

## Chapter 1 : How to Perform Pro Wrestling Moves - wikiHow

*Overview of Wrestling Rules* The object of the sport of wrestling is to put your opponent on his back -- to pin your opponent. A pin (or fall) is when you put your opponent on his/her back with any part of both shoulders or both shoulder blades of your opponent in contact with the mat for two seconds.

Clarified the criteria for an alternative uniform. The alternate 2-piece uniform has been added to increase participation for boys and girls. In addition, a member state association experimented with a 2-piece uniform this past wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees. Modified what is appropriate and allowable in the designated weigh-in area. The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. Clarified the definition of a fall. This change will allow for fewer match interruptions. Provided the clock is running, a fall shall be able to be earned. Modified the location of where a fall or near fall can be awarded. Offensive wrestling shall be rewarded. Clarified the scoring of points in relation to the location on the mat. Modified the position of the referee at the beginning of the start of a match. When starting the wrestlers in the down position, the referee shall be in front of, stationary and at an angle to the contestants. Clarified the process of correcting an error by the timekeeper during a dual meet. Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat. Clarified the process of correcting an error by the timekeeper during a tournament. Modified that two moves straight-back suplay and straight-back salto are now illegal. The straight-back salto and straight back suplay are dangerous regardless of which body part head, neck, or shoulder s hits the mat first. Clarified that a specific maneuver is not allowed. The front flip or hurdle from the neutral position is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match. Modified another determinant for stalling. This will provide rule support for a casebook interpretation.

## Chapter 2 : Collegiate wrestling - Wikipedia

*Here, you find out about the different wrestling moves you can use on the mat, the ins and outs of scoring, and both the physical and mental aspects of the sport. The Fundamentals of Wrestling Your success in wrestling is a direct result of your expertise in the fundamentals.*

Check new design of our homepage! High School Wrestling Moves There are primarily 3 categories of essential wrestling moves. There are offensive and defensive moves, and there are moves from the top and bottom. Here is a low down on some of the fundamental ones. SportsAspire Staff Last Updated: May 31, A host of potentially useful moves and their variations are prevalent in wrestling. It would be nothing short of a book if all of these are to be mentioned. So here are the 3 basic wrestling techniques, and a few moves within them. From The Top Moves from the top are executed when a wrestler is in the top position. More often than not, these are either used to pin the opponent or get some quick near-fall points. A couple of widely known moves from the top are the wrist-and-half-Nelson and cradle. In the cradle, the wrestler who is on top hooks an elbow behind the knee of the opponent, and keeps one behind his head. Then he locks the hands for almost folding the opponent in half. The move is finished by sliding one knee into the back at a high level for bracing the opponent in the air and rocking him back on his shoulders. On the other hand, the wrist-and-half-Nelson is used for getting the opponent on the mat, which makes it easier for the other wrestler to attack him. Moreover, the opponent has no scope for defending himself by standing up, do a switch or a roll. Of course, these things will have to be done within the periphery of the rules. The most simplest and basic moves in this category are escape or stand up and switch. The wrestlers use escape to get to a standing position. The only thing is that a part from getting the technique, is that the wrestler has to be swift enough and agile. Otherwise, the opponent who is in the top position may grab his ankle and bring him down again. Switch is a better idea than escape, as executing a switch not just helps a wrestler to get to a standing and defensive position, but it helps him bring the opponent down too. The Offense and the Defense These are moves which are executed in the standing position, and mainly include take-downs and throws, and a lot of grappling. There is the single-leg take down, double leg take down, and the ankle pick. From there, the opponent can be easily manipulated and brought down to the mat. The duck under is a surprise package, and can absolutely stun the opponent. Here are some more:

**Chapter 3 : Wrestling Rules & Regulations | [blog.quintoapp.com](http://blog.quintoapp.com)**

*To do this, start in a staggered stance, lower your body toward the mat, shift your weight onto your back foot and take a step forward between your opponent's legs with your lead foot. Roll forward over the toes of your lead foot and land on your lead knee.*

