

# **Youth Wrestling Guidelines for Parents**

## **GUIDELINES FOR PARENTS**

### **Do not impose your ambitions on your child**

Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.

### **Be supportive no matter what.**

There is only one question to ask your child "Did you have fun"? If meets and practices are not fun, your child should not be forced to participate.

### **Do not criticize the officials.**

### **Do not coach your child.**

You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or mat strategy. That is not your area. This will only serve to confuse your child and prevent that wrestler/coach bond from forming.

### **Get Involved.**

Your club needs your help and support. Attend parent and club meetings to find out how you can help.

Have positive things to say at a wrestling meet.

### **Acknowledge your child's fears.**

### **Do not expect your child to be an Olympian.**

There are over 142,600 athletes in USA Wrestling. There are only 21 spots available for the Olympics every four years. Your child's odds of becoming an Olympian are 1 in 6,800. Wrestling is much more than the Olympics. Learn to appreciate all that wrestling can contribute to your child's development.

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# Understanding Rules and Equipment



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In earlier times, even in the 20th century, American folkstyle wrestling matches were won only by pinning the opponent by holding the shoulders to the mat for at least two seconds. Because of this, matches were sometimes very long. As the sport became more humane and time limits were set, it became apparent that not every match could end in a pin. To decide a winner when there was no pin, a system of points to be awarded for various maneuvers was developed, which continued to evolve into the rules of the sport used today. In short, rules were developed to protect the competitors and to provide for orderly and timely competitions.

At the youth level, most local clubs recognize American folkstyle wrestling, so we have focused on this style throughout this chapter and throughout this book. The other two styles are freestyle and Greco-Roman, but these are generally used only when wrestlers participate in international clubs (see "Wrestling Styles" for more information). This introduction to the basic rules of folkstyle wrestling won't cover every rule of the sport, but instead will give you what you need in order to work with wrestlers who are 6 to 14 years old. This chapter covers the basics of the sport, including the different styles of wrestling, mat specifications, and wrestling equipment. It also describes match rules and procedures and wraps things up with officiating and some of the most common officiating signals.

## Wrestling Styles

In the United States, three types of wrestling styles are recognized and practiced at the youth level: folkstyle, freestyle, and Greco-Roman. Each style has different rules, but all have virtually the same ultimate objective: to take the opponent from the feet to the back and hold the shoulders to the mat. In folkstyle wrestling, the shoulders must remain down for at least two seconds, which means to *win by fall*.

Most young people compete in folkstyle because it is the style used in high school and college competitions in the United States, and most youth clubs are formed in support of these programs so that they can feed wrestlers into high school and even collegiate teams. The heart of folkstyle wrestling is the local youth club. These clubs are where young people are typically first introduced and exposed to the sport, and they are where they learn many of the basics. Often, high school coaches guide these clubs, providing the volunteer coaches with the basic instruction that will produce the style they coach in their high school program. The other two styles seen at the youth level, freestyle and Greco-Roman, are practiced around the world and are governed by FILA (Fédération Internationale des Luttes Associées), the international governing body for wrestling. In our country, these international styles are governed by USA Wrestling, the representative body to the U.S. Olympic Committee. USA Wrestling also provides competitions in folkstyle for youth.

Although many countries around the world have their own unique type of folkstyle wrestling, American folkstyle is unique to the United States. In the United States, folkstyle wrestlers work to get the opponent to the mat (the takedown), work to hold the opponent down and turn him or her onto the back (the ride), and then work to pin the shoulders to the mat (the fall). For folkstyle, riding is a large part of the competition (see chapter 9 for more information on rides). International freestyle and Greco-Roman styles emphasize the fall, and the rules encourage more risk but reward it highly. For these styles, simply riding without working to get the fall is not desired. Of the two international styles, freestyle wrestling is most similar to folkstyle, although it places less emphasis on control and more on turning the opponent's back toward the mat. The Greco-Roman style prohibits grasping the opponent's legs or using the legs to trip or hold the opponent. Because the legs can't be used to attack or defend, the Greco-Roman style can produce spectacular lifts and throws, which are highly rewarded with points.

The transition from folkstyle to the international styles is not difficult for a fundamentally sound wrestler. Wrestlers who go on to compete internationally are noted for being particularly well-conditioned, well-disciplined athletes. And this conditioning and discipline result partially from the demands of folkstyle, in which a wrestler must learn how to dominate, control, and wear down an opponent. Conditioning is a strong part of the fundamental approach of U.S. coaches, while other top nations emphasize skill and explosion rather than the aggressive style of the United States.

## **Mat**

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Youth folkstyle wrestling typically takes place on the same size and type of mat used for high school wrestling. The mat is made of vinyl-covered, shock-absorbent foam and is no more than 4 inches thick. The wrestling area of the mat is a circle with a diameter of at least 28 feet. It is outlined by a 2-inch-wide line. At the center of the wrestling area is another circle outlined with a 2-inch-wide line; it has a diameter of 10 feet. Inside the 10-foot circle are two 1-foot starting lines, one green and one red. They are connected by lines 3 feet long, 12 inches from the inside circle's lines. A 5-foot-wide protection zone surrounds the wrestling area. See figure 3.1.

