



******* STOMP YOUR FEET WHEN A CLS WRESTLER IS ABOUT TO PIN HIS OPPONENT! *******

Wrestling Objectives

The most important objective in wrestling is to pin your opponent. If you cannot pin him, you should try to score more points than your opponent. While in the standing neutral position, your objective is to take your opponent down to the mat inside the large circle. While in the top or offensive position, you should try to control your opponent and put him on his back to score near-fall points or eventually pin your opponent. While in the down position, your objective is to escape or reverse your position.

High School Weight Classes

The 14 weight classes are: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285. Weigh-ins are conducted by a registered official prior to the meet or tournament. The wrestler must be at that weight or less.

Match: Consists of three 2 minute periods (6 minutes total). Match is won by a Pin or Decision.

Match Scoring

Takedown: (worth 2 points) from standing neutral positions, one wrestler takes his opponent down to the mat inside the large circle and takes control in the top position.

Escape: (worth 1 point) when the defensive wrestler who is starting from the down position gains a standing position *and* his opponent has lost control.

Reversal: (worth 2 points) when the defensive wrestler comes from underneath and gains control of his opponent.

Near-Fall: (worth 2 or 3 points) when the offensive wrestler has control of his opponent in a pinning situation and both shoulders of the defensive wrestler are held momentarily within 4 inches of the mat *or* when one shoulder is touching the mat and the other is held at an angle of 45 degrees or less on the mat. The offensive wrestler will be awarded a 2 point near-fall if he holds his opponent in this position for 2 to 4 seconds; a 3 point near-fall is awarded if he holds his opponent in this position for 5 or more seconds.

Penalty: (worth 1 point) scored when one wrestler is stalling, clasping hands, delaying match, misconduct, etc.

Team Scoring

- Pin – holding both opponents shoulders on mat at the same time for 2 seconds 6 Team Points
- Regular Decision – simply outscoring opponent. 3 Team Points
- Major Decision – outscoring by 8-14 match points 4 Team Points
- Technical Pin – outscoring opponent by 15 match points 5 Team Points
- Forfeit – no opponent to wrestle 6 Team Points
- Default – opponent unable to continue due to injury 6 Team Points
- Disqualification 6 Team Points

(Ties/Draws are broken in tournaments and duals by wrestling overtime)

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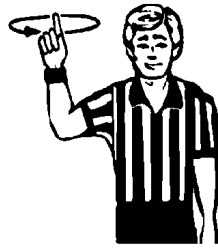
REFEREE HAND SIGNALS



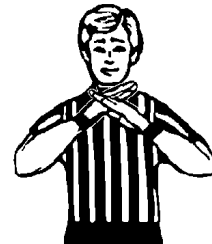
Stopping the Match



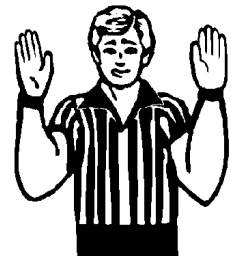
Time Out



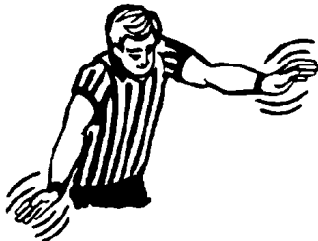
Start the Injury Clock



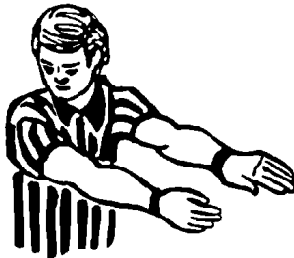
Stop the Injury Clock



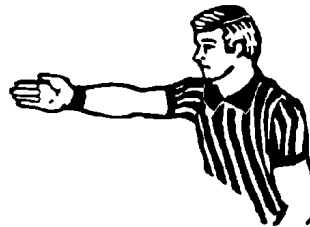
Neutral Position



Indicating No Control



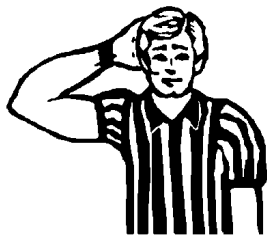
Out-of-Bounds



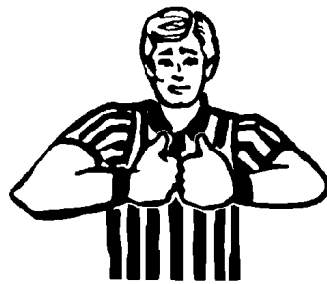
Indicating Wrestler in Control Left or Right Hand



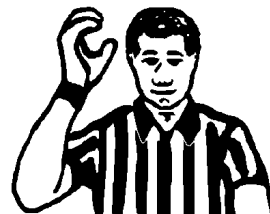
Defer Choice



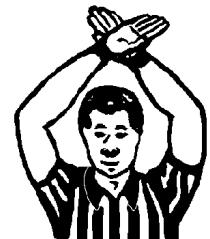
Potentially Dangerous Left or Right Hand



Stalemate



Caution for False Start and Incorrect Starting Procedure



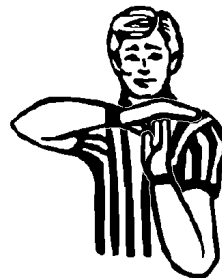
Stalling Left or Right Hand



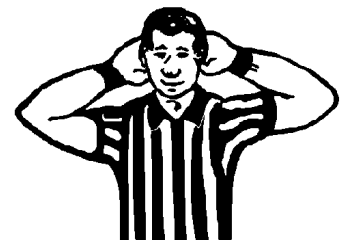
Interlocking Hands or Grasping Clothing



Reversal



Technical Violation



Illegal Hold or Unnecessary Roughness

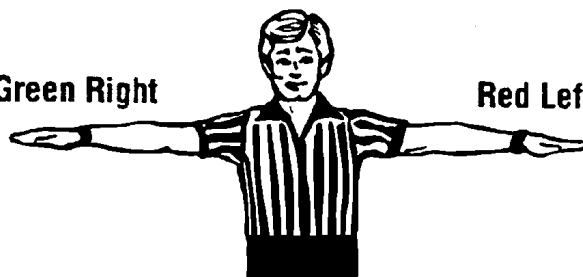


Near-Fall



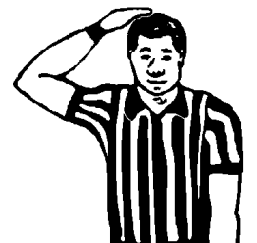
Awarding Points Left or Right Hand

Green Right



Red Left

Unsportsmanlike Conduct



Flagrant Misconduct Left or Right Hand