Scoring[ edit ] Greco-Roman and freestyle differ in what holds are permitted; in Greco-Roman, the wrestlers are permitted to hold and attack only above the waist. In both Greco-Roman and freestyle, points can be scored in the following ways: A wrestler gaining control over their opponent from a neutral position. A wrestler gaining control over their opponent from a defensive position. Exposure or the Danger Position: Under the "changes to the international styles, a wrestler whose opponent takes an injury time-out receives one point unless the injured wrestler is bleeding. Penalty points are awarded in collegiate wrestling according to the current rules, which penalize moves that would impair the life or limb of the opponent. However, the manner in which infractions are penalized and points awarded to the offended wrestler differ in some aspects from the international styles. Collegiate wrestling also awards points for: This is similar to the exposure or danger position points given in Greco-Roman and freestyle. Time Advantage or Riding Time: A wrestler getting from a defensive position to a neutral position. This is no longer a way to score in freestyle or Greco-Roman. A wrestler wins the match when they were able to get more points than their opponent or 10 points lead in two rounds. For example, if one competitor get lead in first the period, they will win by superiority of points. Only a fall, injury default, or disqualification terminates the match; all other modes of victory result only in period termination. One side effect of the old format was that it was possible for the losing wrestler to outscore the winner. For example, periods may be scored 2, 4, 0, leading to a total score of 6 but a win for the wrestler scoring fewer points. In collegiate wrestling, the period structure is different. A college match consists of one three-minute period, followed by two two-minute periods, with an overtime round if necessary. Victory conditions in the international styles[ edit ] Two U. Air Force members wrestling in a Greco-Roman match. A match can be won in the following ways: A form of mercy rule where the match is declared over when a point differential is achieved. In American folkstyle wrestling the point difference is 15 points, in freestyle it is 10 points, and in Greco-Roman it is 8 points. Folkstyle terms this a technical fall and freestyle and Greco-Roman refer to it a technical superiority. If one wrestler is unable to continue participating for any reason or fails to show up on the mat after their name is called three times before the match begins, their opponent is declared the winner of the match by default, forfeit, or withdrawal. If one wrestler is injured and unable to continue, the other wrestler is declared the winner. This is also referred to as a medical forfeit or injury default. The term also encompasses situations where wrestlers become ill, take too many injury time-outs, or bleed uncontrollably. Normally, if a wrestler is assessed three Cautions for breaking the rules, they are disqualified. Under other circumstances, such as flagrant brutality, the match may be ended immediately and the wrestler disqualified and removed from the tournament. While having similar victory conditions with Greco-Roman and freestyle, such as wins by fall, decision, injury, and disqualification, victory conditions in collegiate wrestling differ on some points from the international styles: The fall must be held in collegiate wrestling for two seconds in high school wrestling matches [11] and one second in college wrestling matches. If, at any break in action, one wrestler leads the other by 15 points and a pinning situation is not imminent, the match ends. On the college level, five team points are awarded if the winner in the course of the match received points for a near fall; four team points are awarded if the wrestler did not score near fall points. In collegiate scholastic or folkstyle wrestling, a decision in which the winner outscores their opponent by eight or more points is a "major decision" and is rewarded with four team points in a dual meet. After the three wrestling periods have expired and the winning wrestler possesses a difference of one to seven in points, the wrestler is given a "decision", and the team is awarded three team points in a dual meet. If a participant cannot continue wrestling for any reason during the course of the match e. For flagrant misconduct or for a certain number of penalties assessed, a wrestler is disqualified from the match, and their opponent is declared the winner. If one wrestler fails to appear on the mat at the start of the match for some reason, and the other

wrestler appears on the mat, the wrestler on the mat at the start of the match is automatically declared the winner. Amateur wrestling is a positionally-based form of grappling , and thus generally prohibits the following: Biting Pinching or poking with the fingers, toes, or nails, including fish-hooking the nose or mouth Gouging or intentionally scratching the opponent “ eye-gouges especially are grounds for disqualification and banned status in most amateur wrestling competitions.

## Chapter 4 : People don't understand the grounded fighter rule. Let us help!

*A Chess game does not follow one specific scheme and its rules do not suggest a way to win. Similarly in Jiu Jitsu a way to finish the battle with success and gain point advantage will depend on a "player" and results from (or at least it should) a chosen strategy.*

