

Dear Wrestler Parent/Guardian,

November 2019

This year we are happy to announce that reminders will be sent to all with use of the remind app. We will share the code to receive reminders at our first team meeting on 11/18/19.

Wrestling is a sport of dedication. Success is dependent only on the wrestler's desire. Our goal is to see our wrestlers accomplish as much as they can while having fun along the way. We need the support of the parents/guardians to achieve this.

Wrestling is a team and individual sport. For meets we will have starters and back up wrestlers. The backups will wrestle at meets depending on the amount of wrestlers on the opponent's team. Wrestlers are expected to attend all practices and meets. If a starting wrestler **habitually misses** practice he will lose his starting position to the back up wrestler. If an exhibition wrestler **habitually misses practice he will not be permitted to wrestle exhibition matches**. In the event a wrestler cannot make practice, he must notify one of the coaches ahead of time. If he fails to do so, it will result in loss of match time for the first offense. If it should happen again the wrestler will be suspended from the team for one week and will lose their starting position. If he holds a starting position, he will have to wait for the next wrestle off in order to earn it back. Special circumstances can be dealt with individually.

There will be wrestle-offs every 4 matches to compete for the starting position.

Horseplay at any time will result in loss of practice and match time.

**All team members are expected to remain for the entire match. This includes all starters and non-starters. If team members habitually leave matches early they will not start or wrestle exhibition matches in the future.**

Those that stick with the sport and strive to better themselves will gain confidence and mental toughness which help in all future athletics and life.

**Practice Times-** Monday – Friday 3:00pm – 4:25PM

*Wrestlers will take the late bus home or have a ride ready by 4:20pm. If your ride is habitually late you will have to take the bus home. **Home meets should be completed by 5:15pm. We should arrive from Away meets by 5:45pm at Rosa.***

**League Website: <http://www.sjmswl.com/>**

***\*FIRST PRACTICE- Monday, NOVEMBER 18<sup>th</sup> Practices are closed to all spectators.***

The END OF YEAR VARSITY tournament has a tentative date of Saturday February 8<sup>th</sup>. The 2018-2019 schedule is posted on the School Calendar of the school website and on the LC4 e-board on the WRESTLING TAB. No matches or practices during winter recess, snow days or holidays.

**The following clothing is required:** Wrestling shoes & Wrestling Head gear. Comfortable gym clothing (sweat pants, gym shorts, tee shirt; preferably long sleeve.) **\*All clothing must be free of zippers, snaps, and buttons. Hair should not pass the eyebrows, ears or neckline.** Mouth Guard: Wrestlers with braces are **required** to have a mouth guard as per league rules.

**If you plan on carpooling with another family from practices and /or meets, please notify me in writing as soon as possible with the names of the teammates you are going to carpool with. You can email this to [ehernandez@chclc.org](mailto:ehernandez@chclc.org)**

We look forward to your support for a successful year and I hope to see you at the meets.

Rosa Wrestling will be hosting the Tri-meet this year and expect all wrestlers and volunteer parents to participate until the end of all three matches on Friday January 10, 2019 3-8pm.

Sincerely,  
Ed Hernandez- Head Coach  
ehernandez@chclc.org

*Please sign and date. Please return it to me as soon as possible. If not returned by **Nov.18th** your child will not be able to participate until this form is returned along with all forms needed to be cleared by school nurse. Thank you*

***Additional Information will be posted on the LC4 E-board under the Wrestling Tab***

I \_\_\_\_\_ **Please Print** (Parent/Guardian) and

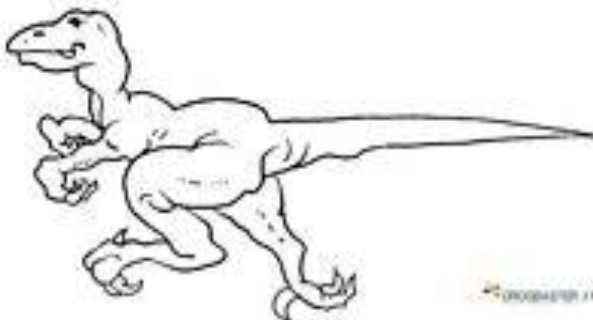
\_\_\_\_\_ **Please Print** (Wrestler's name) have read and understands the above information.

