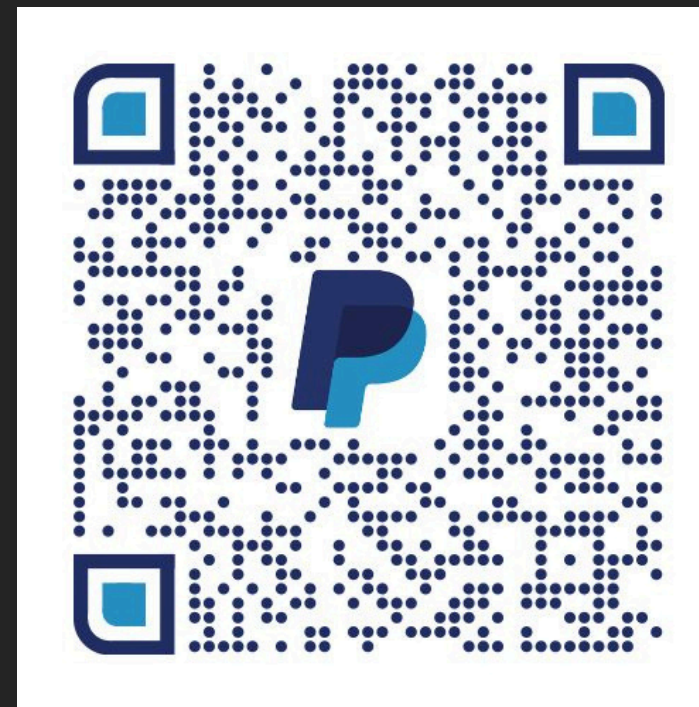
Secretary: Melanie Jones (Cameron)

Treasurer: Martin Podowski(Luke)

Community Relations: Fawn Smith (Fox)

www.HighlanderWrestling.com

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Join TWHS
2025 Wrestling Booster
Club Today!





K-12 Highlander USA Wrestling Club



FOR ALL CURRENT & FUTURE
HIGHLANDER WRESTLERS

Coach Durning

Coach AJ

Coach Strange



www.thewoodlandshighlanderwrestlingclub.org