



DRAGON WRESTLING 101

A PARENT'S GUIDE TO CLUB WRESTLING

This manual was created by Dragon Wrestling Parents in New Palestine, IN and may contain outdated information. Any help keeping it current and relevant is much appreciated. Please submit feedback or suggestions for improvement to: dragonwrestlingclub@yahoo.com.

DRAGON WRESTLING 101

WHAT DID WE SIGN UP FOR?

BEGINNERS

A 4 week introductory session for elementary students who are interested in learning about wrestling. Many families join Beginners to learn a few basic skills and to see if their child enjoys the sport. The Beginners program offers two practices/week and typically runs from early October through the beginning of November. If your child enjoys his/her time in Beginners, you may choose to continue wrestling by joining the Dual Team.

DUAL TEAM

Wrestlers who join the DWC Dual Team are ready for a bigger commitment to the sport. Dual Team wrestlers should expect to practice at least twice/week for 90+ minutes and attend wrestling meets each Sunday with the team. Meets begin very early in the morning and usually end just before dinner. There are team and individual awards at most meets. Dual team wrestlers gain a considerable amount of skill, strength and experience during their season. The Dual Team Season runs from October through January and focuses on Folkstyle Wrestling Skills. At the completion of Dual Season, wrestlers may choose to continue once again by joining the Club Team.

CLUB TEAM

During Club Season, wrestlers compete on an individual basis. Club Team practice is still held twice/week, but wrestlers and their families can choose which meets they want to attend throughout the season. Your Club Team coach may make suggestions about competitions for your wrestler, but the choice and task of registering your wrestler fall on your shoulders. Club Season typically runs from February through March.

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On Facebook:

New Palestine Dragons Wrestling

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Dragon Wrestling Club is affiliated with the Indiana State Wrestling Association (ISWA) As well as USA Wrestling.

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KEY PLAYERS



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High School Coach
Phone: 812-228-6694



MATT
Abernathy

Director / Assistant Coach
Phone: 317-473-8967



CLINT
Wuethrich

Director
Phone: 317-605-0301



STEVE PARRY &
Todd Sturgeon

Middle School Coach
Phone: 555-555-5555



WHAT YOU NEED AND WHERE TO FIND IT

Singlet. The club provides a singlet, t-shirt and warm up shorts for a fee. Fundraising is available to offset the cost of these items.

Shoes The club has a stock of used shoes which wrestlers can use if needed. Otherwise, Amazon.com has a good selection, as does Dicks Sporting Goods. Local options include:

HIBBETT SPORTS 1923 MELODY LANE GREENFIELD, IN 46140
MCLEERY'S SPORTS 28 STATE STREET GREENFIELD, IN 46140

Mouth guard Mouth guards can be found in most stores. Look for a "Youth" sized option.

Head gear Amazon.com has many options. Local sporting goods stores stock these seasonally. It's recommended that you try a few different options at practice before committing to one particular style.

USA Wrestling Membership & Card Go to <https://www.usawmembership.com/> to register your wrestler as a Freestyle, Folkstyle and Greco wrestler.

COMMON WRESTLING MOVES AND WHEN YOUR WRESTLER SHOULD LEARN THEM

This page is being updated. Check back soon!

THE INS AND OUTS OF A WRESTLING MATCH

Folkstyle Basics

Objective

The primary objective in folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.

Match Basics

Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control.

The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position.

If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

Competition

Competition is conducted in a manner as to promote and require good sportsmanship. Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match.

Officials

Officiating is more objective than subjective in that it does not require judging, as with sports such as gymnastics or figure skating. However, situations can and do occur that are subject to interpretation. Those situations most often involve out of bounds calls, determination of when/if control is sufficient to award points, and determination of when/if stalling or penalties apply.

Equipment

Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.

Freestyle & Greco-Roman Basics

Objective

The primary objective in freestyle and Greco-Roman wrestling is much the same as with folkstyle, except that other factors are taken into account such as the skill with which moves are executed, and the type of holds that is used.

Match Basics

Freestyle and Greco-Roman wrestling matches are condensed into one or two periods, depending on the age group. Younger groups typically, wrestle two ninety-second periods. Older groups wrestle one continuous five-minute period. Periods always begin with both wrestlers in the neutral position.

As with folkstyle wrestling, the match can be stopped short of the time limit if either wrestler scores a pin or achieves technical superiority, which in folkstyle and Greco-Roman wrestling is a lead of ten or more points. After a takedown situation in which both wrestlers continue to wrestle down on the mat, known as the "par tarre" position, the bottom wrestler is not obligated to work for an escape or reverse as with folkstyle wrestling. Instead, it is the responsibility of the top wrestler to work diligently to execute a hold that will expose their opponent's back. If the top wrestler is not immediately (officials allow about fifteen seconds) successful in doing this, the official will stop the match and re-start the wrestlers on their feet in a neutral position.

Sportsmanship

As with folkstyle wrestling, both freestyle and Greco-Roman wrestling mandates sportsman-like conduct. In international competition, wrestlers are required to shake hands with their opponent and with the referee

Equipment

FILA permits, but does not require, the use of headgear in international freestyle and Greco-Roman competition. In addition, wrestlers are required to wear either red or blue singlets, depending on their match pairing. Other than that, the equipment is identical to that used with folkstyle wrestling.

HOW TO SCORE A WRESTLING MATCH

Getting prepared to score any sport is much like preparing to participate in the sport. Sanctioned high school wrestling matches consist of three 2-minute periods with no rest between periods. The wrestler with the most points at the end of the third period is the winner. If a wrestler pins his opponent at any time before the end of the third period, the match is over and the winning wrestler earns a win by fall (pin). If the match ends in a tie, overtime periods are added until a winner is determined.

The match can also end before the end of the six minute regulation time by technical fall (15 point advantage) or if one of the wrestlers is disqualified or can't continue the match due to injury. In the case of an injury, the injured wrestler loses by injury default.

