



How to Win a Wrestling Match



Pin your opponent OR
Score more points than you opponent in the time (4 minutes) OR
be 10 points clear during the match.

SCORING POINTS

- 4 points** - taking your opponent from a standing position to the ground, exposing their back to the mat.
- 2 points** - for a take down and going behind your opponent with control and opponent having three points of contact with the ground(head/knees/hands/elbow)
- 1 point** - forcing your opponent out the wrestling action area.

REFEREE CALLS

What they mean - The referee will shout "Blue" or "Red" to indicate which wrestler he is speaking to followed by an instruction.

- **Shake hands** - you shake hands with your opponent at the start and end of each 2 minute round as well as the end of the match. (not after every take down)
- **Fingers** - means you must stop grabbing your opponents fingers
- **Action** - You must engage with your opponent
- **Zone** - You are close to the edge of the mat
- **Open (when on the ground)** - you must have one arm away from your body

COACH CALLS

What you will hear me shout and what i mean.

- "**Watch you legs**" - Protect your legs, opponent is about to attack them
- "**Take your points**" or "**Go behind**" - Get behind your opponent for 2 points
- "**Snap down**" - Pull your opponent down to the ground
- "**Circle**" - Move in a circle around your opponent - don't go backwards
- "**Keep working**" - I want you to keep active and keep trying and keep moving
- "**Break the grip**" - Pull your opponents hands away to break their grip
- "**Use it**" - Whatever position you have i think is a good position to try your moves
- "**Belly out**" or "**stay off your back**" - Get onto your tummy - dont go onto your own back
- "**Star**" or "**Stay strong**" - Your position is good try not to get turned, be as strong as possible

