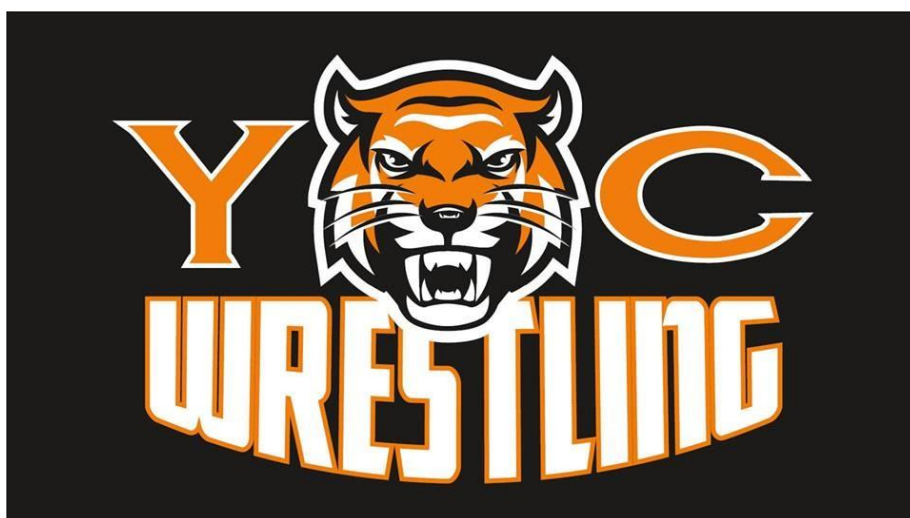


## **New Parents: A Guide to Wrestling**



**YC Wrestling**

**USA Wrestling Organization ID: 1315501**

# Club Leadership:

**Director:** Sean Nonamaker - Head High School Coach - [nonamakers@ycschools.org](mailto:nonamakers@ycschools.org) - 971-312-2069

**Treasurer:** YCTC

**Secretary:** Vacant

**President:** Jerry Tindall

**Member at Large #1:** Erin Kutter

**Member at Large #2:** Will Lavish

**Member at Large #3:** Jake Tilden-Brown

# Club Coaches:

**JR Facchini :** Head Mat Club Coach - 971 226 9504 - [jerry@grow-international.com](mailto:jerry@grow-international.com)

**Ian Barr:** Middle School Head Coach - 503 476 4562 - [BarrI@ycschools.org](mailto:BarrI@ycschools.org)

**Brandon Miller:** High School Lead Assistant/ Club Assistant/ 503-801-3010 / [brandon.miller\\_20@yahoo.com](mailto:brandon.miller_20@yahoo.com)

**Jared Collins:** Club Assistant/ [collinsj@ycschools.org](mailto:collinsj@ycschools.org)/ 503-680-8769

*We are always looking for more help. If interested in coaching please let Coach Nonamaker know so he can get you a list of needs.*

## **Why Should My Son or Daughter Wrestle?**

There is no other sport that builds young men and women into productive members of society than wrestling. This is because wrestling teaches core values and self-development. Through wrestling your son or daughter will be pushed to their limits to better themselves 24/7/365. Values such as self-confidence, hard-work, discipline, mental and physical toughness, fitness, sportsmanship, and competitiveness are just a few life lessons that are experienced everyday in the mat room.

Wrestling also makes you better at other sports. It requires balance, agility, coordination, flexibility, positioning, strength, speed, explosiveness, footwork, core strength, focus and endurance. Wrestling also teaches self confidence and self defense.

No matter your body type, height, or weight, there is a place for you on the wrestling team. Weight classes ensure fairness amongst the competitors, so you're never too big or small.

- I. Scoring and Objective**
- II. The match**
- III. What to expect at tournaments**
- IV. What to bring to tournaments**

### **I. Objective and Scoring**

Competition is broken down by age and weight class and sometimes experience.

There are three periods in regulation. These periods last a certain amount of time, depending on your athlete's age group.

The main objective in wrestling is to pin your opponent. One can do this by pinning his or hers opponent's shoulder blades to the mat until no movement of shoulder blades exist. There is not a set certain amount of time for this to occur. However, one can win by points without pinning his or her opponent at the end of regulation.

#### Point System:

At the start of the match, opponents are placed a foot away from each other on one side of the starting line (depending on the color your opponent was assigned). The referee will have the two

opponents shake hands. On the whistle, the wrestlers will try to secure the following offensive points:

**-Takedown (2 points):** When a wrestler successfully takes his opponent down to the mat and controls another wrestler's hips. 95% of the time this occurs when one wrestler gets behind a wrestler and covers his or her hips, however hip coverage can occur on the front side of the body.

**-Nearfall (2 or 3 points):** When a wrestler successfully exposes his opponent's back to the mat at more than a 45 degree angle. If the opponent's back is exposed between 2 and 4 seconds it is 2 points. 5 is 3 points.

