



## **BVSW Wrestling FAQ**

**Q. We are new to the BVSW Wrestling Program and would like to know the best way to keep up to date on information such as practice schedules and upcoming matches?**

**A:** First, we would like to welcome all the new families to the program this season. Our primary method of disseminating information during the season will be through the team website and from the coaches during practices. During the wrestling season, please check this website daily to stay up to date for the latest information.

**Q. I've never wrestled before. Isn't it too late to start now?**

**A:** No. Many wrestlers begin the sport in high school. During practice the coaches will teach you the techniques that you need to know in order to compete successfully.

**Q. When is the wrestling season? When are the practices?**

**A:** Pre Season conditioning starts at the beginning of September. On the mat practices start November 18th. Varsity competition starts in early December and lasts until the end of February. Practices are every day after school starting at 3:05 and ending between 5:00 and 6:00 pm. There are usually 2 meets/events per week. Dual meets are after school usually on Wednesdays, and we participate in tournaments on most Saturdays. A few tournaments are on Fridays and Saturdays, and wrestlers get off school on those Fridays to attend the tournaments. The EKL season wraps up with the District, Regional, and State tournaments, which start in early February. Basketball is really the only sport whose season directly conflicts with the wrestling season.

**Q: Do all of the kids wrestle together at practice?**

**A:** Yes, we split the group into two sections, Rookies and Veterans so that the kids wrestling each other will always have opponents at about their same experience level.

**Q: Can parents stay and watch practice in the wrestling room?**

**A:** No. Our experience suggests that parents may be a significant distraction and may also be a risk in regards to insurance coverage.

**Q: What should be brought to practice?**

**A:** All wrestlers will need a headgear, wrestling shoes, T-Shirt, shorts and water. Do not bring chewing gum, jewelry, or loose fitting clothes. Please note that our policy is that each wrestler will wear headgear during practice and in competition. Please do not permit your child to wear their wrestling shoes outside as they will bring dirt, snow, etc. onto the mats.

**Q: Does the BVSU Wrestling Program supply headgear and wrestling shoes?**

**A:** No. We ask each wrestler to purchase their own wrestling shoes. BVSU wrestling will provide headgear and mouthpieces. Please make sure that your child's name is somewhere on the headgear.

**Q: What time are the meets?**

**A:** Duals on Wednesdays typically start at 5:00 with JV matches first and then Varsity matches immediately following. While every event is different a typical Dual last around 2 ½ hours from start to finish. Tournament start times vary and can be found on the website along with Weigh in and bus times.

**Q: How long do tournaments last?**

**A:** A typical Varsity tournament will start at 8-9 in the morning and will last until 4-5 in the afternoon/evening. These times are just an estimate as some will take longer and some will go faster. Junior Varsity tournaments will start at the same time but will typically end sooner. At both tournaments there is a break for lunch and the team brings coolers with drinks, snacks and sandwich supplies to most events. However many wrestlers will bring food on their own or have their parents bring food with them to the meet to snack on. Keep in mind when selecting food for your wrestler to pick out healthy snack and meal options. If you have questions about what good snacks you can check the website for examples.

**Q: Will a wrestler always get a wrestling match?**

**A:** We can't guarantee that a wrestler will get a wrestling match. There may be times that no opponent is available.

**Q: Why is it so important that the wrestler/parent notify the BSW coaches that our child may miss practice or a match.**

**A:** Please understand that it takes hours to strategize for matches. If a wrestler is scheduled for a match and fails to show up for the match, another wrestler will need to take the place of that wrestler. However, we want to make certain that all of the wrestlers are not only physically prepared, but mentally prepared for each and every match / tournament. This is why if the wrestler is not going to attend a practice or match you **must** notify Coach Parks as soon as possible.

**Q: I have seen some very exciting youth sporting events, however I have witnessed many parents lose control of their emotions. What is the protocol?**

**A:** Wrestling is probably the most nerve-racking sport to watch, when it is your flesh and blood on the mat with an opponent that always looks bigger and stronger. There is a natural impulse for parents to try to control things to ensure that nothing bad happens to their child. Unfortunately, we cannot control competition and sometimes our emotions can get the best of us and we react in ways that would be unimaginable in calmer times. Here are some general guidelines:

Remember that the wrestling mat is like your child's classroom -- respect the classroom;

Make only positive, encouraging comments to the wrestlers on BOTH teams;

Discuss your concerns away from the wrestlers and, in particular, away from your child;

Respect the officials;

Focus on fun and participation rather than winning and losing;

Control your emotions;

Learn the rules of wrestling;

Reinforce the coach's instructions when practicing with your child at home;

Remember, positive reinforcement is the key to improvement (don't undermine team morale);

Please understand that child abuse, abusive language, disorderly conduct, or any other improper behavior will NOT be tolerated and will be dealt with accordingly.

