

# Tournament Guidelines for Wrestling Parents

Attending Open Tournaments is certainly optional, but is probably one of the best ways for your child to improve his or her wrestling skills. **MAT TIME MAKES A DIFFERENCE!** The following guidelines are intended for the new wrestler and parents to help better understand what happens at these tournaments:

- Tournaments are optional and are held most weekends. They are one-day events, usually Saturdays but some are on Fridays and Sundays as well. Entry fees to each tournament range from \$7 and up. Usually no more than \$10. Locations of these tournaments can be all over the state. A list of Opens will be posted at each practice and also available on the website, [www.biglakesports.com](http://www.biglakesports.com).
- Weigh-ins are usually early, 7 am to 10 am on Saturdays (each one is different). Times are later on Sundays, and Fridays are usually evening events. The wrestlers are called to a "Staging Area" by grade. Most Tournaments have the younger kids wrestle first. If you have an older wrestler you will have a longer wait before your child is called. Your child will be placed in "pairings," usually a 4-man bracket.
- Most Tournaments are "All Trophy," meaning that every wrestler will receive a trophy or medal.
- Most Tournaments allow mat-side coaching, however some don't. We will try to notify parents of which ones we know that do not allow mat-side coaching.

## The Match

Matches begin with both wrestlers standing and facing each other - this is the neutral position. After one period of wrestling, the winner of a coin toss chooses his preferred position. The wrestler may also pass the option to his opponent, leaving his choice for the third period.

A referee scores each match. His responsibility is to ensure compliance with the rules of safety and sportsmanship. The referee's whistle starts and stops all wrestling. It signals the beginning and end of period, and stops action when wrestlers go out of bounds or when an injury is threatened. As each opponent gains or loses control, and nearly pins their foe, the referee will signal which wrestler has earned points.

There are three periods in a match or "bout." A timer tracks the time for each period. The timer throws a towel to let the referee know when time has expired for each period. Scorers watch the referee's signals and record the points awarded for each wrestler as they are earned onto a score sheet. They also make note of whom chooses the starting position for the second and third periods of each match.

The 4-man brackets that most Tournaments use guarantees that your wrestler will have at least two matches.

## Scoring

Take down - 2 points

Reverse - 2 points

Escape - 1 point

Exposing the back - 2 points

Near pin (5 seconds) - 3 points

Pin - End of match

Technical Fall (more than 15 point lead) - End of match