OLYMPIC STYLE WRESTLING

The World Wrestling Federation (WWF) does not exist in Physical Education classes!

Wrestling is a one on one competition; the objective being to control and opponent of equal size using skills and techniques unique to the sport. Wrestling is one of the oldest forms of sport known to man (and woman). Wrestling dates back to 850 B.C. when it became an Olympic sport. Wrestling has progressed through the years as a popular sport in many countries. As Canada has hockey as a major sport, the major sport of India, Iran, and Russia is wrestling.

THE MATCH

The wrestlers shake hands at the centre of the mat before the match begins. The referee will signal the start of the match by blowing his/her whistle. A regulation match is five minutes in duration with the wrestlers starting in the standing position. The objective of wrestling is to gain control of your opponent, take him/her down and pin his/her shoulder to the mat.

THE MAT

SCORING

During the course of a match, points can be scored as follows while attempting to win:

1 Point (Takedown)

From a (standing) position, one wrestler manages to take his opponent from his/her feet to a position of control down on the mat; ie. one wrestler gets behind the other and forces him/her to his/her knees.

1 Point (Escape)

From a bottom position on the mat (top wrestler has control) a wrestler manages to escape control and get back to a standing position.

https://snt151.mail.live.com/ol/clear.gif1 Point (Reversal)   
  
From a bottom position on the mat (top wrestler has control) a wrestler manages to reverse that control and get on top of his/her opponent on the mat.   
  
2 Points (Exposure of the back)   
  
From the ground position, the top wrestler is able to break a plane of 90 degrees to the mat with his/her opponent’s back, thus exposing it. The bottom wrestler’s elbow and/or shoulder has to be in contact with the mat. The offensive wrestler does not lose 2 points if his/her own back is exposed while still in control of his/her opponent. A bonus of 1 point can be obtained by the offensive wrestler if he/she is able to hold the opponent in this exposed position for a time interval of live seconds.   
  
3 Points (Takedown plus Back Exposure)   
  
From a standing position a wrestler takes the opponent directly to back exposure.   
  
5 points (Takedown by throwing the opponent to his back in an arcing motion above the hips)

NOT ALLOWED IN PE CLASSES

REFEREE’S POSITION

A position wrestlers assume with the bottom wrestler crouching on the math on his/her hands and knees. This occurs in competition when the bottom wrestler goes out of bounds with his/her back exposed to the mat or has been warned by the referee for passivity.