

# What is WRESTLING?

Wrestling dates back to 15,000 years ago; thus it is one of the oldest sport known to mankind. It is a combative sport involving techniques such as throws, takedowns, locks, and pins. The objective of modern day wrestling is to gain superior control over the opponent and to ultimately pin the opponent. It is one of the oldest and still an Olympic sport. There is no professional league in the wrestling; that is why it is often referred to as “amateur wrestling” as well. It is competed according to weight classes and there are both male and female wrestling (no female for Greco-Roman).

## There are mainly 2 styles of wrestling:



**Greco-Roman Style**  
*Cannot attack below the waist*



**Freestyle**  
*Can attack any part of the body*

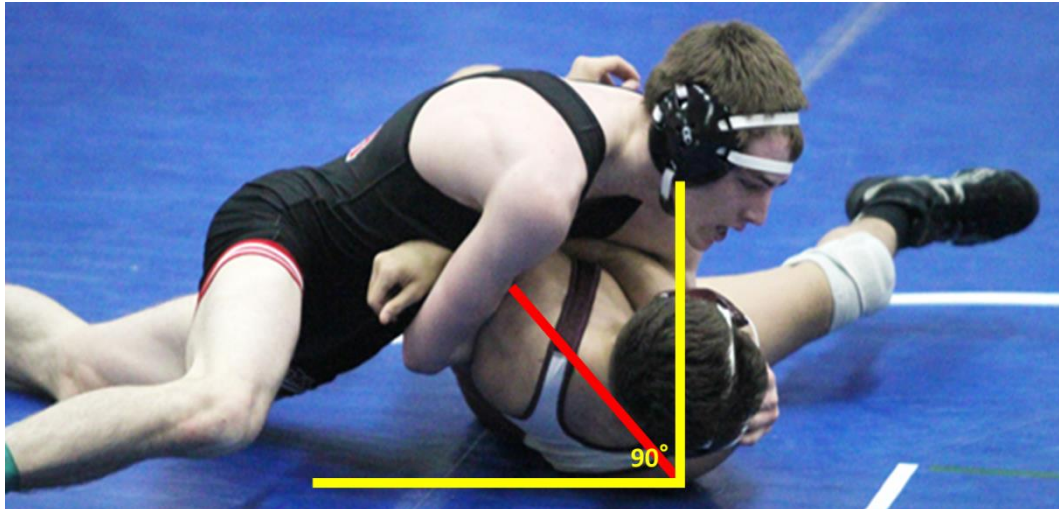
In the United States, there is “folk style” which is another style not used in international competition.

## So how do you win?

In any style of wrestling, the ultimate goal is to pin (or technically speaking, get a “fall”) the opponent. A pin, or fall, is when the both shoulders of the opponent are on the mat under your control. When you pin your opponent, you will win the match no matter what the score is. Below are some examples of a pinning position.



However, it is often very hard to completely pin your opponent. That is why there are points awarded for bringing your opponent close to a pinning position. We call this “close to a pin” position as “danger position”, “near-fall”, or “exposure” position. It is defined by the opponent’s back exposed to the mat by over **90 degrees** to the mat with you in **control** of the opponent. (90 degrees and control are two important keys)



**Danger Position or Near Fall or Exposure**

There are also two other positions that are important: standing position and the par terre position.



**Standing Position**

Wrestlers are on their feet



**Par Terre Position**

3 points out of 5 points

(the head, 2 hands, 2 knees) are on the mat

## Scoring (or “technical points)

Taking your opponent from *standing position* straight to *danger position* over your head = 5 points

Taking your opponent from *standing position* straight to *danger position* = 4 points

Taking your opponent from *standing position* straight to *par terre position* and behind the opponent = 2 points

Taking your opponent *from par terre position* straight to *danger position* = 2 points

Stepping out of the circle or doing illegal holds = 1 point penalty

## So... who wins...?

One wrestling match is comprised of two 3 minute periods. Wrestlers take a 30 second break in between if the match should continue to the second period. There are 3 different ways to win a match:

1. Wrestler pins the opponent
2. Wrestler has a 10 point difference; called technical fall or superiority (in Freestyle; it is 8 points in Greco-Roman)
3. Wrestler has more points at the end of 6 minutes