The following are many of the more specific rules labeled as items that are part of the sport of wrestling. Also questions after each item to test your understanding. What is considered a takedown? Well, to set up a takedown, the wrestlers must be working from the neutral or standing position; a situation where neither wrestler has control. In reference to out-of-bounds situations, a wrestler can be awarded a takedown as long as he or his adversary is in-bounds. Remember, the line around the mat is out-of-bounds. When the takedown is achieved, the offensive man receives two match points. Wrestler A shoots a double leg takedown on Wrestler B. Would a takedown be awarded? Since the feet of Wrestler A were in-bounds, the takedown would be awarded. Keep in mind, only the defensive man can score an escape or reversal. For the bottom man to secure an escape, he must place himself in the neutral position, causing his opponent to lose control. The defensive wrestler may also be awarded an escape going out-of-bounds if his adversary is in-bounds at the completion of the move. The official will indicate one point for the wrestler who earns an escape. The stand-up, forward or granby roll, sit-out turn-in, and sit-out turn-out are examples of escape maneuvers. The defensive wrestler may procure a reversal by moving from the bottom position to the top position, gaining control of his opponent either on the mat or on their feet. Like the escape, a reversal can be obtained crossing the out-of-bounds line if one of the wrestlers is in-bounds. The referee will designate two points for a reversal. The switch, side roll and peterson roll are examples of reversals. Remember, one match point is awarded for an escape and two match points are given for a reversal. The bottom man stands up and hits a standing switch, spinning behind and controlling his opponent while on their feet. Would a reversal be awarded? The referee would award a two-point reversal because he gained control of his opponent on their feet. If it were a takedown move, however, the wrestler must be brought down to the mat for points to be scored. He may do so by causing the defensive wrestler The top wrestler can score two points by holding for two seconds the bottom wrestler in any of the above noted positions. Furthermore, if the offensive wrestler can secure a near fall for a continuous five-second period, he would then be awarded three match points for the maneuver. Note, the official usually indicates a near-fall situation with an angular sweep of the arm, each sweep designating a second, but he will not signal any points until the near-fall hold is terminated. In reference to the out-of-bounds line, if both shoulders are partially in-bounds or one shoulder is completely in-bounds, a near fall can be scored. The half-nelson, cradle, three-quarter nelson, and armbar series are near-fall maneuvers that can ultimately lead to a "fall. Wrestler A, using a half-nelson, forced Wrestler B to bridge high on his head for four seconds. Then Wrestler B turned to his stomach, only to be placed in another near-fall situation when Wrestler A cradled him. He was held there for another five seconds when the period ended. How many near-fall points did Wrestler A receive, altogether? Wrestler A would receive a total of five match points: Now a fall occurs when both shoulders are forced to the mat for a period of two seconds in high school and only one second in college. The official mentally counts this time and indicates the fall by slapping the mat. Normally, the offensive wrestler the man in control scores the fall. Finally, in reference to the out-of-bounds line, if the shoulders are partially in-bounds or one shoulder is completely in-bounds, a fall may be called. Wrestler A, the offensive wrestler, cradles Wrestler B and takes him to his back. If Wrestler B was held in the aforementioned position for the required amount of time, a fall would be called. Since the top of the shoulders are in-bounds, wrestling would continue. Illegal maneuvers are penalized in the following manner: Note, a wrestler applying a legal hold shall not be penalized if his adversary turns it into an illegal hold. And whenever possible, an illegal move should be prevented by the official rather than penalized. Wrestler A applies an illegal full nelson to Wrestler B just prior to the final buzzer of the last period. The score prior to this offense was in favor of Wrestler A. What is the penalty for this offense and the outcome of the match? Wrestler A would be disqualified and Wrestler B is the winner. Furthermore, if a hold is utilized for the sole purpose of punishment

alone, the referee may see fit to declare unnecessary roughness. Such perpetrations as striking, kicking, butting with the head, elbowing, and forceful tripping are examples of this infraction. Normally, the violator would be penalized as follows: However, when the official believes the unnecessary roughness of the wrestler to be totally inexcusable, he can indicate a "flagrant misconduct" signal, which is an automatic disqualification and the deduction of ALL team points scored in the event. Certainly, a sucker punch to the jaw would fall under this category. Wrestler A shoots a hard double leg, causing Wrestler B to hit his head on the mat forcefully when taken down. The match had to be stopped to check if Wrestler B was injured. Would this be considered unnecessary roughness on the part of Wrestler A? Wrestler A would not be penalized with unnecessary roughness. It was a legal move similar to a hard tackle in football. If his rival scores points while he commits this violation, his opponent would also receive the stipulated penalty points. Note, the official can only stop the match to award points when the bottom man is unable to gain an escape or reversal due to interlocking or overlapping hands. This also includes false starts in both situations. Note, unlike technical violations, the first two offenses are "cautioned" The official will form a "C" with his hand. Furthermore, this violation is not on the "progressive penalty chart. Wrestler A places Wrestler B on his back in a high bridge for three seconds. Wrestler B scoots on his feet and head out-of-bounds on purpose. Is this a technical violation? Wrestler B has not committed a technical violation because Wrestler A would have been awarded two match points for a near fall. They are as follows: Situation One -- If the wrestler is unsportsmanlike during the bout, his opponent would be awarded match points in the following manner: On the second offense, he would be asked to leave the premises and his squad would lose another team point. Flagrant misconduct at any time would result in immediate disqualification from the dual meet or tournament and the deduction of ALL team points earned. Is this unsportsmanlike behavior? If so, what is the penalty? I would be unsportsmanlike behavior and the official would award Wrestler B one match point since it occurred during the bout. On the second offense, the perpetrator would be removed from the premises for the duration of the dual meet or tournament session. The Spectators -- No fan may react in an unsportsmanlike manner toward the referee or the opposing coach or wrestlers. Important point, neither team would be penalized for misconduct of an over-zealous spectator, and it is up to the home management to remove the offender. Unable to put up with this behavior any longer, the official stopped the match and had the athletic director escort the perpetrator from the gym. The visiting coach immediately demanded that one team point be deducted from the home squad. Was he right or wrong? The visiting coach was wrong. He is allowed the same mobility around the mat as the referee. Furthermore, the assistant referee can talk to the main official as the match is in progress and help in making calls. He can also signal locked hands and the grasping of clothes technical violations. However, all other calls must be made by the main official. If there is a disagreement between the two, the main official has the final say in the matter. Note, coaches are not permitted to address the assistant referee while the match is being contested. In the second period of the bout, the assistant referee warned Wrestler A for stalling. Was he right or out-of-order? The coach was correct. Only the main official of the match is allowed to designate stalling. However, the coach can not question any judgment calls made by the official. When he does, the referee will first warn him for misconduct, the second offense will cost the coach a team point, and with the third offense, the coach will be asked to leave premises for the duration of the dual meet or tournament session and another team point would be deducted. The referee indicated a takedown at the edge of the mat and then blew the whistle for out-of-bounds. The coach, whose wrestler was taken down, approached the score table to argue with the official over the call. The referee was right. A coach can not question the judgment of an official. The only time it would not be penalized is if the wrestler received permission from the official to do so.