**Q: I would like to help the BSW Wrestling Program, but I do not know what to do?**

**A:** Volunteer your time! We always need a lot of help for our home matches. We need volunteers to We also need volunteers the day of the event to generally setup that morning, to work the scorer's tables and work and break-down the concession stand and to generally clean up after the end of the meet.

**Q. I'm not very big. Isn't that going to be a big disadvantage?**

**A:** No. Wrestling is one of the few sports where size doesn't matter. There are 14 different weight classes, ranging from 106 to 285. Wrestlers only compete against other wrestlers that are in the same weight class, and the team usually needs freshmen and sophomores to fill many of the lower weight classes. Because of that, wrestlers have an unusual opportunity to make the varsity squad as an underclassman. Often, they will be competing against other underclassmen from rival schools as well. Typically we have a few freshmen earn a varsity letter every year.

**Q. What are the weight classes?**

**A:** They are 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285. On January 1st, 2 pounds are added to each weight class to allow for growth during the season.

**Q. Who is a good "prospect" for wrestling?**

**A:** Anyone who has the desire to learn and the heart to compete. Wrestling is a test of strength, conditioning, and skill. You will learn the skills you need during practice, and wrestling itself is a great sport for improving both strength and conditioning. Some of the best wrestlers are tall and skinny, while others are short and compact.

**Q. How does a wrestler make the varsity team?**

**A:** Only one varsity wrestler competes for BVSU at each weight class. If a wrestler wants to wrestle on the varsity and there are other wrestlers at the same weight, then there will be "wrestle off" challenge matches during practice the week before the next competition. And the winner gets to wrestle varsity. If the winning athlete is in good standing with the school they will wrestle the varsity spot that week. There are multiple opportunities to challenge for a varsity spot through out the season.

**Q. How do the competitions work? Is wrestling just an individual sport?**

**A:** Wrestling is both an individual sport and a team sport. The team competes in both dual meets and tournaments. Dual meets are a competition between two schools, and team points

are awarded based on the results of the individual matches. Tournaments usually involve anywhere from 8 to 32 schools, and once again team points are awarded based on individual placement in the tournament. During the season, we usually have one or two competitions per week. The tournaments are always on Saturday; with a few on Fridays and Saturdays, but dual meets are frequently held during the week in the evening.

**Q. What is a Dual? How does it work?**

**A:** During a dual meet, the top varsity wrestlers from the two teams participating compete against each other. In a typical dual each Varsity wrestler will only wrestle one match. This is different from a tournament where there will be many more teams with wrestlers in each weight class that are divided up into brackets. During a Dual there can also be junior varsity matches that would take place immediately before the varsity matches. The junior varsity matches do not count towards the varsity team score, but such matches allow wrestlers to gain more competitive experience. Wrestling matches usually proceed lightest to heaviest in each of the 14 weight classes. The order the matches occur in is determined after the weigh-ins either by a mutual decision of the coaches to start at the lightest weight class or by a random draw choosing a particular weight class to be featured first. In either case, the succeeding wrestling matches will follow in sequence. For example, if the 152 lb weight class competes first, the succeeding wrestling matches will follow until the heavyweight class. Then, beginning at 106 lb, the rest of the matches will follow until the 145 lb match.

**Q. Why can't you tell me what time my kid will wrestle?**

**A:** There is no way to know exactly when your child will compete because of the way a wrestling match works. While each period has a time limit, some matches will end in 10 seconds with a quick pin and some matches can take close to 20 minutes if injury time is taken and overtime periods are added. Most tournaments will run two to three mats at a time with the first available mat being used for the next match. The best thing to do to be sure you see your child wrestle is get to the event early and stay until they have wrestled.

**Q. How does the state tournament work? Does everyone get to go?**

**A:** No. It is difficult to qualify for the state tournament. The top 4 individuals in each weight class from each of the regional tournaments held around the state advance to the state tournament where the top 32 in the State meet. The state tournament is held in Wichita every year because of its central location. BVSU regularly has wrestlers qualify for the State tournament.

