

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT YOUTH WRESTLING TOURNAMENTS, BUT WERE AFRAID TO ASK!

PRE-TOURNAMENT PREPARATION

We ask parents for a commitment for their son/daughter to go to a tournament during the week or two prior. We register the committed wrestlers online and pay the fees on behalf of the team. Parents pay us beforehand and there is no refund to us or you if your son/daughter is a “no show” for any reason.

THE VENUE

- Most tournaments are held in high school gyms. Parents and wrestlers sit in the bleachers.
- This is not a great environment for very small children or babies — bleachers, lots of people, commotion, loud noises (did I mention bleachers?)
- There are usually tournament t-shirts and wrestling gear for sale. These are strictly optional. Sometimes the vendors take plastic; sometimes they don't. Cash is King.

WHAT TO BRING/WEAR

- Before you leave, be sure you son/daughter's nails are clipped. Sometimes this is checked before the tournament; either way, it's a good idea.
- Bring food, snack, drinks — there may be a concessions stand, or there might not. Bringing cash for food/snacks is a good idea.
- Tournaments can last for hours, so be prepared — bring a book, iPod, newspaper, anything to keep busy during down times — there are a lot of them.
- Do the same for your wrestler. He/she may need some “alone” time in between matches. “Alone” means sitting with hundreds of other people — give him/her a way to put him/herself into a quiet oasis.
- Your wrestler might not want or need to have “alone time.” The kids will usually either hang out together in the bleachers or float from one mat to another cheering on their teammates. Their choice — no pressure either way.

UPON ARRIVAL

- When you arrive, find the coaches. Your son/daughter will need to go with the group for a “skin check.” Each wrestler will pull down the top of their singlet to the waist so that refs can inspect his/her upper body to be sure he/she doesn't have any signs of MRSA (contagious bacterial skin infection, related to Strep). The wrestlers usually get an “x” drawn on their

shoulder to prove they've been checked. This is also where the fingernails get checked to be sure they are short.

- The organizers will be setting up the “brackets” for the day.
- Kids are grouped by age and weight in these “brackets.”
- Your bracket can have three, four, five or even six kids.
- The brackets are posted on a wall. Please let the coaches review the brackets first — it gets mighty crowded in front of these postings, and the coaches need the information early because some matches will begin prior to all of the postings and they'll need to get to the mats.
- Once your child's bracket is determined, a coach will write it and the mat number on your child's hand.
- Once the crowd clears, you can check the postings. Parents can inspect the hand notations, write them all down on one piece of paper and tape it to the nearest pole to share with everyone. Someone, bring paper; someone else, bring tape. Teamwork everyone!

ORGANIZATION

- Each time your bracket comes up, kids in that bracket will wrestle on the mat indicated. The mats don't move. Your bracket will usually stay on the same mat throughout; they typically only move towards the end of the tournament if other mats are moving faster and have space to take matches from slower-moving mats.
- At each mat, there is a pole with clips to hold the bracket numbers. The bracket number signs move up the pole as the matches process.
- Please watch the poles at your son/daughter's mat. You need to be sure that he/she is at the scoring table prior to the time his/her bracket gets to the top. Coaches cannot track down the wrestlers when their bracket comes up; they are usually busy on another mat.
- The match will not begin until a coach is present. Your being aware of the brackets and helping to find a coach when necessary is helpful and welcomed.
- HOWEVER, parents are required to stay in the bleachers per the rules of most tournaments. Parents are not allowed on the mats or in between them.
- Your bracket will be rotating with others at the same mat — sometimes quite a few — so you have downtime between the matches.

THE WRESTLING! (YOU KNEW WE'D GET TO THIS SOONER OR LATER!)

- When your bracket is at the top, there will be two matches from that bracket.
- The matches are short — each “match” consists of three periods of 1 minute each.
- They will wrestle for 1 minute, stop, another minute, stop, and then the last minute. If a wrestler gets “pinned,” you don’t go on to the next period — they are out of that match, but not out of the rest of the bracket.
- Each maneuver that gives the wrestler an upper hand gets points; getting out of a bad situation gets points too —see “Scoring of Youth Wrestling.”
- Each wrestler has a red or green strap around an ankle. This keeps track of who has which score — color coded on the scoring table (which is where the clock lives too).
- The ref will make hand signals to the scoring table to indicate which color scored points, and how many.
- The wrestler with the most points at the end of the match wins that round. The wrestler who wins the most rounds, wins the bracket.
- There are usually medals for 1st, 2nd and 3rd place.

ON A PERSONAL NOTE

- Please let the coaches coach — after each match, the coach will give the wrestler pointers on what was done well, and what might have been done differently. Positive cheering is encouraged; screaming is not.
- Although the wrestlers are encouraged to cheer on their teammates at the mats, please continue to keep an eye on them. You need to know where they are at all times, and that they are behaving well.
- Lots of kids cry after a match — win or lose. It’s emotionally and physically draining to wrestle. Don’t be surprised by this.
- If you think there’s a mismatch — weight, size, age — or other problem, address it privately with the coach. Don’t speak with the other wrestler or the other team’s coaches — that’s our coaches’ job, when necessary.
- Don’t talk to the referees unless the building is on fire. If there’s something that needs to be addressed with them, talk it over with the coach and let them do it.
- Try not to get too excited before, during or after the match as the kids have enough pressure on them and will be disappointed if they lose. It’s worse when extra pressure or nervousness is added by their parents.
- Have fun, and encourage your son/daughter to do the same!

SCORING OF YOUTH WRESTLING

HOW INDIVIDUAL MATCHES ARE SCORED

The Referee indicates points as they are scored with the fingers of his hand with the color band that matches the wrestler who scores. The color is decided before the match begins and will stay with that team for the entire meet.

Take Down — 2 points — From the neutral or standing position, when a wrestler gets behind or on top of the opponent in control on the mat.

Escape — 1 point — Getting out from underneath the opponent to a standing or neutral position facing him/her.

Reversal — 2 points — Getting out from underneath, and getting behind or on top of an opponent in one maneuver.

Near Fall — 2 points — Holding the opponent’s shoulders to the mat for less than one second, or holding his/her shoulders within four inches of the mat for one second or longer, or holding one shoulder to the mat and the other at a 45 degree angle.

Near Fall — 3 points — Holding a 2 point near fall for 5 consecutive seconds.

Illegal holds, Roughness, Technical Fouls — 1 point awarded to offended wrestler

Abusive and/or Unsportsmanlike Conduct — Deduct 1 Team point

Flagrant Misconduct — Disqualify and deduct 1 Team point.

To view the scoring of a dual meet, and for more information about wrestling, go to team Web site: www.glastonburywrestling.com, and click on the “About Wrestling” link.

