

How to Watch a Wrestling Match

Each wrestling match is divided into three periods. Yet, from the first seconds, the 'sudden death' rule applies. Each opponent is going for a 'pin.' If one succeeds, the match is over.

First period: Match begins with contestants facing each other on their feet. Referee signals timekeeper and commands 'Wrestle.' Each wrestler attempts to take his opponent to the mat and gain control. This move is called a 'take-down' for which the referee awards points. A 'take-down' is completed when the offensive wrestler has taken his opponent to the mat and has moved behind and on top of him, or in some manner has demonstrated control.

After securing an advantage, the top wrestler tries to retain it, keeping his opponent under control. He may use his hands, arms or legs, or a combination. The underneath wrestler must at all times try to escape and gain control.

Second period: Starts with one wrestler choosing neutral, top or bottom position. To allow each wrestler the chance to start from their best position, one team has second period choice in odd-numbered matches and the other in even-numbered matches.

A wrestler choosing top position attempts to pin his opponent or retain control, while the underneath wrestler tries to reverse his position. When a wrestler on top trying to pin his opponent fails to do so, he may still be given points for a partially successful attempt.

Third period: Second wrestler now has choice of positions.

Note: When wrestlers go off the edge of the mat, the referee brings the contest to the center of the mat, placing the wrestlers on the mat in a position determined by the referee (position is based on the wrestler's position as they went off the mat).



Wrestling Terminology

Takedown: When one wrestler takes his opponent from his feet & or neutral position to the mat with two supporting points on the mat.

Points Earned: 2

Escape: Escapes are when each wrestler is in the down position and the wrestler on bottom clears himself and faces his opponent.

Points Earned: 1

Reversal: A reversal is earned when the two wrestlers are in the down position, the wrestler on bottom maneuvers and negotiates his position, while still on bottom, to take over the top position.

Points Earned: 2

Near Fall: Near fall suggest that one wrestler had his opponent in a position to be pinned, but, his opponent recovered from the pinning position to return to his stomach.

Points Earned: Referee gives two swipes with hand-2

Referee gives five swipes with hand-3

Additional Information:

In a wrestling dual 6 team points are earned for a pin.

In a wrestling dual meet 3 team points are earned for a regular decision in a single match.

(Example: 10 to 8 score)

In a wrestling dual meet 4 team points are earned for an 8-point decision.

(Example 9 to 1)

Technical Superiority: Opponent out-scored by 15 points before the regulation time expired.