**Q. Are there junior varsity competitions?**

**A:** Yes, there are JV only tournaments that BVSU JV wrestlers compete at. There are even

several Freshman or first year wrestling tournaments or events that we participate in.

**Q. Can I get a P.E. credit for participating in wrestling?**

No.

**Q. Is Folkstyle wrestling the same thing as Olympic wrestling?**

**A:** Folkstyle wrestling is very similar to Olympic Freestyle wrestling. The rules are a little different, but the fundamental skills are the same. All of the members of the U.S. Olympic team have a background in Folkstyle wrestling. None of the amateur styles have any relationship whatsoever to Professional Wrestling, which is staged entertainment as opposed to an actual sport. You may also hear Folkstyle wrestling referred to as Scholastic or Collegiate-style.

**Q. Are there a lot of injuries in wrestling?**

**A:** No. The rules are designed to protect the wrestlers from any technique that works against a joint and causes injury. However, wrestling is a tough and physically demanding sport. A quote from USA Wrestling Club Organizing Guide has the following to say about Risk of Injury: "Wrestling is a contact sport and injuries will occur. As would be expected, wrestling has more injuries than tennis and swimming, but most wrestling injuries are minor, consisting of sprains and strains. Wrestling has fewer serious injuries than football, soccer, basketball or ice hockey. There is a lesser chance of getting seriously hurt when wrestling than when riding in a car, skateboarding or riding a dirt bike."

**Q. I have heard that wrestlers have to lose a lot weight in order to compete. Is that true?**

**A:** No. A very small minority has abused weight limit rules in the past, but Folkstyle wrestling has enacted aggressive policies in recent years to prevent excess weight "cutting" and rapid weight loss by dehydration in order to reach a lower weight class. A base-line body-fat measurement is taken for the wrestler at the beginning of the season while that wrestler is fully hydrated. A conservative and safe minimum weight is calculated based on 7% body-fat. No wrestler is allowed to compete below their established minimum weight class. This has proved to be quite effective in preventing excessive dehydration and weight loss.

**Q. Can girls wrestle?**

**A:** Yes. Boys and girls practice in the same wrestling room, and will compete at the same meets against each other.

**Q. I play football. Is wrestling a good second sport for me?**

**A:** Wrestling builds strength and conditioning, and teaches you how to beat the man across from you "one-on-one". It is a very good complement to football, and many NFL players have

wrestled in high school and college. While you might expect many linemen to have wrestled, the list also includes Heisman trophy winners like Ricky Williams, Bo Jackson, and Archie Griffin.

**Q. What equipment do I need?**

**A:** All you will need to buy is wrestling shoes and headgear. Mouth guards are recommended and required if you wear braces. BVSW provides the headgear and wrestling singlets (uniforms) you wear when you compete.

**Q: My child really enjoys wrestling, is there any opportunity to supplement his wrestling training to take them to the next level?**

**A:** Yes, there are many wrestling clubs, camps and wrestling tournaments throughout the area that you can attend year round.

**Q: Is there an end of season party?**

**A:** Yes. In March we have an awards banquet at which trophies and awards are presented.

**Q: How does scoring work?**

**A:**

**There are five ways to score points in a wrestling match:**

**1) Takedown** - (2 points) You score two points for taking your opponent down to the mat and controlling him/her.

**2) Escape** - (1 point) You score one point for getting away or getting to a neutral position when your opponent has you down on the mat.

**3) Reversal** - (2 points) You score two points when your opponent has you down on the mat and you come from underneath and gain control of your opponent.

**4) Near Fall** (Back Points) - (2 or 3 points) You get near fall points when you almost but not quite get your opponent pinned. A near fall (near pin) is when...

both shoulders are held for two seconds within four inches of the mat, or...

one shoulder touches the mat and the other shoulder is at a 45 degree angle coming down to the mat, or...

the wrestler is held in a high bridge or back on both elbows.

If a near fall lasts for two seconds, you get 2 points. If a near fall lasts for 5 seconds, you get 3 points.

**5) Penalty Points** - (1 or 2 points) Your opponent is awarded points if you commit the following infractions.

- **Illegal Holds** - There are several holds that the referee will penalize you for without warning. (There are other holds call "potentially dangerous holds" which the referee might make you let go of but will not penalize you for).
- **Technical Violations**

Going off the mat to avoid wrestling ("fleeing the mat.")

Grabbing clothing, the mat, or the headgear

Incorrect starting position or false start (You get two cautions before points are awarded).

