

PARENTS GUIDE TO WRESTLING

WHAT IS WRESTLING?

A physical sport in which two contestants of as nearly equal size as possible try to force each other's shoulders to the mat, thus scoring a fall/pin and winning the match. Points are awarded for various holds and techniques during the bout, and if neither wrestler can score a fall within the time limit, the competitor with the most points wins.

HIGH SCHOOL WEIGHT CLASSES

Varsity/JV: 106-113-120-126-132-138-145-152-160-170-182-195-220-285

WHY SHOULD YOUR SON WRESTLE?

Wrestling develops traits that your son will carry with him for the rest of his life. He will learn to develop a work ethic, set goals, be disciplined, have pride, and to overcome adversity. In addition, he will learn to win and lose with class. Regardless of ability or outcomes, wrestling changes your life in a positive way. *World-renowned wrestling coach Dan Gable once said "Once you've wrestled, everything else in life is easy."*

WHAT DOES IT TAKE TO BE SUCCESSFUL IN WRESTLING?

How much time do you have? A short list of qualities of a successful wrestler are: character, toughness (mental and physical), outstanding physical fitness, agility, coordination, strength, intelligence, flexibility, poise, determination, persistence, commitment, and a positive attitude. In addition, it takes TIME and HARD WORK to become a successful wrestler. Unlike many sports, simple athletic ability won't cut it - great wrestlers BECOME great, it doesn't happen overnight.

HOW CAN YOU HELP YOUR SON ACHIEVE SUCCESS IN WRESTLING?

You help your son by being SUPPORTIVE. Come to his matches, monitor his health, ask him what he is doing in practice and his progress. Additionally, please monitor your son's academic progress as well. Provide encouragement and be positive, at home *and in the stands*. If there is a problem, **FIRST HAVE YOUR SON TALK TO COACH ROSTORFER HIMSELF**. If the problem is not resolved or is of a serious nature, contact Coach Rostorfer yourself (cell 419-303-9337).

WATCHING A MATCH/TOURNAMENT - WHAT SHOULD YOU EXPECT?

Excitement! Wrestling is a very emotional sport to watch, especially for parents. Here is a brief summary of the conduct of matches/tournaments.

Dual Meets (including dual meet tournaments): Each team will send captains out for a coin-toss (to determine which wrestler gets the choice in the second period of each match). The individual matches (14) will then be held using a format of three-two minute periods (2-2-2). Before and after every individual match, each wrestler shakes the hand of his opponent, showing great sportsmanship. At the end of the dual, wrestlers/coaches from both teams will shake hands as well. (See next page for individual and team scoring)

Tournaments: Each wrestler will be placed in some sort of bracket/pool with competitors in his weight class. Each individual weight class will be wrestled to determine the champion/place winners. At times, tournaments may seem a bit confusing but you will catch on quickly. (See next page for individual and team scoring)

EVENT VOCABULARY

Dual.....Competition between two teams.
Tri.....Dual meets between 3 teams (2 matches per team).
Quad.....Dual meets between 4 teams (3 matches per team).
Dual Tournament.....Multiple-dual competition (4-5 matches per team).
Tournament.....Competition where each individual weight class has a tournament using a bracket or round-robin (pool) for each weight class.
Match/Bout.....any individual match between 2 wrestlers.

WRESTLING SCORING

TEAM SCORING - DUAL MEETS

Fall (pin)/Forfeit/Default/DQ.....6

Technical Fall.....5

When a wrestler gains 15 point lead, the match is stopped

Major Decision.....4

Win by 8-14 points

Decision.....3

Win by 1-7 points

TEAM SCORING - TOURNAMENTS

Varies by tournament; each wrestler earns teams points for each match win AND bonus points for winning by Fall/TechFall/Major Decision. In addition, each place winner in a tournament will receive "placement" points for his team (which varies depending on the type/size of tournament).

INDIVIDUAL MATCH SCORING

Takedown.....2

From standing position, one wrestler brings the other to mat and controls him.

Escape.....1

From the mat, wrestler on bottom gets breaks away from opponent to the standing position.

Reversal.....2

From the mat, wrestler on bottom reverses position and controls his opponent on the mat.

Near-Fall Points ("Back Points").....2-3+

From the mat, wrestler on top holds his opponent's shoulders within 45 degrees & 4 inches of the mat for at least 2 seconds (2 pts.); for a full five second count, wrestler earns 3 points. (at times, due to injuries/illegal holds/misconduct, additional points may be awarded).

Penalties.....1+

Penalties are generally 1 point, but increase with each infraction. Some examples of penalties are: illegal holds, technical violations, unnecessary roughness, and unsportsmanlike conduct.

In addition, some penalties have "warnings" prior to the awarding of points. The most common of these is STALLING, which is when the official has deemed that one wrestler is not making an honest attempt to wrestle aggressively. In the case of stalling, a wrestler is warned then penalized.