



LAKEVILLE YOUTH WRESTLING ASSOCIATION
PARENT'S GUIDE TO WRESTLING

This Parent Handbook is published for the members of the Lakeville Youth Wrestling Association to provide a handy reference to various aspects of the association and its operations. This handbook is intended to provide general information and is not an absolute set of rules, but rather guidelines that the Board uses to help administer the program. It is meant to be a guide to inform you of the necessary communications and serves as a source for the Association's policies and procedures.

The Parent Handbook and its contents, policies and procedures are developed and approved by the Lakeville Youth Wrestling Association's Board annually. Any changes or modifications require the approval of the Board of Directors.

****ALL INFORMATION LISTED IN THIS HANDBOOK IS SUBJECT TO CHANGE****

Board of Directors 2014-15

PRESIDENT Bridgette Hanson

VICE PRESIDENT Brian Rathke

DIRECTOR Mike O'Connor

SECRETARY Amy Kelvie

TREASURER Mark Flen

Feel free to contact a Board Member at any time with questions/concerns:

lywainfo@gmail.com

COACHES

Chad Erikson

Jake Avre

BOARD MEETINGS

Regular meetings of the Board are held throughout the year, approximately once every 4-5 weeks, at a place and time set by the Board. Board meetings are open to all that are interested in Lakeville Youth Wrestling. You may contact a Board member regarding dates of Board meetings and if there are any concerns or ideas you would like placed on the agenda.

BOARD POSITIONS AND TERMS

The Board administers the Lakeville Youth Wrestling Association operations. Each Board Member is elected to a two-year term, with the exception of the Director, which is a one-year term. Election of Board members is held during the End of The Year meeting, usually in May of each year. Anybody may have their name placed on the ballot in advance of the election by notifying the President or Secretary of the Board. Any board position that is still vacant after the nomination deadline will be filled by the President who will nominate a person for that position, with approval of nominated person and the board. Board Members are subject to background checks.

As a Board Member, you must fulfill your duties with the following considerations:

- Serve the entire membership fairly and without prejudice for your own children or friends.

- Take the initiative when accepting a position to fully understand your responsibilities and the time frames in which your work needs to be done.
- Attend all Board meetings and be prepared.
- Be supportive of all Board Members and Board decisions.

VOLUNTEERS

As with most youth programs, the people who manage our program, assist with activities, and serve on the Board are volunteers. Volunteers are extremely important to the program. We should be very grateful for the time and energy these volunteers provide. Without them, there would be no program.

Many of LYWA's fundraising initiatives are completely reliant upon parent volunteers. The Board requires parents to volunteer to help at select tournaments (admissions, concessions, set-up, take-down, etc.). Without parent help, these events would not take place and LYWA would lose critical funding. Parents will be notified in advance of tournament dates and given time to sign up for particular responsibilities.

MISSION STATEMENT

LYWA's mission is to provide a fun and competitive environment designed to introduce and foster the sport of wrestling. We are committed to developing basic and advanced wrestling skills, conditioning and good sportsmanship. We hope to give all athletes a solid foundation in the basics of wrestling to prepare them for competition. We hope to instill in all athletes a love of the sport of wrestling and an appreciation of the skills, time and effort that is required to succeed in any life accomplishment. Lastly, we hope to prepare these young athletes to one day compete at the high school varsity level and possibly beyond.

HOW YOUTH WRESTLING WORKS

Wrestling is a both an individual and a team sport. Unlike how other organized youth sports programs may run, the LYWA wrestling season is built primarily of practices that are hosted by the board and coached by our coaching staff. There is no weekly "game day" for all participants; instead, each wrestler as an individual participant is encouraged to compete in individual tournaments, where they can experience live wrestling matches. You can find tournaments in the state of Minnesota listed here: www.theguillotine.com

LYWA does participate in Team Tournaments by either hosting or by attending by invitation. The tournaments in which Lakeville Youth Wrestling participates is determined by the Board. Lakeville Wrestling Team participants are determined by intra-club wrestle-offs by weight.

LYWA PROGRAM OFFERINGS

- Beginner Program. This 4-practice session is designed for both beginner wrestlers and returning wrestlers. It is intended to be an introduction to the sport and an overview of basic wrestling moves and fundamentals.
- Full-Season Folkstyle Program. This program is for the K-6 wrestler who wants to further develop their wrestling skills. This program is open to those who have completed the Beginner program or have previous wrestling experience. The season typically runs late November until

early April after Minnesota youth state tournaments have taken place. Practices are each Tuesday and Thursday through the season, omitting major holidays or breaks. The full season program involves participation in practices and in both team and individual wrestling events.

