

Thomas Dale Wrestling



Parent Handbook

High School Wrestling: An Introduction



Wrestling is the oldest competitive sport in the history of man. It is mentioned in the Bible, depicted in Egyptian hieroglyphics, was the focal point of the first Olympics, and has been practiced in practically every country in the world.

Despite its longstanding history, many people are unfamiliar and often confused with the rules, positions, and terminology associated with modern wrestling. The purpose of this article is to clearly and concisely explain the basic principles, rules, and vocabulary involved in a high school wrestling match. Once you understand these fundamentals you can begin to enjoy watching and participating in wrestling.

High school wrestlers participate in a specific style of wrestling called **Folkstyle**. It has unique rules, positions, and strategies that separate it from other styles.

Basic Terminology

Folkstyle Wrestling: A combative sport where one wrestler tries to physically control his/her opponent against his/her will without injury.

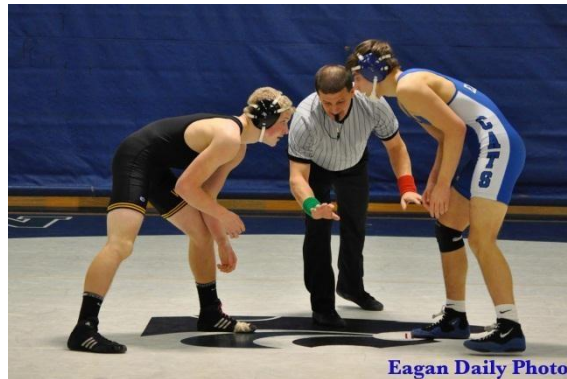
Wrestler: a competitor who weighs a specific weight.

Dual Meet (Meet): When two wrestling teams compete.

Match (Bout): When two wrestlers of equal weight wrestle each other. In high school a match consists of three two-minute periods. **Mat:** A special multi-section foam pad placed on the floor. It is where wrestling matches are conducted. A mat has clearly defined colors and lines used to determine inbounds, out-of-bounds, and starting positions.

Referee: An impartial judge who participates in a wrestling match by determining scoring, enforcing rules, and protecting wrestlers from injury. **Singlet:** The uniform worn by a wrestler. **Head**

Gear: A protective head piece worn by wrestlers to protect their ears from injury. All high school wrestlers must wear an approved head gear during competition.



The beginning of a match between two wrestlers wearing singlets and head gear, on a mat, officiated by a referee.

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Weight Classes: According to VHSL rules, wrestlers are divided among 14 weight classes (measured in pounds). In order for a wrestler to be eligible to compete in a meet or match, he/she must weigh at or below one of the designated weight classes. The weight classes are 106, 113, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285. Wrestlers are weighed-in prior to each wrestling event (Meet or Tournament). If a wrestler does not make weight, he/she cannot participate in that event.

Positions

Wrestling is all about body position and comparing one wrestler's body position to the other wrestler. These various positions, changes in position (called "moves"), and determining which wrestler initiated these positions is what accounts for scoring in wrestling.

Most other sports have only two basic positions: "offense" and "defense". Wrestling has three basic positions: "offense", "defense", and "neutral".

Neutral Position (Standing): When both wrestlers are standing on their feet. Neither wrestler is judged as offensive nor defensive, but equal. Every wrestling match begins with both wrestlers in neutral position.



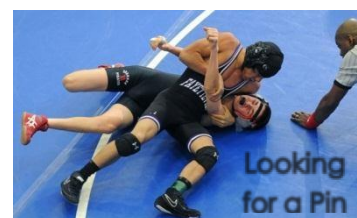
Offensive Position: When one wrestler is behind the opponent's back and arms and has forced him/her off his/her feet and to the mat. Often called the "in control" or "top" wrestler.

Defensive Position: When a wrestler is underneath the opponent and is under his/her control. This is the "bottom" position.

Referee's Position: If the wrestlers are in an offensive/ defensive situation (not neutral) and go out of bounds they will restart in referee's position. The referee will direct both wrestlers to the center circle of the mat. He will instruct the defensive wrestler (bottom position) to place his hands and knees according to two lines within the center circle. Once he is set, the referee will instruct the offensive wrestler (top position) to take his/her place.



