



IYMC

2025 Parent Meeting

10/30/25 SR HIGH AUDITORIUM

IYMC Board Members

President- JohnAllen W. Snyder

Vice President- Chris Grafton

Secretary- Stacie Barbus

Treasurer- Rachel Sufka

Head Coach- Jeremy Stitt

Board Members

Jason Broadbent

Shane Buggiey

Danielle Ferranti

Mike Popson

Lisa Jablunovsky

Diana Snyder

Coaching Staff

Head Coach- Jeremy Stitt

Assistant Coaches

Shawn Barbus

Luke Newquist

Keith Blystone

Whitney Newquist

Jason Broadbent

Eric Pino

Shane Buggiey

Mike Popson

Mike Ferranti

Charles Simelton

Chris Grafton

Hunter Simmons

Brandon Heberling

JohnAllen Snyder

Bryan Krebs

Contact Information

Website- www.indianayouthmatchclub.com

Email- indianayouthmatchclub@gmail.com



IYMC

Important updates/information- Wrestling IQ app- YOU MUST HAVE THIS.

IMPORTANT UPCOMING DATES

11/3- GROUP 1A (SENIOR HIGH) 6-700 FIRST PRACTICE

GROUP 1B (SENIOR HIGH) 715-815 FIRST PRACTICE

GROUP 2A (JUNIOR HIGH) 6-8 FIRST PRACTICE

11/4- GROUP 2B (JUNIOR HIGH) 6-8 FIRST PRACTICE

GROUP 3- ADVANCED (SENIOR HIGH) 6-8 FIRST PRACTICE

11/6- MANDATORY FINAL WEIGH INS FOR KEYSTONE LEAGUE- 6-8PM S AND T ARENA

12/11- PICTURE DAY! 6PM SR HIGH WRESTLING ROOM- Please have form and payment ready when you arrive. Bring Black IYMC Shirt, IYMC Shorts, Singlet and shoes for picture. Even if you are not planning to get individual pictures, please attend for the team picture (BLACK TEAM SHIRT, SHORTS). Form is at the end of this packet and on the website under the tab FORMS.

UPGRADE- You asked and we listened. Jamie is going to do a upgraded picture for those interested. Smoke, Lights and the good ol USA! All behind your wrestler! Upgrade is 10\$ and will be on everything you order. So if you want it is on everything. Examples are on the table outside. Check them out!

WHEN YOU ARE DONE WITH PICTURES GO TO PRIMANTI BROS FOR IYMC NIGHT!!!

PRACTICE INFORMATION

Group 1A- MONDAY/WEDNESDAY SR HIGH 6-700PM.

Group 1B- MONDAY/WEDNESDAY SR HIGH 715-815PM

Group 2A- MONDAY/WEDNESDAY JR HIGH 6-8PM

Group 2B- TUESDAY/THURSDAY JR HIGH 6-8PM

Group 3- TUESDAY/THURSDAY SR HIGH 6-8PM.

Appropriate clothes for wrestling- Shirt/Shorts, Sweats/LS Shirt/Hoody are acceptable.

BLUE JEANS/PAJAMAS/ONSIES ARE NOT. YOU WILL NOT WRESTLE THAT NIGHT.

Wrestling shoes are required. Headgear is strongly encouraged, they are required for Keystone. If you are new and aren't sure about wrestling. See if there is a size in the box that fits your kiddo, like it keep em, outgrow them bring them back. We take care of our own.

Pickup Times- Please be there **10-15 minutes before practice is supposed to end.** Sometimes we end early, kiddos need help with stuff, have announcements etc. Coaches all have families, please respect their time.



WHAT IS WRESTLING

It is a HANDS ON sport. This applies in both teaching/coaching and competition. Your child will be in tough, painful positions. That is ok. Coaches will instruct your wrestler in proper positioning of holds, techniques and moves.

Hygiene is super important!

Please make sure your wrestlers fingernails are cut to an appropriate length. Officials will check them at most meets/site matches.

Hair- If you do not want it pulled get it cut or wear a cap. It will happen inadvertently. No one is stopping a match for hair pulling.