Even though wrestling is widely recognized as an individual sport because of the head to head competition, it's also a team sport and uses a team scoring system to decide the winning team in a match. First, we will go through the individual scoring system and then the team scoring system.

- 1. Before we get started, you'll need to know the basic positioning of the wrestlers during a match.**
 - *Neutral* – Both wrestlers stand facing each other about 3 feet apart and ready to wrestle.
 - *Referee's Position* – Start position where one wrestler is perched down on his hands and knees (all fours), while the other wrestler is positioned on top, alongside the bottom wrestler, kneeling on his nearside knee. The top wrestler also places his far-side arm around his opponent's waist with the hand of the other arm on the nearside elbow of his opponent. The far-side leg of the top man is placed behind the bottom wrestler.
 - *Top Position (advantage)* – The person on top in the referee's position
 - *Bottom Position (disadvantage)* – The person on bottom in the referee's position.
- 2. Takedown = 2 Pts.** From the neutral position, when one wrestler takes the other wrestler down to the mat and controls him from the top, a takedown is scored – 2 Pts.
- 3. Reversal = 2 Pts.** When a wrestler is on the bottom in the referee's position and reverses his opponent to the top in the referees position, a reversal is scored – 2 Pts.
- 4. Escape = 1 Pt.** When a wrestler is on the bottom in the referee's position and escapes to the neutral position without reversing the top man, an escape is scored – 1 Pt.
- 5. Near Fall (back points/exposure) = 2 Pts.** When the bottom wrestler has his back exposed to the mat on an angle of 45 degrees or less for a count of at least 2 seconds, but less than 5 seconds, a 2 Pt. near fall is scored.
- 6. Near Fall (back points/exposure) = 3 Pts.** When the bottom wrestler has his back exposed to the mat on an angle of 45 degrees or less for a count of 5 seconds or more a 3 Pt. near fall is scored.
- 7. Penalty Points can be awarded to the opponent of the wrestler in violation of certain rules and conduct.** The following is a list of commonly awarded penalty points.
 - *Stalling (one or both wrestlers not initiating action or one wrestler being totally defensive and backing away from opponent)* – Initially a warning, followed by penalty of 1 Pt., with each additional incident incurring penalties of 1 Pt. – 2 Pts. – 2 Pts. – Disqualification.
 - *False Start/Illegal Start Position (starting before the whistle blows, top or bottom wrestler not aligned in the proper referee's position)* – 2 warnings, followed by 1 Pt. penalties for each additional incident – No Disqualification.
 - *Clasping (top wrestler clasping hands together without having the bottom wrestler on his back)* – Immediate 1 Pt. penalty. Each additional incident is followed by incurring penalties of 1 Pt. – 2 Pts. – 2 Pts. – Disqualification.

- *Illegal Holds* (full nelson, figure 4 the body, scissor the head, headlock without the opponent's arm, etc.) – Immediate 1 Pt. penalty. Each additional incident is followed by incurring penalties of 1 Pt. – 2 Pts. – 2 Pts. – Disqualification.
- *Technical Violations* (grasping uniform/headgear, improper equipment (i.e. no headgear), fleeing the mat, unsportsmanlike conduct, unnecessary roughness) – Immediate 1 Pt. penalty. Each additional incident is followed by incurring penalties of 1 Pt. – 2 Pts. – 2 Pts. – Disqualification.
- *Cause for Ejection Penalties* – Gross misconduct, slamming or any illegal move that injures an opponent. That injury defaults the match.

8. **Overtime Scoring** – A winner must be declared in all individual matches. If a match is tied at the end of regulation, the following overtime scoring system is used in order, until a winner is declared.

- 1 minute sudden death period (first person to score wins).
- Two 30 second tie breakers (wrestlers swap referee's positions). If match is still tied, it goes to a ride-out.
- 30 second ride-out (wrestler who scored first has the choice in referee's position). If wrestler escapes from bottom position, he wins. If he is ridden-out for the 30 seconds, he loses.

9. **Team Scoring System** – A wrestling team scores points via the results of individual wrestler's matches.

- 6 Pts. – Wrestler wins by pin or forfeit, injury default, disqualification of the opponent.
- 5 Pts. – Wrestler wins by technical fall (lead of 15 Pts. during the match)
- 4 Pts. – Wrestler wins by major decision (point spread of between 8 and 14 pts.).
- 3 Pts. – Wrestler wins by regular decision (7 points or less)

Teams can also be penalized team points for unsportsmanlike conduct and other violations of the individual wrestlers or the coaching staff.

To the right is a chart of referee wrestling scoring and match hand signals.



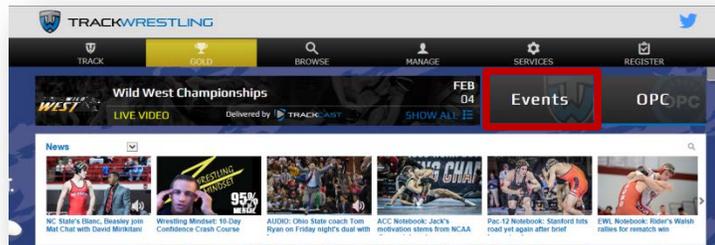
INTRO TO TRACK WRESTLING

Track wrestling is an online tool that is used across the country to plan and manage wrestling meets.

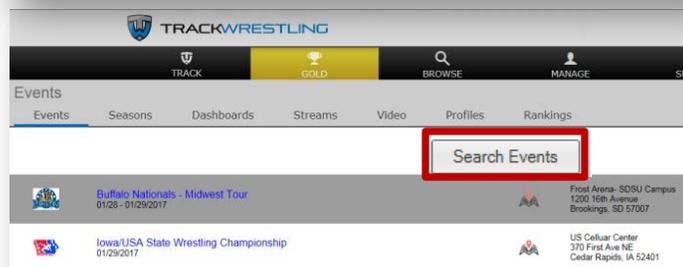
As a wrestling parent, you'll use track wrestling to sign your wrestler up for meets (outside of dual team meets which your coach will sign the entire team up for) as well as track their matches during meets.

