

## Bout Assignment

- The OWA Rock-n-Roll Tournament will follow a Round-Robin format
- Each wrestler will be grouped with 3 other wrestlers based on Age, Weight, and Experience (Open or Novice) – depends on number of participants at Age, Experience and Weight. Hopefully each wrestler will get 3 matches, but sometimes that won't be possible based on wrestler availability
- Each group will have a alphabetical letter identifier located on the group bracket sheet (ex. "B" represents 10 & Under Novice 80 pounds). The bracket sheet will also have bout numbers (ex. "107") to identify matches and the participating wrestlers. Typically the first number in the bout number will correlate to a Mat Number (ex. Bouts 100, 101, 102, and 103 will all be contested on Mat 1).
- Look at the Mat Trees and/or adjacent Scoreboards for when and where your wrestler's bout is taking place. The top most number on the Mat Tree is the bout currently being contested and then the next two below will follow on the mat in order.
- If you have any questions/concerns at where to be for a match, please ask an OWA coach, administrator, or fellow parent.

## Bouts

- At the start of the bout, each wrestler will report to the mat table and then they will be assigned either a "Green" or "Red" ankle-band which will correlate to the stripe to step-on in the "Neutral" position, Choice for the end-of-period coin flip/position selection, and scoring. See "Starting Positions" for an explanation of wrestling referee starting positions.
- The referee will have the wrestlers shake hands before and after each match.
- Each bout includes three one minute periods, 1-1-1 except Intermediate (14U), which is 1- 1½ - 1 ½.
  - 1st period starting position neutral.
  - 2nd period starting position is chosen by winner of coin toss. Wrestler that wins the toss can choose "Top", "Bottom", "Neutral", or "Defer" . To "Defer" is to give your opponent the starting position choice.... **PLEASE LOOK TO YOUR COACH FOR CHOICE**
  - 3rd period starting position is chosen by non-coin toss winner or prior deferring wrestler.
  - Please see "Ways to Win" to find out how bouts can be ended.
- All overtimes are one minute sudden victory with competitors beginning in the neutral position.
- If no winner after the first overtime period, then a 30-second ride-out follows with choice of position going to the wrestler who received the first point in the match.
- Wrestlers should act with "Good Sportsmanship" when shaking their opponent's and other coach's hands after bouts.
- Bout sheets need to be signed by the winning wrestler and then the mat table workers will make sure they get to the Head Table

## Wrestling Points and Terminology

- **Takedown – 2** – (2T) occurs when a man takes his opponent to the mat from a neutral position.
- **Reversal – 2** – (2R) when the man underneath completely reverses his position and comes to the top position in control.
- **Escape – 1** – (1E) when an athlete works to come out from the bottom position and the top man loses control.
- **Near Fall – 2** – (2NF) when the competitor in control has the opponent in a near-pin position (exposes back) for 3 seconds – referee judgement.
- **Near Fall - 3** – (3NF) when the competitor in control has the opponent in a near-pin position exposes back) for 5 or more seconds – referee judgement.
- **Stalling – 1** – (1S) after one stalling warning, 1 point is awarded to the opponent of the competitor who is stalling. Stalling is inactivity during the bout, or avoidance of opponent during bout.
- **Illegal holds – 1** - (1 name of hold) when illegal hold is used, opponent receives points. Illegal holds are: full-nelson, figure-four scissors, locked hands when in control position and knees are touching the mat.

## Ways to Win

- **Fall or Pin** – when the competitor in control has both the opponent's shoulders touching the mat for 1 second, bout is automatically ended.
- **Tech-fall** – when a competitor is ahead by at least 15 points, bout is automatically ended.
- **Major Decision** – when a competitor wins by between 8 and 15 points within the regular bout time.
- **Decision** – when a competitor wins by 1 to 7 points within the bout's time, or wins in overtime.
- **Disqualification** – The referee deems that the match cannot continue due to a technical violation or an injury (Hopefully will not occur in our tournament!)
- **Injury Default** – A wrestler is unable to continue due to an "unintentional" injury (ex. Bad Ankle Sprain) and the bout is stopped with the non-injured wrestler being declared the winner (Again, Hopefully will not occur in our tournament!)

## Starting Positions

### Neutral Position

Neutral position requires both wrestlers be stationary and opposite each other with one foot on the green or red area of the starting lines (rectangle in center of mat) and the other foot on the line, or behind the foot on the line with no part of the body touching the mat in front of the lead foot. All matches start in the "Neutral Position"

### Sugarfoot Stance (recommended)

1. Start with your feet a little bit wider than shoulder width apart.
2. Bend your knees until your forearms can rest on your thighs.
3. Your back should be slightly angled with your butt down and your head.
4. Bring one leg a step in front of you with the toe pointing directly ahead.
5. Most of your weight should be resting on your front foot.
6. Bring your arms out in front of you. Keep your palms facing upwards, or next to each other. Keep your elbows in.
7. Your protection hand or "Homerun Hand" should be above your lead bent knee and will be used for blocking

### Referee's Position

#### **Bottom Position**

1. Face the referee. Place both of your knees behind the rear starting line.
2. Place the palms of both hands in front of the front starting line.
3. Once you are in the correct starting position, the referee will allow the top wrestler to cover.
4. Be ready to escape once your opponent is set and the referee blows his whistle!

#### **Top Position**

1. Wait! Do not cover your opponent until the referee has granted your permission to do so.
2. When the referee allows you to do so, line up on either the left or right side of your opponent.
3. Place one knee on the mat, outside of your opponent's knee.
4. Put your other foot behind your opponent's feet.
5. Loosely wrap your arm around your opponent with the palm of your hand on the bottom wrestler's belly-button.
6. Place your head on or above the midline of the bottom wrestler's back.
7. Make a "C" shape with your other hand and cup your opponent's near elbow.
8. Be ready to break your opponent down and turn him to his back when the referee blows the whistle!

**Helpful YouTube Video to Learn Wrestling Basics**

- [New to wrestling video for parents and wrestlers](#)