

# Welcome to Wrestling

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## Parent Guide



# INTRODUCTION TO YOUTH WRESTLING



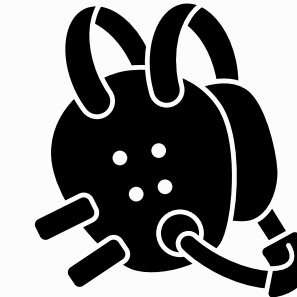
## Overview of the Sport

Wrestling is a dynamic and physically demanding sport that involves grappling techniques to pin or control an opponent. It is a great way for children to develop strength, agility, and discipline.



## How Wrestling Works

Wrestling matches for youth are typically divided into three periods, each lasting one minute. The objective is to score points through various moves and techniques or to pin the opponent's shoulders to the mat, which ends the match immediately.



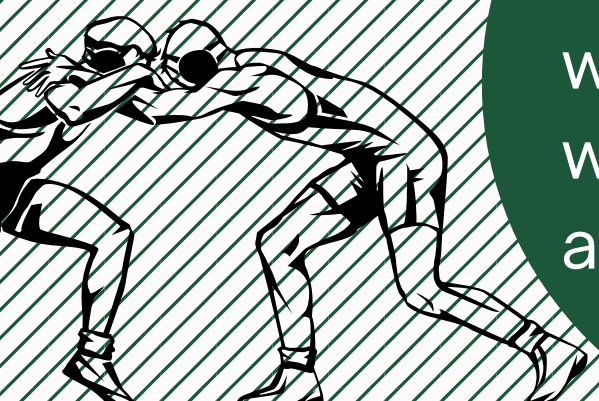
## Equipment Needed

- Wrestling Shoes: Lightweight shoes that provide good grip & ankle support.
- Singlet: A one-piece uniform that allows freedom of movement.
- Headgear (Optional): Protects the ears from injury.
- Mouthguard: Optional but recommended for dental protection..

# Scoring & Strategy- Individual Match

Illegal Holds  
and Stalling  
may also  
result in  
points.

A Tech Foul is  
another way to  
win a match if a  
wrestler gains  
a 15 point lead.



**Takedown  
(3 points)**



Bringing the opponent to  
the mat and gaining control.

**Reversal  
(2 points)**



When the wrestler on bottom  
(defensive) position moves to  
the top (offensive) position

**Escape  
(1 point)**



Getting away from the  
opponent's control.

**Near Fall  
(3-4 points)**



Holding the opponent's  
shoulders near the mat for  
a few seconds.

**Pin (win)**



Holding the opponent's  
shoulders to the mat,  
ending the match.

# Scoring & Strategy-Cont'd

## Example Scenario

Imagine a match between two young wrestlers, Alex and Jordan:

### First Period:

Alex successfully performs a takedown, earning 3 points. Jordan manages to escape, earning 1 point. The score is now 3-1 in favor of Alex.

### Second Period:

Jordan reverses the position, earning 2 points. Alex escapes, earning 1 point. The score is now 4-3.

### Third Period:

Alex performs another takedown, earning 3 points. Jordan reverses the position and attempts a near fall but only holds Alex's shoulders near the mat for a short time, earning 2 points. The final score is 7-7.

In this scenario, the match would go into overtime or be decided by criteria such as the number of takedowns or near falls.

Positioning:  
Maintaining a strong stance and balance.

Control:  
Using leverage and technique to control the opponent.



Basic  
Strategies

Defense:  
Preventing the opponent from scoring points.

Offense:  
Executing moves to score points and gain control.

# Individual Tournaments

- Minnesota wrestling programs host youth wrestling tournaments every weekend on Friday nights, Saturdays, & Sundays.
- Tournaments bracket wrestlers by grade, then weight, then ability.
- Cost is generally between \$15-20 per wrestler.
- Find tournaments on:
  - The Open Calendar on <http://www.theguillotine.com>
  - TeamReach to see where other Rockford families are attending.
- Rockford covers entry fees for certain tournaments
  - Find the list on Tournaments tab on RAAA website:  
<https://www.raasports.com/wrestling-tournaments>

Curious what it is like once you show up at a Tournament?

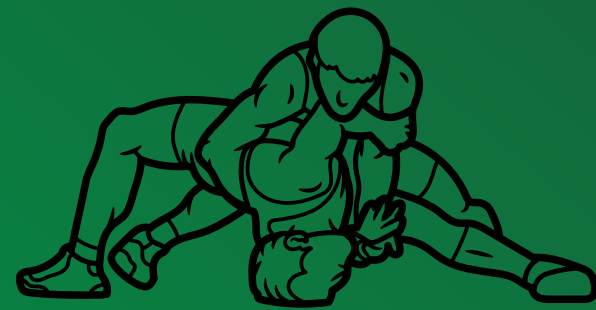
Check out our [First Tournament Guide- What to Expect](#) on the Parent Tab of the RAAA Website:  
<https://www.raasports.com/page/show/4603869-parent-information>

MN/USA, NYWA or Jaycees require special tournaments and different qualifications by age group.

