



# Coppell Wrestling Booster Club

## FOLKSTYLE WRESTLING BASICS

**Objective:** The primary objective in Folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent's back (both shoulder blades simultaneously) to the mat for a period of at least two seconds. Most matches end before either wrestler is able to score a pin. The secondary objective is to score more points than your opponent so that you can win by decision in the absence of a pin.

**Match Basics:** Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 14 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

**Start of Match:** There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

**Scoring:** The scoring system is rather simple.

**Takedowns** (when from a neutral or standing position one wrestler is able to bring the other to the mat and gain control) are worth two points.

**Escapes** (when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position) are worth one point.

**Reversals**, (when a wrestler on the bottom is able to reverse the control so that the opponent is on the bottom) are worth two points.

**Back points** (also called near fall) are awarded when one wrestler comes close to pinning the other (i.e. exposing the other wrestler's back) and are worth two or three points depending on the length of time that the opponent's back is exposed. In addition, **penalty points** can be awarded when the opposing wrestler performs illegal moves or is penalized for excessive stalling.

**Sportsmanship:** Competition is conducted in a manner as to promote and require good sportsmanship. Competitors are expected to show respect to opponents, officials and coaches regardless of the outcome of their match. Both wrestlers are required to shake hands before and after the match. It is also common practice for each wrestler to shake the hand of their opponent's coach after the match. Sportsmanship violations can result in disqualification and a deduction of team points.

**Officials:** The referee's role is to award points as they are scored, insure safety, and start and stop competition. Officiating is primarily objective in nature, although judgment does come into play in situations where it is difficult to determine if point criteria has been met. High school and college referees and in many cases even youth referees are trained and certified.

**Equipment:** Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.