Date \_\_\_\_\_

\_\_\_\_\_  
**Parent's Signature**

Date \_\_\_\_\_

\_\_\_\_\_  
**Wrestler's signature**



Season practices start on November 18, 2018 - February 9, 2020. No practice or matches on days that school is closed. You will need to have all of your paperwork done before you can practice. Updated Rosa Wrestling information will be sent by Remind app or on LC4 e-board –Wrestling Tab. For updated information click here: (there will be updates coming soon) <http://www.sjmswl.com/>

Camden County Conference of the SJMSWL		
All matches begin @ approx. 4pm. or earlier	All matches begin @ approx. 4pm. or earlier	All matches begin @ approx. 4pm. or earlier
Date		
December ??	Moorestown	<b>@Rosa</b>
Thurs. December 12	Rosa	@ Glen Landing
Tue. December 17	Berlin	<b>@Rosa</b>
December ??	Rosa	@Pennsauken
Tue. January 7	Rosa	@CW Lewis
<b>Friday January 10</b>	<b>Beck and Carusi</b>	<b>@Rosa</b>
Thur. January 16	Rosa	@Bordentown
Tues. January 21	Rosa	@Williamstown
Thur. January 23	Voorhees	<b>@Rosa</b>
Tues. January 28	Winslow	<b>@Rosa</b>
Thur. January 30 Last Match JV wrestlers complete their season.	Mullen JV wrestlers complete season.	<b>@Rosa</b> JV wrestlers complete season.
Saturday February 8th or or or or Sunday Feb9th 22 School VARSITY League Tournament	Arrive @7:30am for official weigh-ins @Moorestown HS	Wrestling starts @9am ends <b>individually</b> between 12-7pm

## Team Scoring

A wrestling team scores points via the results of its individual wrestler's matches:

- \* 6 Points: Wrestler wins by pin or forfeit, injury default or disqualification of the opponent.
- \* 5 Points: Wrestler wins by technical fall. (wins by 15 pts or more. The match is **stopped**, unless the wrestler is about to pin his opponent.)
- \* 4 Points: Wrestler wins by major decision (point spread of between 8 and 14 points).
- \* 3 Points: Wrestler wins by regular decision (7 points or less).
- \* Note: Teams can also be penalized team points for unsportsmanlike conduct and other violations of the individual wrestlers or the coaching staff.

Individual points are awarded for escape(1), takedown(2), reversal(2), near fall up to 4 count(2), near fall -5 count(3).

Wrestlers are also awarded penalty points for infractions by opponent; holding hands(1), stalling after one warning (1) then (1), then (2) then (2) then disqualification. Penalty points are awarded after two false start warning or illegal holds.

Wrestling moves expected to learn and master:

1. Single leg take down –trip
2. Single leg take down – head in groin
3. Single leg take down –tree top
4. Single leg take down – pull back tackle
5. double leg takedown
6. double leg takedown trip
7. lock up – snap down
8. lock up – duck under
9. sprawl >> cross-face spin behind
10. sprawl cement (under hook/chin)
11. bottom - escape for one
12. bottom – sit out turn in (pop out spin behind)
13. bottom – sit out turn in (sucker roll)
14. \*\*\*bottom – sit out turn in (peterson roll)
15. top – sit out turn in follow
16. top – break down tight waist far ankle
17. \*\*\*top – break down far knee far ankle
18. top – break down chop to two on one
19. top – break down chop to two on one to wrist and half
20. top – break down chop to two on one(loose the wrist) pick the knee/ankle up & over
21. bottom – break the half (turn away wing into half- up to your base-keep elbows in)
22. top – bottom guy stalls - bow and arrow – lock hands roll over
23. top – pancake - (cross face – under hook – let up- pancake to mat)
24. \*\*Lock up – headlock
25. \*\*\*top – wrist and bar

Live wrestling

Neutral	2 on bottom	3 on bottom	4 on bottom	1 on bottom
1 vs.2	2 vs 3	3 vs. 4	4 vs. 1	1 vs. 2
1 vs. 3	2 vs. 4	3 vs. 1	4 vs. 2	1 vs 3
1 vs. 4	2 vs. 1	3 vs. 2	4 vs. 3	1 vs. 4

Situations:

Top has wrist and half      Top has bow and arrow      Bottom has sat out – ready to turn in  
 T-drill for take downs (has arms around legs)

Push ups, leg lifts, jumping jacks, crunches, running in place, sprawl. Fast twitch forward and back – 10 seconds, fast twitch side to side -10 seconds.

## Wrestling Scoring System

Sanctioned high school wrestling matches consist of three two-minute periods with no rest between periods. The wrestler with the most points at the end of the third period is declared the winner. If a wrestler pins his opponent at any time before the end of the third period, the match is over and the winning wrestler earns a win by fall (pin). If the match ends in a tie, overtime periods are added until a winner is determined.

