

# WLHS Wrestling Information Sheet

Updated 12/2025

## General introduction:

Wrestling is in many people's opinion the toughest and most demanding sport there is yet possibly one of the most misunderstood. Many people have little to no contact with this great sport and therefore, do not understand much of how the sport works.

Wrestling is a very simple sport in its conception but extremely intricate and precise in execution.

Worldwide, there are different types of wrestling (just like there are many different types of martial arts). All of them have their own specific rules, but generally are the same in their format. The type of wrestling that high school wrestlers take part in is called folkstyle wrestling.

## Wisconsin Lutheran Wrestling Expectations:

1. Our FAITH is reflected in our words and actions, on and off the mat.
2. Our ATTITUDE is one of pride and humility.
3. We have the DETERMINATION to work harder than everyone else.
4. We work to constantly IMPROVE in all things.
5. PROFESSIONALISM will be exhibited at all times.
6. We treat each other with love and respect as members of God's FAMILY.

## The wrestling team:

Just like many other sports, a team only has some many spots available for competition. Wrestling is no different. The number and weights of the classes have changed over time. Boys have 14 weight classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285. Girls have 12 weight classes: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235.

The weigh-in process occurs about one hour before scheduled competition. Before wrestlers can even step on the scale, they are checked to make sure hair on the head and face is not abrasive and that their fingernails are trimmed and not sharp. The referee also checks for contagious skin diseases. Once the wrestler is "OKed" by the referee, the wrestler is allowed to weigh in while wearing his or her singlet. The wrestlers must be exactly the weight of their weight class or below to wrestle there. (You can't round down your weight.) Wrestlers are allowed to compete one weight class up in a dual or tournament.

Duals - After weigh-ins coaches do a "random draw" (normally with cards) to determine at what weight class the dual will begin. Any JV matches happen before the varsity dual.

Tournaments - There are girls, JV, and varsity tournaments that happen over the course of the season. Girls tournaments will have different weight classes than the weight classes listed above. Tournaments start each round at the lowest weight class and work up to the heaviest weight class. Most tournaments run from about 9AM to 5PM on Saturdays.

## The Match:

During the actual wrestling match, each wrestler must be properly equipped. The wrestler must wear a one piece, tight fitting uniform called a singlet. (Wisconsin also allows compression shirts and fighter shorts combinations as a legal uniform.) Knee pads are allowed but not mandatory. All high school wrestlers must wear headgear at all times until they are off the mat after the match. Wrestling shoes are also needed and they must be soft and not abrasive and must cover the ankle. In Wisconsin the additional rule of having the shoelaces fastened or covered is also in place. Wrestlers must provide their own shoes, headgear, and knee pads (optional).

During the match, the referee is in complete control of the match and his/her decision is final. The referee has some main roles which include: making sure the wrestlers are legal for competition, awarding points

during the match and watching out for the general safety of the wrestlers. The only people who are allowed to discuss matters with the referee are the coaches.

A wrestling match is six minutes in length (three, two-minute periods) with two exceptions: 1) a wrestler is pinned at any time during the match or 2) the match is tied at the end of six minutes.

If the match is tied, there is a one-minute overtime period from the neutral position. If the match is still tied, two 30 second periods are conducted from the referee's position. If still tied, the wrestler who scored first will choose up or down. If he/she chooses to ride, he must not allow the bottom wrestler to score any points. If the bottom wrestler scores any points, he/she is automatically the winner. If the top wrestler keeps his/her opponent from scoring for 30 seconds or scores on his/her opponent, he/she is declared the winner.

At the beginning of each match, both wrestlers come together at the middle of the circle, each with one foot on their respective lines, shake hands and wait for the referee's whistle.

That starting position is called the neutral position – where neither wrestler has control.

At the start of other periods the wrestlers take turns choosing what positions they would like to begin at: neutral, top or bottom. If a wrestler chooses the top position, he/she is in control (also called riding.) If the wrestler chooses to start on the bottom, he/she is in a defensive position and has to work to get to a neutral position or get to a position where he is in control.

During the match, a wrestler can **score** points from any position in many different ways.

Takedown – (NEW **3 points**) When the wrestlers are in neutral position, one of the wrestlers will get his/her opponent to the mat and gains control. Control normally means that the wrestler is behind his opponent and in control of his/her hips.