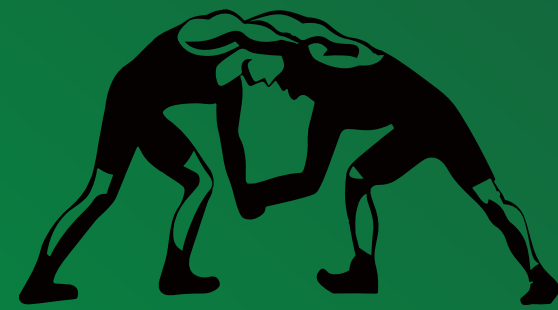
- State Tournaments are held in March.
- MN/USA and NYWA are held in Rochester.
- Jaycees is held in Albany.
- We host a training day in early December for those looking for more info!

# Lingo

Common phrases yelled during wrestling matches:



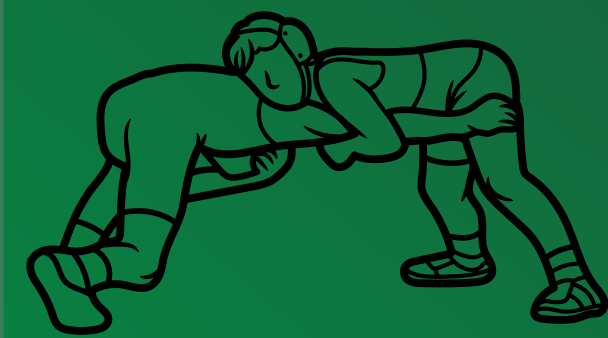
Chest to  
Chest



Wrist Control



On Your Toes



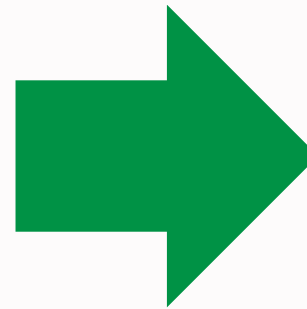
Control the  
Head

# Team Tournaments

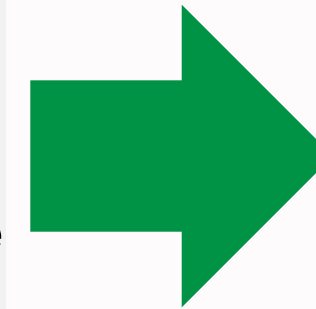
Our Goal: Provide an opportunity for any wrestler interested in participating in a team event.

Team 'dual' tournaments: can be Kindergarten to 3<sup>rd</sup> Grade or Kindergarten-6<sup>th</sup> Grade tournaments.  
– Hosted by other clubs.

10-15 wrestlers are lined up by weight classes, against another school's 10-15 wrestlers.



Each match scores towards a total team score. The team with the higher score at the end of all the weight classes wins!



The team goes out for pizza after to continue the fun!



- Signups will be sent via TeamReach two weeks prior to the Team Tournament and Wrestle Offs will happen the week leading up to the Team tournament during practice.
- Our club covers entry fees for these tournaments
  - Find the list on Tournaments tab on RAAA website: <https://www.raaasports.com/wrestling-tournaments>

# YouTube Videos



Here are some helpful YouTube videos for an introduction to youth wrestling:

## 1. Youth Wrestling: Takedown Fundamentals

This video covers the basics of takedown techniques, including the sweep single and double leg takedowns.

→ Watch here : <https://www.youtube.com/watch?v=UZHMkCYDnu4>

## 2. Beginner Skills for Youth Wrestlers

This video focuses on developmental skills for young wrestlers, emphasizing fluid and correct motions.