### Chapter 5 : One Leg Squeeze Up - Sexercise: 10 Hot Moves for a Better Love Life - Pictures - CBS News

*Wrestling must take place in the center of the mat, and every time the action moves out of bounds the clock is stopped. There is a referee, a judge, and a mat chairman who work together in order to score each freestyle bout.*

For beginner high school wrestlers new to the sport, instead of trying to learn all of them at once, start with a few basic moves. Video of the Day How to Stand Two basic stances are used in wrestling -- the square and staggered stance. In the square stance, your feet are parallel with each other and your weight is evenly distributed on both feet. In the staggered stance one foot is ahead of the other and more weight is on the front foot. With both stances your feet are slightly wider than shoulder-width apart, your knees and hips are bent and you lower your body to lower your center of gravity. Lean forward with your chest over your knees and jut your butt backward. Bend your elbows, keep them close to your torso and hold your hands in front of your body. Keep your back slightly rounded, head up and eyes focused on your opponent. Roll forward over the toes of your lead foot and land on your lead knee. Bring your back foot up and plant it firmly on the mat as you reach forward to grab one or both legs of your opponent. Lift Your Opponent Lifting is a basic move typically used in an attempted takedown. Start by standing to the side or behind your opponent with your hips squarely beneath your shoulders. Wrap your arms around his waist and lock your hands. Pull your opponent into your body and lower your hips lower than his. While keeping your opponent tight against your body, push through your legs, drive your hips forward into your opponent and straighten your legs to lift him off the mat. Maintain control and safely lower him to the mat for the takedown. Avoid throwing or slamming your opponent to the mat because this is illegal. Know How to Pin The half nelson is one of the most common pinning moves. When your opponent is facedown on the mat, slide either your right arm under his right armpit or your left arm under his left armpit. Put the palm of your hand on the back of his head, not his neck. While pushing on the back of his head, lift his arm up with your arm and move your body to the side of his body. For example, if you put your right arm under his arm and your right hand on his head, move to your right as you lift his arm. Slowly walk your feet forward and push into him with your upper body to roll him over for the pin. Learn to Escape The escape is an essential move to take you from the bottom starting position, on your hands and knees with your opponent on top, to a standing position. Begin by moving your foot to the side, away from your opponent. For example, if your opponent is on your left holding you, move your right foot to the right. Simultaneously lift your right knee, plant your right foot on the mat, lean back into your opponent and push through your right foot to get up from the mat.

## Chapter 6 : List of Moves for Freestyle Wrestling | [blog.quintoapp.com](http://blog.quintoapp.com)

*Official Twister Rules So here goes, straight from the the good people at Milton Bradley. Setting up the Game. Spread the mat faceup on a flat surface, indoors or outdoors.*

It is played on a large plastic mat that is spread on the floor or ground. The mat has six rows of large colored circles on it with a different color in each row: A spinner is attached to a square board and is used to determine where the player has to put their hand or foot. The spinner is divided into four labeled sections: Each of those four sections is divided into the four colors red, yellow, blue and green. After spinning, the combination is called for example: In a two-player game, no two people can have a hand or foot on the same circle; the rules are different for more players. Due to the scarcity of colored circles, players will often be required to put themselves in unlikely or precarious positions, eventually causing someone to fall. A person is eliminated when they fall or when their elbow or knee touches the mat. There is no limit to how many can play at once, but more than four is a tight fit. While working on designing a promotion for his client, the S. Johnson Company, Reyn developed the idea that a game could utilize people as playing pieces on a life-sized game board: Foley went to Reyn claiming he had some experience and connections in the toy business. His father agreed to take out a sizable bank loan to underwrite the idea. Guyer hired Foley and Chuck Rabens, Guyers artist friend, and the three men worked together to develop eight new game ideas for presentation. When the three men were working with colored circles on the floor, Foley suggested they place them in rows by color, and Rabens suggested they use their hands and feet. Mel immediately saw the possibilities in a line of games where the people were the players, and the game he chose to lead with was "Pretzel". When it was discovered that the name was not available, the Milton Bradley Co. It was the first game on store shelves that used players as the playing pieces. When the Milton Bradley Company found that several major retailers refused to stock the game, Mel called Reyn to tell him that they were cancelling their television advertising and pulling the product from the store shelves. What executives at Milton Bradley did not know was the public relations company Mel had hired had already been paid. Several fun spin-off games have followed over the years such as: In Twister was named the "Game of the Year". With this success, Guyer offered Foley and Raabens a chance to run their new toy and game development division. However, they had already arranged to form their own company with an outside investor. Subsequently, they threatened to sue Guyer and his father. An out-of-court settlement in the form of 2. Guyer remains the owner of the trademark. The Reyn Guyer Creative Group continues to work closely with Hasbro to develop and market new additions to the line of Twister products. With two and three CDs players are encouraged to listen to the music and occupy the colored circle that is called for in the lyrics. The product helps to double overall Twister sales to 2 million units by Players dance on small Twister mats to 40 different tunes. Players spin the spinner and run to different colored dot mats before all of them are taken. In a variation of hopscotch, multi-colored rings are attached together. As one player spins the spinner, the rest of the players must do different actions on each different colored ring as they skip through them. This version is very similar to the original Twister. The same gameplay is used, but miniature multi-colored hoops are used instead of the original dot mat. Players take off their shoes and set them aside. Designate an extra person as the referee. The referee is not considered a player; during the game, the referee will spin the spinner, call out the moves, and monitor the game play. Position yourselves on the mat according to the number of players, as explained below. For a 2-player game: Place one foot on the yellow circle and the other foot on the blue circle closest to your end of the mat. Your opponent does the same on his or her end. For a 3-player game: Each player places one foot on the yellow circle and the other foot on the blue circle closest to his or her end of the mat. The third player faces the center from the red-circle side of the mat, placing one foot each on the two middle red circles. Play The referee spins the spinner, then calls out the body part and the color that the arrow points to. For example, the referee may call out: For [example, if the referee calls out "Right hand, red," each player must try to place a right hand on any vacant red circle. There can never be more than one hand or foot on any one circle. If two or more players reach for the same circle, the referee must decide which player got there first. The other player s must find another vacant circle of the same