Skin Issues- We make every effort to make sure our mats are as clean as they can be. That said we do not always wrestle on our mats, we cannot control who is on the mats when we are not there. Showering as soon as practice is over helps this immensely. If your child has a weird looking red mark, circle, rash get them to their doctor. If you are not sure, get them to the Dr. and get a skin check note. Tell the Dr. your child is wrestling and they will give you a note for it. The skin form is on the website under FORMS, take this to the DR and have them fill it out.

Sickness- If your child is sick- flu/cold, running nose, crazy cough etc. **Please keep them home!** That sickness will travel very quickly in a wrestling room.

Keystone League

The Keystone League is a group of 45+ schools in the area that have a wrestling program and have joined to form the Keystone League. During the months of December and January several league site matches are held throughout the area. Each school is invited to participate in the 6 keystones based on location and number of wrestlers in their program.

- Your child will encounter different groupings of wrestlers at each Keystone.
- Your child will be matched with other children with similar weight, age and skill level for these matches as best as possible.

Wrestlers in **6U, 8U, and 10U** are required to participate in at least **4** of the 6 Keystone matches to be eligible to wrestle in the Keystone Finals Tournament held in February.

Wrestlers in **12U** are required to participate in at least **3** of the 6 Keystone matches to be eligible to wrestle in the Keystone Finals Tournament held in February.

The weekly matches are exhibition style meaning the outcome of the matches are not contingent upon participation in the Keystone Qualifiers at the end of season. The focus is on development not winning.

Weekly Keystone League Match Procedure

Check In

Typically, an adult admission fee of \$7.00 is charged, wrestlers are free, and other children are free or at least a lesser rate. *Admission rate is school dependent but can be no more than \$7 for adults and \$5 for children.*

Upon arriving at the school and after paying your admission fee, **you must check in your wrestler at the INDIANA table.** An Indiana coach/rep will pull the wrestler's card from the stack of cards and check



his/her name off noting their presence. Please verify the information on the card. Your child's age on the card will be his age as of 12/31 of the calendar year. **This is a very important step because if you do not check in at the table your child will not be paired up for matches. AKA YOU WILL NOT WRESTLE! DO NOT WASTE THE TRIP!**

Skin Check

After check in there will be skin checks conducted by either the referees, our coaches or a representative from the host school. If your child has any skin condition, please have a skin form signed by your doctor. When in doubt get the form. Also, try to make sure your child's fingernails are trimmed for safety reasons.

Warm Ups

Following the skin check, we ask that all wrestlers go to the mat and warm up. One of the coaches or experienced wrestlers will lead this warmup. **Please if you are not a coach, do not go down on the mat and wrestle with your child.** Find a seat and settle in! They should stretch and practice moves with each other until the mats are cleared for wrestling. Coaches will be there. Some teams let their kids run around like monkeys at the zoo, throw a football or whatever. **WE WILL NOT DO THAT.** If your child wrestles in the second session please have them stay off the mat unless helping others warmup.

Pairings

Two coaches from each attending team will take the cards from the signups to a room where the wrestlers are matched up. The league uses a "Star Rating" to get the best match-ups possible. Bout sheets are filled out and sent out to the announcers or runners.

***At the beginning of the season, we as an organization record all wrestlers' name, age, and weight. Our coaches assign each wrestler a "rank" based on experience, aggressiveness, and general athletic ability. The rankings (skill level) COMBINED with the wrestler's age and weight are used at the Keystone Tournaments to match our wrestlers to other wrestlers with similar abilities. This is entirely dependent on who shows up from other schools. Sometimes there is no one in your weight class/age/star rating and you are bumped somewhere else to create a match. Please understand your child will not always wrestle a mirror image of themselves.