Locked or overlapped hands: If you are down on the mat in control of your opponent, you cannot lock or overlap your hands, fingers or arms around your opponent's body or both legs unless you have your opponent in a near pin, or your opponent stands up and has all his/her weight on two feet.

Leaving the mat during the match without the referee's permission

Figure 4 head scissors from the neutral position.

- **Unnecessary roughness**
- **Unsportsmanlike conduct**
- **Flagrant Misconduct** (ejection, the match is over)
- **Stalling** (you get one warning before you are penalized and points are awarded).
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The first and second time you are penalized, your opponent is awarded one point. The third time you are penalized, your opponent is awarded two points. The fourth time you are penalized, you are disqualified. (Except for illegal starting position or false start - you are cautioned twice, then one point awarded for each infraction, but you will not be disqualified).

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**Q: How many periods in a match?**

**A:** [FAQ Answer] Normally three. More if overtime is required. See the discussion below on sudden death and extra periods.

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**Q: How does team scoring work?**

**A:** For Duals and most tournaments, it is as follows:

**Fall, Forfeit, Default, Disqualification** - 6 team points

**Technical Fall** (getting ahead of your opponent by 15 points ends the match) - 5 team points

**Major Decision** (winning the match by 8 - 14 points) - 4 team points

**Decision** (winning the match by fewer than 8 points) - 3 team points

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**Q: Please explain the wrestling rules and scoring criteria.**

**A: THE TAKEDOWN:**

The objective of wrestling is to pin your opponent, but it usually involves a takedown to accomplish this goal. As a matter of fact, it has been proven statistically that the wrestler who executes the first takedown in a match will win the match 85 to 90% of the time.

What is considered a takedown? Well, to set up a takedown, the wrestlers must be working from the neutral or standing position; a situation where neither wrestler has control. Then a takedown is scored when one of the wrestlers gains control over the other, causing his opponent's supporting points (the area or areas in which most of the body weight is placed) to be the knees, thighs, buttocks, or hands.

In reference to out-of-bounds situations, a wrestler can be awarded a takedown as long as he or his adversary is in-bounds. Remember, the line around the mat is out-of-bounds. And don't forget, a takedown can be awarded if the scoring wrestler's feet are in-bounds and touching the mat. In years past, the scoring wrestler's knees had to be in-bounds.

When the takedown is achieved, the offensive man receives two match points. The double-leg drop, single-leg sweep, fireman's carry, arm drag, snapdown and pancake are just a few types of takedowns.

**THE ESCAPE:**

The wrestler in control or on top is referred to as the offensive wrestler, while the wrestler on

the bottom is the defensive matman. Keep in mind, only the defensive man can score an escape or reversal. For the bottom man to secure an escape, he must place himself in the neutral position, causing his opponent to lose control. The defensive wrestler may also be awarded an escape going out-of-bounds if his adversary is in-bounds at the completion of the move. The official will indicate one point for the wrestler who earns an escape. The stand-up, forward or granby roll, sit-out turn-in, and sit-out turn-out are examples of escape maneuvers.

#### **THE REVERSAL:**

The defensive wrestler may procure a reversal by moving from the bottom position to the top position, gaining control of his opponent either on the mat or on their feet. Like the escape, a reversal can be obtained crossing the out-of-bounds line if one of the wrestlers is in-bounds. The referee will designate two points for a reversal. The switch, side roll and peterson roll are examples of reversals.

Remember, one match point is awarded for an escape and two match points are given for a reversal.

#### **THE NEAR FALL:**

Only the offensive (or top) wrestler can score a near fall. He may do so by causing the defensive wrestler...

- (1) to spring into a high bridge,
- (2) to lean back on his elbows,
- (3) to expose his shoulders four inches or less to the mat, and
- (4) to have one shoulder on the mat and the other 45 degrees or less above the mat.

The top wrestler can score two points by holding (for two seconds) the bottom wrestler in any of the above noted positions. Furthermore, if the offensive wrestler can secure a near fall for a continuous five-second period, he would then be awarded three match points for the maneuver.

Note, the official usually indicates a near-fall situation with an angular sweep of the arm, each sweep designating a second, but he will not signal any points until the near-fall hold is terminated.

In reference to the out-of-bounds line, if both shoulders are partially in-bounds or one shoulder is completely in-bounds, a near fall can be scored.

The half-nelson, cradle, three-quarter nelson, and armbar series are near-fall maneuvers that can ultimately lead to a "fall."