Track Wrestling can be found by entering www.trackwrestling.com in any internet browser.

From the home screen, select "Events."



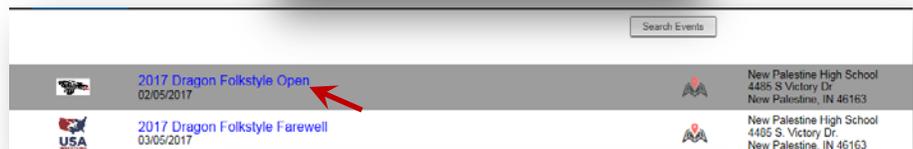
Click "Search Events."



Insert as much information as needed.
Sometimes less is more here.
Inserting the city and state is usually enough.
When finished, click "Search."



Select the correct event.



Enter the event as a Viewer.



Pre-register your wrestler.

*You can also view the event flyer from this page.

Tournament Information

Pre-Register Now

02/05/2017

New Palestine High School
4485 S Victory Dr
New Palestine, IN 46163
[Google Map](#)
[Event Flyer](#)

2017 Dragon Folkstyle Open

For help contact dragonwrestlingclub@yahoo.com or trackwrestling.com/tickets

Start => [Get Invoice #](#) => [Add Wrestlers](#) => [Submit Credit Card](#) => [Done](#)

[Read Refund Policy](#) [Register Now](#)

Tournament	Close Date/Time	Matrix	Wrestler List
2017 Dragon Folkstyle Open	02/04/2017 01:05 p.m. C.S.T.	Not Available	Wrestler List

Follow the prompts.

2017 Dragon Folkstyle Open

For help contact dragonwrestlingclub@yahoo.com or trackwrestling.com/tickets

Start => [Get Invoice #](#) => [Add Wrestlers](#) => [Submit Credit Card](#) => [Done](#)

[Read Refund Policy](#) [Continue](#)

I have clicked on the [\[Read Refund Policy\]](#) button above, read through the policy, and agree to its terms and conditions.

This registration has been assigned invoice number: **1987540089**. You will be able to use this invoice number along with a password you specify to access this registration on a later date.

Enter your email address so you can have this invoice number and a password sent to you via email if necessary.

Enter a password you would like to use if you don't want the computer to randomly assign one to you. and repeat it .

Complete the form.

*Once you've registered for one event with track wrestling, you'll be assigned a track wrestling ID. Use this ID to automatically complete this form going forward.

Selecting "yes" in this field means your wrestler is willing to wrestle opponents in the weight class *above* their own if there are not enough wrestlers in their own weight class.

Add Wrestler

Optional: enter your trackwrestling # to autofill this form. [Get Trackwrestling # Now](#)

USA Wrestling Membership Id or Card No.: [Purchase Now](#)

First Name:
Last Name:
Birth Date (mm/dd/yyyy): / /
Grade:
State:

NOTE: The team you select is used to separate you from other wrestlers on your team when brackets are built, so be sure to thoroughly check the existing team drop box before adding a new team.

Team: [New Team](#)

Home Town:
Email Address:

Specify Yes or No if you are willing or not willing to move up a weight class if you are the only registered

Move up a weight:

Click [here](#) to read the waiver

I have read & agree to the consent/waiver above - please initial:

2017 Dragon Folkstyle Open

Weight Class:

Make sure you check **All events you wish to participate in above.**

[Add this Wrestler](#)
[Skip this Wrestler](#)
[Hide this Box](#)

Use the following table to determine your wrestler's class and skill level:

Class	Description	Skill Level	Description
Pee Wee	Ages 4 - 5	Beginner	0-2 years experience
Bantam	Ages 6 - 7	Average	2-
Intermediate	Ages 8 - 9	Good	
Novice	Ages 10 - 11	Excellent	

When finished, click "Add this Wrestler."

Add a second wrestler on this page if needed.

2017 Dragon Folkstyle Open

For help contact dragonwrestlingclub@yahoo.com or trackwrestling.com/tickets

Start => [Get Invoice #](#) => [Add Wrestlers](#) => [Submit Credit Card](#) => [Done](#)

[Read Refund Policy](#) [Previous Step](#) [Add Another Wrestler](#) [Continue](#)

At this point your registration is not complete. Enter ALL wrestlers that will be part of this registration using the [Add Another Wrestler] button and then click on the [Continue] button to complete the final steps.

Name (Grade)	Card No.	D.O.B.	State	Team	Hometown	Email	Fees	Total
Cole Vandygriff (4th) (508) (5085)	112934101	07/07/2007	Indiana	Dragon Wrestling Club	New Palestine	markleah@hotmail.com		
Registered for: 2017 Dragon Folkstyle Open - Intermediate 65 - Average							\$15.00	
Total:							\$15.00	

Enter your payment information and submit your registration.

Look for a confirmation email in your inbox within 24 hrs.

2017 Dragon Folkstyle Open
For help contact dragonwrestlingclub@yahoo.com or trackwrestling.com/tickets
Start => Get Invoice # => Add Wrestlers => **Submit Credit Card** => Done

Your registration is still not complete!

Billing Contact

First Name: Leah
Last Name: Vandyrill
Address:
City: New Palestine
State: Indiana
Zip:
Day Phone:
Night Phone:
Email Address: marteleah@hotmail.com
Amount Due: \$15.00

Credit Card Information

Credit Card Type:
Credit Card Number:
3-digit security code: (help)
Expiration Date: / /

USING TRACK WRESTLING AT THE MEET

Use your smart phone to access the Track Wrestling mobile site:

<http://www.trackwrestling.com/tw/mobile/>

Select "Tournaments."



Search for your event



It's recommended that you enter the date and state only in the search fields.

