



## **Penn Manor Wrestling Club (PMWC) Parents Handbook 2024-2025 Season**

***Revised on September 8th, 2024***

**Our Mission:** The Penn Manor Wrestling Club's mission is to provide an environment conducive to learning the art of wrestling and sportsmanship for any child that shows an interest in the sport.

**Program Details:** Athletes will be matched according to age, weight, and experience for training sessions and competition. Our program participates in the Lancaster-Lebanon Future Varsity League (FVL). The FVL holds several meets throughout the season, where multiple teams come together to allow athletes to compete in a round robin format. At the end of the season the FVL will hold qualifying tournaments, similar to the PIAA tournament system. Tournaments outside of the FVL (Future Varsity league) are optional and an additional cost to the athlete. Within our program there is an emphasis focused on wrestling fundamentals, self-confidence, training, work ethic, and sportsmanship. Attendance at all practices is expected. It will be important to attend as many practices as possible to achieve the most out of your time invested as a coach & mentor to our athletes.

## **Penn Manor Wrestling Club Welcomes You!**

This handbook was designed to help explain our program, especially to new members. Please file it away for future reference during our current wrestling season.

*The PMWC Board of Directors reserves the right to modify this handbook and rules at any time based on club needs, requirements, and situations.*

**All are welcome!** Wrestling is a sport in which any gender can participate. The text of this manual may refer to boy, him, he, or his. It was written this way for simplicity. Its intended interpretation is for all genders.

### **Lead Coaches**

**Jason Fellenbaum – Girls Gold Group**

**TBD – Girls Blue Group**

**TBD – White Group**

**TBD – Grey Group**

**TBD - Blue Group**

**TBD - Gold Group**

**TBD – Dual Team**

### **Board of Directors**

**President:** Jason Fellenbaum

**Treasurer:** Erin Byrnes

**Secretary:** Lauren Lefever

**Chair:** Scott Shenk

**Chair:** Todd Grager

**Chair:** Keith Haun

**Chair:** Angela Klassen

PMWC By-Laws & Future Varsity League (FVL) By-laws can found on our website at:

<http://www.pmwrestling.com/>

### **Committees**

We have a number of committees that parents can volunteer to support or to be a part of. These committees are meant to breakdown tasks that can be overwhelming or time consuming for one person. They also allow everyone to get involved and to share ideas, direction and focus to the committees.

### **Funding**

Since PMWC is a non-profit organization, we focus on utilizing fundraisers during the year to raise revenue for the club. These fundraisers provide money to be used for singlets, awards, warm-ups, mat supplies, etc. We encourage parents and members of the community to help with fundraising throughout the year.

### Practice Schedule:

These sessions will be held in the Gymnasium of the Marticville Middle School. A few sessions may be held at Penn Manor High School. Finalized practice schedule will be released after registration closes.

Please refer to our [schedule page](#) on our website for your color group's practice schedule and location.

Website: <http://www.pmwrestling.com/>

**If there is NO School (Scheduled or canceled due to weather) or school is dismissed early for inclement weather, we DO NOT have practice on that day. We will not make up practice for weather cancellations. Pre-scheduled early dismissals by the School district does NOT cancel practices for that specific night, unless deemed by the PMWC.**

**Keep Up to Date with Text Alerts: Text pmwrestling to 84483 for updates when Practice is canceled due to weather.**

### Practice Rules

Athletes should be on time and ready to wrestle promptly at their practice time. NO wrestler may leave the wrestling area without permission from a coach first (Exception- Unless a parent/guardian is present to pick the athlete up). Athletes are expected to CHECK IN at the beginning of practice to ensure coaches have attendance records for the night. All wrestlers are expected to give complete attention to the coaches at all time. Horseplay will not be tolerated. Wrestlers that are unable to comply with the above rules may be removed from the wrestling program.

Our wrestling practices are **closed practices**. Only athletes and coaches with background clearances are permitted in the wrestling area during practice time. Parents, non-wrestling siblings, or others are **NOT permitted** in the wrestling area during practice. If you need to wait at the school for your wrestler's practice to end, you may wait in the designated parent area. Athletes should arrive to practice in the proper attire, possess a water bottle (filled), and be focused to train.

### Practice Attire

Wrestlers should wear a t-shirt and athletic shorts. A wrestling singlet is acceptable as well. Wrestling shoes are recommended, but not mandatory. If not wearing wrestling shoes, **clean sneakers should be worn. Please note clean sneakers should be brought in separately to wear. Sneakers that have been worn outside increases chances of bacteria & dirt being introduced into the wrestling room, which in return may increase susceptibility to skin infections for our athletes. No jewelry, garments with zippers, glasses, or hats may be worn during practice.**

### Hygiene

Wrestling is a sport that involves a high amount of skin to skin contact, sweat, and occasionally blood. All wrestlers should have any skin wound, no matter how small, bandaged and taped. Fingernails should be trimmed short always. After wrestling in a practice, meet, or tournament, wrestlers should bathe as soon as possible (anti-microbial soap is recommended). All wrestling attire should be washed after each use. Athletes should NOT re-wear the same clothing they practiced in the previous training session. Any child with a skin condition such as ring worm or impetigo may not wrestle unless a Doctor's clearance is provided to the PMWC coaching staff.