#### **THE FALL:**

The fall (or pin) terminates the match and no individual match points are necessary. Of course, the winner's squad receives six team points. Now a fall occurs when both shoulders are forced

to the mat for a period of two seconds in high school and only one second in college. The official mentally counts this time and indicates the fall by slapping the mat.

Normally, the offensive wrestler (the man in control) scores the fall. However, if the offensive grappler's shoulders are somehow placed on the mat for the required time, a fall is awarded to the defensive wrestler.

Finally, in reference to the out-of-bounds line, if the shoulders are partially in-bounds or one shoulder is completely in-bounds, a fall may be called.

### **ILLEGAL HOLDS:**

The best definition for an illegal hold would be "any maneuver used that could cause bodily harm intentionally or not." Examples of illegal moves include full nelsons, overscissors, back bows, headlocks (without an arm encircled), forceful trips, pulling a thumb or less than four fingers, holds that restrict breathing or circulation, and any holds used for punishment alone.

Illegal maneuvers are penalized in the following manner: first and second offense - one match point for opponent; third offense - two match points for opponent; and fourth offense - disqualification from the match.

Note, a wrestler applying a legal hold shall not be penalized if his adversary turns it into an illegal hold. And whenever possible, an illegal move should be prevented by the official rather than penalized.

### **UNNECESSARY ROUGHNESS:**

Any intentional act that is hazardous to an opponent's physical well-being is considered unnecessary roughness.

Furthermore, if a hold is utilized for the sole purpose of punishment alone, the referee may see fit to declare unnecessary roughness. Such perpetrations as striking, kicking, butting with the head, elbowing, and forceful tripping are examples of this infraction.

Normally, the violator would be penalized as follows: first offense - one point; second offense - another point for his rival; third offense - two points for his adversary; and fourth offense - disqualification.

However, when the official believes the unnecessary roughness of the wrestler to be totally inexcusable, he can indicate a "flagrant misconduct" signal, which is an automatic disqualification and the deduction of ALL team points scored in the event. For example, a sucker punch to the jaw would fall under this category.

### **TECHNICAL VIOLATIONS:**

There are six technical violations in wrestling and all but one are penalized in the following

manner: First Offense - 1 penalty point (for opponent); Second Offense - 1 penalty point; Third Offense - 2 penalty points; Fourth Offense - Disqualification. "Leaving the Mat Proper" -- No wrestler may completely step off the wrestling mat without permission of the referee.

"Intentionally Going Out-Of-Bounds" -- If either wrestler goes out-of-bounds to avoid wrestling his opponent for any reason (except when near-fall points are scored), this technical violation will be enforced.

"Grasping of Clothing" -- A contestant may grab nothing but his opponent while wrestling or this encroachment will be called. Furthermore, when a wrestler grasps his adversary's uniform to prevent him from scoring, the appropriate penalty point(s) will be given along with any points his opponent may have obtained.

"Interlocking or Overlapping Hands" -- The offensive (or top) wrestler may only lock or touch hands around his opponent's body or both legs when he is scoring near-fall points or his antagonist stands up. If his rival scores points while he commits this violation, his opponent would also receive the stipulated penalty point(s). Note, the official can only stop the match to award point(s) when the bottom man is unable to gain an escape or reversal due to interlocking or overlapping hands.

"Incorrect Starting Position" -- If a wrestler assumes an incorrect neutral or referee's position, a technical violation would be called. This also includes false starts in both situations. Note, unlike other technical violations, the first two offenses are "cautioned" (The official will form a "C" with his hand.), and then penalized if the infraction occurs again. Furthermore, this technical violation is not on the "progressive penalty chart." Thus, a wrestler can not be disqualified for an incorrect starting position or false start.

"The Figure-4 Head Scissors" -- The figure-4 head scissors is a technical violation in the neutral position.

#### **UNSPORTSMANLIKE BEHAVIOR OF WRESTLERS:**

The unsportsmanlike rule for contestants covers two situations in which the penalty is administered differently. They are as follows:

Situation One -- If the wrestler is unsportsmanlike during the bout, his opponent would be awarded match point(s) in the following manner:

First Offense - 1 point; Second Offense - 1 point; Third Offense - 2 points; Fourth Offense - Disqualification from the match.

Situation Two -- If an unsportsmanlike act occurs prior to the first period or after the third period (or fall), the offending wrestler's squad would lose one team point. On the second offense, he would be asked to leave the premises and his squad would lose another team point.

(Note: Flagrant misconduct at any time would result in immediate disqualification from the dual meet or tournament and the deduction of ALL team points earned.)