color. If all 6 circles of a color are already covered, the referee must spin again until a different color can be called out. Being Eliminated Any player who falls, or touches the mat with an elbow or knee, is immediately out of the game. If you feel that a new position is impossible, or will cause you to fall, you may eliminate yourself. In a 2-player game, the game ends and the remaining player wins. In a 3-player game, the remaining two players keep playing until one player is eliminated and the remaining player wins. How to Win The last player left in the game is the winner! Team Play For a 4-player game, form 2 teams of 2 players each. Just as in a 2- or 3-player game, the referee spins the spinner and calls out a hand or foot and a color circle. Play as in the 2- or 3-player game, with this exception: One player calls out the body part; the other player calls out the circle color. Players alternate turns calling out the body part first. Otherwise, game play is the same, with the last remaining player the winner. Party Games Round Robin: Form several 2-player teams. Each team, in turn, plays every other team. Players keep track of wins and losses. The team with the most wins wins! Play against each other, with losing teams dropping out. Winning teams play each other until only one winning team is left! How to Play Twister.

### Chapter 7 : Battleship Game - Free Download of NASPE-Aligned Physical Education (PE) Lesson Plans

*You walk on the mat in your shoes, nasty stuff transfers to the mat, which we then train on. 2 - Do wear flip flops or shoes when you go to the toilet. Accidents and splashes do happen guys, what you don't want to do is walk through the result of the accident.*

Chess on The Mat: Explaining new techniques and issues it is worth working on examples and references to everyday life. And even more important question: Nonetheless I guess I understand this game as much as I understand BJJ and I am fascinated with the number of similarities and complexity of both arts. A Chess game does not follow one specific scheme and its rules do not suggest a way to win. You can read about all BJJ rules and learn them all by heart. You can check out balacha, kimura and triangle on the internet and try it while fighting with your friend on the carpet. However, what does this knowledge mean if one gets his or her blue belt after one year of systematic, hard trainings at the earliest? Knowledge of single techniques is worth nothing if we do not understand the broader philosophy of concrete positions, connections within techniques and rules of applying them. If you come across a chess game manual, you will probably find strategies how to open the game and defence variants. They are often named with surnames and nicknames of players, who used them for the first time during a game. So that the battle of two BJJ players was not a pointless and awkward scramble, one needs a solid knowledge of both, offense and defence techniques. It is highly probable, that while studying a chess game, one will encounter a crucial note: Therefore you should not learn these variants but understand the logic of specific moves. There exist thousands of variants and versions of techniques. One would have to be a real ignorant to assume that there exists only one and true solution. There are as many concepts and ideas as competitors. The clue is to understand what is going on in a given phase of a fight and to get familiar with its rules. Did anyone hear about something like this? It is a chess opening consisting in sacrifice of one or more pieces in aim to gain a better attacking position. Backing off from the seemingly better position or even giving it up in aim to have a better start with another technique is anything else than a thing very characteristic for chess masters – thinking a few moves ahead. It is said that the most skilled BJJ masters know what you will do before you even think of it. However to acquire this skill you have to take your time on a mat! The more time you spend on it, the more sense this text makes to you. The last and the most important part of this text considers the similarity of a defeat in a game. It is impossible to make a progress while not trying. Numerous trials mean also numerous defeats. The sooner you realize that you cannot achieve an advanced level without defeats, the sooner you will start making progress. So forget your ego and take your time on a mat!