TRACKWRESTLING

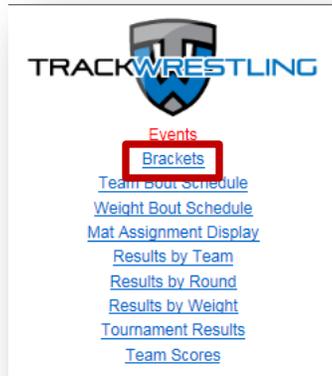
Quick Search
Events
Event Name

Date: 3 | 5 | 2017
State: Indiana

Use the filtered drop down menu to select your tournament

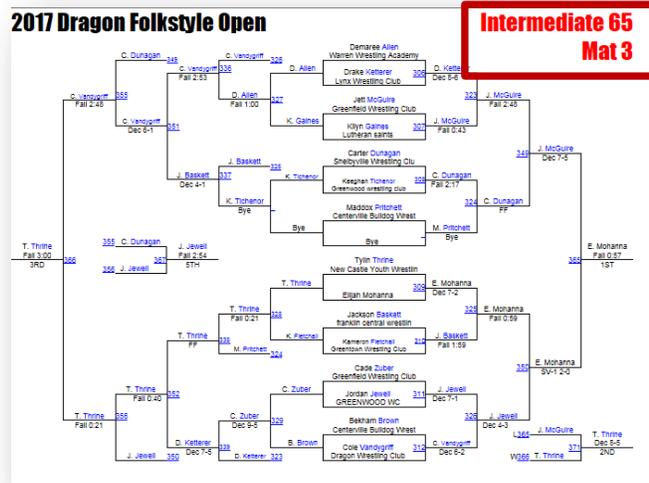
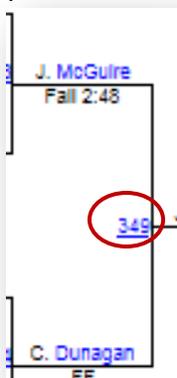


Select "Brackets" to see when and whom your wrestler will face, then locate your son's division and weight class



Your bracket should list the Mat your wrestler will be on for the day at the very top.

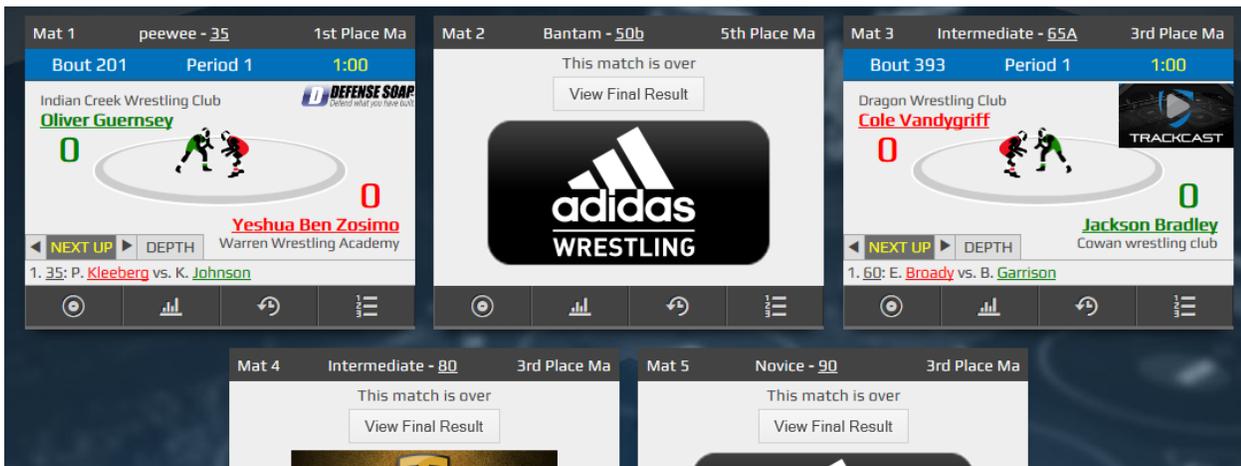
Match numbers are also listed for each match your wrestler will complete.



Most parents will keep the bracket site up on their phone throughout the day. Some prefer to use a print out and write in results or simply take a picture of the bracket and keep track of match #s.

You can monitor matches on your mat (or other mats) by using the dashboard view on the regular Track Wrestling page. Some parents keep both bracket and dashboard up throughout the tournament.

To access the dashboard, pull up your event (as shown on page 11).



#

2-on-1 - Controlling an opponent's arm with both hands.

3's, 12's, 19's... etc - Weight classes are often abbreviated in wrestling. For example, instead of saying "103 pounds," or even "103's," most individuals will call the weight class "3's."

45-minute rule - See "Rest rule".

A

AAU - The acronym for the American Athletic Union.

Action - A command made by the referee to initiate offensive maneuvers between wrestlers.

Advanced - A competitor with a high level of experience, typically in the college or international ranks.

Age group - The divisions in which wrestlers are organized, typically by birth year or school grade.

All-American - An honor earned by wrestlers that place in specific high-level competitions, typically regional or national.

Amateur -The term used to identify traditional wrestling styles and distinguish them from professional wrestling. Amateur status is not correlated with monetary gain, as many higher-level amateur athletes receive money as a means to train and compete.

Angle -The term used to describe how you would position your shoulders/body to be at an angle to your opponent's when in the neutral position. Creating an angle on your opponent limits him defensively.

Ankle lace - See "Leg lace".

Anklet - A piece of equipment that is worn on the ankle and used to designate scoring in a match. These are typically colored either green or red.

Armdrag - A technique typically used to set up another attack where one wrestler drags his opponent's arm across his body.

Association - An organization of clubs or teams in a particular geographic area.

Attack - An offensive technique used to score points.

B

Back points - Points scored by turning and/or holding an opponent on his back.

Backs - This is an abbreviated term for "Back points."

Base - The term used to describe a strong and stable position.

Beginner - A competitor that is just starting out in the sport and has competed in only a small number of matches, if any.

Belly down - A desired position where a wrestler in the bottom position has his stomach (not his back) parallel to the mat.

Blank - This term is used in dual meet competitions to describe a weight class that has been forfeited. For example, you might hear "That team is blanking at 125's and 130's."

Blood time - Time allotted in a match that allows a bleeding wrestler to recover, and for blood to be cleaned off of the mat and wrestler(s).