### Tournaments & Meets

PMWC has now joined the Lancaster-Lebanon Wrestling Coaches Association- Future Varsity League (FVL). Athletes will be expected to participate in the FREE weekend team meets held by the league. We encourage all wrestlers to participate in the end of year league tournament held by the FVL.

### **Contact Information**

The coaches of the Penn Manor Wrestling Club are unpaid volunteers. However, we still invite and encourage your comments and questions during the season. We appreciate your respectful input. Coaches are generally available either before or after practice to answer questions. We also invite you to email, text, or call directly if needed. We look forward to a fun and successful season for all. -**Jason Fellenbaum (717-940-8795) [JMFellenbaum@gmail.com](mailto:JMFellenbaum@gmail.com)**

### **Equipment and Clothing Needed**

**\* Singlet or Two-Piece Uniform (Compression Top & Fight Shorts) \*\*\*Wrestling uniforms require a \$50 deposit. Money will be returned when uniform is returned at the end of the season. Two-piece uniform is required for white and grey group wrestlers. Girls, Blue, Gold, and Dual Team groups may choose between a singlet or two-piece uniform\*\*\***

**\* Athletic Shorts (Recommended for practice)**

**\* T-shirt (Recommended for practice)**

**\* Wrestling Shoes or CLEAN Athletic Sneakers \*\*\*Wrestling shoes are NOT provided by the Club\*\*\***

**\*Wrestling Knee Pads (optional) \*\*\* Knee pads are NOT provided by the Club\*\*\***

**\* Head Gear** (Head gear is NOT mandatory for FVL Events but is Highly encouraged. Tournaments & competitions not related to the FVL will enforce mandatory headgear. All athletes should get used to wearing head gear at one point in their early wrestling experiences) **\*\*\*Head Gear is NOT provided by Club\*\*\***

### **Volunteers**

Volunteer Coaches are always needed. Email all forms and clearances to [JMFellenbaum@gmail.com](mailto:JMFellenbaum@gmail.com)

In addition to the clearances and record checks required below, Volunteer Coaches are expected to:

- Coach and treat all wrestlers, parents, coaches, & referees fairly
- Regularly attend practices and communicate when you are unable to attend or if you will be late
- Volunteer to help coach during tournaments & meets we attend
- Help with any tournaments or dual meets we host
- Coach within the guidelines & By-Laws set forth by the PMWC, and within the FVL (Future Varsity league)
- Uphold yourself and our wrestlers to the values and sportsmanship expected as a representative of the PMWC

Coaches are required to obtain up to date clearances and record checks. They include the following:

- Pennsylvania State Police Criminal Record Check (Free)
- Pennsylvania Child Abuse History Clearance (Free)
- FBI Criminal Background Check (if you have lived in Pennsylvania for less than the past 10 years)
- Exemption form from FBI Background Check (if you have lived in Pennsylvania within the past 10 years)
- Completed Arrest/Conviction Report and Certification Form (PDE 6004)
- Volunteer Coaches Must obtain a certificate they have taken the FREE online CDC Heads Up Course\*\*\*Concussion Training\*\*\*

### **Photo Policy**

**Photo Policy:** Penn Manor Wrestling Club uses photos taken during PMWC events to promote the club and the sport of wrestling on public websites, social media sites, and printed material. If you wish for your child to not be included in photos, [Opt-out forms are available on our website](#). Once filled out please email to [pmwc@pmwrestling.com](mailto:pmwc@pmwrestling.com) or drop off your completed form to a PMWC Coach. **If the Opt-Form is not completed and handed into PMWC, approval to post your child's photo will be assumed by the club.**

### **Ability Groups Assignments (Color groups)**

Athletes will be assigned into specific color groups prior to the season starting, to ensure that all wrestlers are given the proper education, instruction, and environment to develop at a healthy & successful rate. The following factors will be considered when assigning athletes to specific ability (color) groups:

1. Athlete's Age, Grade, and Maturity will be considered for placement.
2. Athlete has demonstrated that they have mastered the ability (color) group's skills sets & milestones.
3. Athlete has wrestled the following minimal number of matches:
  - White Group: **10** total matches in career
  - Grey Group: **20** Total matches in career
  - Blue Group: **50** total matches in career
  - Gold Group: **50+** total matches in career
4. Athletes must complete the minimal number of competitions before moving up the next color group.
5. Prior to the start of the new season, coaches will collectively assign athletes into their color groups. During this process the coaches will determine if athletes should move up, maintain, or move down to another ability group. This will be decided based on the previous season's performance and assessment. No athletes are guaranteed to be in a specific color group based on the previous season's assignment, age, or grade level. The coaching staff has final say where athletes will be assigned during the season. Every decision will be carefully decided to ensure the athlete is placed in the proper learning environment for growth & success. No athlete will be "grandfathered" into an ability group based on previous season assignments.

