

# Blackshirt Wrestling 101:

**General:** Wrestling is a great sport to help athletes develop both physically and mentally, and it complements other sports very well. Physically athletes will develop balance, strength, quickness, endurance, etc. Our competitions are unlike any other, as athletes are matched one on one in front of everyone with nowhere to hide. This component develops character both from the individual aspect as well as the team aspect.



Wrestling is a sport that demands a lot of discipline. Athletes must train to be both physically and mentally strong if they are to be successful. Tough challenges make for stronger relationships. The kids are going to have fun together and make lifelong friends. **All the benefits from wrestling and we only ask one thing in return: that athletes dedicate a high level of commitment to our program. The results of this commitment can be very rewarding.**

**Body-Fat Testing:** All of our athletes must pass a hydration test. Once they pass hydration, a certified trainer will take body-fat readings which I will enter into a database on trackwrestling.com. The calculations will then determine a minimum weight at which each athlete is eligible to compete (7% body fat). This is not necessarily the recommended weight for competition, rather a protection in place to prevent our athletes from cutting unhealthy amounts of weight. The WIAA requires this test for every athlete prior to competition.

**Weight Classes:** Wrestlers weigh-in prior to each meet and are grouped by each of the 14 National Federation weight classes. A wrestler must weigh exactly the weight or under to be eligible for a weight class, and each wrestler can only be eligible for two weight classes for a given competition.

Example - someone who weighs-in at 156.8 would be eligible to wrestle at either the 160 or 170 pound class.

*The NFHS weight classes are 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285*

**Equipment:** Basic wrestling equipment for competition includes a headgear, wrestling shoes, and a singlet. Knee pads can be worn, but it is up to the preference of the wrestler. We have team singlets that are distributed prior to each meet and collected at the end of the meet. Shoes, headgear, and knee pads can be purchased by families on their own, although we do have a supply that we issue to our wrestlers. Headgear should be worn at all practices and meets to prevent the development of cauliflower ear.

**Individual Matches and Scoring:** The primary objective in folk style wrestling is to gain control of your opponent and to ultimately pin their shoulders to the mat. Varsity matches consist of three two-minute periods. The match ends when there is a fall (pin) or if one wrestler develops a lead of 15 or more points. Periods can begin in the neutral position (like at the start of the match) or the referee's position (one wrestler is already in control).

- **Takedowns** are worth **2 points**. This happens when from a neutral position one wrestler is able to bring the other to the mat and gain control.
- **Escapes** are worth **1 point**. This is when the bottom wrestler is able to break free from the top wrestler and revert back to a neutral position.
- **Reversals** are worth **2 points**. This occurs when a wrestler on the bottom is able to reverse the control so that the opponent is now on the bottom.
- **Near falls** (also called back points) are awarded to the controlling wrestlers when he or she comes close to pinning their opponent. Near falls can be worth **2 or 3 points** depending on the length of time that the opponent's back is exposed.
- **Penalty Points** are awarded when the opposing wrestler performs illegal moves or for excessive stalling

**Dual Meet Format/Scoring:** When our team has a Varsity dual meet versus another school, the scoring is determined after individual head-to-head matches at each weight class. Each *fall* (pin) is worth **6 team points**, a *technical fall* (winning by a 15 point margin) is worth **5 team points**, a *major decision* (winning by 8 or more) is worth **4 team points**, and a *decision* (winning by any margin less than 8) is worth **3 team points**. Individuals can help or hurt the team not only in winning or losing, but also in how they win or lose to maximize our team's score or minimize the number of points we are giving up. A **forfeit** at any weight class is worth **6 team points**. The JV team also participates at our dual meets by creating as many equally matched bouts as possible.

**Tournament Formats/Scoring:** There are different types of tournaments that we compete in throughout the season. Many of our JV competitions match up wrestlers by weight and experience level into traditional round-robin brackets. We can typically enter an unlimited number of JV wrestlers at these tournaments. At many of our Varsity events we are allowed to enter one wrestler at each weight class and they are bracketed with wrestlers from each of the other competing schools at their weight.

The formats for these Varsity meets can vary from traditional double-elimination to scrambles and other types of brackets. At each of these different types of individual tournaments our wrestlers will earn points for our team as they advance through the bracket for their weight class. Points are determined by the way they win (decision, fall, etc) and their final place in the bracket.

Dual Meet tournaments are different in that we advance as a team after being matched up head-to-head with the other competing teams and wrestling multiple dual meets throughout the day.

**Lineups:** Our lineup is somewhat fluid from one dual to the next and from one tournament to the next. Our coaching staff is careful to consider the needs of each individual and balance that with the needs of the team.

**Skin Infections:** Our wrestling program at Waukesha South has been very proactive in regards to contagious skin-diseases. Aside from looking gross, they can prevent you (or your teammates) from wrestling in competitions. We take every precaution in regards to cleaning our mats and lockers and requiring athletes to shower with soap after every practice and competition. We do a skin check prior to practice every Monday, and athletes are expected to wear clean clothes each day to practice.

Skin diseases, unfortunately, are still a part of wrestling and they are something that will never be completely eradicated. At every single tournament that we go to, it is likely that someone wrestling on the same mats has a skin infection and despite our best efforts we may still have some wrestlers on our team this year who end up with one. Like other illnesses they can be bacterial, viral, or fungal. Proper treatment will not only get the wrestler back on the mat sooner but also help to keep the rest of the team safe. If the coaching staff asks that you take your son or daughter to see a doctor regarding a skin-issue here are some things we would like you to consider that will help us in preventing the spread of these diseases and to get him/her back on the mat as soon as possible:

- The only note that we can use for clearance to get back on the mat is the WIAA skin lesion form. Any other note written from the doctor will not work.
- Please ask the doctor to fill out the WIAA skin lesion form **COMPLETELY**. This includes marking either the contagious or non-contagious box at the top of the form. If the box marked “contagious” is checked, then the line that says “Earliest date may return to participation” must also be filled in.
- Covering a skin-disease will not clear an athlete for participation. The doctor should not try to indicate this on the form. We may ask athletes to cover a skin infection at practice once they are cleared, but oftentimes the wound might need to “breathe” in order to heal so do not cover them with wraps or bandages, etc. unless instructed by your doctor.
- We have resources available for those of you who may not have quick/practical access to your regular doctor.

#### *Additional Reminders*

- When showering, please remember to use soap and to scrub!
- Pay special attention to clean out cuts and scrapes.
- Always dry off with a **CLEAN towel**, and bring **CLEAN clothes** to practice – **everyday**!
- Wash your knee pads – minimum once each week

**Please do your part!**