

Questions Most Asked by Wrestling Parents

1. How long is a wrestling match?

A wrestling match is made up of three (3) one-minute periods. If the score is tied at the end of the match, an overtime period is wrestled with the first person to score winning the match.

2. During matches why do the team members wear red and green straps on their ankles when they wrestle, and why do the referees wear red and green bands on their wrists?

A green band denotes the home team and red is the visiting team. The referee raises the arm with the green arm band when awarding points, issuing cautions or assessing penalties to the home team. The same procedure is used for the visiting team.

3. Why does the team participate in tournaments?

The team participates in tournaments to gain experience. Sometimes the wrestlers will refer to this as "mat time". It is very important that the younger wrestlers get as much mat time as possible. This enables them to hone their skills.

4. Why are there two (2) sets of scores on the scoreboard? What are the other numbers on the board?

The team score, individual score, period clock and the number of periods can all be found on the scoreboard.

5. How are individual scores determined?

Scores are determined by the types of moves that are executed during the match.

- Reversal - Two (2) points.
- Near Fall - Two (2) or three (3) points, depending on time wrestler is on his back.
- Penalty - Two (2) or three (3) points, depending on the number of penalties issued up to that point.
- Takedown - Two (2) points.
- Escape - One (1) point.

6. How are team scores determined?

Team scores are determined by the type of victory each individual on the team has made.

- Decision (1-7 point spread - Three (3) points.

- Major decision (8-14 point spread) - Four (4) points.
- Technical Fall (15 point spread) - Five (5) points.
- Pin: Six (6) points.

7. Why do referees get tagged with a rolled up towel or flexible tube?

When several mats are in the same gymnasium, the buzzers cannot be used to let the referee know when the match periods are over. To allow the referee to watch the match instead of the timekeeper, the referee is tagged when time has run out.

8. Why do referees stop the match when the wrestlers seem to be actively wrestling?

The referee can stop the match when the hold that is being used is not legal or if neither wrestler is making any progress with the hold they are using (stalemate) or it is the end of the period.

10. After a referee has stopped the match, why do the athletes sometimes start in a neutral position (facing each other) and other times in an up-down position (one boy is given the advantage of the top position while the other is kneeling)?

The first period always starts with the wrestlers in the neutral position. The second period position is determined by the choice of one of the wrestlers, which is determined by a toss by the referee of a (usually) green on one side and red on the other flat object. The choice goes to the wrestler wearing the ankle band matching the face-up color of the object. The third period is given to the other wrestler. Their choices are: deferring to the other wrestler (this only happens on the first toss only), top, bottom or neutral.

11. Who are the people sitting at the tables in the gymnasium?

An official scorekeeper and a timekeeper will always be at the table. You may also find an announcer and team scorekeeper.