Athletes will be assigned to the following Ability Groups (COLOR GROUPS):

- White Group-NOVICE (0-10 Competitive Matches)
- Grey Group- NOVICE (0-20 Competitive Matches)\*\*\*This group will be exposed to some blue group skill sets with a heavy emphasis on white group skill sets\*\*\*
- Blue Group- INTERMEDIATE (20-50 Competitive Matches)
- Gold Group- ADVANCED (50 + Competitive Matches)

At any point in the season, if the Lead Coach observes that an athlete is exceeding expectations and has “out grown” their assigned ability group, the Lead Coach is encouraged to advance the athlete to the next level ability group. Prior to this taking place, the Lead Coach must verbally approve this through the following individuals:

- Next level Ability Group’s Lead Coach
- Parents of Athlete
- Athlete \*\*\*need to be notified and given the opportunity to approve or object\*\*\*
- President of PMWC for final approval

Additionally, at any point in the season, if the Lead Coach observes that an athlete is struggling fundamentally within their ability group, the Lead Coach is encouraged to move the athlete back to the previous ability group. This should be sustained until the athlete demonstrates they are fundamentally & athletically ready to advance back in to the next level ability group. Prior to this taking place, the Lead Coach must verbally approve this through the following individuals:

- Previous Ability Group’s Lead Coach
- Parents of Athlete
- Athlete \*\*\*needs to be notified and given the opportunity to approve or object\*\*\*
- President of PMWC for final approval

Furthermore, volunteer and lead coaches will be periodically cycled through various ability groups. This cycling is to ensure that athletes within the entire club are familiar and comfortable with our entire coaching staff. This will allow greater flexibility for our coaching staff during meets and tournaments, allowing all coaches to instruct all athletes, regardless of ability group assignments.

*\*\*\*. Every effort will be made to have one coach per every 6 wrestlers to allow for a successful learning environment for every athlete. The Coach to Athlete ratio may differ depending on volunteer numbers & ability group athlete numbers\*\*\**

### Off-Season Training & Competitions (March-October):

#### ~~Fall Season (September-November 12<sup>th</sup>, 2018):~~

- ~~• PMWC Fall training sessions will start on Friday October 5<sup>th</sup>, 2018.~~

- Training sessions will be held every Friday from October 5<sup>th</sup> to October 26<sup>th</sup>, 2018.
- Training sessions will be from 6:00p-7:30pm @ the PMHS Wrestling Room
- Sessions will be a duration of 90 Minutes consisting of:
  - Instruction, drilling, situational wrestling, sparring, live wrestling, & games.
- Folkstyle will be emphasized during all Fall Season training sessions.
- The PMWC will elect 3 Folkstyle competitions that we will encourage our athletes to compete in. The 3 competitions will have PMWC Coaches on site, as long as there are participating PMWC athletes at these venues. The competitions will be selected based on a 2-hour traveling radius of the Penn Manor High School.
- Athletes are encouraged to participate in 2-3 competitions in the Fall Folkstyle Season (Sept-Nov)
- The PMWC will support athletes with singlets/2-piece uniforms if the athlete does not own a completion singlet or two-piece uniform.

### **Spring Season (March 8<sup>th</sup>–May 31<sup>st</sup>, 2019):**

- Spring training sessions will start the first Friday after the regular season ends. March 8<sup>th</sup> 2019 will be the official 1<sup>st</sup> spring season training session.
- Training sessions will be held every Friday starting on Friday March 8<sup>th</sup> to Friday May 31<sup>st</sup>.
- Training sessions will be from 6:00p-7:30pm @ the PMHS Wrestling Room
- Sessions will be a duration of 90 Minutes consisting of:
  - Instruction, drilling, situational wrestling, sparring, live wrestling, & games.
- Folkstyle training will be emphasized until PJW's State Championships are completed on March 16<sup>th</sup>-17<sup>th</sup>, 2019.
- PJW Area 13 championships will be held on Sunday February 17<sup>th</sup>. PMWC athletes are encouraged to participate in this competition.
- The PMWC will have coaches present at both the PJW Area 13, and State Championships, as long as PMWC athletes are competing.
- Starting March 22<sup>nd</sup>, the PMWC will transition from Folkstyle to Freestyle & Greco Roman training.
- The PMWC will elect 3 Freestyle/GR competitions that we will encourage our athletes to compete in. The 3 competitions will have PMWC Coaches on site, as long as there are participating PMWC athletes at these venues. The competitions will be selected based on a 2-hour traveling radius of the Penn Manor High School.
- Athletes are encouraged to participate in 2-3 competitions in the Spring Freestyle/Greco Season.
- Any athlete that qualifies for the PA Freestyle/Greco Championships and or National Championships will have coaching support at these venues from the PMWC. Additionally, the PMWC will help support some of the financial expenses for these events, in support of our athletes.
- Athletes competing in Freestyle & Greco competitions will be issued a reversible Blue/red singlet. These singlets must be returned to the PMWC by the last Spring training session held on May 31<sup>st</sup>, 2019. All singlets must be washed prior to be returned to the PMWC. Singlets are required.
- USA Wrestling memberships are required for both coaches & athletes if they are attending & participating in Freestyle/Greco Roman Competitions. USA Wrestling memberships are not required for training while at the PMWC. MEMBERSHIP REQUIRED FOR COMPETITIONS ONLY