Ideally, youth wrestling takes place on a regulation mat as described. However, at the youth level, it is common, especially in tournaments, to see full-sized mats divided into halves or quarters. A large tournament with several hundred competitors would be severely limited if it were held on full mats because most school gymnasiums can hold only three or four. If divided mats are used, the hosts should mark a 10-foot circle in the middle of each half or quarter, and direct the officials to work to ensure that most wrestling

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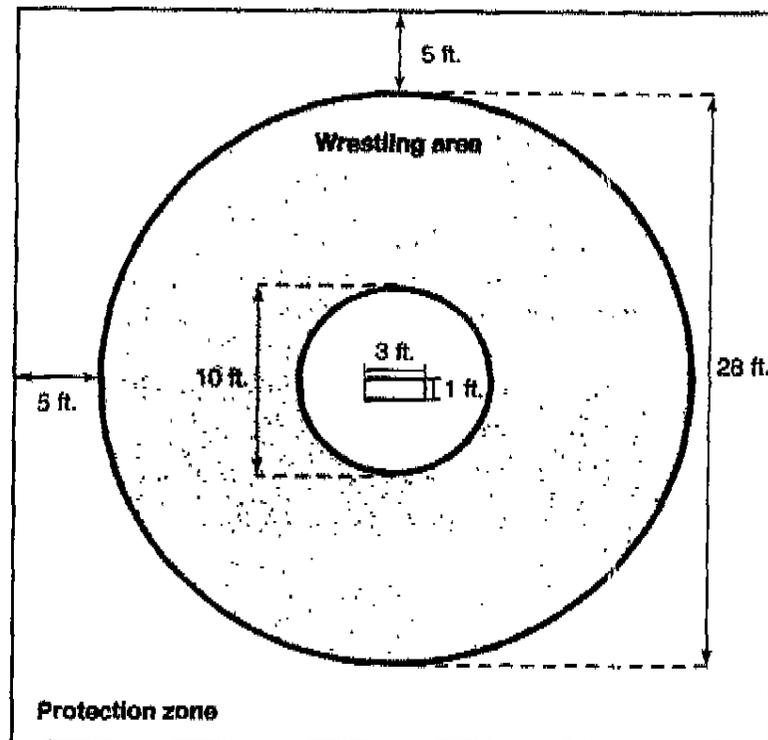


Figure 3.1 Youth wrestling mat.

takes place inside the circle. A 10-foot circle allows a generous protection zone to help ensure the safety of the competitors. The youngest age groups and lightest weight classes should be directed to the smallest mats, and officials and coaches must be prepared to protect the contestants from colliding with wrestlers on adjacent mats.

## Wrestling Equipment

Standard equipment for youth wrestling includes shoes, uniform, headgear, and other appropriate apparel. But how do you know when this equipment meets proper specifications and is in good repair? You must examine the condition of each item you distribute to athletes. You must also make sure that the equipment they furnish themselves meets acceptability standards. Make sure that each wrestler on your team is outfitted properly and demonstrate to wrestlers how to properly wear their equipment. Following is additional information about the equipment used in wrestling:

- **Shoes.** Soft shoes with flat soles are required. The shoes may not have metal eyelets, and the rigid tips of shoelaces must be cut off. Many

sportswear companies make wrestling-specific shoes. Commonly at the youth level, coaches allow kids to practice in regular athletic shoes if they are clean so that the youths can decide if they want to pursue wrestling. This keeps parents from having to purchase expensive gear before the kids know whether they will enjoy wrestling. High school, college, and international wrestling rules require laces to be taped over or covered so that matches are not stopped because laces become untied. Some youth competitions may require this also. If so, wrap athletic tape around the ankles of the shoes to cover the lace knots. This wrap does not need to be very tight—do not put the athlete's feet to sleep!

- **Uniform.** The one-piece uniform is called a *singlet*, under which athletes must wear underbriefs. Male wrestlers can wear an athletic supporter and female wrestlers, a sports bra. For practice, wrestlers usually wear shorts and a T-shirt with acceptable wrestling shoes. Singlets are worn for competitions. Ideally, shorts have no pockets; if they do, it is best if they are sewn shut because finger and thumb injuries can occur if wrestlers get their hands tangled in a practice partner's pocket while attacking.
- **Kneepads.** Kneepads are commonly worn in practices and matches. There are specific guidelines for kneepads and knee braces, so check with your club regarding these. Note that kneepads are not required for wrestlers, and parents should not feel the need to purchase them unless there is a specific medical reason for the wrestler to wear them.
- **Headgear.** Protective headgear is required and is encouraged for young athletes in wrestling competition. Headgear is not meant to protect against head injuries such as concussions. The purpose of headgear, also called ear guards, is to prevent wrestlers from damaging their ears. Ear injuries can lead to what is known as *cauliflower ear*. Cauliflower ear develops when the skin separates from the cartilage because of a blow or friction. The damage can lead to the formation of a hematoma, and left unattended, new cartilage may form. This can result in scarring that will sometimes look like the surface of a head of cauliflower. Young wrestlers are not prone to cauliflower ear, but they should be encouraged, and in most cases required, to practice and compete with headgear on. Most cauliflower ear is caused by heavy repetition and very physical wrestling found in higher levels of competition such as high school and college wrestling. If pain, redness, and swelling appear, send the wrestler to an experienced sports physician as soon as possible.
- **Special equipment.** Wrestlers may have an injury or situation that requires a special taping procedure, braces, protective goggles, elbow sleeves, and so on. Referees and coaches are required to examine all special equipment before each competition to ensure that it meets the requirements of the school or club. Please check your school or club rules to verify the legality and requirements of all special equipment.