**Chapter 8 : The Mat Turn Game - Youth Group Game - Youth Workin' It**

*Freestyle wrestling is a respected sport that has been around since the early 19th century. It is a close cousin of Greco-Roman and Folkstyle wrestling and utilizes throws, locks and leg trips in an attempt to score points and pin the opponent's shoulder blades to the mat.*

Among these forms, folkstyle, freestyle, and Greco-Roman have emerged as the ones that are most regularly practiced. While freestyle and Greco-Roman are popular on the international level, folkstyle wrestling has been a traditional style in the United States for centuries. Each form offers unique modes of competition with complex rules that make for an exciting experience for both the wrestlers and the fans. This is due in large part to rules that have been carefully designed to create scoring possibilities. This fast-paced style is the least restrictive of all of the major styles and allows competitors to execute both upper- and lower-body attacks in order to score on an opponent.

**Match Procedure** Each freestyle match is composed of three two-minute periods. At the beginning of these periods the action starts with the wrestlers on their feet in neutral position. Wrestling must take place in the center of the mat, and every time the action moves out of bounds the clock is stopped. There is a referee, a judge, and a mat chairman who work together in order to score each freestyle bout. Both the referee and judge must evaluate every attempted technique and agree on a final decision for every point scored.

**How to Win** There are several different ways to win a freestyle match: Out-score an opponent in any two of the three periods that compose a bout. Each individual period is wrestled in its entirety, unless stopped by a fall or technical fall scoring 6 points or more over an opponent. A winner must be declared at the end of every period, and if one wrestler wins the first two periods consecutively, the third period is withdrawn. One point is earned when one wrestler takes the other to the mat and establishes control. Further penalties are assessed for continual violation of this rule. The top wrestler is allowed to lock his hands anywhere on the body in order to turn his opponent to his back. Turning an opponent to their back earns the attacking wrestler two points. If this wrestler holds his opponent on his back for five seconds or more, this will earn him an extra point. This wrestler may also try to establish control of the top wrestler, earning him a point if he changes his position from bottom to top. If there are no points scored in the par terre position by either wrestler after about 10 seconds, the official stops the action on the ground and restarts the wrestlers in the neutral position. This is done to keep the action going and allow both wrestlers more opportunities to score.

**Breaking the Tie** If the score is tied at the end of a period, there is very specific tie-breaking criterion that must be followed to determine a winner. The criteria must be applied in the following order, moving on to the next rule when one rule does not apply: The wrestler with the least amount of cautions or penalty points against him wins the period. The wrestler that scored the highest number of technical points with one offensive maneuver wins the period. The wrestler that scores the last point before the end of the period wins. These offensive and defensive positions are chosen at random. Once the offensive wrestler has taken a leg, this is when wrestling starts. If the offensive wrestler scores in this position wrestling is stopped and this wrestler wins the period. If the attacking wrestler does not score in this position at the end of this 30 second period, the defending wrestler is awarded one point and wins that period of wrestling.

**Weight Classes** There are different weights for every age group. However, the following weight categories are contested internationally: Senior Men In kilograms kg 60 kg 66 kg 74 kg 96 kg kg Senior Women kg 51 kg 55 kg 59 kg 63 kg 67 kg kg

**Greco-Roman Overview** This totally upper-body style is practiced all over the world and is highly respected because of its limits in both rules and attacks. The main difference between Greco-Roman and other styles is that it does not allow any use of the legs to attack or defend against an opponent. Using the lower-body in this manner results in a penalty, and awards points to the opposing wrestler.

**Match Procedure** Greco matches are composed of three two-minute periods. At the beginning of each period the action starts neutral, with both competitors on their feet. Each period is wrestled until there is 30 seconds left. At that point the action is stopped. The final 30 seconds of the two-minute period is contested with the wrestlers in the par terre position see description below. There is a referee, a judge, and a mat chairman that work together in order to score each Greco bout. Both the referee and judge must evaluate every technique or hold and agree on a final decision for