- Practice schedule is: Tuesdays and Thursdays at LSHS Wrestling Room. 6:00 – 7:00 for wrestlers with less than 2-3 years of experience; 7:00 – 8:30 for wrestlers with more than 2-3 years of experience.
- Practice for “Little Beginners” is each Tuesday and Thursday from 6:15 – 7:15 at LNHS Wrestling Room. This program is designed with the young, beginner wrestler in mind.
- Middle School Program. This is for middle-school aged kids (7th and 8th grade) who wish to continue wrestling and preparing for youth state tournaments after the middle school season is complete.
- Greco Roman/Freestyle Program. This optional program is for the K-6 wrestler who wants to continue their wrestling after the Folkstyle season has ended, and further their wrestling skills by learning new techniques used in the Freestyle and Greco Roman styles of wrestling. Practice times and dates, as well as fees, are determined each year prior to the start of the program. Typically, this session will start in April and run through late May.

PARTICIPATION FEE STRUCTURE

BEGINNER PROGRAM:

- Free

FULL SEASON FOLKSTYLE PROGRAM - ISD 194:

- \$110 per wrestler
- Multi-child discount: \$110 each, first 2 wrestlers. \$55 each wrestler after first two.

FULL SEASON FOLKSTYLE PROGRAM – NON-ISD 194:

- \$300 per wrestler
- Multi-child discount: \$300 first wrestler, \$150 each wrestler after first.

MIDDLE SCHOOL PROGRAM – ISD 194:

- \$50 per wrestler.

GRECO ROMAN/FREESTYLE PROGRAM - ISD 194:

- Rates are typically published toward the end of the Folkstyle season, and may vary year to year.

GRECO ROMAN/FREESTYLE PROGRAM – NON-ISD 194:

- Rates are typically published toward the end of the Folkstyle season, and may vary year to year.

SINGLET/EQUIPMENT

For those who wish to wrestle at a competitive level can be issued a wrestling singlet on a loan basis which must be returned to the club when the wrestler is done competing for the season. There is a \$30 fee refundable upon the return of the singlet. Loaned club singlets remain the property of LYWA and must be returned in good condition; if condition is poor, LYWA reserves the right to retain the \$30 fee. Loaned singlets are on a first-come, first-served basis.

From time to time, LYWA will make high-quality, custom designed singlets available for purchase. The board will make you aware of those opportunities as they arise.

At times, LYWA may also sponsor a “swap meet” some time at the beginning of the Full Season Program where families can buy/sell wrestling gear, or arrange for professional resellers of new wrestling gear to come to practices or tournaments.

PRACTICES

For practices, wrestlers should:

- Try to attend all practices. Arrive on time and be ready to work out.
- Wear appropriate practice gear: t-shirt, shorts, socks, knee pads, wrestling shoes. Wear clean clothes to each practice.
- Stay quiet, sit up and focus during instruction. Ask questions if you don't understand.
- Wrestlers must follow the directions of the coaching staff during practice, including doing the exercises and participating in all drills.
- Profanity, horseplay, abusive language or fighting will NOT be allowed.
- Push your drill partner to work hard and focus during practice.
- Make sure fingernails are trimmed before practices and matches.
- Report any injuries to the Coach right away.
- Wrestlers are not to leave the room without permission from the coach.
- Concentrate on daily and weekly improvement and work hard on fundamentals, NOT wins and losses.
- Display good behavior before and after practice.
- Bring a positive attitude to practice.

Full Season practices will be closed. LYWA and our coaching staff feel the best scenario for kids to remain attentive and to best learn is to remove distractions parents and/or siblings may present while present in the wrestling room. Parents/guardians are welcome to wait outside the wrestling room during practice. If it is necessary for a parent to be in the room during practice, we ask that you sit near the doorway, off the mat, and keep all conversation to a minimum.

HYGIENE

To reduce the risk of skin infections in all athletes competing in any sport:

- Wear clean clothes to each practice.
- Take a hot, soapy shower right when you get home from practice or tournaments.
- If you see something on your skin - SHOW THE COACH!
- If you suspect you may have a skin infection, you should see a doctor as soon as possible. See a Board Member or the Coach to get a form for the doctor to fill out.
- Random skin checks will be performed at practices throughout the season.

FUNDRAISER

Our most important fundraiser each year is a “Takedown-athon.” Wrestlers are asked to raise donations by asking for sponsors for the takedown-athon. During a practice in early January, the wrestlers will perform 100 takedowns each. Prizes will be awarded based on donation level achieved. The wrestler who raises the most money each year will have the next year's Takedown-athon named after them. Each wrestler is asked to raise a minimum of \$75. Please see a board member with any questions.

Our club fundraisers are important and allow us to fund tournaments for our wrestlers, buy uniforms and clothing and pay our coaching staff. They are also great ways for parents, families and friends to get involved with Lakeville Youth Wrestling. Your support is appreciated.

LAKEVILLE-HOSTED TOURNAMENTS

Each year, LYWA host a couple youth tournaments in Lakeville – a MN/USA Wrestling state qualifier in December, and the NYWA Region 3 Individual Tournament (State Qualifier) in March. Tournaments are at either South or North high school. We ask for everyone's participation. One member from each family will be expected to work at each of these events. It is absolutely critical to the success of these events. Volunteer sign-up will be made available prior to each volunteer opportunity.