Body lock - A technique where the offensive wrestler locks around the waist of his opponent with his arms.

Bonus points - Additional team points awarded when a wrestler wins by major decision, fall or technical fall.

Bottom position -The wrestler who begins a sequence of wrestling on all fours and in the control of his opponent. See "Referee's position".

Bout - See "Match".

Bout sheet -The scoring sheet used to keep track of points, action, penalties and other particulars in a specific match.

Bout sheet - This is a sheet of paper used to record the scores and result of an individual match.

Bracket -The physical organization of competitors in a tournament, used to determine who will wrestle and in what order.

Breakdown - Any top-position technique used to break an opponent off of his base.

Bridge - See "Neck bridge".

Butt pad - A piece of equipment attached to a wrestler's headgear to prevent head injuries.

Butterfly lock - A common way of locking hands in freestyle and Greco-Roman wrestling. The butterfly lock involves placing both palms together and wrapping the fingers of each hand around the opposite hand without interlacing the fingers.

Bye - An automatic advancement of certain wrestlers in tournament competition, issued when there is an uneven number of competitors in a bracket.

C

Cadet (division) - A division in freestyle and Greco-Roman competition composed of wrestlers ages 16 and 17. Age requirements may vary by competition.

Center circle -The small inner circle of the wrestling mat in international competition.

Chain wrestling - A series of techniques performed with each separate movement setting up the next technique or hold.

Challenge - A procedure that allows a coach to dispute a specific call made by an official.

Championship bracket - The section of a tournament bracket that features wrestlers who have not lost and are still wrestling for first place.

Choice -The procedure in folkstyle wrestling that randomly allows one of the competitors to decide what position in which to start at the beginning of the second and third periods. The wrestler may choose to start neutral, on top or bottom in referee's position, or elect to defer his decision until the third period. To ensure fairness, the wrestler that does not receive choice in the second period is given choice in the third period.

Circle - The line drawn on a mat to designate the starting and out-of-bounds areas.

Claw -This is a technique used when a wrestler is on top of or behind his opponent. It involves the top wrestler reaching an arm underneath his opponent's armpit and across his chest in order to grip his neck/shoulder on the opposite side of his body.

Clinch - See "Ordered hold".

Club - A team or organization that is not affiliated with any school or institution.

Consolation bracket - The portion of a tournament bracket that features wrestlers who have lost at least one match, but have not been eliminated. Wrestlers in the consolation bracket cannot finish any higher than third place.

Control - The term used to describe the wrestler who is in a position to maintain power over his opponent.

Cradle - A pinning combination that involves forcing at least one of an opponent's legs toward his head. This is done to gain full control and expose the opponent's back to the mat.

Crash pad - A piece of protective equipment used in practice to lessen the impact of throws and other techniques.

Crossface - A technique where a wrestler uses his hand/wrist to put pressure on an opponent's face.

Cut -This term has two meanings in wrestling:The process of losing weight. Weight loss in wrestling is often called "cutting weight," and the process of getting down to weight is often called "the cut."To allow an opponent to escape when controlling him on top.

D

Danger position -The position in which a wrestler has his back exposed to the mat in a freestyle or Greco-Roman match.

Decision -The result of a match when one wrestler simply scores more points than his opponent. In folkstyle, a decision occurs when a wrestler wins by seven points or less. In freestyle and Greco-Roman, a decision occurs when a wrestler wins by five points or less.

Default -The elimination of a wrestler from a competition due to a disqualification or injury, rather than a regular loss.

Defer - A strategic act in folkstyle that has one wrestler give the choice of starting position to his opponent in the second period in order to receive choice in the third period. See "Choice".

Ding -This is an informal term for a penalty, typically used in the past tense. For example, you may hear "That referee dinged him three times for the same thing. He must be blind!"

Disqualification - The elimination of competitor in a match or tournament due to a violation of a specific rule.

Division - A group of wrestlers separated by age or ability.

Division I, II, III - American college divisions based on the size of the institution. Division I is regarded as the highest level of collegiate competition.

Double Elimination - common rule stating that, in tournament competition, any wrestler with two losses prior to the medal round is eliminated from that specific competition.

Double-leg takedown - A leg attack where a wrestler uses both arms to engage his opponent's legs in order to take him to the mat.

DQ - Abbreviation for disqualification.

Drill - The repeated practice of technique.

Dual meet - A match between two teams where one wrestler in each weight class is chosen to represent their team in head-to-head competition. Points are awarded to either team when one of its wrestlers wins a match, and the winner of the meet is determined by whichever team has more points after all weight classes have been contested.

Dual tournament - A tournament in bracket format that is composed of numerous dual meets between full teams of wrestlers.

Duckwalk -The term used for the repeated practice of the penetration step.

Dummy - A piece of equipment that allows wrestlers to practice techniques without fear of injuring a practice partner.

E

Eligibility -The concept that wrestlers must meet certain criteria in order to compete. Eligibility rules vary by organization. Example: High school wrestlers in the United States must maintain a specific GPA in order to compete.

Escape -The folkstyle wrestling term used to describe when the wrestler in the bottom position escapes the control of the top wrestler, and returns to the neutral position.

Exhibition - A featured match in a tournament or other meet used to display the skills of two wrestlers. An exhibition match may or may not be counted in a win-loss record or as a part of a specific competition.

F

Face off - The ceremonial meeting in which opponents shake hands prior to dual meets and the finals of tournaments.

Facemask - A protective covering attached to a wrestler's headgear to prevent injuries to the face.

Fall - See "Pin".

False start - Any movement or action that occurs before an official's signal to start.

Finish -The last step in executing a takedown or any offensive technique.

Fish -This is a term used to describe wrestlers with very little skill or ability. This is because a fish essentially flops around when it's on the ground, very similar to a wrestler who doesn't know what he or she is doing.

Fish Bowl -This is an informal name for a "Hard luck tournament."