Ex. Tom is a 1st year wrestler who is 7 years old, weighs 63#, and ranked as a 0 star. He will match up with an opponent that is his skill level (0 star), age 7/8, and +/- 3 pounds of his weight given that there is a match for him. **Weight brackets are only of concern at the end of the year for the Keystone Qualifier and the Tournament of Champions.**

Staging

EVERY SCHOOL SET UP IS DIFFERENT. SOME ARE GOOD (ours) SOME ARE NOT. There are usually 3-5 matches going on at a time. Please be attentive to how they are staging wrestlers. If you are not sure ask a coach or more experienced parent. The veteran parents will help you. I promise, we have the best parents in the league. This helps the wrestling move along and keep you from missing your child's match. The staging area is a pre-defined area of the gym where the wrestlers report and are paired up with another wrestler to wait their turn to wrestle on the assigned mat.

Matches

Always be sure your wrestler has an **Indiana coach** at their mat before he/she begins a match. If a coach is not present, the announcer will ask for a coach to come to that mat, however, please **DO NOT** start without a coach. Please be aware we have 8-9 coaches for all of our wrestlers usually per session. Your wrestler will have at least **2 matches**. Make sure to check with the head coach before you leave to verify your wrestler is done for the day.



Attire

Wrestlers will need their school (team) supplied singlets for the matches. All wrestlers must have on wrestling shoes and headgear. Wrestlers should not wear wrestling shoes outside so please have slides or tennis shoes for your wrestler to change into before and after the match. Please wear your Indiana Youth Mat Club warm-ups to warm up in and throughout the day.

Keystone Tournament of Champions

Those participating in the **Keystone Tournament of Champions** will be required to weigh-in several days before at a designated weigh-in location. TOWARDS END OF SEASON.

- To advance to the Keystone Tournament of Champions, ALL wrestlers MUST participate in the **Keystone Qualifiers**
 - If weight classes are small <16 wrestlers, your wrestler's weight class will advance directly to the Keystone Finals
 - to advance to the **Keystone Finals**, your wrestler must place **1st -4th** in his/her respective bracket
- For this tournament, the ONLY criteria for pairings will be weight and age (not experience nor ability). Weight classes are generally in 5 pound increments. For example, if your child weighs 51 pounds at weigh-ins, he will be required to wrestle as a 55 pounder.
 - period lengths for these matches are the following:
 - **6U** and **8U** 1-1-1
 - **10U** and **12U** 2-1-1
- This is a DOUBLE elimination tournament meaning even if your wrestler loses a match, he/she can win in the consolation bouts and still place **3rd or 4th**

WE WILL COMMUNICATE THIS INFORMATION AS WE GET CLOSER TO THE QUALIFIER AND ToC
ALSO!



FUNDRAISING

In this program we do not to a ton of fundraisers. We do not sell cookies, pizza's, sub's or candles. That is not us.

We DO NOT do high sweat equity fundraisers. We go for big bang with lots of bucks! History speaks for itself.

1. **PRIMANTI BROS- FUNDRAISER NIGHT! THIS IS ALL FUN AND MAKE SOME MONEY AT THE SAME TIMES**
 - a. 2 DATES 12/11, and 1/19
 - b. 11AM to 11PM
 - c. TELL EVERYONE
 - d. WE GET A % of MONIES RAISED
 - e. WE HAVE A RECORD TO BREAK TOO!!!!!!
2. **BUSINESS SPONSORSHIPS**
 - a. Local businesses can sponsor us at different levels.
 - b. See Sheet.
3. **Blanket Fundraiser**
 - a. Due 11/14, so that we can get them in for Santa Clause time.
 - b. QR Code already sent out.
 - c. How many can we get??????
 - d. Simple easy, low sweat equity.
4. **IVE GOT YOUR BACK FUNDRAISER- Please see handout.**
 - a. CUSTOM T SHIRT FOR YOUR WRESTLER.
 - b. NAMES, PHRASES, BUSINESSES, SLEEVES.
 - c. FILL IT UP.
 - d. LAST YEAR MONIES RAISED.
 - e. THERE IS NOTHING WE CANNOT DO FOR YOUR KIDS- PERIOD.



INDIANA YOUTH MAT CLUB COMMITTEES

Tournament Committee- CHRIS GRAFTON/JA SNYDER We are responsible for organizing and operating our Keystone Site match for the year on 1/4/25. This is our single event for the year. **IT IS MASSIVE and it is ALL FOR THE KIDS.** This entails gym set up/tear down, check-in/pairing/writing organization, referee support/hospitality room, admissions and general running of the two sessions for the day. This is our marquee event; help us become the face of tournament running in the Keystone!