The offensive wrestler will center his/her head in the middle of the defensive wrestler's back, place one hand on one of the defensive wrestler's elbows, and place his/her opposite hand around the defensive wrestler's waist resting it on his/her navel. **Pin (Fall):** The ultimate goal of every wrestler is to pin his/her opponent. A pin occurs in an individual match when one wrestler holds the opponent's scapula (both shoulder blades) to the mat simultaneously for two consecutive seconds (as determined by the referee). This immediately ends the match (regardless of the score) with the pinning wrestler announced as the winner. (Pin=Win)



Match Scoring

While the ultimate goal for a wrestler is to pin his/her opponent, not all matches result in a pin. During a match, wrestlers execute moves, counters to moves, and defend against moves. These movements can result in scoring points. The referee awards points based on the rules of Folkstyle Wrestling. At the end of the three two-minute periods if neither wrestler has pinned his/her opponent the wrestler with the most points wins the match.

There are a variety of ways for a wrestler to score points. The basis of scoring is to reward the more active, dominant, or offensive wrestler. The more dominant a move, the more points rewarded according to the rules. These moves are identified by a few basic categories.

Takedown (2 points): When one neutral wrestler gets behind his/her opponent and forces him/her down to the mat onto his/her stomach, side, or knees with weight on all fours or takes him/her directly from the feet to his/her back or buttocks. The wrestler on top becomes the offensive (in control) wrestler; the bottom wrestler is the defensive wrestler. The offensive wrestler is awarded two points for a takedown as indicated by the referee.

Neutral to Offense= two point takedown.

Neutral to Defense= no points; you were taken down.

Escape (1 point): When the defensive wrestler gets out from underneath the offensive wrestler to his/her feet and “escapes” his/her control. This is a positional change from defensive to neutral. The defensive wrestler is awarded one point for an escape as indicated by the referee.

Defensive to Neutral= one point escape.

Offensive to Neutral= no points; loss of control.

Reversal (2 points): When the defensive wrestler gets out from underneath the offensive wrestler by getting behind and on top and “reverses” who is in control. This is a positional change from defensive to offensive. The defensive wrestler is awarded two points for a reversal as indicated by the referee.

Defensive to Offensive= two points reversal.

Offensive to Defensive= no points; loss of control.

Near Fall (Back Exposure; 2 or 3 points): When the offensive wrestler forces the defensive wrestler’s shoulders (scapula) past a 45° angle while attempting to pin. The number of points awarded is based on the duration of the back exposure as determined by the referee’s count. For a 2-4 second count the referee will award the offensive wrestler two near fall points. For a 5 second count the referee will award the offensive wrestler three near fall points. The referee will stop counting after 5. Three points is the maximum amount of near fall points an offensive wrestler can be awarded for one instance of a near fall attempt and the points will not be awarded by the referee until the near fall situation has ended (the defensive wrestler gets “off his/her back”). A pin may be called at any time by the official during the near fall count, according to his judgment.

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Offensive Wrestler turns Defensive Wrestler to Back for 2, 3, or 4 count= two near fall points

Offensive Wrestler turns Defensive Wrestler to Back for 5 count= three near fall points.

Defensive Wrestler gets turned to Back for 2, 3, 4, or 5 count= no points; you got “turned”.

Penalty Points: The referee can award one or two points to either wrestler based on rule violations (penalties) during a match. Penalties can result from using illegal holds, illegal starting positions, stalling (prolonged inactivity), or unsportsmanlike conduct. The referee will always stop a match to indicate a penalty has occurred and award the appropriate points. Repeated penalties can result in wrestler disqualification. Please refer to the Penalty Chart for more specific information about penalties.

Team Scoring

Although wrestlers compete as individuals in matches for pins and points they are part of a team and therefore also earn team points based on their individual match results. Team points are awarded only to the winning wrestlers' team and vary depending on the nature of each victory. During dual meets team points will be displayed separate from individual match points. The team with the most team points at the end of the meet is the winner.

Regular Decision (3 team points): When a wrestler does not pin his/her opponent, but wins by a margin of 1 to 7 match points. The winning wrestler's team is awarded 3 team points.

Major Decision (4 team points): When a wrestler does not pin his/her opponent, but wins by a margin of 8 to 14 match points. The winning wrestler's team is awarded 4 team points.

Technical Fall (5 team points): When a wrestler does not pin his/her opponent, but establishes a match point lead of at least 15 points. When this margin is achieved the match is immediately ended, regardless of the time remaining in the match, and the leading wrestler is declared the winner. The winning wrestler's team is awarded 5 team points.

