

# WRESTLING TERMINOLOGY

- CAUTION:** A ruling made by the referee where one wrestler is called for a false start or wrong starting position. A wrestler is allowed two cautions before penalty points are awarded to the opposing wrestler.
- ESCAPE:** When the defensive wrestler gains a neutral position and his opponent has lost control while either wrestler is inbounds. Counts as one (1) point.
- FALL:** Also called a "Pin." When either both shoulders or both shoulder blades are held in contact with the mat for two (2) continuous seconds. A pin terminates the match.
- ILLEGAL HOLDS:** Any hold where you have bending, twisting or the forcing of the head or any limb beyond its normal limits or movement, any hold used for punishment, and include the following: a full nelson, a headlock with out capturing an opponent's arm, scissoring the opponent's head, etc. The first and second offense, the opponent is awarded one (1) point, a third, two (2) points; a fourth, disqualification of the offending wrestler.
- LOCKING HANDS:** Also called "clasping." Interlocking or overlapping hands, arms or fingers around the opponent's body is illegal for the offensive wrestler (the top wrestler) when the bottom wrestler's knees are on the mat, except in a pinning (near-fall) situation.
- MATCH:** Individual contest between two wrestlers.
- NEAR-FALL:** It occurs when the offensive wrestler (top man) has control of his opponent in a pinning situation. It involves holding the shoulders or shoulder blades within four (4) inches of the mat or holding one (1) shoulder blade on the mat and the other is held at a 45 degree angle for two (2) seconds. It is awarded when the defensive wrestler gets out of the pinning situation. A nearfall is two (2) points if held for two (2) seconds or three (3) points if held for five (5) seconds.
- PIN:** See: Fall.
- NEUTRAL POSITION:** A starting position where the wrestlers stand facing each other with one foot inside the starting area and the other outside.
- REFEREE'S POSITION:** A starting position where one wrestler is in a defensive position (on hands and knees) and the other is in a offensive position (positioned over the other, normally with at least one knee on the mat).
- REVERSAL:** When the defensive wrestler comes from underneath and gains control over his opponent either on the mat or in a rear-standing position, while either wrestler is inbounds. This counts as 2 (two) points.
- STALLING:** A caution by the referee when one of the wrestlers fails to make a reasonable effort to wrestle aggressively. An offensive wrestler must make a reasonable effort to pin his opponent; a defensive wrestler must make an attempt to escape; and wrestlers must make an attempt to take their opponent down. The first offense is a warning. The second and third offense awards the opposing wrestler one (1) point; a fourth, two (2) points; a fifth, disqualification of the offending wrestler.
- TAKEDOWN:** When one wrestler gains control over the other down on the mat from a neutral position while either wrestler is inbounds. A takedown is normally awarded when one or both of the defensive wrestler's knees are down on the mat. A takedown counts as two points.
- TECHNICAL FALL:** Occurs when one wrestler has accumulated fifteen (15) points more than his opponent.