This is a volunteer heavy event. It simply does not run without your help. We do not ask you to do much and only charge 50\$ for kids to wrestle. We want everyone to wrestle. We need your help. Please plan to be there all day. We will need multiple table workers, runners, admission people, bout writers (best job out there) etc. Please sign up to help. This is for our kids and we want to have the best ran Keystone out there.

Food Committee- DANIELLE FERRANTI We are responsible for all the concessions at the Keystone site match (1/4/26). This is its own committee apart from the running of the tournament because this is where we make a lot of money and it is simply too big to include with the tournament. We buy the supplies, take the donations of goods, set the menu/prices, run the concession stand and handle all food related stuff for the two-session day. Who doesn't like food? Help us make money and make good eats!

Banquet Committee- DIANA SNYDER We are responsible for the end of season banquet to honor and celebrate our wrestlers. This event will happen immediately after the Pennsylvania Junior Wrestling State Championships in early April. We are planning this event right now. Included in this committee is organizing the event, working with Coach Stitt to determine what awards there will be, last year send off, food/drink etc. This is a big event to close out the year. Join us!

General Volunteering

This organization is only as strong as its parts. Your kids are amazing! This board is outstanding! They are leading us through some awesome times to be an IYMC wrestler. Nevertheless, we need you to make it all come together. We have an expectation that every parent volunteers throughout the year it takes everyone to make this work. We understand everyone is busy, and everyone has families. Workers are key to these events, fundraising and foods. We need your help.

You do not have to volunteer within a committee; you can be a general volunteer. When we need help for something, we will contact you to help. Please sign up today! We ask that everyone sign up to help. We have 93 kids wrestling. That is a lot of wrestlers and we will need a lot of volunteers. **Remember the tournament requires EVERYONES help to run smoothly. It is expected to be all hands on deck for the tournament. Thank you for your help and understanding.**

Practice Gear

This year the board voted unanimously to provide EVERY Wrestler with practice gear. As soon as it is in we will distribute it to everyone. Once it arrives every wrestler will receive a crewneck, sweatpants, shorts, and shirt to keep.

HUGE Thank you to Josh and the 700 Shop for making this happen.



Introduction to Wrestling

Wrestling is very different from many sports your child has already participated in. It can be very overwhelming at first. From scoring, to the difference between meets and tournaments, to the way your child is matched up with other wrestlers, there is a lot to learn in your wrestler's first year. This page was designed to help you understand the sport of wrestling and answer many common questions first year parents have. As club parents, these are all things we learned on our own, and hopefully it will help you through your first season.

Best Advice: ASK, ASK, And ASK!

Do not be shy; wrestling is not an easy sport to figure out. We have a very friendly group of knowledgeable coaches and parents in our club, and NO ONE will think less of you for asking many questions. With everything involved, there really is no dumb question. No one expects you to go to the first practice, meet, or tournament and be a wrestling expert after reading this guide. Please, please, please ask people questions, you will learn more from that than anything else!

Besides learning, asking questions will make you familiar with the coaches and parents in the club, in turn making the club more closely knit. Before you know it, you will know all the parents in the club and be cheering for their children on the mat at meets and tournaments. As a parent, I can say one of the greatest aspects of wrestling is how close everyone in the club is, from the wrestlers, to the coaches to the parents. The bonds you form in wrestling are unlike those in any other sport.

Attire

At practice, wrestlers wear shorts, a t-shirt and wrestling shoes. We also recommend getting head gear to protect your child's ears. The head gear is required at all Keystone matches and most tournaments. At meets and tournaments, your wrestler will be required to wear wrestling shoes, head gear and a singlet. The club will provide your singlet, and it must be returned at the end of the season. The singlet is required to be the same as the team at any Keystone match.