A match can also end before the end of the six minute regulation time by technical fall (leading an opponent by 15 points during the match) or if one of the wrestlers is disqualified or can't continue the match due to injury (injury default)

Even though wrestling is widely recognized as an individual sport because of the head-to-head competition, it's also a team sport that utilizes a team scoring system to decide the winning team in a particular match. We will go through the individual scoring system followed by the team scoring system.

Before we get started, you'll need to know the basic positioning of the wrestlers during a match:

- \* Neutral: Both wrestlers stand facing each other about three feet apart and ready to wrestle.
- \* Referee's Position: Start position where one wrestler is down on their hands and knees (all fours). The other wrestler is positioned on top, alongside the bottom wrestler, kneeling on their nearside knee. The top wrestler also places their far-side arm around the opponent's waist with the hand of the other arm on the nearside elbow of their opponent. The far-side leg of the top wrestler is placed behind the bottom wrestler.
- \* Top Position (Advantage) : The person on top in the referee's position.
- \* Bottom Position (Disadvantage): The person on the bottom in the referee's position.

### Individual Scoring

- \* Takedown: From the neutral position, when one wrestler takes the other wrestler down to the mat and controls them from the top, a takedown is scored. (2 points)
- \* Reversal: When a wrestler is on the bottom in the referee's position and reverses their opponent to the top in the referee's position, a reversal is scored. (2 Points)
- \* Escape: When a wrestler is on the bottom in the referee's position and escapes to the neutral position without reversing the top wrestler, an escape is scored. (1 Point)
- \* Near Fall (back points/exposure) : When the bottom wrestler has their back exposed to the mat on an angle of 45 degrees or less for a count of at least two seconds, but less than five seconds, a near fall is scored. (2 Points)
- \* Near Fall (back points/exposure) : When the bottom wrestler has their back exposed to the mat on an angle of 45 degrees or less for a count of five seconds or more a near fall is scored. (3 Points)

\* **Penalty Points:** These can be awarded to the opponent of the wrestler in violation of certain rules and conduct. The following is a list of commonly awarded penalty points:

\* **Stalling** (one or both wrestlers not initiating action or one wrestler being totally defensive and backing away from opponent) : Initially a warning, followed by penalty of 1 point, with each additional incident incurring penalties of 1 point – 2 points – 2 points – Disqualification.

\* **False Start/Illegal Start Position** (starting before the whistle blows, top or bottom wrestler not aligned in the proper referee's position): Two warnings, followed by 1-point penalties for each additional incident. No disqualification.

\* **Clasping** (top wrestler clasping hands together without having the bottom wrestler on their back): Immediate 1-point penalty. Each additional incident is followed by incurring penalties of 1 point – 2 points – 2 points – Disqualification.

\* **Illegal Holds** (full nelson, figure 4 the body, scissor the head, headlock without the opponent's arm, etc.): Immediate 1-point penalty. Each additional incident is followed by incurring penalties of 1 point– 2 points – 2 points – Disqualification.

\* **Technical Violations** (grasping uniform/headgear, improper equipment (i.e. no headgear), fleeing the mat, unsportsmanlike conduct, unnecessary roughness): Immediate 1-point penalty. Each additional incident is followed by incurring penalties of 1 point – 2 points – 2 points – Disqualification.

\* **Cause for Ejection Penalties:** Gross misconduct, slamming or any illegal wrestling move that injures an opponent. That injury defaults the match.

#### **Overtime Scoring**

A winner must be declared in all individual matches. If a match is tied at the end of regulation, the following overtime scoring system is used in order, until a winner is declared:

\* A one-minute sudden victory period (first person to score wins).

\* Two 30-second tiebreakers (wrestlers swap referee's positions). If match is still tied, it goes to a ride-out.

\* A 30-second ride-out (wrestler who scored first has the choice in referee's position). If wrestler escapes from bottom position, they win. If they are ridden- out for the 30 seconds, they lose.

#### **Team Scoring**

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\* **4 Points:** Wrestler wins by major decision (point spread of between 8 and 14 points).

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\* **Note:** Teams can also be penalized team points for unsportsmanlike conduct and other violations of the individual wrestlers or the coaching staff.

#### **League Weight Classes**

Per majority league vote, the weight classes in this league are as follows:

80, 85, 90, 95, 100, 106, 112, 118, 124, 130, 140, 150, 160, 175, 189, 275.

The weight classes after the JANUARY 7th 2 pound allowance are as follows:

82, 87, 92, 97, 102, 108, 114, 120, 126, 132, 142, 152, 162, 177, 191, 277