

Frequently asked questions about a match

How long is a wrestling match?

Youth wrestling matches are 3 minutes (3-one minute periods) or 3.5 minutes. High school matches are 6 minutes. College matches are 7 minutes. International, Olympic, and World level matches are 5 minutes. If the score is tied at the end of the match, an overtime period is wrestled with the first person to score winning the match.

Why do the team members wear red and green straps on their ankles when they wrestle, and why do the referees wear red and green bands on their wrists?

The green band denotes the home team and the red is the visiting team. The referee raises the arm with the green arm band when awarding points, issuing cautions or assessing penalties to the home team. The same procedure is used for the visiting team.

What is a wrestle-off?

A wrestle-off is when a wrestler wishes to challenge a member to attempt to win that spot. These wrestle-offs are held at the discretion of the coaching staff, who may or may not see fit to allow the wrestle-off, based on a variety of issues. The coaching staff will make the final decision on team members.

Why does the team participate in so many tournaments?

The team participates in tournaments to gain experience. Sometimes the wrestlers will refer to this as "mat time". It is very important that the younger wrestlers get as much mat time as possible. This enables them to hone their skills.

Why are there two (2) sets of scores on the scoreboard? What are the other numbers on the board?

The team score, individual score, period clock, weight class and the number of periods can all be found on the scoreboard.

How are individual scores determined?

Individual scores are determined by the types of moves that are executed during the match.

- **take down** = 2 points; *established control*
- **reversal** = 2 points; *reverse control*
- **escape** = 1 point; *escape control*
- **near fall** = 2 or 3 points; *control back/shoulders to mat or ground*
- **stalling** = points accumulate till disqualification; *no attempt at control*
- **penalty points** = *biting, kicking, scratching, talking, locked hands, & other flagrant misconduct*

How are team scores determined?

Team scores are determined by the type of victory each individual on the team has made.

- Decision (1-7 point spread): Three (3) points.
- Major decision (8-14 point spread): Four (4) points.
- Technical Fall (15 point spread): Five (5) points.
- Pin: Six (6) points.

Why do referees get tagged with a rolled up towel or flexible tube?

When several mats are in the same gymnasium, the buzzers cannot be used to let the referee know when the match periods are over. To allow the referee to watch the match instead of the timekeeper, the referee is tagged when time has run out.