Pin (Fall; 6 team points): When a wrestler, as determined by the referee, forces his/her opponent's shoulders (scapula) simultaneously to the mat for a consecutive count of two. The referee indicates a pin by blowing the whistle and slapping the mat. The match is immediately ended regardless of the score or remaining time and the pinning wrestler is declared the winner. The winning wrestler's team is awarded 6 team points.

Forfeit, Disqualification, or Injury Default (6 team points): If one team does not have a wrestler to fill a specific weight class, a wrestler is disqualified by the official according to the rules, or a wrestler becomes injured and unable to finish

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the match the opposing wrestler is declared the winner. The winning wrestler's team is awarded 6 team points.

Match Structure

A high school wrestling match consists of three two-minute periods. The wrestling action as well as the time-clock start and stop when the referee blows his whistle. Upon restart, the position of the wrestlers depends on the current situation of the match. Please refer to the Referee's Signals for more information.

Provided there is no pin, the wrestler with the most points at the end of regulation time is the winner. There are rules in place in the event of a tie score at the end of regulation time.

1st Period: At the start of all wrestling matches the wrestlers begin in Neutral Position by placing his/her foot on the designated lines in the center circle of the mat. Wrestlers always shake hands before the match begins. As the action ensues the referee will award points based on changes in position. If the wrestlers go out-of-bounds the referee will blow the whistle stopping the action and the time-clock. The wrestlers' next starting position will be based on their positions when they went out-of-bounds. If the wrestlers went out-of-bounds in neutral position the referee will restart them in neutral position. If the wrestlers were in an offensive/defensive position the referee will place them in referee's position accordingly.

2nd Period: At the start of the second period the referee will either flip a colored disc to decide who will have "choice" or, according to a predetermined order, indicate which wrestler has "choice". The starting position for both wrestlers is dictated by this wrestler's "choice". There are four possible options for the indicated wrestler.

Neutral Position: The wrestler may choose for both wrestlers to begin the second period in the standing position.

Bottom Position: The wrestler may choose to be in the bottom (defensive) position of referee's position. His/her opponent must then take the top (offensive) position.

Top Position: The wrestler may choose to be in the top (offensive) position of referee's position. His/her opponent must then take the bottom (defensive) position.

Defer: The wrestler may choose to defer his/her choice until the third period. The referee will indicate this and then offer the above three choices to the opposing wrestler who must then choose. He/ she may not defer.

Once the wrestlers are legally placed in the correct positions the referee will blow the whistle and the match will resume. As stated above, if the wrestlers

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go out-of-bounds during the second period the referee will blow the whistle stopping the action and the time-clock. The wrestlers' next starting position will be based on their positions when they went out-of-bounds.

3rd Period: At the start of the third period the wrestler who did not have choice in the second period or deferred choice will then choose. At this point, the wrestler may only choose top, bottom, or neutral. Once the wrestlers are legally placed in the correct positions the referee will blow the whistle and the match will resume. As stated above, if the wrestlers go out-of-bounds during the third period the referee will blow the whistle stopping the action and the time clock. The wrestlers' next starting position will be based on their positions when they went out-of-bounds.

Match Stoppage: All wrestling action will start and stop by the referee's whistle. Aside from the end of a period, going out-of-bounds, or announcing a penalty there are other instances where a referee will stop a match.

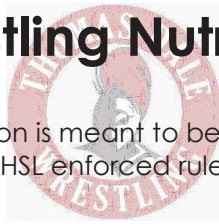
Stalemate: Using his judgment a referee may stop wrestling action when neither wrestler can improve position or score. The wrestlers will restart in the center of the mat based on their positions when the referee called the stalemate.

Potentially Dangerous Move: Using his judgment a referee may stop wrestling action if the wrestlers are getting close to a position known to be potentially dangerous where an injury might occur. The wrestlers will restart in the center of the mat based on their positions when the referee made the potentially dangerous call.

Coach's Conference: A referee may stop wrestling action to recognize a coach's challenge or clarify a previous call.

Match Conclusion: At the conclusion of a match, whether by pin or the end of regulation time, the referee will direct both wrestlers to return to the center of the mat. The wrestlers will once again shake hands and the referee will raise the hand of the winning wrestler. Once this occurs, the match is officially over and team points will be awarded based on the results of that match.

