

# Wrestling Terminology

**Control** - A position of advantage where one wrestler maintains restraining power over the other. This usually means that the other wrestler is off his feet and down on the mat.

**Cradle** - A pinning situation where the offensive wrestler has his opponent's head and one of his legs encircled, usually with his arms. In a pinning situation, locking of the hands is legal.

**Escape** - The defensive wrestler gains a neutral position and his opponent has lost control while either wrestler is inbounds. Counts for one (1) point.

**Fall** - Also called a "Pin." When either both shoulders and or both shoulder blades are held in contact with the mat for two (2) continuous seconds. It terminates the match and is worth six (6) team points.

**Ankle Bands** - In tournaments, the contestants wear ankle bands to identify which wrestler is being scored as the home wrestler and which is the away wrestler. The green ankle band is for home, the red for away. Scoring cards, when used, are also green and red. The referee's coin is green on one side and red on the other. It is used to determine which wrestler chooses the starting position at the beginning of the second period.

**Locked Hands** - Interlocking or overlapping hands, arms or fingers around the opponent's body is illegal, except when both wrestlers are on their feet or in a pinning (near fall) situation.

**Match** - Individual contest between two wrestlers.

**Meet** - A contest between two wrestling teams. Team points are awarded on the basis of the results of individual matches between wrestlers. See: Points (Team), Tournaments.

**Near Fall** - A near fall occurs when the offensive wrestler has control of his opponent in a pinning situation. It involves holding the shoulders or shoulder blades within four (4) inches of the mat *or* holding one (1) shoulder or shoulder blade on the mat and the other is held at a 45-degree angle for two (2) seconds. It is awarded when the defensive wrestler gets out of the pinning situation. A nearfall is two (2) points if held for two (2) seconds or three (3) points if held for five (5) seconds.

**Neutral Position** - A position where neither wrestler has control.

**Points (Match)** - Awarded for a takedown (2 points), escape (1 point), reversal (2 points), and nearfall (2 or 3 points). Penalty points are awarded for warnings. See: Warnings.

**Points (Team)** - Awarded on the basis of individual matches. A fall (or pin), forfeit, default or disqualification is six (6) points. A technical fall is five (5) points. A major decision (point spread of 8 to 14 match points) is four (4) points. A decision (point spread of 1 to 7 match points) is three (3) points. See: Tournament.

**Referee's Position** - A starting position where one wrestler is in a defensive position (on hands and knees) and the other is in an offensive position (positioned over the other, normally with at least one knee on the mat).

**Reversal** - When the defensive wrestler comes from underneath and gains control over his opponent either on the mat or in a near-standing position, while either wrestler is inbounds. Counts for two (2) points.

**Starting Position** - The wrestlers begin each period either in the neutral or referee's position. The first period always starts in the neutral position. For the second period, a coin toss decides which wrestler chooses the starting position. He elects the neutral, offensive or defensive position, or he may defer his choice. Unless he defers, the other wrestler chooses the starting position for the third period. When the wrestlers go out of bounds, either the neutral or referee's starting position is used, depending on whether one wrestler has control. See: Leg Bands, Neutral Starting Position, Referee's Starting Position.

**Takedown** - When one wrestler gains control over the other down on the mat from a neutral position while either wrestler is inbounds. A takedown is normally awarded when one or both of the defensive wrestler's knees are down on the mat, Counts two (2) points.

**Technical Fall** - It occurs when one wrestler has accumulated fifteen (15) points more than his opponent. It terminates the match and is worth five (5) team points.

**Tournament** - A contest between several schools where wrestlers are divided into weight brackets. Each school may have one or more wrestlers per bracket. Team points are given on the basis of the final placement of its wrestlers. See: Ankle Bands.

**Caution** - A ruling made by the referee where one wrestler is called for a false start or wrong starting position. A third offense is a penalty point.

**Warning** - A ruling made by the referee when one wrestler has made an illegal or potentially dangerous hold or other serious violation. False starts or stalling is given a caution for a first offense. A first or second warning awards the opposing wrestler one (1) point, a third two (2) points, a fourth results in disqualification of the offending wrestler.

**Stalling** - A warning by the referee occurs when one of the wrestlers fails to make a reasonable effort to wrestle. An offensive wrestler must make a reasonable effort to pin his opponent; a defensive wrestler must make an effort to escape.