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## Weight Classes

Local youth clubs may use several methods for grouping wrestlers for competition. Grouping wrestlers into weight classes is the most common method and was established in an attempt to create an equal opportunity for wrestlers to compete at their best level. Pairing weight classes with age groups helps keep wrestlers of similar maturity levels grouped together, and maturity may be as important a consideration as weight. You will encounter other methods as well.

Tournament organizers may sometimes group wrestlers less formally in an attempt to even out the number of wrestlers per competitive group. For example, if 24 wrestlers weighing 100 to 105 pounds, five wrestlers weighing 98 to 99 pounds, and 3 weighing 106 pounds weigh in, the pairing officials may split these 32 wrestlers into three groups instead of having such unbalanced numbers. This helps everyone get in a similar number of matches and keeps the tournament from dragging on at the end while one or two weight classes have many more matches than the others. In any case, the pairing officials will work to avoid mismatches because of excessive weight difference. Be vigilant and ask for change if there is too much disparity among athletes. The main concern of all officials and coaches should be the safety of the wrestlers and an enjoyable competition.

USA Wrestling has established youth age groups and assigned match time limits and weight classes for each group. Some state associations have expanded these to provide a framework for younger children. See table 3.1 for a list of the age groups and weights for youth wrestling as recommended by USA Wrestling.

**Table 3.1 Match Durations and Weight Divisions for Youth Wrestling**

Age group	Duration of match	Weight (lbs.)
Pee Wee (ages 6 and 7)	3 two-min. periods with a 30-sec. rest between periods	30, 35, 40, 45, 50, 55, 60, 65, 65+ (10 lbs. max. difference)
Bantam (ages 8 and 9)	3 two-min. periods with a 30-sec. rest between periods	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. max. difference)
Midget (ages 10 and 11)	3 two-min. periods with a 30-sec. rest between periods	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs. max. difference)
Novice (ages 12 and 13)	3 two-min. periods with a 30-sec. rest between periods	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. max. difference)
Schoolboy/Schoolgirl (ages 14 and 15)	3 two-min. periods with a 30-sec. rest between periods	70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 145, 165, 185, 205, 225, 250

## Competition

Wrestling matches are opportunities for wrestlers to translate the skills they have learned in practice into a competition with other wrestlers. Youth wrestling has two principal forms of competition: tournaments and dual meets.

In tournaments, wrestlers from many clubs or teams compete in each weight class. Often there is more than one wrestler from the same club. Team scores are not usually kept in tournaments at the youth level, but there are awards for the wrestlers who win or place in the competition. USA Wrestling tournaments do not include team scoring except at the national championship level for older age groups. As competition moves to high school teams, tournament scoring becomes important.

Dual meets are competitions between two teams. Each team enters one wrestler per weight class, and he or she wrestles an opponent in that weight class from the other team. Team scoring is the idea behind dual meets, and the winning wrestler is awarded three to six points depending on the nature of the win. Individual points are totaled, and the team with the most points wins the dual competition.

## Entering Competition

Although weight classes are different for different ages, the system for entering athletes into competitions is the same for all levels. In a dual meet, each team may enter one wrestler in each weight class. The same is true for invitational tournaments, where teams are invited and each enters one wrestler per weight class. However, in open tournaments, a school or club may enter as many wrestlers as it wishes, and wrestlers can sometimes enter as individuals, without club or team membership.

Clubs that host tournaments can make fliers available at other competitions, send fliers to the coaches of other clubs, and advertise in wrestling publications or on Web sites. Ads should specify location, rules to be observed, age groups competing, time and place of weigh-ins, and time and place of the competition. Generally, only statewide championships and USA Wrestling regional and national competitions require preregistration. Events sanctioned by USA Wrestling require that competitors hold an athlete membership card, and this must be presented when making an entry. This may be true of other governing bodies as well. Athletes register upon arriving at the site, and then go to the weigh-in room.

## Weigh-Ins

A weigh-in is held before a competition to ensure that each athlete's body weight is within the limits of his or her weight class. This usually occurs at least an hour before the event's scheduled start time to allow tournament administrators time to organize the wrestlers into their weight classes and set

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up brackets. In some cases, weigh-ins are highly structured with all the wrestlers from a specific weight class standing in line to be weighed.

