

# Wrestling

## HISTORY

Wrestling is one of the oldest methods of combat known to man. Wrestling as a sport was practiced throughout the ancient empires and lands of Europe and Asia. In fact, wrestling was an established exercise and form of combat training in ancient Greece, as it was in ancient Rome, eventually becoming part of the 18<sup>th</sup> Olympic Games, in 708 BC.

Wrestling is a hand to hand contest between two opponents in which each attempts to control the other by placing him on his back, with both shoulders touching the mat for one second. The techniques used in wrestling have been passed down from ancient times. The wrestler with superior knowledge of takedowns has a tremendous advantage even over a stronger opponent. Experienced wrestlers spend a great deal of their training time perfecting these techniques.

Today, two versions of Olympic wrestling can be found in Canada... Freestyle and Greco Roman. These two styles are recognized internationally and have been chosen as Olympic Sports. Freestyle allows a wrestler to attack his opponent's legs as well as the upper body while Greco Roman wrestling does not permit a wrestler to attack his opponent's legs or use his own legs to hook or block. In freestyle wrestling, common techniques are the single and double leg attack while throws are more common in Greco Roman wrestling.

Wrestling has shown tremendous growth in Canada and internationally. Currently, Canada is ranked in the top 10 in the world among 120 countries competing. Daniel Igali of British Columbia is Canada's first world champion and is the upcoming Olympic favorite. You may even see his face on the back of a box of cheerios.

## VALUES AND BENEFITS OF WRESTLING

- Wrestling is a sport where individuals of all shapes and sizes can compete against others of equal weight. In B.C., there are 16 weight classes starting at 38 kg. to heavy weight.
- Both males and females participate in the sport of wrestling.
- Wrestling is an ideal sport for general physical fitness. It helps to develop balance, endurance, flexibility, power, speed and strength.
- Wrestling develops mental alertness and physical toughness.
- Wrestling develops psychological advantages such as discipline, self-confidence, goal setting, achievement and social interactions.

## THE ULTIMATE OBJECTIVE OF OLYMPIC WRESTLING

The ultimate objective of a wrestling match is to pin one's opponent's shoulders to the mat for a period of one second. A pin occurs when the shoulder blades are in contact with the mat. A match will not always end in a pin. If in the time limit a pin does not occur, the person who scores the most points is declared the winner. In the case of a tie, overtime of three minutes is started. The first person to score a point will win. Overtime is also used if none of the two wrestlers have scored at least 3 points during the regulation time. The first person to 3 points in this overtime is declared the winner. If none of the wrestlers are able to score 3 points during the overtime, the wrestler with the most points is declared the winner. If after the 3-minute overtime the score is tied, the wrestler with the least penalties is declared the winner.

## MATCH

A high school wrestling match consists of two 3-minute rounds with a 30-second break in-between. Two wrestlers participate by wrestling in the circular boundaries of a wrestling mat. At the beginning of the match and each round, the two wrestlers start facing each other at the center of the mat in a standing position. If the referee stops play for what ever reason the wrestlers will go back to the center of the mat for a re-start. At this time the wrestlers may start in the standing position or the par terre (ground) position depending on the circumstance. If one wrestler gains control of his/her opponent and scores a point and later goes out of bounds while still in control, they will re-start in the center in the par terre (ground) position with the controlling wrestler on top. Penalties may also result in a par terre (ground) position start. All other stops in play result in a start from the standing position.

One official regulates the match. A mat judge, timekeeper, and a mat chairman assist the official.

## SCORING

- 1 point is awarded:
- a) takedown: opponent is taken from a standing position to the mat. The offensive wrestler ends up behind his opponent in control.
  - b) reversal: bottom wrestler reverses control so he/she is now behind and in control of his/her opponent.
  - c) near fall: holding your opponent's shoulders down to the mat past 90 degrees for 5 seconds.
- 2 points are awarded: - A takedown or tilt that results in the opponent's shoulders being exposed past 90 degrees.
- 3 points are awarded: - A takedown or throw where the opponent goes from his/her feet to back.
- 5 points are awarded: - A throw of grand amplitude

## KEY TERMS

- Par terre position - starting position where wrestlers start on hands and knees with wrestler in control.
- Grand Superiority - a match is stopped if one wrestler scores a 10-point margin over his/her opponent.
- Pin - placing your opponent's shoulder blades on the mat simultaneously for one second.
- Takedown - the offensive wrestler takes the opponent to the mat, under control, from a standing position.
- Tilt - any move from the par-terre position that results in the exposure of the shoulders (past 90 degrees).