



## WRESTLING HANDOUT

### SCORE A WRESTLING MATCH

Whether Freestyle or Greco-Roman, the main goal of Olympic wrestling is to get your opponent on their back and pinned. However, victory is most often earned by points.

At the beginning of each match, wrestlers get a quick inspection by the referee. This is to ensure that wrestlers meet the sport's grooming standards before they begin a match. Fair play is everything in wrestling, where every tiny advantage or deficit is exploited to the fullest extent possible. Fingernails must be trimmed, hair cropped short or tied back, no rough beards and no pre-match sweat on the body.

After any action the referee will tell the crowd the points awarded by raising his "blue arm" or his "red arm" and indicating the points awarded to that wrestler, by holding up the number of fingers to equal the points awarded. If he gets agreement from any one of the other two officials, those points will be added to the score.

THE TAKEDOWN – From standing, the wrestler attempts to take his opponent down.

The person who takes his opponent to the mat is awarded points for his efforts:

ONE POINT for a takedown, or taking an opponent off their feet and bringing them to the mat in a way that the offensive wrestler ends up in a control position.

TWO POINTS for turning an opponent's torso so that their back or part of their back is less than a right angle to the mat. This places the opponent in the danger position. If the defending wrestler is kept in that danger position for five seconds, as counted by the referee, the offensive wrestler gets an additional control point.

THREE POINTS for taking an opponent off their feet and into the danger position on the mat in one offensive action.

FIVE POINTS for throwing an opponent in a grand amplitude technique. The most common techniques earning five points are the suplay from the standing position and the cross body lift from the par terre position.

## WINNING & SCORING

There are two ways to win a wrestling match – to pin an opponent or win on technical points.

Pinning the opponent's shoulder blades to the mat for as long as it takes the referee to say "tombé" and get confirmation from another judge is one way to win.

If a match is not ended by a pin, it is decided by technical points. The victory goes to the wrestler with the most technical points at the end of the match.

Wrestlers earn one, two, three or five technical points for the execution of various techniques. The value of the technique will depend on the level of control demonstrated during the execution of the move. Olympic style wrestling is based on offence. There are rarely points given to a defensive escape.

## HISTORY

Wrestling is one of the oldest sports in the world. It was known to the ancient civilizations of Japan, China, Babylon, Greece, and many others. In the middle ages wrestlers competed internationally. Today there are two versions of wrestling: Freestyle and Greco-roman. Freestyle wrestling allows for attack all over the body, this includes the legs and feet. In Greco-roman the legs cannot be attacked or used in any defensive tactics.