

The Fundamentals of Wrestling

Your success in wrestling is a direct result of your expertise in the fundamentals. After you master the following basic aspects of the sport, you can build on them to expand your wrestling repertoire:

Stance: Your body position and posture on the mat; can be parallel or staggered

Penetration step: The first offensive movement that puts you in a position to score

Level change: The act of raising and lowering your hips to set up or execute an attack or to counter the moves of your opponent

Neutral position: The starting position in which you stand face to face and with your shoulders square to your opponent in the wrestling area

Referee's position: The starting position in which one wrestler is in the top position and the other is on the bottom

Takedown: A move during which you take your opponent down to the mat and gain control from the neutral position

Reversal: A move during which you quickly turn the tables and go from being in a position of defense to being in a position of control as the offensive wrestler

Escape: A move you use from the bottom of the referee's position to *escape*, or get away from your opponent

Breakdown: A move you use when you're in the top of the referee's position to try to get your opponent off balance and down to the mat

Finish: The act of pinning your opponent with special techniques that lead to a *fall*, meaning that the back of your opponent's shoulders are on the mat for at least two seconds

How a Wrestling Match Is Scored

The objective in a wrestling match is to beat your opponent. If a pin occurs, the match is over and whoever scored the pin wins. But if neither wrestler scores a pin, the score at the end of three two-minute periods determines the winner. You earn points for the different moves you successfully execute during a match, and your opponent earns points for any infractions you commit:

Pin or fall: Victory; end of match

Takedown: 2 points

Escape: 1 point

Reversal: 2 points

Near fall: 2 points if you hold your opponent for two seconds; 3 points if you hold your opponent for five seconds or more

Illegal hold: 1 point for your opponent

Unsportsmanlike conduct: 1 point for your opponent

Unnecessary roughness: 1 point for your opponent

Stalling: 1 point for your opponent after you receive one warning; disqualification on the fifth stalling violation

Team Points

Decision (margin 1 - 7 match points) - 3 points

Major Decision (margin 8 – 14 match points) - 4 points

Tech Fall (margin 15 + points) - 5 points

Fall (Pin) – 6 points

Forfeit – 6 points