INDIVIDUAL OPEN TOURNAMENTS

There are many "open tournaments" every weekend throughout the wrestling season. You can find open tournament schedule posted on www.theguillotine.com. Click on Youth, then Calendar. There is also a link to The Guillotine from www.lakevilleyouthwrestling.com

LYWA will also let you know which tournaments a coach/parent coach will likely be at each weekend or the recommended tournament for that weekend. These tournaments are optional and are not required, but it is encouraged that your wrestler participates in open tournaments whenever possible. This is where the wrestler can use the skills learned in practices. These tournaments vary in length of time, depending on the number of wrestlers attending and age/ability, so be prepared for the possibility of a long wait.

"LIVE WRESTLING" AT TOURNAMENTS: WHAT TO EXPECT

First year parents may not know what to expect at a wrestling tournament. Here is a high-level overview of a typical open/individual tournament experience:

- Typically you register upon arrival at the tournament. These details will be available on www.theguillotine.com
- Before wrestling begins, your child's entire age group or grade is called into a "staging area." This is where wrestlers are put into a bracket of four based on age/grade and weight.
- Right before wrestling starts for your child, they are sent out onto the mats with their entire weight bracket where they are paired with an opponent.
- When their bout is called (usually a table worker will call the names of the two wrestlers), the two wrestlers put on ankle bands -one green and one red.
- After they put on the bands, they shake hands and the referee blows the whistle. At this point both wrestlers are on their feet in neutral position trying to gain control of the other wrestler.
- The primary objective in folk style wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent down with their back (both shoulder blades simultaneously) on the mat for a period of at least 2 seconds. If one wrestler gets a takedown (s)he scores 2 points.
- Two points are scored by "taking down" - basically, the wrestler who scored the take down is in control of the other wrestler.
- Now that a takedown occurred the wrestler on the top is trying to score a near fall or working for a pin (also called a fall). A near fall means the top wrestler is exposing his/her opponents

back to the mat almost in a pinning position. A pin is also called a “fall.” This is why in this position it is called a “near fall.”

- If the wrestler holds his/her opponent for 2-4 seconds he/she scores 2 points.
- If the wrestler holds his/her opponent for 5 seconds, he/she scores 3 points.
- If the wrestler holds his/her opponent for 2 seconds flat on his/her back, he/she has pinned the opponent and the match is over.
- When the match is over, wrestlers shake hands. As a courtesy, wrestlers should shake the hand of his opponent’s coach after a match before returning to his coach.
- Trophies or medals are usually awarded to all 4 wrestlers in a bracket. Wrestlers are free to leave the tournament after awards are presented to their bracket.

TEAM TOURNAMENTS or DUAL MEETS

Our club will participate in several team tournaments throughout the season. “Dual” or “Team” refers to one club competing against another team. There may be different weight classes for some of the team events, so the lineup for the team may change for each team event. There is one wrestler per weight, with alternates selected by the Director or Coaches. Team tournaments are typically very competitive events as the top wrestler at each weight class is wrestling, without regard to grade or age.

WRESTLE-OFFS

If you are interested in having your wrestler participate in a team event, please inform the Director so that wrestle-offs can be set up if need be. Wrestle-offs assist the coaches in evaluating the wrestlers’ abilities. LYWA has outlined guidelines for wrestle-offs for team tournaments. We hope this will help parents and wrestlers understand the process so that everyone feels they are being treated fairly.

WRESTLE-OFF/CHALLENGE RULES:

- Wrestlers must notify the Director to indicate they are interested in challenging at a given weight. That wrestler will then be weighed to confirm that the wrestler does not weigh too much/too little for the challenged weight. For open spots and first time wrestle-offs of the season, if two team wrestlers are at the same weight, final position is determined by the best two of three matches.
- COACHING IS NOT ALLOWED DURING WRESTLE-OFFS. This includes parents, coaches, siblings and other wrestlers.
- Parents may not keep score/time/referee for their wrestler’s challenge. Only adults may keep score and time. LYWA coaches will referee the matches.
- Challenges/wrestle-offs are OPTIONAL - up to the parent and wrestler.
- Once a wrestler earns a weight class, that wrestler must be beaten twice by a challenger to lose the position.
- Wrestle-offs will typically take place on a scheduled evening other than a practice night, usually a Monday night in the weeks prior to a team event. The Director MUST be notified PRIOR to the scheduled wrestle-off night if a wrestler is unable to attend but would like to challenge. Failure to do so will cause the wrestler to forfeit their team position until the next wrestle-off.
- If a wrestler cannot make the wrestle-off time, they will lose their spot on the team until the next wrestle-off date, unless the Director or coaches are previously notified.