Practice

Practice will always be indoors on wrestling mats, which are cleaned on a regular basis. Practices consist of warm ups, conditioning, instruction and occasionally, games (which are actually "conditioning in disguise"). You will probably notice right at the first practice there is a lot more conditioning, specifically running, than most other youth sports. This is because wrestling is an extremely taxing sport physically. In competition at this level, bouts consist of three one-minute periods. During these three minutes, your child will exert every ounce of energy they have, and they will usually have several bouts in a day. The better conditioned they are, the better a chance they have of lasting through (and hopefully winning) all their bouts. Because physical contact is a part of the sport, and several skin conditions are generally associated with contact sports, we highly recommend your wrestler **shower immediately after practice**, in addition to any competition. As was already mentioned, our mats are cleaned on a regular basis, and coaches are always looking for possible skin conditions in our wrestlers (and opponents), but it's best not to take chances and just get them in the shower right away when you get home.

Tournaments

These are generally individual competitions, but on occasion, we will attend tournaments as a club and have coaches available for your wrestler. The club will send out notifications and post on the web site when we are attending a tournament as a team. These are optional. You do not have to go to these. In any tournament, your wrestler will be assigned to a **bracket**, which is a grouping of wrestlers with similar weights and ages. Most tournaments award trophies or medals to wrestlers who place first through fourth in their bracket. Some Novice tournaments awards medals to all wrestlers in a bracket. All tournaments require registration (online or mail-in), have a registration fee and charge an admission fee at the door. This is because most tournaments are fundraisers for the club holding them.

NOVICE TOURNAMENTS- this is a special type of tournament where only first, second or third year wrestlers are allowed to enter. As a first year parent, you will probably want to focus on this type of tournament. The most common type of Novice tournament is first and second year experience only. On occasion, there is a "True Novice" tournament where only first year wrestlers are allowed to enter and



there are a few Novice Tournaments, which allow third year wrestlers to compete. The Novice classification is based on **experience only**. You can enter Novice tournaments at any age as long as you meet the experience requirements (in your first, second or third year depending on the tournament). You are still grouped by age and weight, and generally, the older you get in Novice, the smaller your brackets will be. The thing to remember about Novice is all clubs and organizations who run tournaments have different rules, so you will have to **read the registration form closely** to make sure your wrestler qualifies to enter. Most Novice tournaments use an "Honor System" for weights, meaning you write your wrestler's weight on the registration form, and they trust you to tell the truth. However, if an opponent challenges your weight, and you don't come within so many pounds of that weight (usually 2), you will be disqualified from the tournament, so it's best to be honest (and that's what's best for your wrestler too, cheating will not make them better).

OPEN TOURNAMENTS- There are no restrictions on who may enter. The competition in most Open tournaments is very tough and you will usually see many more entrants than in Novice. Almost all Open tournaments require weigh-ins. Some allow weigh-ins the morning of the tournament, but most require it 2-3 days in advance, so they can accurately create the brackets. When you fill out the registration, you will put down your wrestler's current weight. When they weigh-in in advance, if they do not make that weight, they will usually allow you to change weight classes (sometimes for a small fee). However, if you opt for the day of weigh-in and your wrestler does not make weight, typically the tournament will disqualify you.

Types of Tournaments

Round-Robin Tournament

Typically, your child will be in a 4, 5 or 6 wrestler bracket. They will wrestle everyone in their bracket once. Usually, the wrestler with no losses gets first place, one loss gets second place, two losses gets third place, three losses gets fourth place, etc. Occasionally, the standings will not work out this cleanly, and wrestler A could beat wrestler B, wrestler B could beat wrestler C, and wrestler C could beat wrestler A. When this happens, and wrestlers have matching records (in the above case, all wrestlers are 1-1), the standings are determined by a series of tiebreakers. Tiebreakers are usually things like head-to-head, total points (pin is 2 points and major decision is 1 point), quickest pins, etc. Tiebreakers usually vary by tournament. It is very common in Round Robin to see the **"Madison Weight System"**. Instead of grouping wrestlers into fixed weight size brackets (e.g. 55, 60, 65, 73, 84...), the tournament organizer will take all the weights in a division, order them from lowest to highest, then split out brackets based on how many wrestlers they want in each bracket. For example, if there are wrestlers who weigh 45, 46, 48, 49, 50, 50, 51, and 52 lbs., and the tournament wants 4 man brackets, then 45, 46, 48 and 49 would be in Bracket A and 50, 50, 51 and 52 would be in Bracket B, and it would go on like that for all the wrestlers in each division. There is usually an allowance on how far apart wrestler's weights can be in a Madison bracket. For example, in the scenario above, if wrestlers are only allowed to be 3 lbs. apart in any bracket, Bracket A would be 45, 46 and 48 (because 49 is 4 lbs. heavier than 45), Bracket B would be 49, 50, 50 and 51, and 52 would be bumped into Bracket C. This is done to guarantee no wrestler will be going against somebody too big for them. Because of this, no Madison Weight Bracket tournament will ever have a "perfect setup" where all brackets have the same number of wrestlers.