### **LAW Training & Funds Allocation Policy**

*Purpose: The following policy was developed to allow athletes of the Penn Manor Wrestling Club the opportunity to train, at no cost to the wrestler, at the Lancaster Alliance Wrestling Club, located at Franklin & Marshall College. The intent of this policy is to support the growth of athletes within our program, and to help alleviate*

*financial restrictions towards training outside of PMWC for our athletes. The following policy guidelines are as follows, and are subject to change at any time by the Board of Directors:*

1. The PMWC will open and maintain a monthly account with the wrestling club known as LAW (Lancaster Alliance Wrestling), for training opportunities for wrestlers within the PMWC.
2. The PMWC treasurer will credit this account, in an amount approved by the PMWC Board of Directors, 1-2 times per year depending on the account balance. This credited amount will be approved by the Board of Directors for the yearly proposed budget, and the Ear Marked allocations for the following season.
3. The PMWC will create and provide LAW personnel with an updated “approved athlete list”, which authorizes PMWC athletes to participate in LAW training sessions that will be covered by our club. This will give LAW personnel an accurate list for reference in regard to used credits & billing purposes.
4. Only PMWC wrestlers who have been authorized by the PMWC and are on the “approved athlete list” are eligible to participate in the free training sessions at LAW.
5. PMWC wrestlers are permitted to train, expense free, at LAW, on a monthly basis, up to no more than 8 Sessions (2x per week). The athlete is permitted to attend LAW more than twice a week but will be fully responsible for covering the expenses of those additional sessions once 8 credits is surpassed for the month (example utilizing Sunday nights).
6. PMWC will NOT support the financial obligations of the athlete’s registration fees. The wrestler will be fully responsible for the full amount of the yearly registration fees @ LAW, in the amount of \$30. This registration is to be renewed yearly, by the athlete, by Aug 31st, per LAW policy.
7. The PMWC wrestler is fully responsible for completing and submitting the registration form to LAW personnel.
8. Private lessons provided by LAW are not eligible under this policy.
9. The PMWC treasurer will maintain an up to date monthly tracker of athletes that are participating at LAW (On the Approved Athlete List), the amount of credits utilized by that athlete per month, and the total expenses utilized per month. This tracker will help maintain an accurate financial report to the PMWC Board of Directors for current and future planning references. The treasurer will also provide a monthly LAW account financial report to the PMWC Board of Directors.
10. PMWC athletes may utilize these free training sessions during the OFF-SEASON months. Months from **March 8th to November 15th are considered “off-season” training sessions. Requirements: Athletes must participate in at least 2 out of 4 monthly Friday night training sessions at the PMWC to maintain eligibility under this policy. Failure to comply with this requirement without adequate explanation may result in the athlete being ineligible under this training policy. Cancellation of PMWC training sessions by the PMWC will not be held against the athlete under this requirement.**
11. **PMWC athletes may utilize these free training sessions during the REGULAR-SEASON months. Months from November 15th – March 8th are considered “regular-season” training sessions. Requirements: Wrestlers must participate in ALL training sessions held at the PMWC, along with ALL FVL team meets & tournaments, to maintain eligibility under this policy. Failure to comply with this requirement without adequate explanation may result in the athlete being ineligible under this training policy. Cancellation of PMWC training sessions by the PMWC will not be held against the athlete under this requirement.**
12. **Eligibility Requirements for the “Approved Athlete List”:**
  - a. Only PMWC athletes between the grades of 2-6th grade are eligible under this policy. Athletes in grades K-1st & 7th-12th within the Penn Manor School district are NOT ELIGIBLE under this policy.
  - b. Only PMWC wrestlers who have been authorized by the PMWC and are on the “approved athlete list” are eligible to participate in the free training sessions at LAW.
  - c. The Lead Coaches panel will determine the final list of the “approved athlete list”.



13. The PMWC treasurer will be responsible for contacting and maintaining this account, along with relations with LAW personnel. The treasurer will handle all disputes, questions, and or requests from LAW personnel under this policy.