- The coaches reserve the right to make exceptions for extenuating circumstances (illness, family vacation, etc.) and these wrestle-offs will be arranged at a different time. The coaches **MUST** be notified of these situations prior to the wrestle-off night, or the wrestler will lose their team position until the next wrestle-off.
- Wrestlers may challenge at only **ONE** weight class per team tournament.
- If you know your wrestler cannot make a team tournament date, do not allow them to challenge for a spot. If your wrestler is on the team and cannot make a team tournament date, notify the coaches and Director as soon as possible so another wrestler can fill that spot.
- Coaches will select alternates for the team.
- LYWA will attempt to post team tournament dates as far in advance as possible.
- The LYWA Board and coaches reserve the right to make decisions regarding any other issues that may arise during wrestle-offs.

TEAM COMPETITION GUIDELINES

- The team event is entirely under the discretion of the coaches. The coaches may need to make adjustments to the line-up in order to remain competitive with the other teams and opposing coaches who are doing the same.
- In some situations, the wrestler who earned the spot may be asked to sit out or wrestle up a weight class for a round as strategy based on the upcoming match-ups. These decisions are based on the styles of wrestlers and the competition. In some cases, an alternate may be better suited/skilled at wrestling a particular style necessary to compete with an opponent.
- Alternates at varying weights will be brought along to team tournaments. Alternates cannot be guaranteed a competitive match. Effort will be made to arrange an exhibition match for alternates, but this is dependent upon other teams alternates and their weights, whether there is enough time between matches, etc.
- Parents are not allowed on the sidelines to coach their child during a team competition or interfere with any coaching decisions.
- It is important to remember that these events are **TEAM** competitions. These events are about the sum of all wrestlers and not each match individually. Sometimes a wrestler who loses by a few points rather than a major decision or by fall contributes as much to the team winning as someone who wins their match by fall over his opponent.
- It is **MANDATORY** that all wrestlers stay at the team event until **ALL** matches are completed.
- Wrestlers are expected to sit mat side and cheer for their teammates.
- Good sportsmanship is expected of all LYWA wrestlers and parents at all times.

TEAM SCORING IN DUAL MEETS

The following are the Team Scoring Procedures based on the outcome of matches-

- **Fall, Forfeit, Default, Disqualification:** 6 team points
- **Technical Fall** (getting ahead of your opponent by 15 points ends the match): 5 team points
- **Major Decision** (winning the match by 8 -14 points): 4 team points
- **Decision** (winning the match by fewer than 8 points): 3 team points

THE RULES OF WRESTLING & WRESTLING POSITIONS

- **Neutral Position:** The match starts with both contestants standing opposite each other with their lead foot on the green or red area of the starting lines and their other foot even with or behind the lead foot. In the neutral position, neither wrestler has control.
- **Defensive Starting Position (aka Referee's Position):** The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat, as directed by the referee. The elbows may not touch the mat.
- **Offensive Starting Position:** The offensive wrestler is positioned on the right or left side of the opponent with the near side knee on the mat and head on or above the midline of the opponent's back. One arm is placed loosely around the defensive wrestler's body perpendicular to the long axis of the body, with the palm of the hand placed loosely against the defensive wrestler's navel and the palm of the other hand placed on or over the back of the near elbow.
- **Stalemate:** When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve position, the referee stops the match as soon as possible; wrestling is resumed as for out of bounds.
- **Position of Advantage:** A situation in which a contestant is in control and maintaining restraining power over the opponent. Control is the determining factor. The offensive wrestler is entitled to this advantage until such time as the opponent gains a neutral position or a reversal.
- **In Bounds:** Contestants are considered to be in bounds if the supporting parts of either wrestler are on or inside the inner edge of the boundary lines. A wrestler's supporting points are the parts of the body touching, or within, the wrestling area that bears the wrestler's weight, other than those parts being used to hold the opponent. (Down on the mat, the usual points of support are the knees, the side of the thigh, the buttocks and the hands.) Wrestling continues as long as the supporting parts of either wrestler remain in bounds. When the defensive wrestler's back is exposed to the mat in a pinning situation while at least the supporting points of either wrestler are in bounds, wrestling continues as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. In this situation, the defensive wrestler's shoulders (scapulae) are the supporting parts. Near-fall points may be earned only while any part of the defensive wrestler's shoulders (scapulae) are in bounds. A fall may only be earned if both shoulders (scapulae) of the defensive wrestler are in bounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match. Upon resumption of the match, the contestants begin in the neutral position at the center of the mat if neither wrestler has control. If one wrestler has the advantage, that contestant will take the offensive starting position at the center of the mat, and the opponent will assume the defensive starting position.

WRESTLING TERMINOLOGY

- **Sprawl:** Falling forwards with your legs going back. A defensive counter to an attack on the legs.
- **Wrist Control:** Control your opponent's wrist.
- **Hand Control:** Control of your opponent's hand.
- **Shoot:** Making an attempt for a takedown.
- **Escape:** Defensive person escapes for points from controlling wrestler.
- **Takedown:** Wrestler has taken his opponent down to the mat and gained control by being on top and behind the arms of opponent.
- **Breakdown:** Wrestler has his opponent flat on his belly.