Medical personnel should check each athlete thoroughly for skin infections before he or she is allowed to weigh in. When cleared, the athlete reports for the weigh-in. USA Wrestling requires, as do some other organizations, that athletes weigh in wearing uniforms or shorts because officials may be women, and girls and women may enter some competitions. When the wrestler comes to the scale, the official confirms that the medical clearance is complete and then directs the wrestler to step on the scale. Digital scales are used most often now. When using a digital scale, the readout should not be visible to the athlete. This is done to keep the athlete from moving around on the scale in an attempt to affect the result. If a balance scale is used, the official should direct the athlete to stand in the middle of the platform and stand still. Most associations and leagues give an athlete just one chance on the scale. If athletes are over the allowed weight, they are not allowed to compete. It is the responsibility of the athlete and the coach to be sure that the stated weight is correct before presenting for weigh-in.

### Match Structure

A match is made up of three timed periods. The time can vary depending on local rules. For example, USA Wrestling specifies three 2-minute periods with 30 seconds of rest between each period for all age categories (see table 3.1); however, some tournament organizers use 1-minute periods for the younger age groups. Before the start of a competition, check the rules to make sure you know what the time periods are for each age group.

The first period starts with both wrestlers standing. At the end of the first period, the official determines which wrestler gets to choose how to start the second period. If it is a dual meet, this protocol is decided before the first match, and the teams alternate who gets the choice. In a tournament, the athletes wear colored ankle bands to help the official and scorers identify athletes. The official flips a colored disc, and the wrestler with the winning color gets the choice.

The wrestler with the choice at the start of the second period has four options. Athletes can choose to defer the choice to their opponent so they can make the choice they want in the third period. They can choose to start in the neutral position, both wrestlers standing. They can choose to start down so that they can escape or get a reversal while they are still fresh. Finally, they can choose to start in the top position so they can work to get the fall, again, while fresh.

A match is over if one wrestler achieves a pin, or fall (see chapter 9 for more information on pins). Matches are also stopped if one wrestler gets ahead of the other by 15 or more points, a technical fall. Disqualification for misconduct, stalling, or other severe violations of the rules also stop a match. Although wrestling is one of the martial arts, or combat sports, any hold or maneuver applied with the intent to injure the opponent is prohibited.

## Starting a Match

All youth wrestling matches begin with the two wrestlers on their feet, facing each other in a neutral position, with no advantage to either one. The duration of a match is specified according to the wrestling style and the age group involved.

Substitutions are not allowed during a match; however, for a dual meet, it is possible for two athletes to weigh in at the same weight so that you can choose which athlete to use when it is that weight group's turn to compete. Wrestling does not have a time-out in the way we understand them in basketball or football. There are no stops to be used strategically, to compose the team, or simply to catch a rest. It is possible for an athlete to ask for a time-out for injury. Injury time-outs have time limits, and once the time is reached, the athlete must compete or withdraw. The time limit is most often one and a half minutes. Different organizations allow a different number of injury time-outs. Coaches and wrestlers must know the rule for the specific competition before it begins. In college wrestling, for instance, only one time-out is allowed, and if the athlete asks for a second, the match is terminated.

The official will stop a match when blood is present so that the bleeding can be stopped and the wrestlers and the mat cleaned and disinfected. There is no time limit for blood issues, and the match will continue until it becomes clear that the bleeding is interfering with the match too much. The official can choose to stop the match at that point, and the wrestler who is not able to continue will take a loss.

## Scoring

Depending on the starting position for each period, the wrestlers try to score takedowns, escapes, reversals, and near falls to control their opponents on the mat, to turn them over, and then to pin their shoulders for a fall. The successful execution of these maneuvers is rewarded with match points. To understand how the various maneuvers are scored, see table 3.2.

In folkstyle team competitions, wrestlers earn team points that contribute to the team's score. For team scoring, a win by a decision (victory by 1 to 7 points more than the opponent) is worth 3 points; a major decision (victory by 8 to 14 points), 4; a technical fall (victory by at least 15 points), 5; and a fall, 6. The loser receives no points. Winning by injury default, forfeit, or disqualification counts the same as a fall.

