

QUICK GUIDE TO WRESTLING

The First Period

The First Period always starts off with both wrestlers in the **Neutral** (standing) position. Both wrestlers come forward from their corners of the mat, get directions and shake hands. Next, the referee blows the whistle and signals "wrestle". Now, each wrestler tries to gain control by setting behind of or on top of the other opponent (the first points that are generally awarded are usually for a **Takedown** . When one wrestler gets a **Takedown** , the referee signals "two points". The offensive wrestler (usually on top) is trying to apply a hold which will keep his opponent's shoulders on the mat for two seconds for a **Fall (Pin)** and the defensive wrestler (usually on bottom) tries to **Escape** or **Reverse** positions to gain control.

The Second Period

At the Beginning of the Second Period, the referee will determine which wrestler will gets the choice of deciding how he would like to begin this period. He may choose **Top, Bottom, Neutral** or he may **Defer** the decision to the other wrestler; which makes his opponent chose and gives him the choice in the third period.

The Third Period

The wrestler who did not choose in the second period now has the choice of **Top, Bottom, Neutral** .

Overtime

Overtime occurs when the score at the end of the third period is tie. The wrestlers will start this 1-minute period in the **Neutral** position and will attempt to score. The first points earned by any of the wrestlers will determine the winner. A **Takedown** in overtime usually determines the winner of the match. If the wrestlers go from the **Neutral** position to a **Nearfall** situation, the wrestler on top can attempt to **Pin** his opponent to end the match from this position.

Double Overtime

Double Overtime occurs if a winner has not been determined in **Overtime**; the referee will determine which wrestler has the choice of choosing **Top, Bottom, or Defer** to start this 30 second period. The **Bottom** wrestler must **Escape** or **Reverse** his position to win the match. The **Top** wrestler must maintain control of the **Bottom** wrestler, score back points or pin him to win the match.

At The End of the Match the wrestlers will shake hands and the referee will raise the hand of the winner.

Takedown

2 points - when a wrestler gets behind or on top of his opponent and establishes control from the Neutral position.

Escape

1 point - when the bottom wrestler gets out from underneath his opponent to a Neutral (standing) position and then facing him.

Reversal

2 points - when the bottom wrestler gets out from underneath his opponent and behind or on **Top** of his opponent.

Nearfall

2 or 3 points - when the offensive wrestler hold his opponents shoulders to or near the mat (breaking 45 degree angle), but not long enough for a pin. 4 points may be awarded if the referee stops the match due to the bottom wrestler choking or a similar situation.

Stalling

1 point to opponent - when the offensive wrestler does not attempt to pin his opponent and/or the defensive wrestler does not attempt to escape or work for a reversal.

Illegal Holds, Roughness, Technical Violation

1 or 2 points or **Disqualification** - awarded to the offended wrestler.