On defense (either from taken down or from starting in referee's position), the wrestler can score from the following:

**-Escape (1 point):** You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.

**-Reversal (2 points):** You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.

**-Penalty points (1 or 2 points):** A number of illegal moves and conduct can award penalty points.

At the end of the match (if no pin/fall was recorded), the winner with the most amount of points will be deemed the winner. His or her hand will be raised by the referee, and each opponent shakes hands again, then goes and shakes the opposing coach's hand before returning to his or her coach.

## **II. The match**

### Before the Match

Before the match your son or daughter will be called to "staging" based on their age group. For example, a tournament worker may announce "all bantam (8U) age group wrestlers report to staging."

A coach and/ or parent should report to staging with the athlete. From there a tournament director will give the athlete a bout sheet and mat assignment. From there, the wrestlers will report the mats they were assigned to and "check in" with the table workers. Typically they will be up 2 to 3 matches after reporting..

When the table worker calls for the athletes name, they will again report to the table. The table worker will assign a “color.” Based on the color they are assigned, the athlete will put on a red or green ankle band, and get set in their stance on that colored line.

### Period One

The referee will have the athletes shake hands to start the first of three periods. Again, depending on age group of the athletes, periods last a different amount of time.

The first round both athletes are put in the “neutral” position. This is when both athletes are facing each other on their feet.



*\*Neutral position\**

### Second Period

After the first period, the referee will flip a “coin.” If the coin lands on the athlete's color of ankle band, it will be their choice. Sometimes this will be substituted with a “picking of numbers” and the athlete closest to number the referee holds behind his hand, it will be that athlete's choice of starting position.

Their choices are the following: **\*ATHLETES SHOULD ALWAYS CHECK WITH COACH FOR CHOICE\***

*Defer:* The athlete defers to his opponent, and therefore will get choice third period. This is signified to the referee by displaying an “X” with both arms.

*Neutral:* The athlete chooses neutral, and both opponents start the second period just as they started the first (both athletes on their feet.) This is signified by taking both palms and facing them to each other..

*Bottom:* The athlete chooses to go bottom in referee's position. In this position, the bottom athlete tries to explode out for an escape or from a reversal. This is signifying my pointing down the the pointer finger. This position is typically more advantageous to score in, but not always. Gauge your athletes strengths and weaknesses. Though most wrestlers typically are “better” at bottom, some wrestlers are indeed better on top.

*Top:* The athlete chooses to top in referee’s position. In this position, the athlete tries to break his opponent down, and turn him to his back for a pin/fall or near fall points. This is signified by a “thumbs up” motion to the referee.



*\*Two wrestlers in referee's position\**

### Third Period

The wrestler who did not have choice in the second period will now have choice as to how he wants to start the match, utilizing the choices above.

After the third period concludes, the wrestlers will be brought back to the center of the mat. They will be forced to shake hands again by the referees. The winner then will have his arm raised, signifying the victory.

After the arm raise, the athlete will then go and shake the other coaches hand, whom will be in the corner opposite of the athlete's coach. This signifies respect and sportsmanship. This is a wrestling tradition that has been a part of the sport for centuries. It is highly looked down upon if this does not occur.

### Overtime and Double Overtimes and Ultimate Overtime

Overtime exist when both wrestlers remained tied at the end of regulation. In sudden death overtime, the first wrestler to secure a takedown wins the match within one minute. If no takedown occurs, 2 periods of double overtime occurs. If it still is tied after double overtime, the ultimate tiebreaker occurs with one 30 second period of referees position.

### **III. What to expect at tournaments**

**When:** Tournaments are held on Saturdays 99% of the time. Some larger tournaments start on Fridays and extend to Sunday's.

**Registering:** Depending on the type of tournament, registration can occur one of two ways. For smaller tournaments geared towards beginners and crab pools, registration occurs at the door. If you are new this will be most likely the type of registration you will be doing.

For larger, more advanced tournaments, typically registration occurs via a registration system called "trackwrestling." This registration is done online at [www.trackwrestling.com](http://www.trackwrestling.com). At trackwrestling, you will search for the tournament and follow the registration prompts.

For both door registration and trackwrestling.com registration, athletes will have to have there USA Card present to compete. Do not forget it at home, or have a picture of it ready handedly. Some tournaments require that a physical copy be in hand - so it is best to always have it available.

**Types of Tournaments:** There are two general types of tournaments: Crab Pools/ Pots and Line Bracketing.

*Crab Pools:* In crab pool style tournaments, three to four wrestlers are "pooled" together based on age, weight, and sometimes experience. There is no "specific" weight class, they are grouped together as close to weight as possible. These style of tournaments are for less advanced kids typically - though you may enter with any amount of experience. In this style, all wrestlers compete against all other wrestlers in his or her pool. This creates a wonderful opportunity for wrestlers who want to experience more "mat time" and to focus on getting experience. In this style, registration is done at the door.