## Officiating

Wrestling officials enforce the rules. Their authority over a match begins at least 30 minutes before the start of the match and finishes at least 30 minutes

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**Table 3.2 Match Scoring**

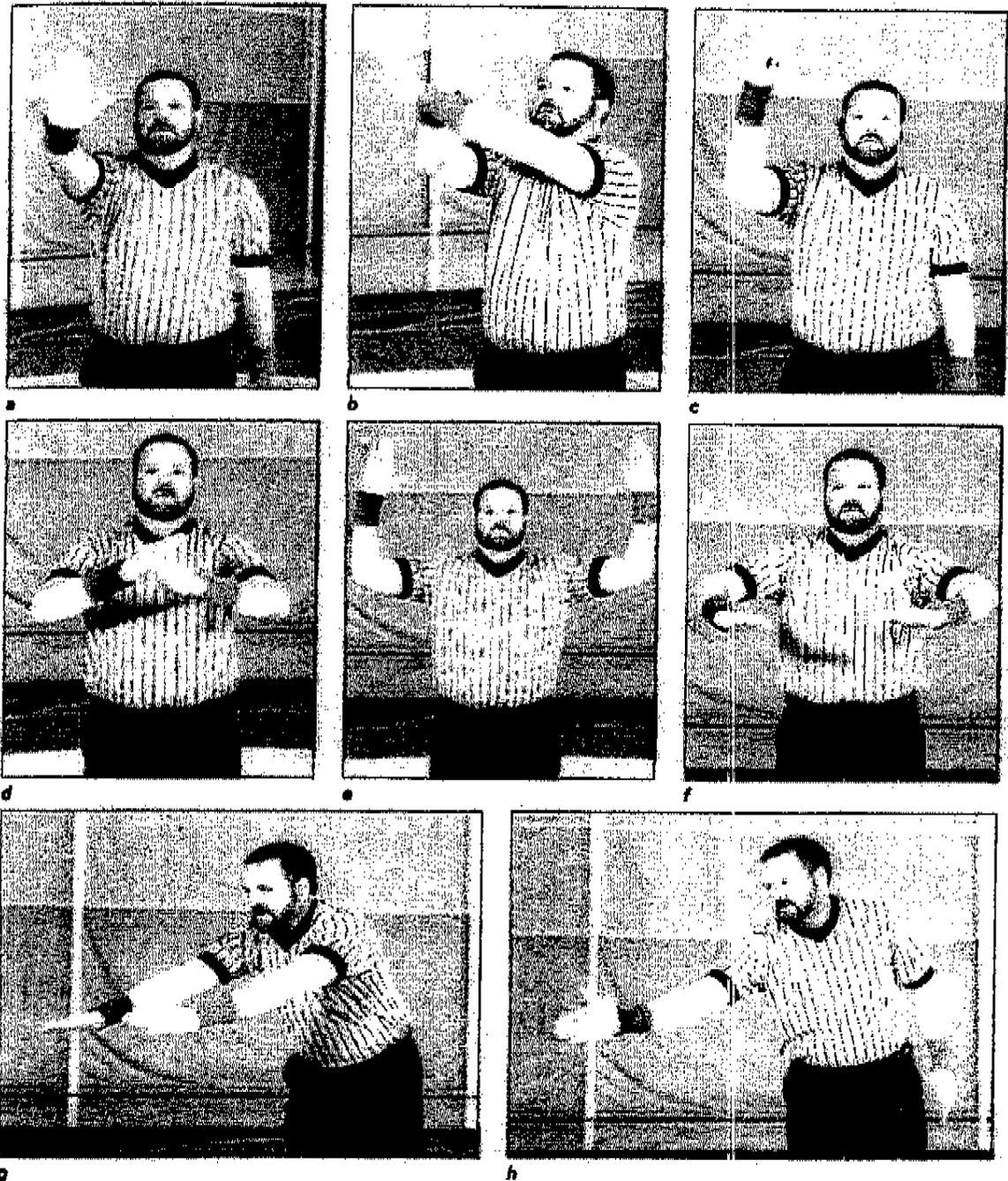
Maneuver	Description	Points
Takedown	Taking the opponent, under control, from the neutral position to the mat	2
Escape	Escaping from the control of the top wrestler	1
Reversal	Reversing the control position	2
Near fall	Holding the opponent's shoulders in the near fall position (one shoulder on the mat and the other within 45 degrees of the mat)	2 points for 2 sec. or 3 points for 5 sec.
Fall	Holding both of the opponent's shoulders to the mat for two seconds	Winner of the match; or if the time limit for the match ends and neither wrestler has scored a fall, the winner is determined by the number of points earned

after it has ended. For most youth wrestling there is usually one mat official. In high school and college championship competition and for important college dual meets, there may also be an assistant official. Officials for youth competition may have a wide range of training and expertise. Because of this, pay close attention to the conduct of the match. You can learn a lot by watching a good, experienced official. You can also help an inexperienced official from time to time, but always do so respectfully.

Many youth competitions and most scholastic competitions will have three officials per mat—the referee, the timekeeper, and the scorekeeper. Some competitions, however, may be different. For example, as the tournaments get more serious or move into regional and state competition, the full complement of officials may include the timekeeper, the scorekeeper, the referee, the mat judge, and the mat chair. The referee, mat judge, and chair act together, and two of the three must agree for calls to stand.