Escape – (1 point) If a wrestler is in the bottom position and moves in such a way to get away from his/her opponent back to neutral position, he is awarded one point for an escape.

Reversal – (2 points) If a wrestler in the bottom position moves in such a way to gain control of his/her opponent without first going to neutral, he/she is awarded a reversal. This can occur while the wrestlers are on the mat or from standing.

Near fall – (NEW **2 or 3 or 4 points**) Points for a near fall are awarded when a wrestler has control of his/her opponent in a near pinning position. Generally, if the shoulders are within four inches of the mat, the referee will begin to count. If two seconds are counted, the wrestler earns 2 points, three seconds and 3 points and four seconds or more is 4 points.

**Penalties and stalling** can also score points for the opponent. (In general, you will need to know what stalling looks like and how to add penalty points.)

## PENALTY CHART

(Available in PDF format on [www.nfhs.org](http://www.nfhs.org))

|   | Rule  | Warning | First Penalty | Second Penalty | Third Penalty | Fourth Penalty |
|---|-------|---------|---------------|----------------|---------------|----------------|
| Illegal Holds/Maneuvers                               | 7-1   | No      | 1 Pt.         | 1 Pt.          | 2 Pts.        | Disqualify     |
| Technical Violations                                  | 7-3   | No      |               |                |               |                |
| Unnecessary Roughness                                 | 7-4-1 | No      |               |                |               |                |
| Unsportsmanlike Conduct by Contestants During a Match | 7-4-2 | No      |               |                |               |                |
| Not Reporting to Scorer's Table Properly Equipped     | 8-1-1 | No      |               |                |               |                |

### “Common” illegal holds and infractions:

Slam: lifting and returning an opponent to the mat with unnecessary force

Hammerlock: pulling an opponent’s arm too high on his back or away from his back

Full nelson: locking arms under both arms of an opponent and locking hands behind his head

### “Common” technical violations

Locked hands: a wrestler may only lock hands from a standing position or from a position on the mat as long as a leg or arm is encircled as well

|  |  |
|--|--|
| <b>Summary of Technical Violations</b><br>Going out of Wrestling Area (Fleeing) (7-3-1)<br>Grasping Clothing, Etc. (7-3-2)<br>Interlocking Hands (7-3-3)<br>Leaving Wrestling Area Without Permission (7-3-4)<br>Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5) | <b>NOTE 1:</b> Disqualification due to technical violation, illegal hold/maneuver, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.<br><b>NOTE 2:</b> Points for unnecessary roughness, grasping clothing, or locking hands awarded in addition to points earned.<br><b>NOTE 3:</b> Disqualification due to stalling does not eliminate a contestant from further competition in tournaments. |
|--|--|

### Other penalties

|   |                                   |     |  |  |
|---|-----------------------------------|-----|--|--|
| False Start or Incorrect Starting Position  | 8-1-3                             |     | Following two cautions there is a 1-point penalty for each subsequent infraction   |  |
| Coach Misconduct (during the match)   | 5-5,<br>6-6-6,<br>7-5-4,<br>8-1-5 | Yes | Deduct 1 Team Point  | Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.                 |
| Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel                      | 7-4-2,<br>7-5-3,<br>8-1-4         | No  | Deduct 1 Team Point  | Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament. |
| Flagrant Misconduct – Contestants   | 7-4-3,<br>8-1-6                   | No  | Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated. |  |
| Flagrant Misconduct – Coaches and Other Team Personnel  | 7-5-5,<br>8-1-3,<br>8-1-6         | No  | Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.  |  |
| Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform | 7-3-5,<br>8-1-1                   | No  | Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time. If corrected within the 1½-minute injury time, a technical violation shall be assessed against the offending wrestler.   |  |

Unnecessary roughness: involves physical acts that occur during a match that includes any act that exceeds normal aggressiveness. Examples might include a forceful crossface, forceful trip, throwing an elbow in a punishing way. This can become flagrant misconduct.

Unsportsmanlike conduct: involves physical or nonphysical acts before, during or after a match. Examples might be failing to comply with a referee's instructions, swearing, taunting, spitting, throwing headgear, pushing, shoving, intimidation... ect. This also can become flagrant misconduct.

