

HOW TO WATCH A WRESTLING MATCH

Unlike boxing where no one, not even the boxers, knows the score, the scoring in wrestling is precise and the progress of the match can be followed by both the spectator and the wrestler alike. The point system used is an evaluation of the activity on the mat. It is the referee's duty to analyze the situation and signal points to the scorer.

First...Both wrestlers come forward, shake hands, and step back to their designated RED or GREEN area in the center of the mat.

Next...The referee blows the whistle and the wrestling begins.

Now...Each wrestler is trying to get control of the other by taking him to the mat with a "TAKEDOWN".

Points...The first points are likely to be given for a **TAKEDOWN**. When a wrestler gets a **TAKEDOWN**, the Referee signals 2 points.

Then...The Defensive wrestler (or bottom wrestler) is trying to **ESCAPE** or **REVERSE** and get a hold with which he can keep his opponent's shoulder on the mat for 2 seconds – **A FALL**.

First Period...Starts from standing or neutral position.

Second Period...Choice of position is decided by the toss of a coin – the winner of the toss may choose either up or down in "Referee's position" or "Neutral position".

Third Period...The other wrestler has his choice of position.

Point System...The following is the point system used:

TAKEDOWN.....2 POINTS
NEAR FALL.....2 OR 3 POINTS
REVERSAL.....2 POINTS
ESCAPE.....1 POINT

Definition of Terms – The following are terms and their definitions:

TAKEDOWN – From a neutral position, a wrestler gains control of his opponent down on the mat.

ESCAPE – When the defensive wrestler gains a neutral position and his opponent has lost control.

REVERSAL – When the defensive wrestler comes from underneath and gains control of his opponent.

NEAR FALL – When the offensive wrestler has control of his opponent in a pinning situation and both shoulders or scapulae of the defensive wrestler is touching the mat and the other shoulder or scapulae is held at an angle of 45 degrees or less from the mat.

FALL – When any part of both shoulders or scapulae are held in contact with the mat for two seconds.

DECISION – Earned by the wrestler who has the greatest number of points.

FORFEIT – Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION – Position in which neither wrestler has control.

Each match is 6 minutes long (3 Two-minute periods).