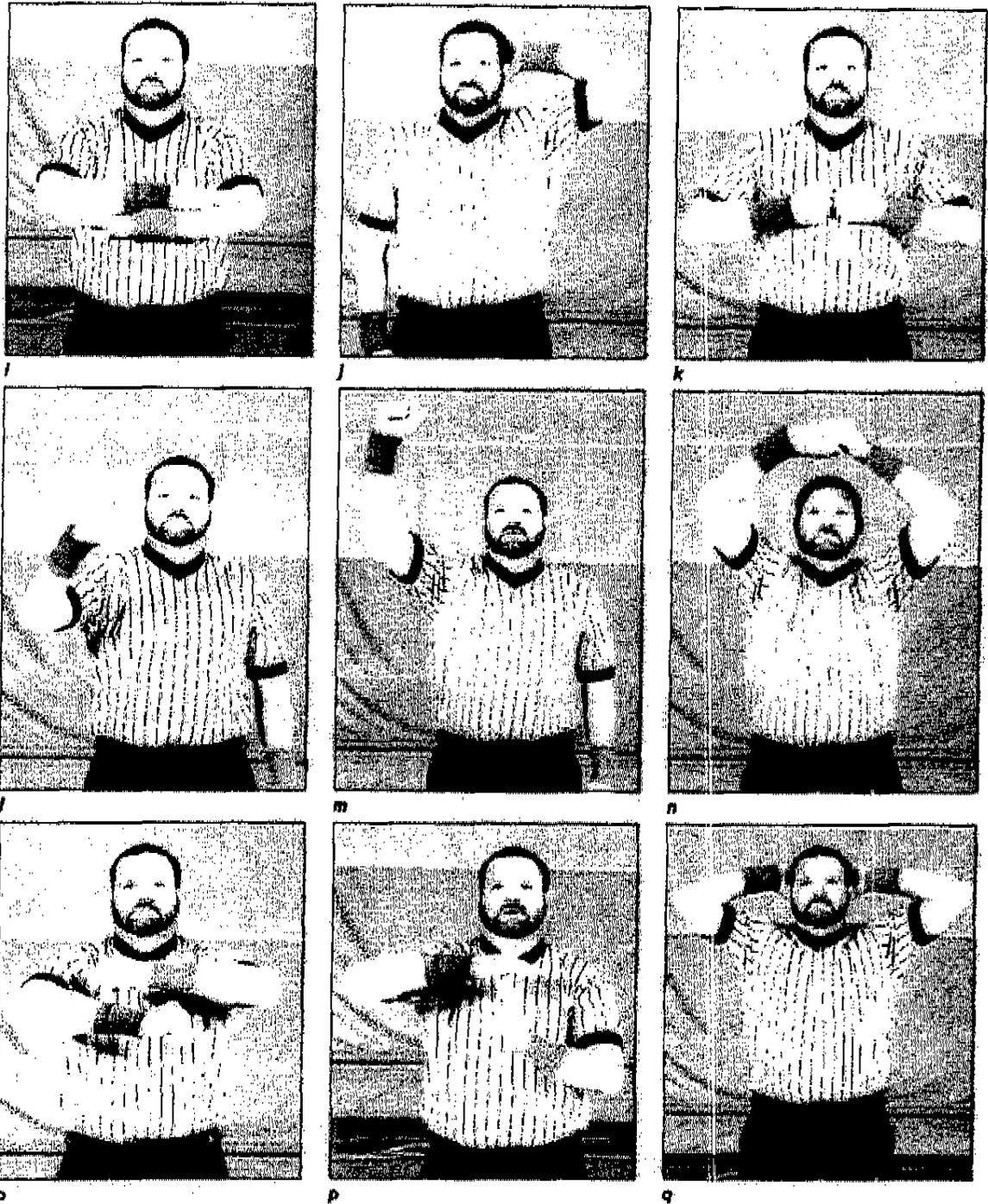
Officials have many responsibilities during a match, including effectively communicating the calls to the scorers so the coaches, athletes, and spectators can understand the action. See figure 3.2 for common officiating signals.

If you have a concern about the officiating, always address the officials respectfully. They, like you, are most often volunteering their time and talent for the good of the wrestlers and the sport. Go to the scorer's table, and the official will come speak to you when there is a stop in the action. Do so immediately if at any time you feel that the officiating jeopardizes the safety of the athletes.



**Figure 3.2** Officiating signals for (a) stop the match, (b) time-out, (c) start the injury clock, (d) stop the injury clock, (e) neutral position, (f) no control, (g) out of bounds, (h) wrestler in control (use either hand).

*(continued)*



**Figure 3.2** (continued) (i) defer choice, (j) potentially dangerous move (use either hand), (k) stalemate, (l) caution for false start or incorrect starting position, (m) stalling (use either hand), (n) interlocking hands or grasping clothing, (o) reversal, (p) technical violation, (q) illegal hold or unnecessary roughness.

