

## **WRESTLING 101**

### **What to Expect at Wrestling Practice:**

- The ERYWA coaches strive to make practice educational and enjoyable for all wrestlers while expecting each child to put forth their best effort.
- Wrestlers should wear t-shirts and comfortable athletic shorts without pockets. It is recommended that the wrestlers wear wrestling shoes, however they may wear tennis shoes as long as they are clean and not worn into the wrestling room from the parking lot.
- To keep the mats as clean as possible no street shoes are permitted on the wrestling mats.
- Practices begin with warm-up and conditioning exercises such as stretching, running, push-ups and crunches. Coaches will demonstrate different wrestling techniques, which wrestlers will then practice the demonstrated moves with a partner. Each wrestler will be paired with another wrestler of comparable weight and skill. Some practices may include live wrestling or games.
- Wrestlers are expected to listen and behave during practice, so as not to distract the coaches and other wrestlers. Push-ups or time-outs may be given to kids who are disruptive during practice.

### **Main Organizations Involved with Youth Wrestling in Minnesota:**

- **Minnesota Youth Athletic Services (MYAS):** [www.myas.org](http://www.myas.org)

This organization sponsors the Gopher State Championships, a large regional tournament that takes place on two days, one in February (3rd-6th) and one in March (PreK-2nd). MYAS also sponsors "Youth Day with the Gophers".

- **MN/USA Wrestling (MNUSA):** [www.mnusa.wrestlingsystems.com](http://www.mnusa.wrestlingsystems.com)  
This organization is dedicated to Freestyle, Greco-Roman and Folkstyle wrestling at all levels. The MNUSA sanctions state qualifier tournaments throughout the season with a Folkstyle state tournament held in mid-March and a state Freestyle/Greco-Roman tournament held in early May.
- **Northland Youth Wrestling Assoc.(NYWA):** [www.nywa-mn.com](http://www.nywa-mn.com)  
This organization sanctions Folkstyle qualifier tournaments in March with a state tournament at the end of March. NYWA also sponsors early season qualifier tournaments leading to a large Early Bird Tournament around Christmas each year.

**Mississippi Youth Wrestling Conference (MYWC):** [www.mywrestling.net](http://www.mywrestling.net)

This organization is dedicated to team wrestling. There are dual/tri/quad meets in January and individual tournament for conference championships in February.

### **What to Expect at a Youth Wrestling Tournament:**

- Organized chaos – lots of people, noise and excited kids
- Most tournaments have a 4-man round-robin format grouping wrestlers together by grade and weight and sometimes by level of experience. This grouping of wrestlers is known as the bracket. Brackets at some tournaments may be by birth year or age rather than grade.
- Positions are filled by volunteer parents and high school students. The referees are usually high school wrestlers doing their best – take it easy on them.
- Parents/fans wait in the stands until their wrestler is called to the mat for his/her matches.

- Some tournaments don't allow parents/fans to watch mat side, only coaches.
- Most tournaments begin with Pre-K and work up through the remaining grade levels.
- Most tournaments charge an entry fee for spectators, some do not.
- Concessions and wrestling gear are normally available for sale.

**What to do when you get there:**

- 1) Register your wrestler and pay at the door
- 2) Go to designated room for weigh-in and skin check
- 3) Meet at pre-determined mat in gym for warm-ups
- 4) Listen for wrestler's grade to be called then report to the staging area
- 5) Go with your wrestler and others in the bracket to your assigned mat where the matches will take place. Be sure to stay near the mat and listen for your wrestler's name. Numerous brackets will wrestle on each mat to give the kids time to rest in between matches. Your wrestler needs to be ready to go when his/her name is called.
- 6) Go to the awards table after your bracket is completed to collect your award
- 7) Cheer on your team mates then go home and rest up for the next practice

**Misc. Information:**

A listing of youth tournaments throughout the state (also some regional and national) can be found on the Guillotine website at [www.theguillotine.com/tournca.htm](http://www.theguillotine.com/tournca.htm). The Guillotine is a great source of information for anything having to do with amateur wrestling in Minnesota. It covers youth, high school and college age wrestling.

A good source of information about Youth Wrestling is the website [www.youthwrestlingguide.com](http://www.youthwrestlingguide.com).

**Folkstyle Wrestling Rules:**

**Object: The object of a wrestling match is to gain a fall by pinning an opponents shoulder's to the mat for 2 continuous seconds, or to gain a decision by out-wrestling an opponent.**

**Length: Peewee, Bantam and Midget wrestle three (3) 1 minute periods. Novice and Schoolboy wrestle three (3) 1½ minute periods.**

- **1st Period:** Starts from the standing or "Neutral" position.
- **2nd Period:** Choice of position is determined by a coin toss. The winner may choose top or bottom in "referee's" position or may opt to start in the neutral position.
- **3rd Period:** Choice of position is given to the wrestler who lost the coin toss before the second period. The same options apply.

**Scoring:**

Move	Points	Description
Takedown	2	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are in bound.
Escape	1	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is in-bound.
Reversal	2	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are in-bounds.

Near Fall	2 or 3	<p>When near fall criteria is met for 2 seconds. Near fall criteria is:</p> <ul style="list-style-type: none"> <li>• When any part of both shoulders or scapula of the defensive wrestler are held for at least 2 seconds within four inches of the mat.</li> <li>• When one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less.</li> </ul> <p>If near fall criteria is met for two continuous seconds, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for five continuous seconds, a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.</p>
Penalty	1	A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart below.

**Penalties:**

<b>Infraction</b>	<b>Warning</b>	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
Illegal holds	No	1 point	1 point	2 points	Disqualify
Unnecessary roughness	No	1 point	1 point	2 points	Disqualify
Unsportsmanlike conduct	No	1 point	1 point	2 points	Disqualify
Stalling	Yes	1 point	1 point	2 points	Disqualify
Technical violations	No	1 point	1 point	2 points	Disqualify

- Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position or locked hands.
- Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.