Double Elimination Tournament

Bracket sizes can range from 4 wrestlers all the way to 32; however, 8-16 is much more common. In Double Elimination, there are essentially two brackets, Championship and Consolation. Everyone starts in the Championship bracket, if they lose; they drop to the Consolation bracket. If they lose in the Consolation bracket (which would be their second loss), they are eliminated from the tournament. The championship bracket will culminate in the Championship match, where 1st and 2nd place are determined. The consolation bracket culminates in the Consolation final, where 3rd and 4th place are determined. On occasion, you may see a Double Elimination bracket where a wrestler can drop to the consolation bracket, but then fight their way back into championship bracket (however, this is not very common). Double Elimination tournaments usually use a "fixed weight" system, meaning there are brackets for fixed weight classes like 55, 60, 65, 73, 84, etc. In that example, if your wrestler weighs 63 lbs., they would be in the 65 lb. bracket.



Tournament Age Groupings

As mentioned previously, wrestlers are matched by **age** and weight in tournaments. Tournaments generally have 4 age groupings at the youth level. It is worth noting that these groupings or **divisions** are completely defined by the tournament director, so make sure to read the registration form closely, but the following is the most common setup you will see.

Novice- 2 yrs. experience or less (Usually 6U is automatically considered novice)

OPEN- Anyone usually over 2 years' experience, or a high level wrestler.

Some other age groupings you may see.

Pee Wee - Ages 6 and under

Bantam - Ages 7 and 8

Midget - Ages 9 and 10

Junior - Ages 11 and 12

Scoring

At first, you will have no idea how your child's matches are being scored. It is very confusing and somewhat overwhelming during your first year. However, it is much simpler than it seems. The main objective of wrestling is to pin your opponent. In the process, you will get points for different things that you do. If no one is pinned at the end of the bout, the wrestler with the most points wins.

There are three positions a wrestler can be in during a bout: **offensive, defensive or neutral**. The offensive wrestler is in control and usually on top of the defensive wrestler. The defensive wrestler is fighting to become the offensive wrestler by gaining control. Neutral is when neither wrestler has control (no one is clearly offensive or defensive yet). All bouts start with both wrestlers neutral.

Ways to Score

Takedown - 3 points - Scored when a wrestler gains control and becomes the offensive wrestler from the neutral stance. Control is defined as getting behind the opponent and taking them to the mat or taking them directly to their back without getting behind them and becoming the offensive wrestler.

Reversal - 2 points - Awarded to a wrestler when they go from the defensive position to the offensive position and take control away from the opponent. If a wrestler is on the bottom and gets to the top without an escape, they are awarded a reversal.

Escape - 1 point - Scored when a defensive wrestler gets away from the offensive wrestler and becomes neutral. This happens most commonly when a wrestler chooses to start on the bottom in the 2nd or 3rd period.

Near fall (3 second) - 2 points - When you have your opponent on their back, and their back is at an angle to the mat of 45 degrees or less, the referee will start waving their hand to signify a count. If the angle is maintained for 3 seconds, the offensive wrestler is awarded 2 points.

Near fall (5 second) - 3 points - Same as a 3-second near fall, but the 45-degree angle must be maintained for a 5-second count. After a 3 point near fall is awarded, no more near falls will be awarded until the defensive wrestler gets off their back, and then is moved back into a new near fall.