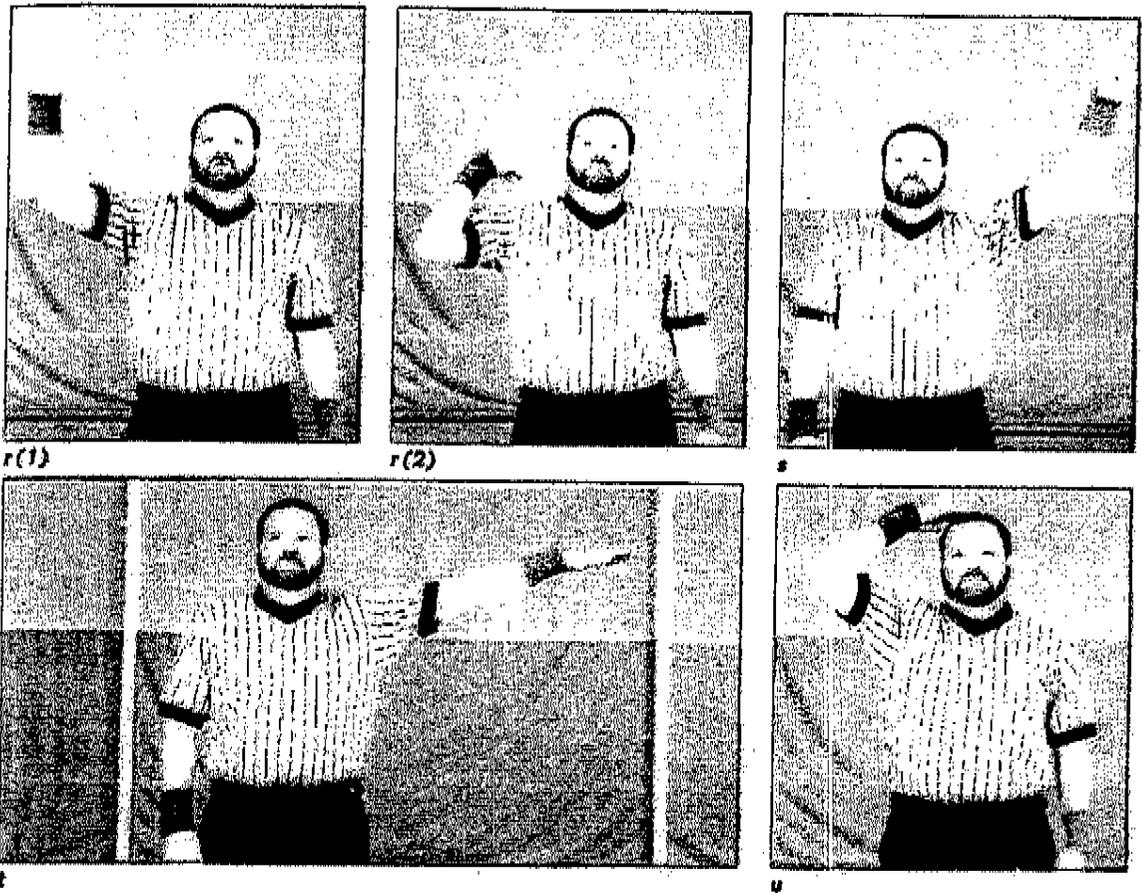


Figure 3.2 (continued) (r) near fall, (s) awarding points, (t) unsporting conduct, and (u) flagrant misconduct.

## Appendix B

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# Wrestling Terms

**bottom position**—the starting position in which a wrestler's hands are in front of the starting line and the knees behind. The top wrestler assumes the control position by grasping the opponent's near elbow with one hand and the midsection with the other hand. In folkstyle wrestling, a wrestler can choose to start a period from the down position. If action travels out of bounds, the wrestler who is under the control of his or her opponent restarts action from the down position.

**breakdown**—a technique in folkstyle wrestling in which the wrestler in the top position flattens the bottom wrestler and turns him or her for a pin. Common breakdowns are the tight waist, arm chop, spiral ride, and ankle breakdown.

**chicken wing**—a common pinning or riding hold. A wrestler chops the opponent's arm and works to overhook the arm. To establish a chicken wing, a wrestler holds an overhook and gets his or her hand across the opponent's back.

**choice**—in folkstyle wrestling, each wrestler chooses the starting position for one of the periods after the first. Wrestlers start the first period from the neutral position. Before the start of the second period, the referee flips a coin to determine who has first choice for the starting position. The wrestler with the first choice can choose top, bottom, or neutral, or he or she can defer the choice to the third period. As a point of strategy, wrestlers most commonly choose the bottom position because as wrestlers advance in skill, they feel that escapes are easier to achieve.

**cradle**—a pinning hold that wrestlers learn early in their careers. To gain control of a cradle, a wrestler wraps one arm around the opponent's neck and the other arm around one leg and then locks the hands. The wrestler has "locked up a cradle" and can use it to hold the opponent's shoulders to the mat.

**decision**—a victory determined by points scored for takedowns, escapes, reversals, near falls, and, in some instances such as college matches, a time advantage.

**default**—the outcome of a match when one wrestler is injured and unable to wrestle or to continue wrestling.

**disqualification**—a situation in which a wrestler loses a match because he or she has violated the rules.

**escape**—getting away from the opponent's control and gaining a neutral position.

**fall**—the ultimate objective. It occurs when one wrestler pins the opponent's shoulders to the mat for a specified time. The match ends, and the wrestler earning the fall is declared the winner, no matter how many points either wrestler has.