14. The PMWC will credit the LAW training account annually (1-2 x per year) with a pre-approved amount by the Board of Directors to qualify for the offered discount:

a. \*\*\*Note: Per LAW, a large pre-paid installment annually paid will be credited a discount by LAW\*\*\*

i. Example: PMWC pays \$1,000 annually upfront, and LAW will then credit PMWC a discount. PMWC will receive 200 credits for \$1,000, instead of the normal rate of 100 credits for \$1,000.

15. Per LAW: LAW Personnel will provide PMWC with a monthly updated account report for tracking purposes. In the case that PMWC does not receive this monthly report, the PMWC treasurer will contact said personnel to request financial documentation.

16. PMWC athletes participating in these training sessions will be reminded that they must conform to both the PMWC and LAW Code of Conduct during training sessions. Any violations of the code of conduct within the PMWC or LAW wrestling rooms will result in immediate suspension of this training privilege.

17. The PMWC will make a concentrated effort to plan and schedule PMWC training sessions during the regular & off seasons on dates that do not conflict with LAW training sessions. Note, depending on School district restrictions, weather, wrestling room availability, and or other circumstances, this stipulation may not be feasible.

18. Under this policy, PMWC athletes are NOT required to compete under the PMWC during off-season meets & tournaments. The athlete is authorized, by their own choice, to either compete under the PMWC or LAW during off-season events.

19. At any time, the PMWC Board of Directors may approve to discontinue this training policy. Factors that may encourage this action would be financial restrictions, low participation numbers, conflict of club vision and goals.

### **Dual Team (Regular Season):**

**Purpose:** Penn Manor Wrestling Club will field a dual team to compete against dual teams from other schools and clubs. The purpose of the team is to foster a collaborative and competitive spirit between teammates, while teaching the athletes how to compete as a team. This is a competition focused effort. The goal is to win matches as a team.

**Eligibility:** Any PMWC athlete in good standing with the club currently assigned to the Gold or Blue groups in grades 3<sup>rd</sup>-6<sup>th</sup> are eligible to participate with the dual team. Athletes currently assigned to the White group or athletes younger than the current grade requirements may only participate on the dual team with an invitation from the Dual Team Head Coach.

**Competitive Structure:** Much like a travel baseball team or high school wrestling team, athletes will compete internally on the team for starting spots and seeding position on the depth chart at each weight class.

- At the beginning of the season, all dual team members will compete in a wide-ranging tournament.
  - Tournament will be officiated by PMWC Coach or a paid referees. Score keeping and match time will be kept by coaches or another neutral party.
  - Round Robin format will be used for weight classes with multiple wrestlers.
  - At the coach's discretion, matchups between different weight classes will be contested
- During the season, coaches will open competition for wrestlers looking to improve their seeding on the depth chart at a given weight class.

- Matches will be officiated by a coach of the PMWC
- Wrestlers do not have to challenge, but if challenged they must compete or forfeit their seeding on the depth chart.
- Wrestle-offs will be best of 3, with the challenger needing to win the first match and 2 of 3 to be successful in the challenge.
- Challengers may only challenge the wrestles directly above them on the depth chart. For example, a challenger ranked #4 must successfully challenge #3 before moving on to challenge #2 and #1 respectively.
- Challengers may challenge one weight class up. In doing so, they must start their challenge at the bottom of the depth chart for that weight class.

**Wrestling in Dual Team Competition:** Wrestling on a dual team requires maximum effort by all athletes to achieve the team's true potential. Below are a few items expected of all participants on a dual team.

- Attendance at Dual Team practices
- A willingness to lead, encourage, and support teammates
- Exemplarily sportsmanship
- Mandatory use of headgear and wrestling shoes in Dual Team competition (Even if the tournament does not require it)
- Making weight at weigh-ins
- A willingness to sacrifice for the good of the team

**Starting Lineups:** The goal for the Dual Team is to wrestle competitively as a team at a high level, and ultimately, to win. With that in mind, starting positions are not guaranteed. Each starting lineup will be at the sole discretion of the Head Coach and coaching staff. Factors that go into making starting lineup decisions are:

- Depth Chart as established during wrestle-offs
- Wrestlers' work ethic during practice
- Wrestlers' representation of the Club at competitions, school, and in the community
- Coach's decision based on competitive balance (ie: Having a backup wrestle at 74 lbs and having the 74 lbs starter bump to the 78lbs weight class to wrestle based on matchups, while the 78lb starter goes without a match)
- Opportunities to allow backups to get matches
- Other Coaching decisions not specifically outlined here.

**Practice Structure:** Dual Team practices are designed to focus on building a successful dual team. Wrestlers can expect dual team practices to be heavily focused on conditioning, critical thinking, live wrestling and situational wrestling.