- **Reversal:** Defensive wrestler gained control.
- **Neutral Position:** Both wrestlers standing.
- **Referee's Position/Base Position:** Wrestler is on his hands and knees and his opponent is on top of him.
- **Pin:** Wrestler has succeeded in turning over his opponent to the mat and keeping any part of both of his opponent's shoulders (or scapulas) to the mat for 2 continuous seconds or less. Resulting in completion and winning of the match.
- **Fall:** Pin
- **Cross Face:** Forearm is placed on the near side of the opponents face to maneuver him for control.
- **Optional Start:** In referee's position the offensive man is standing up with 2 hands on the defensives man's back shaped like a diamond. Usually to let him go to neutral but not always.
- **Stalling:** Offensive or defensive wrestler fails to attempt to gain control or go for the pin.
- **Stance:** Correct standing position -knees bent, bottom down, elbows in, head up, one foot slightly in front of the other, feet shoulder-width apart.
- **Technical Fall:** Scoring a lead of 15 points in Folkstyle (10 points in Freestyle), resulting in completion and winning of the match.

SCORING OPPORTUNITIES

- **Takedown:** A takedown is awarded when, from the neutral position, a contestant gains control and places the opponent's supporting point(s) down on the mat beyond reaction time. For the purpose of awarding takedown points at the edge of the mat, such points shall be awarded when control is established while the supporting points of either wrestler are in bounds or while at least the feet of the scoring contestant finish down on the mat in bounds.
- **Escape:** A defensive wrestler is awarded an escape when the offensive wrestler loses control of the opponent while the supporting points of either wrestler are in bounds. An escape may be awarded while the wrestlers are still in contact.
- **Reversal:** A reversal occurs when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position. For the purpose of awarding reversal points at the edge of the mat, such points are awarded when control is established while the supporting points of either wrestler are in bounds or while at least the feet of the scoring contestant finish down on the mat in bounds.
- **Near Fall:** A near fall is a position in which the offensive wrestler has the opponent in a controlled pinning situation in which (1) the defensive wrestler is held in a high bridge or on both elbows, or (2) any part of one shoulder or scapula, or the head is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less to the mat, or (3) any part of both shoulders or both scapulae are held within four inches of the mat. Two points are awarded for such near-fall situations when one of these three criteria has been met for two seconds. A continuous roll-through is not considered a near fall. Three points are awarded if a criterion for a near fall is met and held uninterrupted for five seconds. A near fall is ended when the defensive wrestler gets out of a pinning situation. Only one near fall shall be scored in each pinning situation and only the wrestler with the advantage may score a near fall.
- **Imminent Scoring:** Any time a contestant is injured by a legal or illegal hold, unnecessary roughness or unsportsmanlike conduct, applicable points shall be awarded if successful completion of the maneuver was imminent.

END OF MATCH

- **Fall:** Any part of both shoulders or part of both scapulae of either wrestler held in contact with the mat for one second constitutes a fall. A fall shall not be awarded unless part of both shoulders or part of both scapulae is in bounds. If any portion of the body of one of the wrestlers is out of bounds so that the wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared. When the match is stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat.
- **Technical Fall:** A technical fall occurs when a wrestler has earned a 15-point advantage over an opponent in Folkstyle. (10 points in Freestyle).
- **Major Decision:** A major decision occurs when the margin of victory after three periods is 8 through 14 points.
- **Decision:** A decision occurs when the margin of victory is fewer than 8 points. A decision also is credited to the wrestler who is awarded the first points in an overtime match that does not end with a fall, default or disqualification.
- **Default:** A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason. A default shall be included as a win or loss in each wrestler's season record.
- **Disqualification:** A disqualification is a situation in which a contestant is banned from participation in accordance with a pre-determined penalty table. A disqualification shall be included as a win or loss in each wrestler's season record.
- **Forfeit:** A forfeit is received by a wrestler when the opponent, for any reason, fails to appear for the match. In order to receive a forfeit or medical forfeit, the non-forfeiting wrestler must be dressed in a wrestling uniform and appear on the mat. A forfeit or medical forfeit shall be included as a win in the victor's season record. In the event of injury or illness, a contestant may declare a medical forfeit, which counts as a win but not as a loss on record.

GENERAL WRESTLING SCORING PROCEDURES

Folkstyle Wrestling

- **Takedowns** are scored when one wrestler brings his opponent down to the mat from a standing position-neutral. Additional points are awarded when a wrestler takes his opponent directly to his back. Common takedowns include single legs, double legs, headlocks, body locks, shrugs, drags, throws, fireman's carries, and many more.
- **Reversals** are scored when a wrestler, controlled by his opponent on the mat, executes a move that allows him to assume a controlling position on top of the opponent, thus reversing the situation. Common reversals include switches, rolls, and hip heists.
- Exposing an opponent's back to the mat is a scoring technique in all styles of wrestling. In international wrestling, all a wrestler must do to earn points is tilt the opponent's back toward the mat, breaking a 90° angle. In Folkstyle wrestling, a wrestler must not only tilt the rival's back toward the mat, but also hold the back in this position to score points. Common "**pinning combinations**" include the half nelson, bar arm, cradle, and tilt leg ride.
- **Escapes** are scored when a wrestler, controlled by his opponent on the mat, frees himself and moves to a standing neutral position, facing the opponent. Common escapes include the standup and the sit-out.