**forfeit**—the outcome of a match when one wrestler fails to appear.

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**front headlock**—used to counter to an opponent's shot (or attempt) at a takedown).

The wrestler sprawls the legs back and traps the opponent's head under his or her chest while locking the hands around the neck and one arm. Once a front headlock is controlled, a wrestler will try to go behind the opponent for a takedown.

**half nelson**—the simplest of the pinning combinations. A wrestler in the top position reaches under an opponent's arm from behind and grabs the back of the opponent's head. He or she then pries the arm up while driving into the opponent until reaching a chest-to-chest position with the arm wrapped around the neck to earn points for a near fall.

**illegal hold**—a hold or technique that is not allowed. Wrestlers who use an illegal maneuver are penalized one point. Common illegal holds include a full nelson, headlocks in which the wrestler doesn't encircle an arm, or locking hands around an opponent's waist when the wrestler is on top or in control of the opponent on the mat.

**intentional release**—a tactic used by a wrestler who is skilled at takedowns or who needs to catch up in points. The controlling wrestler intentionally releases the opponent, allowing an escape point to the opponent. The wrestler then tries to score a takedown for two points, thus trading the opponent's one point for the release for a takedown that is worth two points. This tactic is also known as *cutting him (or her)*.

**leg ride**—a technique in which the wrestler in the top position uses the legs to turn an opponent. This is also called the grapevine position. A leg ride also is an effective way to ride out an opponent (*see also* entry for *ride*).

**major decision**—the situation in folkstyle wrestling in which a wrestler wins a match by 8 to 14 points.

**near fall**—the situation in which a wrestler's shoulders are held in the danger, or exposed, position: one shoulder on the mat and the other within 45 degrees of the mat. Near fall points are also known as back points. Once a wrestler's shoulders break a 45-degree angle with the mat, the referee begins to count. If the shoulders are exposed for two seconds, the opponent earns two points. Five seconds are worth three points.

**pin**—synonymous with fall.

**reversal**—exchanging control from the bottom to the top position.

**ride**—the position of the wrestler on top who is working for a breakdown and turn to a pin. Wrestlers also ride out an opponent late in a match when they are ahead to prevent the opponent from getting an escape or reversal for one or two points.

**scramble**—a wild flurry of action that occurs when neither wrestler has control over the other or when one has tenuous control. A good scrambler uses any legal means necessary to stop a takedown attempt and convert it to his or her own score. Scrambling rarely consists of sound basic techniques.

**setup**—strategies used to maneuver an opponent out of position so that the wrestler can initiate a score. From the neutral position, a wrestler might set up the opponent by popping the opponent's arms up or dragging them across his or her body.

**shoot**—to attack and work for a takedown. The technique is known as a shot. A wrestler shoots on the opponent in a variety of ways with different takedowns, such as single leg, high-crotch, or low single.

**sprawl**—to throw the legs back to counter a shot or an attack. From a sprawl, wrestlers learn counterattacks such as snapping and spinning behind or locking up a front headlock.

**stalling**—trying to slow the pace of the match, also referred to as passivity. This may happen when a wrestler is tired or is trying to protect a lead. The referee can warn a wrestler for stalling. A second stalling call earns the opponent a point.

**stance**—the starting position of the wrestler. In a square stance, the wrestler's feet are wide below the shoulders. In a staggered stance, one foot is forward in a stride position.

**stand-up**—a technique used to escape from an opponent. The wrestler must clear his or her arms and step up while pressing back into the top wrestler. Once the wrestler is on the feet, he or she must maintain balance and peel the opponent's hands off to break the lock and turn to face the opponent. All of this happens while the top wrestler aggressively works to return the opponent to the mat.

**switch**—commonly the first reversal technique taught to wrestlers. A switch involves clearing the arms, sitting to a hip, reaching back to the inside of the opponent's thigh, and using leverage to turn and complete a reversal. From the bottom position, wrestlers can score by escaping their opponent's grasp (worth one point) or reversing their opponent's control (worth two points).

**takedown**—a maneuver to establish control from an open position in which neither wrestler has control. A takedown is worth two points in folkstyle wrestling. In freestyle and Greco-Roman wrestling, a takedown may be worth one, two, three, or five points, depending on the amplitude of the takedown.

**technical fall**—the situation in which a wrestler is declared the winner of a match by reaching a particular point spread.

**throw**—quickly forcing an opponent from the feet to his or her back. Common throws include the headlock and reverse headlock.

**tie-up**—wrestlers' contact with each other from the neutral position. Common tie-ups include underhooks, overhooks, and head ties.

**turn**—to force an opponent into a near fall position.

**whizzer**—a technique in which a wrestler wraps his or her arm over the opponent's arm when it is around the body or leg and uses it to develop leverage to counter an attack.