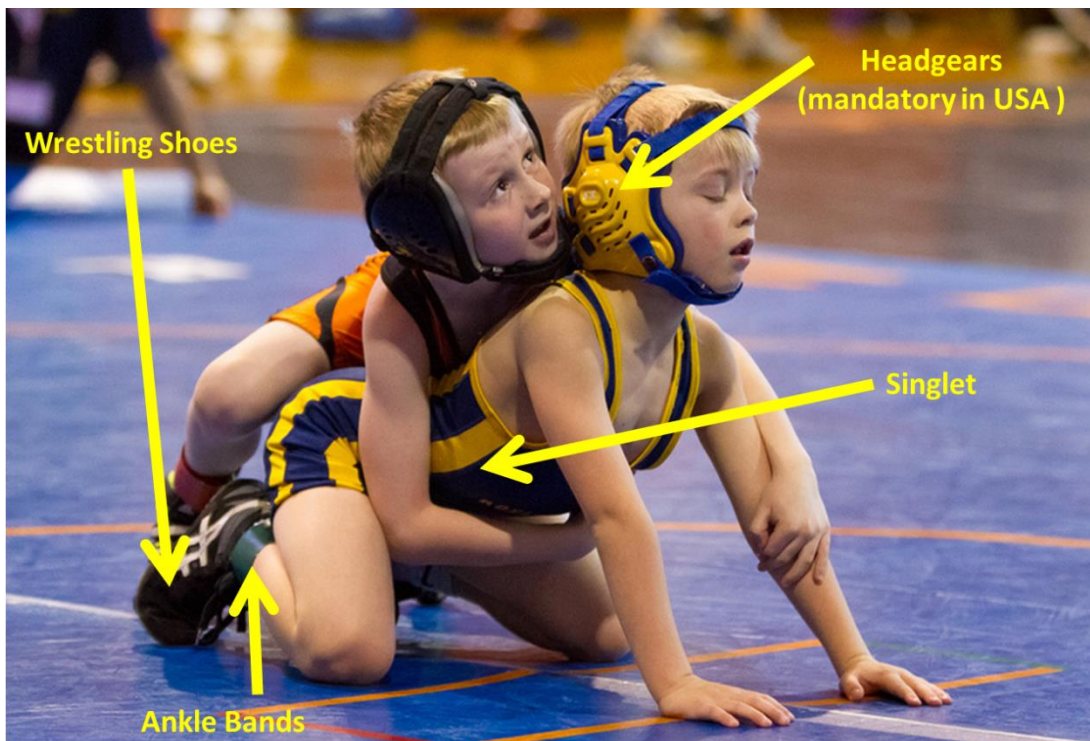
If the match is tied, the winner is determined by the following criteria in the order:

1. Wrestler who has more bigger technical points
2. Wrestler who has less cautions (given for major infractions of the rules)
3. Wrestler who scored last

If a wrestler is being passive (not actively attacking or making movement), the wrestler will be penalized in some way (different in the styles).

## Other stuff...

You may have heard of or seen wrestlers or other athletes with inflated and messy ears. This is a condition called hematoma auris. It is a condition when the external portion of the ear suffers a hard blow and blood (or other fluid) runs through and clots. It is not a disease or contagious or it does not get passed on genetically. It is often called a “cauliflower ear” or in Japanese “gyoza” ears.



## Competition Format

### Individual Tournament

Each weight class has many wrestlers to compete for first place in a tournament format. An overall team champion can be determined as well by allocating points to the team according to the placing of their wrestlers.

There are many formats of individual tournaments.

There is a single elimination format. This uses a tournament bracket to wrestle up to the finals. If a wrestler loses, he/she is out of the tournament. The winner of the final round is first place and the loser is second place. The losers of the semi-finals may both be determined 3<sup>rd</sup> place or they may wrestle for the one 3<sup>rd</sup> place spot.

In the Olympics, the repechage format is used. If a wrestler loses a match, that wrestler may “wrestle back” to compete for 3<sup>rd</sup> place if his/her loss was to the eventual finalist. Not until after the semi-final rounds do wrestle-backs begin. There will be two 3<sup>rd</sup> place wrestlers in this format. There is also a repechage format in which wrestlers wrestle for one 3<sup>rd</sup> place spot.

A more commonly used format in lower levels of competition is a double elimination format in which the wrestler is out of the tournament after his/her second loss. If a wrestler loses, he/she will go to the consolation bracket to compete for 3<sup>rd</sup> place or 2<sup>nd</sup> place (if his/her loss was only to the eventual champion).

There are also round robin formats where wrestlers will wrestle everyone in the bracket and whoever has the most wins (or most points) wins. This is commonly used if there are few wrestlers in the bracket.

### Dual Meet

Two teams present wrestlers at each weight class. Every weight class will be competed to determine the winner of the two teams. This format can also be used to make a dual meet tournament.

In international competition, the winning team is determined by which team won more matches for all the weight classes wrestled. If the outcome is tied, they will look at classification points; which are team points awarded to the wrestler’s team depending on how the winner won. If the winner won by fall or forfeit, they will get 5 classification points for their team and 0 points for the opposing team. If they won by technical fall, 4 and 0. If they won by technical fall but the loser scored at least 1 point during the match, the classification points will be 4 and 1 (1 classification point to the losing team). Any other victories are awarded 3 classification points and possibly 1 point for the loser’s team if the loser scores during the match.

In folkstyle, winners of a dual meet are determined by something similar to a classification point system (not by the number of matches won). The team is awarded 6 points for a fall, 5 points for a technical fall (in folkstyle, a 15 point difference), 4 points for a major decision (winner wins by a margin of 8 – 14 points), and 3 points for a decision victory (winning by a margin of 7 points or less).

In the Kanto league, we use a mix of the international rule and folkstyle rule. Dual meets are determined by adding up the international rule classification points (except the loser does not score any team points): 5 team points for a fall, 4 for a technical fall, and 3 for other wins.

# Some Techniques