### Common Questions & FAQs

Who do I make checks out too? **PMWC or Penn Manor Wrestling Club**

Can girls wrestle? **Yes!!! Starting in 2021, PMWC founded a Girls-Only practice model. We are big advocates for girls wrestling. We successfully lobbied PMSD to create a HS Girls Wrestling team.**

Do we need wrestling shoes? **No. Clean sneakers are acceptable at the youth level. However, once your child shows lasting interest in the sport, wrestling shoes are highly encouraged.**

What determines what group my wrestler is in? **Skill level, experience and weight. The coaches will attempt to match kids into the group that best fits the development of each wrestler's skills.**

What is the Dual Team? **The Dual team is like the "Travel Team". When we enter dual team competitions, wrestlers will compete against each other for starting spots.**

Where / When can I order Penn Manor Wrestling Gear? **We will have a link posted to the online store soon.**

Is the Penn Manor Wrestling Club (PMWC) affiliated with the Penn Manor School District? **No. We are not sponsored by or directly affiliated with the Penn Manor School District.**

My wrestler wants to join the Dual Team, but is not old enough yet. Can they still join? **Maybe. Talk with Coach Jason.**

I can do this better. How do I take over? **We have a small, but dedicated board of directors and volunteers leading the program collaboratively. If you wish to join the board or work on a committee to help direct and facilitate our program's growth, we would welcome your addition.**

Does my wrestler need headgear? **Headgear is not required during practice, but it is strongly recommended to be used during practice. Headgear and wrestling shoes may be required at some tournaments. Headgear and wrestling shoes are required for all dual team participants.**

Do we have to enter the tournaments? **Your wrestler does not have to enter and participate in any wrestling tournament. We discourage tournament participation for kids in 1st grade and under.**

What is the Future Varsity League (FVL)? **It's the Lancaster-Lebanon Youth league that will allow all wrestlers in our club to compete on various weekends for free.**

### **The Rules of Wrestling & Wrestling Positions**

**Neutral Position** - The match starts with both contestants standing opposite each other with their lead foot on the green or red area of the starting lines and their other foot even with or behind the lead foot. In the neutral position, neither wrestler has control.

**Defensive Starting Position (aka Referee's Position)** - The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat, as directed by the referee. The elbows may not touch the mat.

**Offensive Starting Position** - The offensive wrestler is positioned on the right or left side of the opponent with at least one knee on the mat and head on or above the midline of the opponent's back. One arm is placed loosely around the defensive wrestler's body perpendicular to the long axis of the body, with the palm of the hand placed loosely against the defensive wrestler's navel and the palm of the other hand placed on or over the back of the near elbow. One knee is on the mat to the outside of the near leg, not touching the defensive wrestler.

**Stalemate** - When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve position, the referee stops the match as soon as possible; wrestling is resumed as for out of bounds.

**Position of Advantage** - A situation in which a wrestler is in control and maintaining restraining power over an opponent. Control is the determining factor. The offensive wrestler is entitled to this advantage until such time as the opponent gains a neutral position or a reversal.

**In Bounds** - Contestants are considered to be in bounds if the supporting parts of either wrestler are inside the inner edge of the boundary lines. A wrestler's supporting points are the parts of the body touching, or within, the wrestling area that bears the wrestler's weight, other than those parts being used to hold the opponent. (Down on the mat, the usual points of support are the knees, the side of the thigh, the buttocks and the hands.) Wrestling continues as long as the supporting parts of either wrestler remain in bounds. When the defensive wrestler's back is exposed to the mat in a pinning situation while at least the supporting points of either wrestler are in bounds, wrestling continues as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. In this situation, the defensive wrestler's shoulders (scapulae) are the supporting parts. Near-fall points may be earned only while any part of the defensive wrestler's shoulders (scapulae) are in bounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match. Upon resumption of the match, the contestants begin in the neutral position at the center of the mat if neither wrestler has control. If one wrestler has the advantage, that contestant will take the offensive starting position at the center of the mat, and the opponent will assume the defensive starting position.

## **Wrestling Terminology**

**Sprawl** - Falling forwards with your legs going back. A defensive counter to an attack on the legs.

**Wrist Control** - Control your opponent's wrist.

**Hand Control** - Control of your opponent's hand.

**Shoot** - Making an attempt for a takedown. (single leg or double leg)

**Escape** - Defensive person escapes for points from controlling wrestler.

**Takedown** - Wrestler has taken his opponent down to the mat and gained control by being on top and behind the arms of opponent.

**Breakdown** - Wrestler has his opponent flat on his belly.

**Reversal** - Defensive wrestler gained control.

**Neutral position** - Both wrestlers standing.

**Referee's Position or Base position** - Wrestler is on his hands and knees and his opponent is on top of him.

**Pin** - Wrestler has succeeded in turning over his opponent to the mat and keeping any part of both of his opponent's shoulders (or scapulas) to the mat for 2 continuous seconds or less. Resulting in completion and winning of the match.

**Fall** - Pin

**Cross Face** - Forearm is placed on the near side of the opponents face to maneuver him for control.

**Optional Start** - In referee's position the offensive man is standing up with 2 hands on the defensive man's back shaped like a V. Usually to let him go to neutral but not always.