*Line Bracketed Tournaments:* This style is typically for more advanced kids at larger tournaments. They are double elimination style tournaments where the winner moves onto the next round towards the championship and the loser falls to the backside of the bracket to battle for third and sometimes fifth. After two losses, the athlete is out of the tournament. These styles have specific weight classes that athletes have to weigh under. For example, an athlete wrestling at 75 lbs, must weigh 75 lbs or lighter. Otherwise, he will be eliminated from the tournament, or bumped up to the next weight class (some tournaments don't allow this and the wrestler will be automatically disqualified). These types of tournaments are typically registered through [trackwrestling.com](http://trackwrestling.com) and require a pre-registration through [trackwrestling.com](http://trackwrestling.com). This style of tournament registration is typically done online with payment done online. Also, be prepared to have to purchase a "floor pass" if you plan on coaching or being with your athlete mat side. These are typically an additional cost paid for at the door.

**Times:** On tournament flyers and information it is imperative that you pay close attention to what time weigh ins are, **because weigh ins typically start one to two hours before competition.** This typically last from about 7 am to 8 am with competition starting at 9 am. But this is not always the case.

If your athlete misses the time frame for weigh ins, he will not be allowed to compete. There is not a given "set-in-stone" time as to when tournaments end. It all depends on when your athlete is done competing. Smaller crab pool tournaments typically last no later than 12:00 noon. However, I have seen them end as early as 10:00 am. Again, this all depends on the number of athletes at a given tournament, how well ran the tournament is, and if its a crab pool or bracketed style tournament.

**Coaches and Coaching:** The nature of some wrestling tournaments can be chaotic and challenging to have a coach present at matside for every athlete. It will seem overwhelming. However, there has to be a coach/ parent/ adult with every athlete while they are competing matside. Parents, we encourage you to attend some practices to understand the basic because you will **undoubtedly** need to step in matside to help coach your child at some point in the season. This will also include taking your child back to staging. This may cause a feeling of overwhelming to you if you do not know much about wrestling, however, there are hundreds of parents who are doing the same at any given tournament. We will do our best to have trained coaches with your athlete for every match, but there are times that is not an option because we may have 5 or 6 wrestlers wrestling at once spread across multiple gyms. In short, please be prepared to step in when needed.



### **Day-to-Day operations of tournaments:**

1. Travel to tournament site with parents or teammates
2. At front door, registration desk will be there. Here you will:
  - a. Pay athlete entry fee (between 10 and 20\$ for beginner tournaments)
  - b. Pay spectator fees (typically between 2 and 5\$ - if have a coaches card, its free)
  - c. Show USA Card for athlete (and coach if doing so).
  - d. Registrar will write down information on a “weigh-in slip” and give it to the athlete
  - e. Some tournaments are pre-register/ pay only!! (Dont miss deadline)
    - i. Those tournaments that are traditionally pre-register are marked on your calendars
3. Take weigh-in slip to weigh-ins:
  - a. A singlet or whatever outfit the wrestler is wrestling in has to be worn with socks when on the scales \*NOT INCLUDING SHOES- DO NOT WEIGH IN WITH SHOES\*
  - b. Weigh in official will then take weigh-in slip and put into a packet to be pooled
4. Initial Staging
  - a. After weigh-ins are closed, each age division will be called back for initial staging
  - b. Here the “pooling” will occur.
  - c. A pooling official will call your athletes name and give them a “pool” number and write it on their hand.
5. Warm up as Team
6. When the tournament begins; wrestling staging will occur. They will announce each age division back to staging before each wrestling round. Here they will
  - a. Assign each pool number a mat
  - b. From there, refer to “before the match” as to what occurs next (this is where the before the match section starts).

### **IV. What to bring to tournaments**

1. USA Wrestling Card
2. Cash - most tournaments are cash only (registration or otherwise)
3. Food- Some tournaments will not allow food in, but most do. Big tournaments like the state tournament do not allow it. However, I would bring snacks and lunch for the athletes to save money just in case. I always bring lunch and keep it in the car just in case.

4. All Wrestling gear
  - a. Shoes
  - b. Singlet or optional outfit (compression shorts and shirt)
  - c. Warm up gear
  - d. Head gear (optional, not required - This often changes)

## **V. Obtaining a USA Wrestling Card**

*\*\*\*The club will purchase your USA wrestling card with registration, however some choose to do this on their own.\*\*\**

1. Go to <https://www.usawmembership.com/login>
2. Create account
3. Purchase USA Wrestling membership (athlete)
4. Club/Organization: Organization ID: 1315501 YC Wrestling 115. Ash St. Yamhill, Oregon

If you want to link your USA Wrestling ID number with your membership number online you will need to create an account with the link above.