The 3 Periods of a Match

Sample Match

Generally, all matches are 3 periods in length. Periods will run 1:00 to 1:30 each. A match will end when one wrestler scores a pin fall over another or time expires after the third period. Most of the tournaments that the team participates in will have a 1 & 1 & 1 timing format. That is to say that in a 1 & 1 & 1 format, there are 3 1-minute periods. If at the end of all three periods the score of the match is tied, there will be a 1-minute overtime period. In overtime, it is a "sudden death" format which means that the first person to get a takedown wins the match. If the match is still tied after the 1 minute overtime period, it goes to 30 second periods, and if needed an ultimate tiebreaker.

At the start of a match wrestlers will be given colored ankle-lets. Generally, one wrestler will wear a green anklet while the other wrestler will wear red. The significance of the colors is that they correspond to the colors worn by the referee. The referee will have a green band on one wrist and a red on the other. As the match proceeds, the referee will signal the award of points to a wrestler by holding up that wrestlers color.

As you look at the wrestling mat you will notice a large circle going around the perimeter of the mat. This is the out-of-bounds indicator. Each wrestler must stay within the circumference of this larger circle to score points. In most cases you will also notice a smaller circle within the larger one; this is referred to as the center of the mat or inner circle. Contained within the center of the mat are 2 parallel lines or a box, this is the starting point for each period.

Period 1:

After the wrestler has his/her anklet on and proceeds to the center of the mat the referee will ask the timer, score keeper, and the wrestlers if they are ready. If everyone is ready to begin the referee will ask each of the wrestlers to shake hands and get ready to start. To start a match each wrestler will be in the "Neutral" position. The neutral position is where both wrestlers face each other in a standing position. Each wrestler is required to have at least one foot on the neutral line before the match is allowed to proceed. Once the wrestlers are in the starting neutral position, the referee will blow his whistle to start the match. From the neutral position, each wrestler is attempting to score points on his/her opponent by taking that opponent down. If a wrestler is successful in taking down the opponent and is in control of the opponent the referee will award that wrestler 2 points for a "takedown". To indicate the points, the referee will hold up the hand with that wrestlers corresponding color and flash 2 fingers up and then down towards the mat. It should be noted that a wrestler must be in control of the other wrestler to score the takedown points. Generally this means that the scoring wrestler is on top, behind, or in some way free of his/her opponent's advantage. Once a wrestler has taken down his/her opponent they must now try to turn that opponent to their back. A wrestler who has successfully taken down his/her opponent must continue to wrestle or be warned for "stalling". The same applies to the wrestler who was taken down; they must try to escape the control of the top wrestler. If a wrestler receives 2 warnings for stalling his/her opponent will receive 1 point on the next stalling warning. Stalling warnings carry over from one period to the other and are accumulated during that entire match. If a wrestler receives too many stalling deductions they automatically lose the match. As the top wrestler (the one who took down his/her opponent) continues to wrestle they will use various holds to turn over their opponent, one such hold is the half nelson. This is when the top wrestler threads his/her arm under the arm and over the head of their

opponent. By doing so a wrestler can "expose", turn their opponents back past a 45 degree angle with the mat, their opponent and score points. If the top wrestler successfully exposes his/her opponent for more than 2 seconds without the continuation of a move he/she will score 2 "Near Fall" points. However, if the top wrestler can expose his/her opponent for more than 5 continuous seconds they will receive 3 near fall or "back points." The referee will award the amount of back points/near fall points a wrestler receives by holding up the corresponding colored arm and indicated with his/her hand the points and tapping their back. After the first period expires and no pin fall occurs the referee will stop the wrestlers and bring them back to the center of the mat.

Period 2:

At this point the referee will flip a coin or colored disk and ask a wrestler to "call-it". If the wrestler wins the coin toss it is "their choice" as to how they would like to start the second period. A wrestler could choose to defer his/her choice until the third period and allow his/her opponent to choose how they will start the period. The choices a wrestler could make are top, bottom, or neutral. If the wrestler chooses the neutral position each wrestler will be starting as they did in the first period. Each wrestler is facing each other as they start. However, if the wrestler so chooses they could start in the bottom position. The objective of the bottom wrestler is to either reverse their position with the top wrestler or escape from the top wrestler. The bottom wrestler may execute some common moves such as a sit-out, switch, or a stand-up. If a wrestler successfully executes a switch for example they will end up on top of the other wrestler and receive 2 points for the executed move. If the bottom wrestler executes a stand-up and can break free from the control of the top wrestler they will receive 1 point for an escape. The referee will generally signal that the bottom wrestler is free by indicating no control. If the wrestler chose the top position they must try to turn their opponent to their back. As the two wrestlers continue to wrestle there may be a point in the match when the referee determines that neither wrestler can complete or advance a move. In this case the referee will call a stalemate and break/stop the wrestlers moving them back to the center of the mat to start over. If the wrestler on top, ever wraps his arms around the bottom wrestler while still being on the mat and not having control of at least one arm the top wrestler will be called for locked hands. If this happens the referee will stop the match and award the bottom wrestler one point. At any point in the match a wrestler may not grab or hold the clothing of his /her opponent. The objective of the top wrestler is to stay in control of the opponent and ultimately obtain points by a pinning combination for a near fall or fall.