**Stalling** - Offensive or defensive wrestler fails to attempt to gain control or go for the pin.

**Stance** - Correct standing position.

**Technical Fall** - Scoring a lead of 15 points in Folkstyle, resulting in completion and winning of the match.

### **End of Match Scoring**

**Fall** - Any part of either shoulders or part of both scapulae of either wrestler held in contact with the mat for one second constitutes a fall. A fall shall not be awarded unless part of either shoulders or part of both scapulae is in bounds. If any portion of the body of one of the wrestlers is out of bounds so that the wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared. When the match is stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat.

**Technical Fall** - A technical fall occurs when a wrestler has earned a 15-point advantage over an opponent in Folkstyle Wrestling.

**Major Decision** - A major decision occurs when the margin of victory after three periods is 8 through 14 points.

**Decision** - A decision occurs when the margin of victory is fewer than 8 points. A decision also is credited to the wrestler who is awarded the first points in an overtime match that does not end with a fall, default or disqualification.

**Default** - A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason. A default shall be included as a win or loss in each wrestler's season record.

**Disqualification** - A disqualification is a situation in which a contestant is banned from participation in accordance with a pre-determined penalty table. A disqualification shall be included as a win or loss in each wrestler's season record.

**Forfeit** - A forfeit is received by a wrestler when the opponent, for any reason, fails to appear for the match. In order to receive a forfeit or medical forfeit, the non-forfeiting wrestler must be dressed in a wrestling uniform and appear on the mat. A forfeit or medical forfeit shall be included as a win in the victor's season record. In the event of injury or illness, a contestant may declare a medical forfeit, which counts as a win but not as a loss on record.

## General Wrestling Scoring Procedures

Takedowns are scored when one wrestler brings his opponent down to the mat from a standing position. Additional points are awarded when a wrestler takes his opponent directly to his back. Common takedowns include single legs, double legs, headlocks, body-locks, shrugs, fireman's carries, and many more.

Reversals are scored when a wrestler, controlled by his opponent on the mat, executes a move that allows him to assume a controlling position on top of the opponent, thus reversing the situation. Common reversals include switches, rolls, and hip heists.

Exposing an opponent's back to the mat is a scoring technique in all styles of wrestling. In Folkstyle wrestling, a wrestler must not only tilt the rival's back toward the mat, but also hold the back in this position to score points. Common "pinning combinations" include the half nelson, bar arm, cradle, and tilt leg ride.

Escapes are scored when a wrestler, controlled by his opponent on the mat, frees himself and moves to a standing position, facing the opponent. Common escapes include the standup and a sit-out.

### The 3 Periods of a Match

Generally all matches are 3 periods in length. A match will end when one wrestler scores a pin, technical fall or time expires at the end of third period. Most of the tournaments that Penn Manor Youth Wrestling Club participates in will have 3 – 1 minute time periods. If at the end of all three periods the score of the match is tied there will be a 1-minute overtime period.

## Overtime

### Sudden victory

- No rest between regulation match and sudden victory period.
- In sudden victory one minute period, wrestling starts in the neutral position. (Note: the only thing that could change this would be the second injury timeout)
- The wrestler that scores the first points in the sudden victory period is declared the winner

### Two thirty second tie-breakers

- If no winner is declared at the end of the sudden victory period, then two 30 second tie-breaker periods will be wrestled.
- Both periods will be wrestled unless, disqualification or a fall occurs.
- The referee shall flip the disk to determine choice for the starting position of the first tie-breaker period. Choice may be top or bottom. NO NEUTRAL!
- At the conclusion of the first tie-breaker period the opponent will have the choice of top, bottom or defer.
- Whichever wrestler has scored the most points in the two 30 second tie-breaker periods will be declared the winner.
- Remember if a fall or disqualification occurs in either of the 30 second tie-breaker periods the match is over.

### Ultimate tie-breaker

- Should the score be tied at the end of the two 30 second tie-breaker periods, one ultimate 30 second tie-breaker period will be wrestled.
- Choice for position in the 30 second ultimate tie-breaker period will be given to the wrestler that scored first point(s) in the 3 minute **regulation match**. Double stalling points or simultaneous penalties shall be considered as no points for the purpose of choice in the ultimate tie-breaker.
- **If no points were scored, choice will be determined by a flip of the disk.** They must choose top, bottom or defer.
- The wrestler who scores the first point(s) during the ultimate tie-breaker will be declared the winner.
- If no points are scored in the ultimate tie-breaker period, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- Remember a fall or disqualification terminates any of the overtime periods.
- Remember that the Ultimate tie-breaker period is different than the rest of the match.
- The goal of the wrestler is to control the bottom wrestler and the goal of the bottom wrestler is to get away or score.

- Controlled wrestling should not be confused as stalling in this situation.
- There would be times when the top wrestler could be considered stalling, like grabbing a leg and hanging on.