Wrestling Nutrition



Disclaimer: The following information is meant to be used as a basis for diet, not as the VHSL enforced rules.

Wrestling is one of the few sports that allow athletes of all sizes to compete. It requires strength, concentration, skill, agility, and endurance. The best way to ensure a powerful and consistent performance is having a healthy eating plan for the season. The following information will help the wrestler have the best diet for a championship season.

Weight Class Determination

Thomas Dale wrestlers are required to stay in a specific weight class during the season. If the wrestler is a few pounds away from a lower weight class, he may want to try and lose those pounds because sometimes being at the top of a weight class (e.g., weigh 100.0 in the 100-pound class) might give the wrestler a small advantage.

Thomas Dale Wrestling coaches do not condone nor recommend any drastic weight loss because the wrestlers' health is more important than winning. Your body is composed of fat tissue and lean tissue. While fat is fat, lean tissue includes muscle, bone, and water. Throughout the season it's normal for the wrestler to lose extra body fat to gain muscle. The American College of Sports Medicine and The American Academy of Pediatrics both have set 5% as the minimum percentage of body fat for males to keep healthy. Having less than 5% body fat can lead to serious health problems. There is no scientific evidence that proves that a wrestler performs better at 5% body fat, rather than say, 8-10% body fat.

COUNTING CALORIES?

As each person has a different metabolism, weight, and energy level, he will have a different calorie need. Generally, no one should go below 1600 calories a day because below this number of calories doesn't provide the body with enough nutrients and will cause a loss of lean tissue. If the wrestler wants to lose fat tissue, then he should start a weight loss regime well before wrestling season begins. Never lose more than two (2) pounds per week - this ensures that the weight lost isn't just water weight or lean tissue, plus it maintains the metabolic rate. If the wrestler chooses to lose weight before the wrestling season starts, then he won't be deprived of the much-needed vitamins that are very important for his growing body.

The formula to estimate your calorie needs is:

1. Multiply your weight by 10. For 120 pounds, $120 \times 10 = 1200$.

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2. Multiply that number by 1.7. For 120 pounds, $1200 \times 1.7 = 2040.0$

This number, 2040 for a 120-pound wrestler, is the estimated number of calories you will need per day to maintain your weight. To lose weight, you will then need to lower that estimated number by 250 to 500 calories per day to safely lose 1-2 pounds per week.

Dangerous Weight Loss Practices

Over the years, wrestlers have used several dangerously unhealthy ways to lose weight rapidly. These ways impair health and have actually led to death. These dangerous weight loss practices include:

- Yo-Yo Dieting. Binging and fasting enables your body to store more fat, making it more difficult to lose weight.
- Starvation/Fasting. Starving causes your body to lose muscle tissue first, not fat tissue. Each time you fast your body stores fat more efficiently, thus increasing the mass placement of fat tissue. This makes it harder and harder to lose weight.
- Diet Pills/Laxatives. These are forbidden because they contain chemicals that increase your heart rate and blood pressure. Laxatives often lead to dehydration.
- Dehydration. This is the result of not drinking enough fluids. This is very dangerous and leads to lowered strength, decreased endurance, slower blood flow, increased stress on the heart, and inability to regulate body temperature. Spitting, water pills (which can damage the kidneys), and exercising in a hot weight room (this is the most dangerous of all because there's a high chance of heat stroke and heart failure) all cause dehydration. A sign of dehydration is dark yellow urine.

Basic Nutritional Building Blocks

Wrestlers need a proper diet to perform their best and to maintain or lose weight. The three major building blocks of nutrition are: carbohydrates, protein and fat.

Carbohydrates

Carbohydrates are used for energy. For the best performance, eat a lot of carbohydrates 1-2 hours after practice to increase energy stores and prepare for the next workout or practice. Carbohydrates should be approximately 60% of the calories you eat per day. For example, if your calories are 2,000 per day, 60% is 1,200 calories from carbohydrates per day. 1,200 calories equals 300 grams of carbohydrates - there are four (4) carbohydrates per gram, so $1,200 / 4 = 300$ grams.