Period 3:

After the second period expires, the wrestler who has not made a choice on how to start a period chooses the starting position of this period. As the period begins the referee will ask the bottom wrestler to get set. The bottom wrestler will have to place their knees on one line and their hands in front of the other line located in the center of the mat. After the bottom man indicates to the referee that he/she is set the referee will allow the top wrestler to get in position. If the top wrestler tries to get into position too soon or either wrestler moves before the referee indicates to start then that wrestler will be cautioned for a false start. If the wrestler is cautioned again the other wrestler will be awarded a point. As the wrestlers continue the match they are each trying to score points or pin falls. If a wrestler attempts to score a point on another wrestler with an illegal move (i.e. a full nelson or other illegal moves), the referee will blow the whistle and stop the match. The referee will caution the offending wrestler and start the match again from the center of the mat. If one wrestler has control

over another and is trying to score, they may unintentionally be in a position where the move they are executing is legal but potentially dangerous. If this occurs the referee will stop the match and again move the wrestlers back to the center of the mat. Throughout the match wrestlers will be performing different moves. A wrestler can only score on the move if they are in-bounds. A wrestler is considered in-bounds if three points of their body and their opponents' body are within the larger circle.

During the season, if you have any questions about scoring, moves, or potential infractions please talk to the coaches or director. They will do their very best to address any questions you may have.

Be prepared for tears, it happens and there is no shame in tears. Losing is difficult especially when your wrestler makes a mistake and begins losing a match they were winning. Screaming "stop crying" during a match is not the best way to help your wrestler gain their composure again. Frustration and or anger at losing are not uncommon but we ask that any displays of anger by the wrestler be done outside of public view, and absolutely not on the wrestling mat. We have a saying "Walk on like a champion, walk off like a champion." The coaching staff would like the first few moments after a match to speak with the wrestler; maybe to give some constructive criticism or congratulations on a success, please respect this time as parents and wrestlers. Your words after a match as a parent should be positive whether they won or lost. If the wrestler is still angry or frustrated letting them leave the gym area and walking around by themselves can allow them time to gain their composure again.

Wrestling is a very physically and mentally demanding sport. Some say it is the most demanding of all sports. We as coaches, parents and wrestlers need to find ways to keep this sport FUN.

FREESTYLE & GRECO ROMAN PROGRAM

Lakeville is very fortunate to have a freestyle/Greco Roman wrestling program after the folkstyle season. The program is coached by Brian Hinchley. Freestyle practices will begin toward the end of the folkstyle season and continue into May. More information will be available toward the end of the folkstyle season.

Freestyle wrestling is very fun, exciting and creative because you can score points from almost anywhere. Many wrestlers love freestyle because it is fast, exciting and easier to score points. Most freestyle matches are almost always on your feet in the neutral position. Freestyle is probably 80% takedowns. Freestyle wrestling is similar to folkstyle wrestling, but with different scoring, match procedures and strategies. Freestyle places little emphasis on control, while in folkstyle, control is very important. If you flip your opponent to their back, you get 2 points. You don't even have to hold your opponent on his back to score but if you do you will get more points. In Freestyle, wrestlers are brought to their feet after about 15 seconds of no scoring. Since control isn't important, the bottom wrestler isn't expected to do anything but stall. Another difference related to control is the ability in freestyle to score points without having control of your opponent. Some moves such as tilts, front headlocks from the knees, and crotch lifts while under attack can score continuously without ever gaining control.

In freestyle, both the arms and the legs may be used to execute holds or to defend against attack. If legs are used as part of the attack by the aggressor, no points are scored and the wrestlers are returned to standing. In freestyle, a wrestler wins the match when he has won two out of three periods.

