

# **All you need to know about Wrestling Tournaments**

## **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](http://www.theguillotine.com) . There is also a link to The Guillotine on [www.biglakewrestling.org](http://www.biglakewrestling.org) . BLYAA 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 and where the most development and experience comes from. 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.

## **How Youth Wrestling Works**

Wrestling is both an individual and a team sport. Unlike how other organized youth sports programs may run, the BLYAA 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](http://www.theguillotine.com)

BLYAA does participate in Team Tournaments by either hosting or attending by invitation. The tournaments in which Big Lake Youth Wrestling participates is determined by the Board. Big Lake Wrestling Team participants are determined by the coaches and may include intra-club wrestle-offs by weight.

## **“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](http://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 / Dual Meets**

Our club will participate in several team tournaments throughout the season. "Dual" or "Team" refers to one team 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 Coaches. Team tournaments are typically very competitive events as the top wrestler in 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 Head Coach so that wrestle-offs can be set up if need be. Wrestle-offs assist the coaches in evaluating the wrestlers' abilities. Coaches ultimately have the final decision in selecting wrestlers for the Big Lake Youth Hornets team, wrestle-offs are only used as a guide in the decision-making process.

### **Wrestle Offs/Challenge Rules**

1. Wrestlers must notify the Head Coach 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 Head Coach.
2. COACHING IS NOT ALLOWED DURING WRESTLE-OFFS. This includes parents, coaches, siblings and other wrestlers.
3. Parents may not keep score/time/referee for their wrestler's challenge. Only adults may keep score and time. BLYAA coaches will referee the matches.
4. Challenges/wrestle-offs is OPTIONAL - up to the parent and wrestler.
5. Wrestle-offs will typically take place on a scheduled evening on a Monday night in the weeks prior to a team event. The Head Coach 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.
6. 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.
7. If you know your wrestler cannot make a team tournament date, do not allow them to challenge for a spot.
8. If your wrestler is on the team and cannot make a team tournament date, notify the coaches and/or board member as soon as possible so another wrestler can fill that spot.
9. Coaches will select alternates for the team.
10. BLYAA will attempt to post team tournament dates as far in advance as possible.
11. The BLYAA Board and coaches reserve the right to make decisions regarding any other issues that may arise during wrestle-offs and wrestle-offs are only used as a guideline. Final decision on team participation is at the sole discretion of the Head Coach.

### Team Competition Guidelines

The team event is entirely under the discretion of the coaches. The coaches may need to adjust the line-up 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 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 BLYAA wrestlers and parents at all times.

### Team Scoring in Team/Dual Meets

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

- Fall, Forfeit, Default, and 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 and 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) is 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 1-2 continuous seconds or less. Resulting in completion and winning 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 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 and 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 and 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 a match has been 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 Wrestling (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.