Five-match rule - A regulation in American high school wrestling that states a wrestler cannot participate in more than five matches in any one day of competition unless it is to determine a place in a postseason tournament.

Five-point throw - See "Grand amplitude".

Flat - This is a negative term to describe a wrestler's inability to perform. "Wrestling flat" may be used to describe the inability to react or generate offense. For example, you may hear "He came out flat in that match and couldn't get his offense going."

Fleeing the mat -The term used when a wrestler leaves the mat to prevent from being scored upon.

Flip disc - A type of disc folkstyle referees use to determine choice. This is typically a thin, circular disc that is red on one side and green on the other to represent each wrestler. See choice.

Folkstyle -The style of wrestling most popular in the United States. It's also known as collegiate or scholastic style.

Freestyle - The international style of wrestling that allows both upper- and lower-body techniques.

Freestyle start - A starting position in both freestyle and folkstyle, where the top wrestler places his hands on the back of an opponent to start the action.

Full nelson - A technique where the arms of the attacking wrestler are laced under the arms of the opponent and locked behind his head. This is generally an illegal move in many types of wrestling.

Funk - The term used to describe unorthodox wrestling moves or holds.

G

Gassed - This is a common term in wrestling to describe a wrestler's energy level, typically used to describe the lack thereof. Wrestlers often say, "Look at him, he's gassed out. He's barely moving."

Grand amplitude - A throw in freestyle or Greco-Roman competition where the wrestler being thrown is positioned above the throwing wrestler, causing his feet to pass over his head. A grand amplitude throw instantly ends a period.

Greco-Roman - A traditional style of wrestling popular around the world. Rules allow only upper-body attacks.

Groom check - A procedure where officials check a wrestler's body before competition. Typically officials check for skin diseases, length of nails, and body hair stubble, among other health risks.

Growth allowance - A designated number of pounds given to scholastic-level wrestlers in order to not restrict physical growth.

Gut wrench - A technique in freestyle and Greco-Roman where the top wrestler turns his opponent on bottom using a tight body lock.

H

Half Nelson - A pinning combination where the attacking wrestler on top laces his arm under his opponent's arm and behind his head.

Hand fighting - The action of using your hands in order to control an opponent and set up an offensive maneuver. This involves attacking an opponent's hands, arms, and head.

Hard luck tournament - A type of tournament used to give competitors who are eliminated from the main bracket a chance to gain experience by wrestling other eliminated wrestlers.

Head position - The strategic placement and control of the head used when on offense and defense.

Headgear - A piece of protective equipment used to protect a wrestler's ears and head.

Headlock - A technique that has a wrestler engage an opponent's head, and typically an arm, in order to take him down or turn him to his back.

High crotch - A single leg attack where the offensive wrestler controls his opponent's leg above the knee. This attack is executed with the offensive wrestler's head to the outside of his opponent's body.

High-level attack - An attack that engages an opponent's upper body.

Hip throw - A throw executed using one of the wrestler's hips.

Homerun Move - This is a risky technique or maneuver (often with low success rates) used by a wrestler who is losing his match. If a homerun move is successful, it will put a wrestler in the position to outscore his opponent, earn back points, or get a pin to end the match.

I

Injury time - The procedure in a match that allows an injured wrestler to take necessary time for medical attention. Time allowance is dependent on style and level of competition.

Inside control - This is the term used to describe the placement of your arms when they are to the inside of your opponent's arms when tying up. Essentially, achieving inside control allows you to

Intermediate - A skill level or category that describes wrestlers who are still learning and are not defined as beginner or advanced competitors.

Intrasquad - A practice meet composed of wrestlers from the same team that showcases abilities and

Invitational - A specific tournament or event that limits the numbers of teams or wrestlers that may enter.

J

Junior (division) - division in freestyle and Greco-Roman competition composed of wrestlers ages 18 to 20. Age requirements may vary by competition.

Junior varsity (JV) -The group of competitors that are not considered varsity starters. May also be known as a "B" team.

K

Knee pad - A piece of equipment that helps lessen the impact on a wrestler's knees.

L

Lace cover - A piece of equipment used to keep a wrestler's laces from becoming untied. Many wrestling styles require laces to be covered.

Lead leg -The leg that is forward in a staggered stance.

League - An association or group of teams usually separated by geographic location.

Leg attack - A takedown executed on an opponent's legs.

Leg lace - A hold in which a wrestler traps his opponent by the ankles to expose his back to the mat. Sometimes known as an "ankle lace."

Level change - The technique of raising and lowering one's body in order to create scoring opportunities.

Lift - The action of lifting an opponent off the mat in the par terre position See "Par terre." This technique usually precedes a throw, but sometimes a point may be issued for a correct lift even if a throw is not completed.

Live -The term used to describe competitive wrestling in a practice environment. It's the equivalent to sparring in other sports, separate from drilling.

Lock - The term used to describe a wrestler's locked hands.

Locking hands - A rule in folkstyle wrestling that prevents wrestlers from locking hands in the top position, unless it is during an attempt to pin an opponent. Locking hands is allowed for the top wrestler in freestyle and Greco-Roman.

Loss of control - The term officials use when one wrestler loses control of his opponent. In folkstyle, either escape or reversal points are awarded when there is a loss of control.

Low-level attack - A technique that is executed on an opponent's lower body.

M

Major decision - The outcome of a match in folkstyle wrestling when one wrestler wins by at least eight points and no more than 14 points.

Mat time - This is a slang term for “experience,” literally referring to the time a wrestler spends on the mat.

Match - The competition between two wrestlers judged on a point system.

Matroom - A room or other facility specifically dedicated to wrestling or another sport requiring mats. Typically, the floor and walls are padded.

Meatgrinder - A term used to describe an extremely tough tournament composed of highly skilled wrestlers.

Medal round -The round in a tournament that determines who will earn each medal.

Meet - A specific competition, typically a dual match or a tournament.

Mid-level attack - An attack that is targeted at the mid-section of an opponent’s body.

N

Nationals - A tournament in which wrestlers from a specific country compete to determine rank on the national level.