For example, if one wrestler were to win the first period 1-0 and the second period 1-0, the match would be over. It is possible for the losing wrestler to outscore the winner. For example, periods may be scored 3-2, 0-4, 1-0, leading to a total score of 4-6 but a win for the wrestler scoring fewer points. In freestyle, points can be scored the following way:

- Takedown (1 to 5 points): A wrestler is awarded points for a takedown when the wrestler gains control over his opponent on the mat from a neutral position (when the wrestler is on his feet). At least three points of contact have to be controlled on the mat (e.g. two arms and one knee; two knees and one arm or the head; or two arms and the head).
- (5 points) -For a takedown brought about by a throw of grand amplitude (a throw in which a wrestler brings his opponent off of the mat and controls him so that his feet go directly above his head) either from the standing or par terre position into a direct and immediate danger position.
- (3 points) -Generally, for a takedown brought about by a grand amplitude throw that does not bring his opponent in a direct and immediate danger position or for a takedown in which a wrestler's opponent is taken from his feet or his stomach to his back or side (a throw of short amplitude) so that he is in the danger position.
- (1 point) -For a takedown brought about by a wrestler taking his opponent from his feet to his stomach or side such that his back or shoulders are not exposed to the mat.
- Reversal (1 point): A wrestler is awarded points for a wrestler when the wrestler gains control over his opponent from a defensive position (when the wrestler is being controlled by his opponent).
- Exposure also called the Danger Position (2 or 3 points): A wrestler is awarded points for exposure when the wrestler exposes his opponent's back to the mat for several seconds. Points for exposure are also awarded if one's back is to the mat but the wrestler is not pinned. Criteria for exposure or the danger position is met when:
 1. A wrestler's opponent is in a bridge position to avoid being pinned
 2. A wrestler's opponent is on one or both elbows with his back to the mat and avoids getting pinned
 3. A wrestler holds one of his opponent's shoulders to the mat and the other shoulder at an acute angle (less than 90 degrees)
 4. A wrestler's opponent is in an "instantaneous fall" position (where both of his shoulders are on the mat for less than one second)
 5. The wrestler's opponent rolls on his shoulders. A wrestler in the danger position allows his opponent to score two points. An additional hold down point may be earned by maintaining the exposure continuously for five seconds.
- Penalty (1 or 2 points): Infractions include fleeing a hold or the mat, striking the opponent, acting with brutality or intent to injure, and using illegal holds. They can be penalized by an award of either one or two points and a caution.
- Out-of-Bounds (1 point): Whenever a wrestler places his foot in the protection area, the match is stopped, and a point is awarded to his opponent.

- Compared to folkstyle wrestling, freestyle wrestling involves a greater emphasis on explosive action by both wrestlers, as opposed to one wrestler's dominance and control of the other.

A match can be won in the following ways:

- **Win by Fall:** A fall, also known as a pin, occurs when one wrestler holds both his opponents' shoulders on the mat simultaneously. In Greco-Roman and freestyle, a pin must be held long enough for the referee to "observe the total control of the fall" (usually ranging from one half-second to about one or two seconds). Then either the judge or the mat chairman concurs with the referee that a fall is made. (If the referee does not indicate a fall, and the fall is valid, the judge and the mat chairman can concur together and announce the pin.) A fall ends the match entirely regardless of when it occurs. In Kids freestyle and Greco-Roman wrestling division (wrestlers ages 8 to 14) in competitions sponsored by USA Wrestling, it is specified that a pin must be held for two seconds.
- **Win by Technical Fall:** If one wrestler gains a six-point lead over his opponent at any time in the period, scores a five point throw (a throw where the person's feet go directly above his head, also called a throw of grand amplitude), or scores two three point takedowns (taking an opponent from his feet to their back or sides so that there is shoulder exposure), the current period is declared over and he is declared the winner of that period.
- **Win by Decision:** If neither wrestler achieves either a fall or technical superiority, the wrestler who scored more points during the period is declared the winner of that period. If the score is tied by points at the end of a period, first, the number of cautions; next, the value of points gained; and finally, the last scored technical point are taken into account to determine the winner of the period. Generally, the wrestler who scored the last technical point would be awarded the period. If the score is tied at zero at the end of a period, the wrestlers go through a 30-second overtime procedure known as The Clinch in which the wrestlers are required to enter the clinch position and wrestle until a point is scored, or until one of the wrestlers breaks the clinch.

Freestyle wrestling can help you improve in many aspects of folkstyle wrestling and it's fun! You are encouraged to consider having your wrestler learn freestyle wrestling. More information will be available in April.

THE TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

Reprinted from The Young Athlete by Bill Burgess

1. Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow them to do their best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach him on the way to the field, rink, pool, gym, track or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.

5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his word turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect."

Referee Signals:

| | | | |
|---|---|--|---|
|  <p>Potentially Dangerous Left or Right Hand</p> |  <p>Stalemate</p> |  <p>Caution for False Start and Incorrect Starting Procedure</p> |  <p>Stalling Left or Right Hand</p> |
|  <p>Interlocking Hands or Grasping Clothing</p> |  <p>Reversal</p> |  <p>Technical Violation</p> |  <p>Illegal Hold or Unnecessary Roughness</p> |
|  <p>Near-Fall</p> |  <p>Awarding Points Left or Right Hand</p> |  <p>Green Right Red Left</p> <p>Unsportsmanlike Conduct</p> |  <p>Flagrant Misconduct Left or Right Hand</p> |