#### **UNSPORTSMANLIKE CONDUCT OF COACHES AND SPECTATORS:**

The Coaches -- No coach can be disrespectful during competition. If such were the case, the official would deduct one point from the violator's team. On the second offense, the perpetrator would be removed from the premises for the duration of the dual meet or tournament session.

Take note. When a coach's initial action is "flagrant" in nature, he would be expelled immediately (with the loss of two team points) for the duration of the dual meet or the tournament.

The Spectators -- No fan may react in an unsportsmanlike manner toward the referee or the opposing coach or wrestlers. This unbecoming response can result in removal from the gym, fieldhouse or arena on the official's comment. Important point, neither team would be penalized for misconduct of an over-zealous spectator, and it is up to the home management to remove the offender.

#### **THE ASSISTANT REFEREE:**

An assistant referee may be utilized during competition, usually during tournament action. He is allowed the same mobility around the mat as the referee. Furthermore, the assistant referee can talk to the main official as the match is in progress and help in making calls. He can also signal locked hands and the grasping of clothes technical violations. However, all other calls must be made by the main official.

If there is a disagreement between the two, the main official has the final say in the matter. Note, coaches are not permitted to address the assistant referee while the match is being contested.

#### **OFFICIAL'S JUDGMENT CALLS:**

If a referee misapplies a rule, say giving three points for a takedown instead of two, the coach may certainly confront him regarding the matter. However, the coach can not question any judgment calls made by the official. When he does, the referee will first warn him for misconduct, the second offense will cost the coach a team point, and with the third offense, the coach will be asked to leave premises for the duration of the dual meet or tournament session and another team point would be deducted.

#### **THE LOWERING OF SHOULDER STRAPS:**

The lowering of shoulder straps while on the mat is considered an act of unsportsmanlike conduct. The only time it would not be penalized is if the wrestler received permission from the official to do so. Should this infraction occur before wrestling has started or after the

completion of wrestling, it would be a deduction of one team-point from the offender's squad. However, if the offense takes place during the match, the violator's opponent would receive a match point.

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**Q: How does Sudden Death work?**

**A:**

**SUDDEN DEATH IN DUAL MEETS AND TOURNAMENTS:**

No longer will there be ties or draws for individual matches. Instead, the overtime tie-breaker will be utilized to determine the winner. The new procedure, as revised for the 2006-07 season, is as follows.

Scenario: The the first three periods end up in a tie, 1 to 1, with Wrestling A scoring the first escape.

Sudden Victory (Overtime Period): During tournament and dual meet action, when the wrestlers are tied at the end of the three regular periods, they will then wrestle an overtime period which will be one minute in length with no rest between the regular match and the overtime. The overtime period will begin with both matmen in the neutral position. The wrestler who scores the first point(s) will be declared the winner.

If no winner is determined by the end of the one minute overtime period, 30-second tie-breakers in the referee's position will be wrestled.

Tiebreaker I:

The disk is tossed to determine the wrestler who has choice. The wrestler who wins the toss may choose top, bottom, or defer (Neutral cannot be chosen). Wrestler B wins the toss and selects down. As soon as the referee blows the whistle, Wrestler B scores an escape. At this point, the match continues to the conclusion of the of the thirty seconds. Before the end of the first tiebreaker, Wrestler B also scores a takedown. The score at this time is Wrestler B: 4 and Wrestler A: 1.

Tiebreaker II:

It is now Wrestler A's choice; he also selects down. During the second tiebreaker period, Wrestler A likewise scores an escape and a takedown. The score is tied 4 to 4.

Ultimate Tiebreaker:

At this point, Wrestler A is given the choice of position because he scored the first point (an escape) in the match. There is no neutral, but the wrestler may defer. The Ultimate Tiebreaker winner is determined the same as in the past. The wrestler who scores the first point(s) in this 30-second tie-breaker will be declared the winner. However, if no scoring occurs during this time, the top wrestler will be declared the winner. If Wrestler A rides Wrestler B; Wrestler A

wins with the ride out point. If Wrestler B scores, Wrestler B wins.

Points of Emphasis:

1. At any point during the three-tiebreaker process, the match is over if a fall occurs.
2. In Tiebreakers I and II, stalling will be call the same as in the regular match and Overtime Period.
3. As in the past, stalling will be indicated differently in the Ultimate Tiebreaker. A wrestler will not be warned or penalized for stalling when he controls his opponent with a traditional riding maneuver.

**Q: What about the hand signals?**

**A:**