Neck bridge - A technique, used to defend against a pin, where a wrestler arches his back and uses his head to support his weight.

Neutral -The position where both wrestlers are standing and neither is in control of the other wrestler.

Novice - An age division in freestyle and Greco-Roman competition composed of wrestlers ages 10 and 11. Age requirements may vary by competition

O

Official - The individual designated to interpret the rules, keep order, score and make calls during a wrestling match.

On deck -The term to describe the wrestlers who are set to compete after the match occurring at that time.

Open mat - A type of practice that is not regimented and is open for wrestlers to work on anything they choose.

Optional start - A top starting position in folkstyle wrestling where the wrestler places his hands on the back of the bottom wrestler, either to release him or continue some type of offense from this position. This position is similar to the way freestyle and Greco-Roman wrestlers start, and is also known as a “freestyle start.”

Ordered Hold - A component of both freestyle and Greco-Roman matches where wrestlers are ordered into a specific position to generate scoring opportunities. In freestyle this is enforced to decide a scoreless period. In Greco-Roman the ordered hold takes place in the final 30 seconds of every period.

Out of Bounds - This is called by the referee when competitors step outside of the wrestling area. The match is stopped at this point and continued when both wrestlers return to the center of the mat.

Overhook - See "Whizzer".

Overtime (OT) - Extra period(s) at the end of the regulated competition time used to break a tie and determine the winner.

P

Pairing -In freestyle and Greco-Roman competition, this is the process of matching up competitors within a weight division. This is a systematic, detailed process that requires an experienced official.

Par terre -The starting position in freestyle and Greco-Roman where wrestlers start on the mat in top and bottom positions.

Passivity zone -The outer circle on an international wrestling mat that serves as a boundary.

Period - A specific portion of a wrestling match regulated by time. Number and duration of periods depends on the level and style of competition.

Pigtail - This is a less formal term for the "out bracket" in tournament competition. Pigtails are an extra bracket used when the regular bracket is full. Wrestling must win their pigtail match before advancing into the actual tournament.

Pin -The action of a wrestler pressing both of an opponent's shoulder blades or other part of the upper-back to the mat. A pin instantly ends the match.

Pinning combination -The term used to describe any hold that turns an opponent during an attempt to complete a pin. In folkstyle competition, these are the only instances when a wrestler is permitted to lock his hands together.

Plane -The theoretical flat surface used to determine scoring. It's composed of the wrestler's back in accordance to the mat. When the wrestler's back breaks a 90-degree angle in this plane, scoring of back points occurs.

Points -The system used to determine the outcome of a match based on scoring techniques.

Potentially dangerous -The stoppage of an attempted technique that may cause an injury.

Pre-seed - An unofficial list used to organize wrestlers that are eligible to be seeded for a tournament.

Q

Qualifier - A specific tournament used to qualify top placers for a more competitive event. The number of qualifiers depends on type and size of each specific event.

R

Rashguard - A tight-fitting piece of clothing used to prevent rashes, skin disease, and other injuries.

Redshirt - A rule in American collegiate sports that allows an athlete to train with a team, but restricts him from taking part in competitions. In wrestling, athletes are usually granted redshirt years for long-term injuries or to train for Olympic competition.

Referee's position - starting position in folkstyle where one wrestler starts on his hands and knees, with the other wrestler covering him, encircling an elbow with one hand and placing the other hand around the back and on the naval.

Repechage - In freestyle and Greco-Roman competition, this is the system used to decide the final place winners below 1st and 2nd place. Essentially, the repachage system matches up competitors who lost to either of the finalists in the later rounds of competition.

Rest rule -The regulation in American high school and college wrestling competitions that states wrestlers must be given at least 45 minutes of rest in between matches to ensure safety.

Reversal -The term for when a bottom wrestler escapes and immediately gains control of the top wrestler using the same technique or action.

Reverse Lock - A type of body lock used in the par terre position where a wrestler positions his body to face an opponent's legs when locking around his midsection. The reverse lock can be used when starting in the ordered hold in Greco-Roman competition.

Riding -This is the term used to describe the act of staying on top of and controlling one's opponent.

Ringworm - A fungal infection common in wrestling due to skin-to-skin contact.

Roll - A technique that involves controlling an opponent's body while completing a rolling or twisting motion. Rolls are used as a reversal in the bottom position and/or to expose an opponent's back to the mat in the top position.

Roster - A complete list of the members of a certain team or organization.

Round -The term for the action of organizing and designating matches among a group of particular wrestlers. In tournament competition, rounds continue in a series until all medals or places have been decided. A round may also refer to a specific portion of a match in international competition. See "Period".

S

Sanctioned event - A competition that is approved by a specific organization.

Schoolboy/Schoolgirl - An age division in freestyle and Greco-Roman competition composed of wrestlers ages 12 and 13. Age requirements may vary by competition.

Scoring table -The table, usually at the edge of the mat, where individuals keep track of both the time and score of a match.

Scratch weight -The minimum weight a wrestler needs to be without growth allowance.

Scrimmage - A practice match or meet that is not counted on a win-loss record.

Seed -When wrestlers are positioned in a bracket according to pre-determined ranks. Seeding is used to separate what are thought to be higher-level opponents until later rounds.

Seeding meeting - A time when coaches and/or other team representatives meet before a tournament to determine the placement of wrestlers within a bracket. Seeding ensures that higher-level competitors are separated until later rounds of competitions.

Senior (division) - A division in freestyle and Greco-Roman competition composed of wrestlers ages 20 and above. Age requirements may vary by competition.

Shoot -To take a penetration step towards an opponent in an attempt to take the opponent down. See "penetration step".

Shot -The term describing an attempt at a takedown. See "Leg attack".

Single-leg takedown - A technique that has a wrestler grab hold of an opponent's legs in order to take him to the mat and gain control.

Singlet - A tight-fitting uniform required for wrestling competitions. The style of singlets may vary depending on the style of wrestling.

Slam -The use of excessive force when returning an opponent to the mat. Slams are illegal in most types of wrestling.