→ Watch here : [https://youtu.be/DdYKJL\\_9LF0](https://youtu.be/DdYKJL_9LF0)

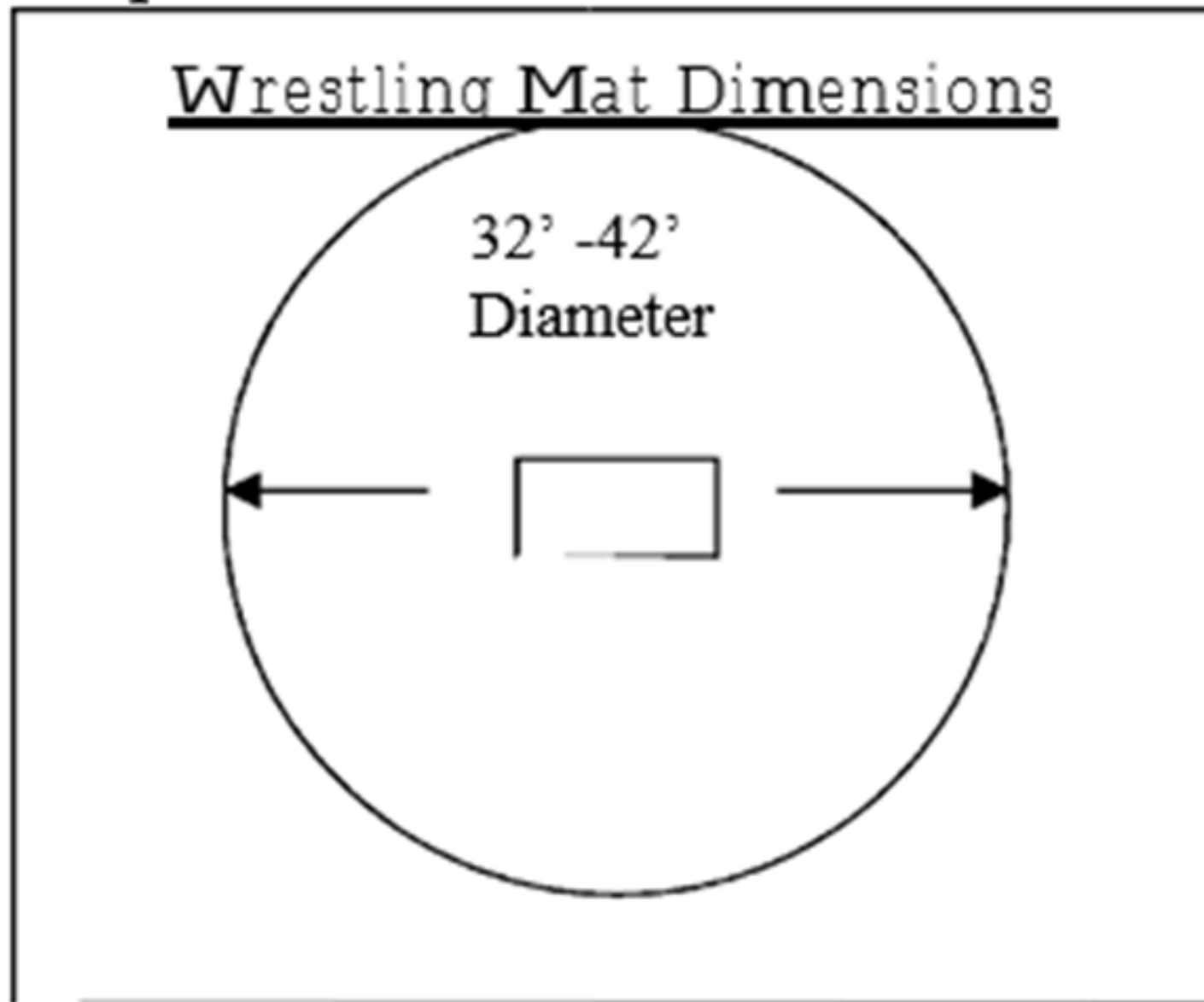
## 3. The ULTIMATE Wrestling Beginner Guide

A comprehensive guide covering equipment, practice expectations, scoring, and more.

→ Watch here : <https://youtu.be/u30aWPUQBDI>

These should provide a great starting point for parents and children new to the sport!  
If you need more information or have any other questions, feel free to ask.

# Referee Calls



<p>Green Right      Red Left</p> <p>Unsportsmanlike Conduct and Flagrant Misconduct</p>	<p>Stopping the Match</p>	<p>Start the Injury Clock</p>	<p>Stop the Injury Clock</p>
<p>Technical Violation</p>	<p>Out-of-Bounds</p>	<p>Indicating No Control</p>	<p>Awarding Points Left or Right Hand</p>
<p>Reversal</p>	<p>Interlocking Hands or Grasping Clothing</p>	<p>Near-Fall</p>	<p>Caution for False Start and Incorrect Starting Procedure</p>
<p>Stalling Left or Right Hand</p>	<p>Illegal Hold or Unnecessary Roughness</p>	<p>Indicating Wrestler in Control Left or Right Hand</p>	<p>Defer Choice</p>
<p>Stalemate</p>	<p>Time Out</p>	<p>Neutral Position</p>	<p>Potentially Dangerous Hold Left or Right Hand</p>