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High Carbohydrate Foods:

- Chocolate milk
- Beans
- Carrot, corn, sweet potato, potato
- Yogurt
- Beans, peas
- Apples, bananas, cantaloupes, oranges, pears, pineapples, grapes, watermelon
- Prunes, dates, raisins
- Raspberries, strawberries
- Bagels, biscuits, breadsticks, bread, buns, English muffins, cornbread
- Cereal and Granola
- Fig Newton bars
- Graham crackers and saltine crackers
- Pancakes and waffles
- Pizza
- Popcorn

Protein

Protein also provides your body with energy. Muscle tissue is mostly made of protein so not eating enough protein will hurt performance. Typically, your body needs 0.5 to 0.9 grams of protein per pound, or about 10 to 20% of your calories per day. Like carbohydrates, there are four (4) calories of protein per gram. For example, if your caloric intake is 2,000 calories per day, then 15% (to split the difference between 10-20%) is 300 calories, divide this by four (4) and you will need 75 grams of protein per day.

High Protein Foods:

- Almonds, peanuts, pumpkin seeds, walnuts, sesame seeds
- Eggs
- Tofu
- Fish
- Chicken
- Cottage Cheese
- Beans
- Shellfish
- Yogurt

Low Protein Foods:

- Vegetables
- Grains
- Breads

Fat

Wrestlers definitely need fat in their diet. Fat is feared nowadays but without it food would taste bland, your body couldn't absorb vitamins A, D, E, and K, and you wouldn't get essential fatty acids. Another great thing about fat is that it helps you feel full longer. Your body uses fat as an energy source - just what a wrestler needs during a high-pressure match. 20-30% of your daily calories should come from fat, but no more than 30%. For 2,000 calories per day, you need 400-600 fat calories. There are 9 calories of fat per gram, so 400-600 calories are rounded out to be 44-67 grams of fat per day. Watching your portion size and not forgetting that there are calories in sodas can help you stay within your designated calories per day.

Glycemic Index

Another important part of the wrestler's diet is maintaining sugar levels and knowing the glycemic index of foods. The faster and higher a food makes your blood sugar rise - the higher its glycemic index. Keeping your blood sugar from fluctuating will give you energy and improve your ability to focus. Good blood sugar = good energy for performance. High glycemic index foods are useful during and after practices and matches while lower glycemic index food may be helpful before practices and matches.

Low Glycemic Index Foods:

- Skim Milk
- Plain Yogurt
- Soy beverage
- Apples, plums, oranges
- Sweet potatoes
- Oat bran bread
- Oatmeal
- Rice (not instant)
- Pasta
- Beans
- Peas

Medium Glycemic Index Foods:

- Banana
- Pineapple
- Raisins
- Grapes
- New potatoes
- Popcorn
- Brown rice
- Couscous

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- Shredded wheat cereal
- Whole wheat bread

High Glycemic Index Foods:

- Watermelon
- Dried dates
- Instant mashed potatoes
- Baked white potato
- Instant rice
- Cereals like Corn Flakes, Rice Krispies, and Cheerios
- Bagels
- Saltine crackers
- Jellybeans
- French fries
- Ice cream
- Granulated White Sugar

NOTE: If you want to experiment with high to low glycemic index foods, then do it at practices first to see how your body reacts.

Staying Hydrated

The most important nutrient of all is water. If you become dehydrated, your metabolic rate slows down, and then exercise, practice, or your wrestling match feels difficult. It has been estimated that a 1-2% loss of body weight due to fluid loss causes about a 15-20% decrease in performance. Signs of dehydration are rapid heart rate, dark urine, tiredness, dizziness, ringing ears, and even hunger.

Facts about dehydration:

- Feeling thirsty is a late sign of dehydration and your performance could lack by up to 10% before you even get thirsty! Stave off thirst by drinking enough fluids.
- It's best to drink about 20 ounces of fluids two (2) hours before practice or competition and 8 ounces every 15-20 minutes during practice or competition.
- Continue to drink fluids after practice to re-hydrate. A good rule of thumb is to drink two (2) to five (5) or so cups of fluid.
- Check your urine to monitor your hydration. Light yellow is good, dark yellow means you're dehydrated.
- Avoid beverages with caffeine, carbonation, and lots of sugar such as soft drinks. These block the body from absorbing fluids.
- Cold fluids are best. They cool you down and your body absorbs cold drinks faster.