Slip - A term used in freestyle and Greco-Roman wrestling to describe a failed attempt at an attack that results in the defensive wrestler gaining control over the offensive wrestler after the move has been completed. Neither wrestler is awarded points in the event of a slip.

Snap-down - This is a technique that involves pressuring downward on an opponent's head, while also moving it, in order to break his position.

Souple - A type of throw in freestyle and Greco-Roman competition where the attacking wrestler throws his opponent to his back head using a back arch. See also: "Grand Amplitude".

Spike - Any attacking move that is perceived as being an intentional attempt to slam an opponent's head into the mat. Spiking is an illegal move in all types of wrestling.

Spiral - This is a technique that is used when a wrestler is in the top position. It involves him "snaking" (positioning) one or both of his arms to the inside of the bottom wrestler's thighs.

Split sole - A style of wrestling shoe sole of which is composed of two distinct sections on the ball and heel separated at the arch. Generally, the separate portions of the shoe allow for greater flexibility.

Sprawl - A technique used to defend a takedown. It involves the defensive wrestler kicking his legs back in order to put pressure on the attacking wrestler and prevent himself from being taken down.

Square - This is the term used to describe how you would position your shoulders/body to be parallel to your opponent's while you are in the neutral position. This is done to prevent him from being able to create angles on you.

Square stance - A type of wrestling stance where both of an individual's legs are next to each other, designating no lead leg. This is typically a defensive stance.

Staggered stance - A type of wrestling stance where one leg is forward. Typically the wrestler's dominant leg is in back. This is usually used as an offensive stance. See "Lead leg".

Staging - The area at a tournament to where wrestlers are called in order to be organized and displaced onto one of several mats.

Stalemate - A call made by the official when both wrestlers are stuck in a position where it is likely that either will score. This call breaks the action and starts the wrestlers in their original position.

Stalling - The term in folkstyle wrestling used to describe a wrestler who is inactive or not attempting to score. Stalling may occur in any position.

Stance - The basic position wrestlers assume when standing in a neutral position.

Stand up - A technique used in folkstyle where the bottom wrestler tries to escape control from the top wrestler.

Starter - A wrestler that represents his team or organization in a competition. Typically, only one starter per weight class is allowed from each team or organization.

Stat - This is the abbreviated term for a "Statistician." A stat may also be a team manager. Stats are essentially on hand to do whatever they can to help out the team, like mopping the mats, keeping score at a meet, etc.

State tournament - A tournament comprised of the best competitors from throughout a particular state used to determine state champions. Some states are separated into divisions and may yield several state champions in each weight class.

Statistician - An individual that keeps statistics for a team.

Stick/Stuck - This is another name for a Pin. It may be used in the present tense, as in "Stick him!" It may also be used in the past tense, as in "He got stuck in that match."

T

Takedown - The action that occurs from the standing/neutral position when an opponent is taken to the mat and controlled.

Technical fall - The outcome of a match in folkstyle wrestling that occurs when one wrestler exceeds the other's score by 15 points or more.

Technical superiority -The result of a specific round in freestyle and Greco-Roman that is declared when one wrestler gains a six-point lead over his opponent.

Technique - A specific movement or hold that can be practiced to increase effectiveness.

Tie/Tie-up - A technique where one or both of a wrestler's arms are used to control the position of an opponent.

Tight waist - This is a technique used from the top position that involves a wrestler reaching his arm underneath his opponent's midsection, and then gripping his opponent's waist on the opposite side of his body.

Time advantage -The accumulated amount of time for riding/maintaining control of an opponent in college level competition.

Timer - The individual that regulates the time in a match.

Top position -The term to describe the wrestler who is on top in Referee's position or when a takedown occurs and the action is brought to the mat. The wrestler in the top position is in control of the wrestler in the bottom position. See "Bottom position".

Touch fall - A pin that occurs instantly in freestyle and Greco-Roman, when both of a competitor's shoulders or scapulae touch the mat.

Tournament - An organized event in which large amounts of athletes and/or teams compete for a championship.

Tournament director - An individual that organizes a specific tournament.

Trail leg - This is a wrestler's back leg when performing a penetration step. A wrestler pushes off of the trail leg to generate power for the takedown.

Turn - Any technique in freestyle and Greco-Roman competition that exposes an opponent's back to the mat.

U

Unattached - A competitor that is entered into a tournament on an individual basis and may not be affiliated with any specific team or organization or count in the overall team score.

Underhook - A type of tie where the attacking wrestler hooks his arm underneath his opponent's arm in order to set up an offensive maneuver.

Unisole - A style of wrestling shoe that has one flat, even-surfaced sole that connects the ball and the heel.

University (division) - A division in freestyle and Greco-Roman competition that is composed of wrestlers who attend a college or university. Eligibility may vary by event.

Unnecessary roughness - This is called when a wrestler tries to inflict pain or intentionally injure an opponent.

Unsportsmanlike conduct - An action during a match or meet that is thought to be immoral in terms of the rules of the sport. Unsportsmanlike conduct may result in a deduction of points or a competitor being ejected from competition.

USA Wrestling - The governing body for the sport of wrestling in America, focused mainly on, but not limited to, freestyle and Greco-Roman competition.

USAW - The acronym for United States of America Wrestling

V

Varsity - A team or group of individuals thought to be the best in their particular school or organization.

Veteran (division) - A division in freestyle and Greco-Roman competition composed of wrestlers ages 35 and above. Age requirements may vary by competition.

W

Weigh-in - The event before a competition where wrestlers are weighed in order to determine weight classes. Weight classes are broken down by pounds in American competitions and kilograms in international competitions.

Weight class - A division that categorizes wrestlers by body weight.

Whizzer - A type of tie that is used to defend leg attacks where the defensive wrestler hooks his arm over the top of his opponent's in order to put pressure on him and keep from being taken down. When in the standing position this technique is called an "overhook."

Z

Zone - The call made by an official in freestyle and Greco-Roman competition that warns wrestlers to keep the action on the mat.