**There are five ways to score points in a Folkstyle wrestling match: Takedown, Escape, Reversal, Near-Fall, and Penalty.**

Match Scoring		
Move	Points	Description
Takedown	2 Points	From a neutral position (both standing with neither wrestler having control) a wrestler gains control over his opponent down on the mat while the supporting parts of either wrestler are inbounds.
Escape	1 Point	When a defensive (bottom) wrestler gains a neutral position and his opponent has lost control while at least one wrestler is inbounds.
Reversal	2 Points	When the defensive wrestler comes from the bottom position and gains control of his opponent, either on the mat or in a rear standing position, while the supporting points of either wrestler are inbounds.
Near Fall	2 or 3 Points	When near fall criteria is met for 2 seconds. Near fall criteria is: <ul style="list-style-type: none"> <li>• when any part of both shoulders or scapula of the defensive wrestler are held for a least 2 seconds within four inches of the mat;</li> <li>• or when one shoulder or scapula is touching the mat with the other shoulder or scapula held at an angle of 45 degrees or less.</li> </ul> <p>If near fall criteria is met for <b>two continuous seconds</b>, 2 points are awarded when the defensive wrestler is out of the predicament. If near fall criteria is met for <b>five continuous seconds</b> a 3 point near fall is awarded when the defensive wrestler is out of the near fall situation.</p>
Penalty	1 Point typically, See Chart	A wrestler is awarded point(s) for technical violations or infractions of the rules committed by his opponent. These points are awarded according to the penalty chart.

PENALTY CHART					
Infraction	Warning	First	Second	Third	Fourth
Illegal Holds	No	1pt	1pt	2pt	Disqualify
Unnecessary Roughness	No	1pt	1pt	2pt	Disqualify
Un-sportsman-like conduct	No	1pt	1pt	2pt	Disqualify
Stalling	Yes	1pt	1pt	2pt	Disqualify
Technical Violations	No	1pt	1pt	2pt	Disqualify

Technical violations include avoiding wrestling by leaving the mat, grabbing clothing or headgear, incorrect starting position, locked hands.

Technical violations for false start or incorrect starting position are 1 point penalty for each infraction following two cautions. This infraction does not count toward disqualification.

Un-sportsman-like conduct - No warning, deduct 1 team point for first offense. On 2nd penalty deduct 1 team point, disqualify, and remove from premises. Includes coaches and non-participants.

Flagrant Misconduct - No Warning. Disqualify and deduct 2 team points. Remove from premises. Includes contestants, coaches, and non-participants.

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### **What is a Dual Meet?**

A dual meet is when 2 teams compete in pre-determined weight classes. The individual matches at each weight are scored and then converted into "Team" points. The objective is to win your match by the most possible points with a pin being the best. The team with the most team points is the winner of the dual meet.

### **Team Scoring in Dual Meets**

The following are the Team Scoring Procedures based on the outcome of matches.

Fall, Forfeit, Default, Disqualification - 6 team points










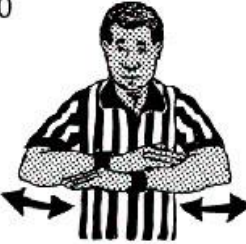











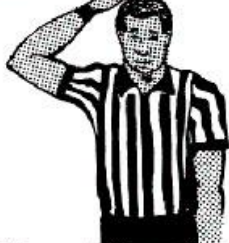
Technical Fall (getting ahead of your opponent by 15 points ends the match) - 5 team points

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

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

***\*\*\*See next page for Referee hand Signals\*\*\****



<p>1</p>  <p>Stopping the Match</p>	<p>2</p>  <p>Time Out</p>	<p>3</p>  <p>Start Injury Clock</p>	<p>4</p>  <p>Start Blood Clock</p>	<p>5</p>  <p>Stop Blood/Injury Clock</p>
<p>6</p>  <p>Neutral Position</p>	<p>7</p>  <p>Indicates No Control</p>	<p>8</p>  <p>Out-of-Bounds</p>	<p>9</p>  <p>Indicates Wrestler in Control Left or Right Hand</p>	
<p>10</p>  <p>Defer Choice</p>	<p>11</p>  <p>Potentially Dangerous Left/Right Hand</p>	<p>12</p>  <p>Stalemate</p>	<p>13</p>  <p>Caution—False Start or Incorrect Starting Procedure</p>	
<p>14</p>  <p>Stalling Left/Right Hand</p>	<p>15</p>  <p>Interlocking Hands or Grasping Clothing</p>	<p>16</p>  <p>Reversal</p>	<p>17</p>  <p>Technical Violation</p>	<p>18</p>  <p>Illegal Hold or Unnecessary Roughness</p>
<p>19</p>  <p>Near-Fall</p>	<p>20</p>  <p>Awarding Points Left/Right Hand</p>	<p>21</p>  <p>Unsportsmanlike Conduct Left/Right Hand</p>	<p>22</p>  <p>Flagrant Misconduct Left/Right Hand</p>	