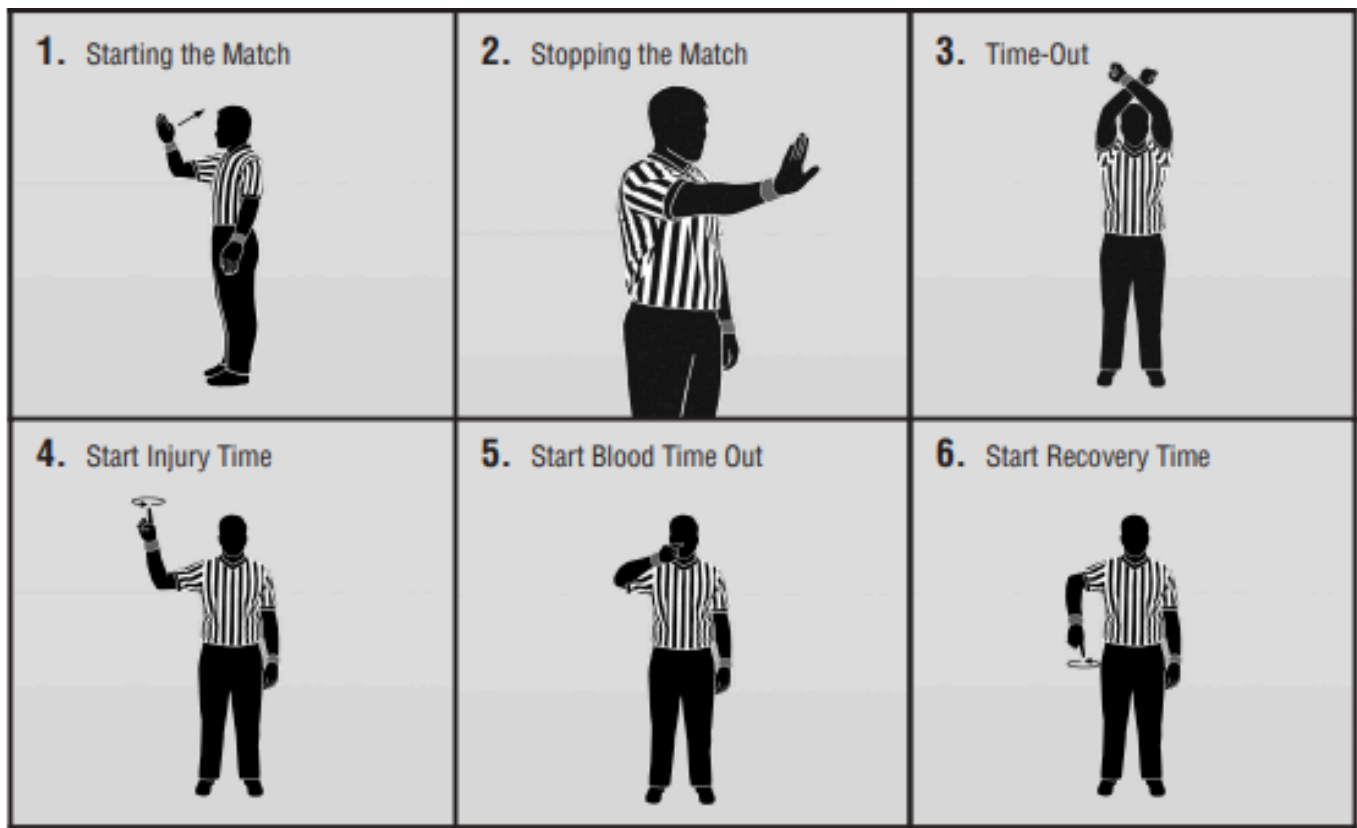
Flagrant misconduct: involves physical or nonphysical acts before, during or after a match that is serious enough to disqualify a contestant from a match. Examples may be striking, butting, elbowing, kicking an opponent or using tobacco products.