every point scored. **How to Win** There are several different ways to win a Greco match: Outscore an opponent in any two of the three periods that compose a bout. Each individual period is wrestled in its entirety, unless stopped by a fall or technical fall gaining 6 points or more over an opponent. **Stepping Out of Bounds** If a wrestler is pushed out of bounds or attempts to escape a hold by stepping onto the protection zone with at least one foot, the offensive wrestler is awarded a point. **Turning an opponent** earns the attacking wrestler two points. If this wrestler holds his opponent on his back for five seconds or more, this will earn them an extra point. This wrestler may also try to establish control of the top wrestler, earning him one point if he changes his position from bottom to top. This is to keep the action going and allow both wrestlers more opportunities to score. **Clinch Position** In Greco, each period begins neutral and is wrestled until there are 30 seconds left. The final 30 seconds of the period is continued in the par terre position on the mat. There is very specific tie-breaking criterion that must be followed to determine the wrestler that starts in the top position. If the first criteria cannot be met, the referee moves on to the next one, and so on. In this sequence, the top position is ordered to: The wrestler with the highest number of points. The wrestler who scored the last point, if the score is tied. The wrestler who scored the highest number of technical points with one offensive maneuver, if the score is tied. The wrestler wearing red, if none of the above criteria applies. Once the top and bottom positions are determined, the wrestler ordered to bottom gets set. He must have both hands and knees on the designated starting lines drawn on the mat. He is allowed to start either on the side of or behind his opponent. The wrestler that starts on top in this position must turn his opponent during this second period. Otherwise, his opponent is awarded a point. Only a fall can halt the period before the full 30 seconds. This same process occurs at the end of the second and third periods, as well, with the same criteria being applied. If the first three rules are not relevant to the match, the wrestler in blue is ordered to the top position in the second period. If in a similar situation at the end of the third round, a wrestler is randomly chosen to start on top. **Senior Men** In kilograms kg 60 kg 66 kg 74 kg 96 kg kg **Folkstyle Overview** Folkstyle, also known as collegiate or scholastic style, is most popular in the United States. Many middle schools, high schools and colleges have folkstyle teams. Scoring and match procedure in folkstyle is extremely unique in comparison to the international styles of freestyle and Greco-Roman. The rules promote action by allowing for a wider range of scoring opportunities on the basis of gaining or losing control. One of the main differences between folkstyle and the international styles is that the top wrestler is not allowed to lock hands around his opponent unless he is attempting a pin. **Match Procedure** A folkstyle match is composed of three periods: The periods in high school wrestling have a duration of two minutes, while college matches have a first period of three minutes, with the two remaining periods at two minutes each. The first period always starts with both wrestlers standing, in the neutral position. At the beginning of the second period, a coin is flipped and one wrestler is allowed to choose the starting position for that period. The options are neutral, top or bottom. In a show of strategy, the wrestler with choice in the second period can elect to defer his choice to his opponent, in order to get choice at the beginning of the third period. **How to Win** There are several ways to win a match in folkstyle wrestling: A match may be stopped if a wrestler outscores his opponent by a margin of 15 points or more **Ex.** Taking an opponent down and gaining control of him earns two points. Escaping the control of your opponent is encouraged and earns one point. Reversing the control of your opponent earns two points. A three-second count by the referee earns two points to the wrestler in controlling position, and a five-second count earns three points. The wrestlers start in the neutral position and the first wrestler to score a point in this period wins the match. If at the end of the sudden victory period no wrestler has scored, two second tiebreaker periods are wrestled in their entirety. The wrestler that scored the first point in the match gets the choice to start on top or bottom for the first second period; the wrestlers will switch positions for the second period of 30 seconds. The wrestler with the greatest number of points after these two periods wins the match. If the score is still tied after the sudden-victory and tiebreaker periods, different rules are then enforced at the scholastic and collegiate level to decide the match: In collegiate competition, if the score is tied after the one-minute sudden-victory period and the two second tiebreaking periods, the wrestlers begin again in the neutral position for a one-minute sudden-victory period, followed by two more second tiebreaking periods, if needed. This process continues until a winner has been decided. The wrestler on bottom must escape to win the match, while the top

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wrestler must hold his opponent down in order to achieve victory. The winner of the ultimate tiebreaker period wins the match. Weights Collegiate Weights lbs. Scholastic Weights lbs. Freestyle, Greco-Roman and folkstyle wrestling all have very detailed and complex rules that must be followed to ensure fairness to both wrestlers. It takes time and competitive experience to fully understand and interpret these rules.

## Chapter 9 : Amateur wrestling - Wikipedia

*Our yoga practice isn't just about getting our heels to touch the mat in Down Dog, and it's not just about the time we spend on the mat blog.quintoapp.com is a lifestyle - a way of life - and if you practice yoga, then you're aware of the monumental impact it can have on your life.*

