

How to Watch a Wrestling Match

Unlike boxing, where no one (not even the boxers) knows the score, the scoring in wrestling is precise and both the specter and wrestler alike can follow the progress of the match.

The point used in wrestling is an evaluation of the activity on the mat. It is the referee's duty, among other things, to analyze the situation and signal the points to the scorer.

First - Both wrestlers come forward, shake hands, and step back to their designated red or green area in the center of the mat.

Next – The referee blows the whistle and wrestling begins.

Now – Each wrestler is trying to get control of the other by taking him to the mat with a “Takedown”.

Points – The first points are likely to be given for Takedown. When one wrestler gets a takedown the referee signals two points.

Then – The defensive wrestler (or bottom or “down”) is trying to ESCAPE or REVERSE and get a hold with which he can keep his opponent's shoulders on the mat for 2 seconds – A FALL.

First Period – Starts from standing or neutral position.

Second Period – Choice of position is decided by the toss of a coin. The winner of the toss may choose either up or down in “Referee's Position” or “Neutral Position” or “Defer” to the other wrestler.

Point System – The following is the point system used.

Takedown	2 points
Near Fall	2 or 3 points
Escape	1 point
Reversal	2 points

Definition of Terms: The following are terms and their definitions:

TAKEDOWN – From a neutral position, a wrestler gains control of his opponent and takes him down on the mat.

ESCAPE – When the defensive wrestler gains a neutral position and his opponent has lost control.

REVERSAL – When the defensive wrestler comes from underneath and gains control of his opponent.

NEAR FALL - When the offensive wrestler has control of his opponent in pinning situation and both shoulders or scapulae of the defensive wrestler is held beyond perpendicular to the mat or when the defensive wrestler is in a high bridge or on both elbows for 3 seconds 2 points is awarded and for 5 seconds 3 points is awarded.

FALL – When any part of both shoulders or scapulae are held in contact with the mat for 2 seconds.

DECISION – Earned by the wrestler who has earned the greater number of points.

DEFAULT – Awarded when one of the competitors is unable to continue wrestling for any reason.

DEFER – A strategy that gives the original wrestler the choice in the final period.

FORFIET – Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION – Position in which neither wrestler has control.

CONTROL – Situation in which a contestant exercises and maintains restraining power over his opponent.

POSITION of ADVANTAGE – Position in which contestant is in control of his opponent.

REFEREE'S TOP POSITION – Position known as “Top”, is the control position where most pins (falls) occur. The top man is positioned after the bottom is set. The top man is required to grasp the bottom mans elbow with one hand and the other hand to wrap around the bottom man's waist.

REFEREE'S BOTTOM POSITION – Position of the man on his hands and knees on the mat. There are two parallel lines twelve inches apart. The bottom man is required to have his hands in front of one line and his knees behind the other.