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- Avoid large amounts of fruit juices because they'll cause diarrhea. 100% fruit juices are best for you - in moderation.
- Water is best to drink for re-hydration. Sports drinks are okay too, and they have the added benefit of carbohydrates to give your practice or wrestling match a boost, but the high sugar content has been known to cause cramps.

Eating for Competition

Just as your truck needs gasoline, oil, and water to make it go, your body needs to be well fed and watered so that you can perform your best. The following suggestions outline what to eat before, during, and after a wrestling tournament.

- The Night Before the Competition: A couple of hours before bedtime drink 1820 ounces of water or sports drink, and eat both protein and carbohydrate snacks with low glycemic indexes. For example, spread peanut butter on some graham crackers, make a small turkey sandwich, or mix up an envelope of Carnation Instant Breakfast with skim milk.
- Match Day: 4-5 hours before the match, eat a high carbohydrate, moderate protein, and moderate fat snack, like orange juice and a bagel with jam, or cereal and skim milk with a banana, or pancakes with syrup with 100% fruit juice and skim milk.
- 1-2 Hours Before the Competition: Eat a high carbohydrate, low protein and low fat food like nonfat yogurt, banana, or 100% fruit juice.
- From Weigh-in to Match: drink 8-12 ounces of a sports drink.
- Between Matches: eat high glycemic index foods like dry cereal, bagels, raisins, grapes, and graham crackers.
- After the Match: The first 15 minutes after exercise are the most important to begin replacing carbohydrates and rebuilding sugar stores. Beware of eating empty calories and high fat from foods and liquids like donuts, candy, and soda because they don't contain the protein, carbohydrates, and other vitamins needed to help your body recover.

According to the NCAA, follow the three "R's" of muscle recovery:

- Re-hydrate your muscles with water
- Replenish your muscles with liquid carbohydrates like 100% fruit juice or high-carb sports drinks
- Repair your muscles by continuing to drink high-carb beverages and eat high-carb, protein, and fat foods for the next two hours to "feed" your muscle tissue.

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Nutrition Tips:

- Good nutrition is just as important before the event as after the event to ensure good muscle recovery and to lessen tiredness and injury during the season.
- Stay hydrated by drinking enough water throughout the day remembering that thirst is not the first sign of dehydration.
- Always read labels and drink 100% real fruit juices instead of fruit juice mixes.
- Drink water instead of soda, because carbonation and caffeine promote dehydration.
- Health bars, power bars, etc. are much better for you to eat than candy bars.
- If you're in a hurry and don't have time to eat before practice or a competition, there are many liquid meal supplements available like Carnation Instant Breakfast, Ensure, and Boost. Never skip a meal!
- The first 15 minutes after a competition or practice, drink water, pineapple juice or even a sports drink AND eat either oranges or bananas to help your muscles recuperate faster and to energize you and fight off fatigue.

Conclusion








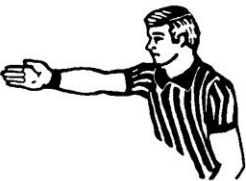












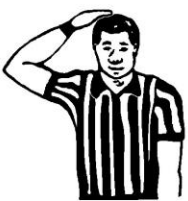
Remember, your goal is to wrestle healthy and strong. Wrestling is the greatest sport of the planet! Wrestlers shouldn't have to concentrate on making weight week after week. Struggling to drop weight each week to get to a certain weight class turns wrestling into a 24 hour job for the athlete and the parent and will ultimately make everyone miserable. It's not worth it in the long run. Find a weight class that you can easily maintain week-in and week-out and have fun!

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Penalty Chart

Penalty	1 st Occurrence	2 nd Occurrence	3 rd Occurrence	4 th Occurrence
Locking Hands/ Illegal Holds	1 point	1 point	2 points	Disqualification
False Start	Caution	2 nd Caution	1 point	1 point
Improper Starting Position	Caution	2 nd Caution	1 point	1 point
Stalling	Warning	1 point	2 points; Opponent chooses starting position	Disqualification
Unnecessary Roughness	1 point	1 point	2 points	Disqualification
Unsportsmanlike Conduct (during a match)	1 point	1 point	2 points	Disqualification
Unsportsmanlike Conduct (not during a match)	1 Team point deduction	2 Team points; Disqualification from event	n/a	n/a
Not Reporting to Scorer's Table/ Improper Equipment	1 point	1 point	2 points	Disqualification

Referee Signals

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