In addition, all high school coaches should encourage their athletes to consider obtaining a limited restricted license. This will allow them to officiate all youth through middle level wrestling events. There is no fee to be paid by them for this license. This is a great event â€” be there if possible. You will be contacted with more information. Associations, encourage your membership to attend. Assistant referee - The AR has been utilized in the post season the last 4 years. It is here to stay! We must continue to use it whenever possible. Like anything we do, repetition creates confidence and excellence. Certification in its use can again be obtained by watching an on-line power point through the WIAA website. You will again be expected to view this short power point by Jan. The role and responsibilities of the AR are much different than that of the head referee. It is about 20 minutes in length. Website - It is very important that all officials visit the website frequently throughout the season to keep up to date on interpretations, situations and answers to a variety of questions. This is the best way we can communicate and keep everyone on the same page. Also, check out the great variety of available resources and see if anything new has been added. Legality of kneepads This was addressed in mid-season last year. Knee pads are evolving in our sport and for the most part it is a good thing. The main concern is that some pads may be too long. Remember that knee pads are special equipment and must be inspected by the meet referee. If an athlete ignores this inspection and reports to the mat with an illegal pad, then we have a technical violation. Like a leg sleeve, it would require a valid medical reason to extend beyond the guidelines indicated above. Remember, kneepads are not intended to be held up with tape. Remove the pad if tape is needed. Sometimes a modest amount of tape is necessary to hold up a sleeve that covers a brace. More information Reminders from the Past Strip Tape - No wrestler will be allowed to weigh in with strip tape on their bodies. It must be removed prior to inspection and stepping on the scales Rulebook vs. Casebook â€” Once again, I encourage all coaches to read not only the rulebook but the casebook. The rulebook explains the rules in generalities but the casebook gives specific examples and situations on how the rule is interpreted and applied. Without reading the casebook, hard feelings and misunderstandings between officials and coaches will sooner or later arise. I highly encourage all officials and coaches to read and study both books. Skin inspections â€” Last year we adopted a simple modification on how we inspect skin. Many officials allow the athlete to rotate continuously and quickly and the result is an incomplete examination, often missing skin conditions. Please adopt this in your weigh in procedure. Zero tolerance for profanity â€” Remember that a wrestling match is an extension of the classroom. Officials, you must discipline inappropriate language. Coaches should not approve of it and officials should not accept it. There is no place for it in the classroom or athletic arena. Shoe laces - Laces must be taped to the shoe or secured by a locking device. You may not just tape the laces together. Scales - To prevent inaccuracies, weigh in scales must be on a solid surface â€” not on carpeting or a wrestling mat. Consecutive days of competition â€” By Wisconsin adaptation, remember that on consecutive days of competition, or when school may have been canceled and teams were unable to practice, the maximum weight increase that is allowed is 1 pound. It comes into play every year and often creates confusion. The only exception is the end of month growth allowance that often occurs just prior to regional competition. Forfeits â€” There is still much confusion state wide about the difference between a default and forfeit. A wrestler defaults a match once wrestling begins. Why, because this is when wrestling officially begins. It requires that they take a loss. The wrestler that was scheduled to report, but did not, does not receive a loss. However, they will be ineligible to continue in an individually bracketed tournament if they did not discuss this with the meet manager and medical personnel prior to forfeiting. If the wrestler who took a forfeit wrestles again in an individually bracketed tournament he must take a loss for the forfeit. In addition, if the forfeit occurs in the final match of an individually bracketed tournament, a loss must be assumed. Rule does a great job of further explaining this. Track wrestling follows this format. Blood time

â€” Mistakes are being made. Time out for blood has two components, blood time and cleanup. Near Fall - Season Pt. Near-Fall â€” Season The logic of the rules clarification is to not allow a defensive wrestler the opportunity to commit an illegal hold, technical violation, unnecessary roughness or unsportsmanlike act in order to negate a possible fall or near-fall. This supports the philosophy that the defensive wrestler should not be able to profit through this action. Whenever a match is stopped, the addition of a near-fall point s and the penalty point shall be awarded. Stoppage is defined as: When near-fall criteria are imminent, and a penalty point is to be given, the award will be two points for imminent near-fall and one point for the penalty. Should near-fall criteria be met for a period of seconds, and a penalty point is to be given, the award will be three points for meeting near-fall criteria and one point for the penalty. Should near-fall criteria be met for a period of five seconds and a penalty point is to be given, the award will be four points for meeting the five-second count and one point for the penalty. Also, if the referee is making a delayed penalty call and the defensive wrestler maneuvers out of criteria such as bellying down or the offensive wrestler continues on to earn a two or three-point near fall, the penalty point is to be awarded, as is the additional near-fall point. **SUMMARY** The offended wrestler may receive a minimum of two near-fall points and a penalty point, three near-fall points and a penalty point, or a maximum of four near-fall points and a penalty point for a total of five points. Should the penalty sequence come into play, the offending wrestler may also be disqualified. As a result, this has caused some confusion and misinterpretation. Keep in mind that it is not the intent of this rule to take the defensive wrestler off his back unless you feel it is necessary in order to prevent injury to either wrestler. Proper communication by the official to the wrestlers will usually avoid stopping the match during the near-fall situation. Should you have to take a wrestler off his back due to repeated unnecessary roughness or repeated unsportsmanlike conduct, the official could easily be justified in calling flagrant misconduct at that point. If wrestling is stopped just prior to near fall criteria being met, then the offensive wrestler has earned a 2 point NF in addition to the penalty point 3 points total. If wrestling is stopped once criteria has been met for seconds, then the wrestler has earned a 3 pt. NF in addition to the penalty point 4 points total. If wrestling is stopped after a 3 pt. NF has been earned five second count , then a 4 point NF will be awarded in addition to the penalty point 5 points total. The majority of time the official will not stop the match once criteria is met. In other words, when the near fall situation has ended, then the match will be stopped and the points will be awarded as described above. Just because you did not take the defensive wrestler off his back does not nullify this rule. They have earned and will be awarded the maximum number of points as described above. The defensive wrestler may have profited from this action, no matter how minutely it may have been.