### **Stalling:**

Stalling: If either wrestler in neutral position does not make an effort to secure a takedown OR if the offensive (top) wrestler does not make an effort towards securing a pin OR if the defensive (bottom) wrestler makes no effort to reverse the situation, the wrestler will first be warned for stalling and then penalized points.

| Stalling   | Rule       | First Offense | Second Offense | Third Offense | Fourth Offense* | Fifth Offense |
|--|------------|---------------|----------------|---------------|-----------------|---------------|
| * Match shall be stopped and the opponent will have choice of position on restart. | 7-6, 8-1-4 | Warning       | 1 Pt.          | 1 Pt.         | 2 Pts.          | Disqualify    |

**Referee signals:** You will see many of the signals the referee will make during a match. You should become familiar with these so you know what is going on in the match.



**7.** Stop Blood/Injury/Recovery Time



**8.** Neutral Position



**9.** Indicates No Control



**10.** Out-of-Bounds



**11.** Indicates Wrestler in Control – Left/Right Hand



**12.** Defer Choice



**13.** Potentially Dangerous – Left/Right Hand



**14.** Stalemate



**15.** Caution – False Start or Incorrect Starting Procedure



**16.** Stalling – Left/Right Hand



**17.** Interlocking Hands or Grasping Clothing



**18.** Reversal

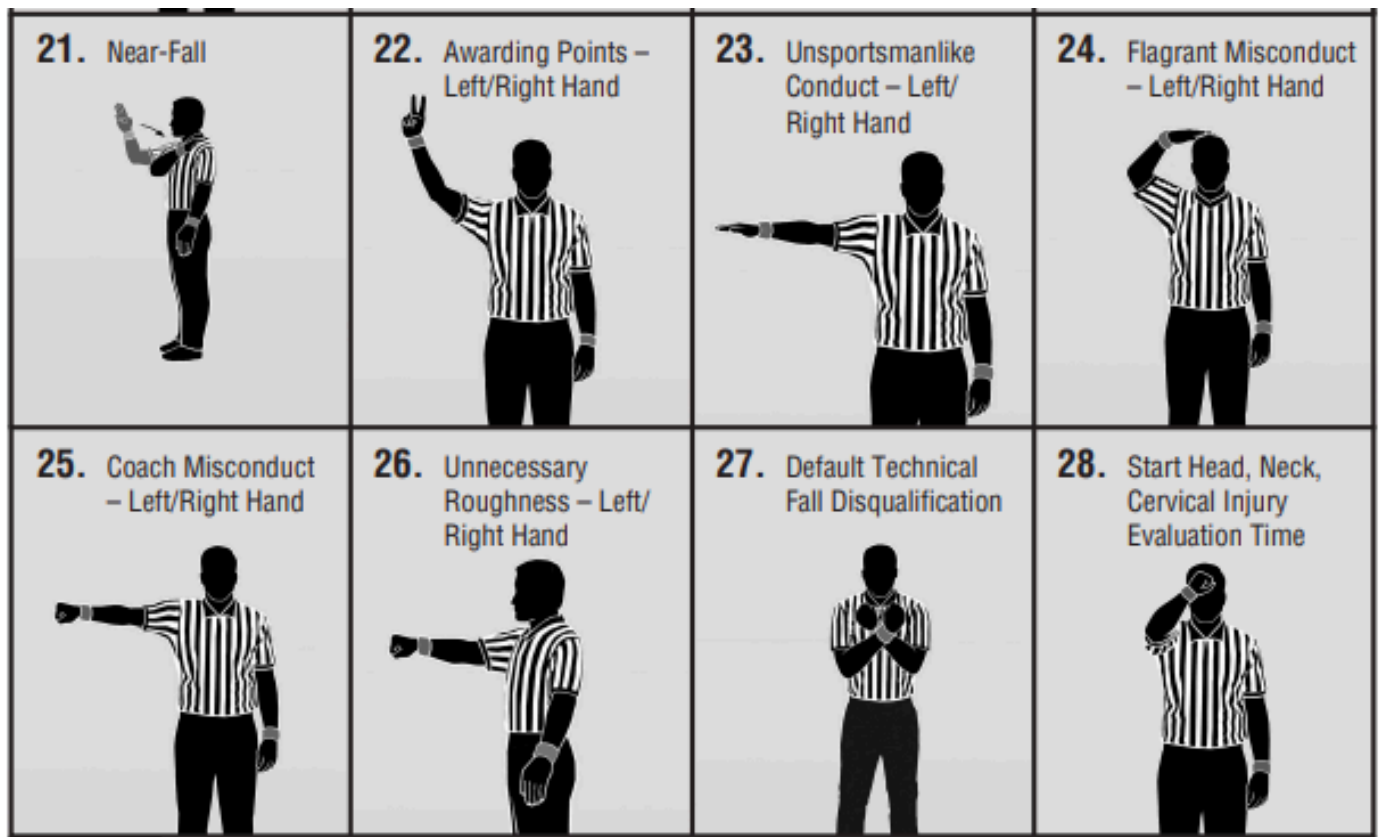


**19.** Technical Violation



**20.** Illegal Hold





### Team dual meet scoring:

In dual meet matches, each team is awarded points for the type of win by individual wrestlers.

Fall (pin) or Forfeit – (6 points) If a wrestler **pins his/her opponent during the match**, the wrestler's team will receive six points. **If the opposing team does not have a wrestler for that weight class and the other team does**, that team automatically receives six points for the forfeit.

Technical fall – (5 points) If a wrestler is **fifteen points ahead** during any point in a match, the wrestler's team receives five points.

Major decision – (4 points) If time expires and a wrestler is winning by **eight to fourteen** points, the wrestler's team will receive four points.

Decision – (3 points) If time expires and a wrestler is winning by **one to seven points**, the wrestler's team will receive three points.

### Tournament scoring:

Tournament scoring varies based on the type of tournament. Almost all tournaments can be followed on [trackwrestling.com](http://trackwrestling.com)

**Is it safe?** That's one of the first questions most parents ask themselves when their child is starting a new, unknown sport. Wrestling is a contact sport and from the outside looking in, it looks like a fight. However, there are a variety of reasons why wrestling is the safer option for kids compared to other contact sports.

## **The Rules Of Wrestling Are Geared Around Safety**

As mentioned above, if you're unfamiliar with wrestling, it might look unsafe. Like most contact sports, there are instances where wrestlers get cut or injured. However, once you learn the rules, it's clear that there are thoughtful regulations put in place in order to protect every athlete. Here's a list of just some of the things that are illegal in wrestling:

- Hitting/punching
- Slamming
- Forcing an opponent's limb against a joint
- Eye pokes
- Covering the mouth/restricting breathing

We could continue to outline the illegal moves in wrestling but that list would be rather long. If you're interested in learning more, check out the [NFHS rulebook with illustrations here](#).

On top of the rules, there is a referee designated to enforce those rules and ensure the safety of both wrestlers during every match. In fact, sometimes there are even two referees assigned to each wrestling match. Now, compare this to other contact sports that have 2 or 3 referees trying to enforce rules and safety for 10-22 players at a time. It's much simpler for referees to enforce safety in wrestling because the referees have fewer athletes to manage.

## **Studies Show Wrestling Is Safer Than Other Contact Sports**

Along with a ruleset crafted around safety, studies have shown that wrestling is safer than other contact sports. Study after study has found that sports like Football, Cheerleading, Cycling, Skateboarding, and soccer are more dangerous than wrestling. We'll link to some of those studies below, and it's clear these studies repeatedly show that the frequency and severity of injury are higher in those compared to wrestling.

Check out these 5 articles detailing the safety of various youth sports:

- [A study from Rice Emergency Room](#)
- [5 most dangerous sports study](#)
- [8 Most dangerous sports study](#)
- [7 most dangerous sports study](#)
- [General statistics on injuries in youth sports](#)

## **Wrestling Teaches You How To NOT Get Hurt**

One of the most important factors to consider in this topic is what wrestling teaches athletes. Many sports teach the value of hard work, discipline, teamwork, etc. However, wrestling is unique in that it teaches an individual how to control one's own body and how to control another's body.

This aspect is crucial considering the topic of sports safety. Body control isn't just important during competition but will influence a wrestler's life outside of the wrestling room. Wrestling teaches an individual how to protect themselves when falling - a valuable skill that could contribute to overall safety while playing other sports or outside of any competition.

The overall point of wrestling is to develop skills that will help you control another individual. For children, this skill could prove essential in self-defense. It's unfortunate that this is a point of emphasis to consider but bullying is a frequent problem throughout schools. A young person who is trained in wrestling will be able to neutralize any threat posed by a peer who might be attempting to inflict harm on an individual.