Penalty - 1 point to opponent - There are several penalties, which would cause a referee to award a penalty point to your opponent. Locking hands is most common, and you will see the ref clasp their hands together in the air right before they award the penalty. Other penalty points can be awarded for things like stalling (not trying to get a pin, doing nothing to maintain a point lead, not trying to gain control), swearing, kicking, scratching, biting, hitting, body slamming, or bending any body part beyond its normal range of motion (you may hear this referred to as "**potentially dangerous**" and it will stop the bout temporarily).

How Score is kept

At the beginning of a bout, your child will put on a **green** or **red** ankle band. You will also notice the referee has two wristbands on, **green** and **red**. When a wrestler scores points, you will see the referee raise the hand with the corresponding color of the wrestler's ankle band and hold up the number of points scored. There are two scorekeepers at the table, one running the scoreboard and another tracking the bout on the scorecard to ensure accuracy. The scoreboard will always have **green** and **red** scores, and the person running the scoreboard will adjust the score based on the color wristband the ref is holding up and the number of points he is indicating.



Types of Victories

Based on how you win your bout, the win can be categorized in several ways.

Pin/Fall - Can happen at any time in a bout and ends the bout. At the referee's discretion, if both shoulders of the defensive wrestler are touching the mat, the wrestler is pinned.

Technical fall - Also can happen at any time in the bout, when one wrestler takes a 15 point or greater lead, the bout is over and the wrestler is awarded a technical fall.

Major Decision - Can only happen when the match is over, awarded when a wrestler wins by 8-14 points.

Decision - Can only happen when the match is over, awarded when a wrestler wins by 1-7 points.

Forfeit - A forfeit victory is awarded when a wrestler does not have an opponent to wrestle (usually because their opponent did not show up).

Disqualification - A wrestler wins a match by disqualification when the opponent is disqualified from the match because of too many penalties or when a wrestler is illegally injured by an opponent's illegal hold and cannot continue wrestling.

Bout Length

Bouts at the youth level usually consist of three one-minute periods. You will often see this denoted as "1-1-1" on tournament registration forms. Our team meet bouts will always be 1-1-1. On the rare occasion a youth tournament will deviate from this, maybe to a 1.5-1.5-1.5, it would usually be in the older age groups, like Junior. Again, make sure to **read the registration form closely**. As a first year parent, it is a safe bet ALL of your child's bouts will be 1-1-1.

In the event of a tie, the bout will go to a **"sudden victory"** overtime. In this overtime, both wrestlers will start neutral, and the first wrestler to score will win the bout.

Recommendations

1. **Wrestle as much as possible.** Try to make all the Keystone site matches, qualifier and Tournament of champions if you qualify, the team meets, and try to attend as many tournaments as you can. In wrestling, practice can only do so much, and the wrestlers who excel are usually the ones who have the most bouts. If you are only getting 2 bouts at team meets and your child is doing well in them, talk to a coach about what you can do to get a third or fourth bout.
2. **Do not be discouraged.** In the first year of wrestling, .500 is an amazing record. Your child may have been on an undefeated football or baseball or soccer team, but it is very rare that a wrestler goes undefeated in a season, and they will learn to win and lose on a completely new level in wrestling, because the outcome of a bout is based 100% on them. Make sure to encourage them, win or lose, and teach them that they will learn much more from a loss in wrestling than they will from a win. After a loss, make sure to tell them "great job" and then say something like "let's talk to the coach about what we can do differently next time".
3. **Practice-** Get your child to wrestling practice, you will never ever regret it.
4. **Record your child's matches.** Even if it is just with the video camera on your phone, this serves several great purposes. First, you can use the video to learn what your child did wrong or what they could have done differently. Second, it is a lot of fun to watch later on! Finally, you can upload the video to Facebook or any other social service.

Conclusion

Again, best advice, ask, ask, and ask! Next best advice...patience. You will not get wrestling overnight. When you do, it is almost addictive. Making the transition from a parent asking questions to a parent answering questions is also a great feeling. Wrestling is a HUGE commitment as a parent, but if you make that commitment to your child, I can guarantee it is worth it for both of you.