

HOW TO WATCH A WRESTLING MATCH

The point system used in wrestling is an evaluation of the activity on the mat. It is the referee's duty, among other things, to analyze the situation and signal the points to the scorer. The match consists of three 2-minute periods.

FIRST: Both wrestlers come forward, shake hands, and step back to their designated areas on the circle.

NEXT: The referee blows his whistle and wrestling begins.

NOW: Each wrestler is trying to get control of the other by taking him to the mat with a "TAKEDOWN".

POINTS: The first points are likely to be given for a TAKEDOWN. When one wrestler gets a takedown, the referee signals two points.

THEN: The defensive wrestler for bottom or "down" is trying to ESCAPE or REVERSE and get a hold with which he can keep his opponent's shoulders on the mat for two seconds – a FALL or PIN.

FIRST PERIOD: Starts from standing or neutral position.

SECOND PERIOD: Starts from the "Referee's Position" on the mat. Choice of position is decided by the toss of a coin – the winner of the toss may choose either up or down.

THIRD PERIOD: Starts with the position at the start of the second period reversed.

If the score is tied after the third period, there is a 1-MINUTE SUDDEN VICTORY PERIOD. Wrestlers start from a standing or neutral position. The first wrestler to score wins (usually occurs with a takedown).

If no scoring occurs, there are TWO 30-SECOND TIEBREAKERS. Wrestlers start from the "Referee's Position". Choice of position is decided by the toss of a coin – the winner of the toss may choose either up or down. The positions are reversed in the second 30-second tiebreaker.

If no scoring occurs, there is a 30-SECOND ULTIMATE TIEBREAKER. The wrestler who scored first in the match chooses up or down. If he chooses down, he must ESCAPE within 30 seconds to win the match. If he chooses up, he must keep his opponent from ESCAPING for 30 seconds to win the match.

POINT SYSTEM:

- TAKEDOWN - 2 points
- NEAR FALL - 2 or 3 points
- ESCAPE - 1 point
- REVERSAL - 2 points

DEFINITION OF TERMS:

TAKEDOWN: From a neutral position, a wrestler gains control over his opponent down on the mat.

ESCAPE: When the defensive wrestler gains a neutral position and his opponent has lost control.

REVERSAL: When the defensive wrestler comes from underneath and gains control of his opponent.

FALL or PIN: When any part of both shoulders or scapula are held in contact with the mat for 2 seconds. A pin cancels out previous points.

NEAR-FALL: When the offensive wrestler is successful in turning his opponent's shoulders toward the mat, but not quite close enough for a pin, the official will award the offensive wrestler either 2 near-fall points or 3 near-fall points. 2 near-fall points are awarded if the opponent's shoulders are held close to the mat less than 5 seconds; 3 near-fall points are awarded if a full 5-second count is reached.

TECHNICAL FALL: Winning by a margin of 15 points.

DECISION: Earned by the wrestler who has scored the greater number of points scored at the end of a match by 1 to 7 points.

MAJOR DECISION: Winning by a margin of 8 to 14 points.

DEFAULT: Awarded when one of the competitors is unable to continue wrestling for any reason.

FORFEIT: Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION: Position in which neither wrestler has control.

CONTROL: Situation in which a contestant exercises and maintains restraining power over his opponent.