

THE KID WRESTLING PROGRAM

(Developed by School District No. 27 and the Williams Lake Wrestling Club)

INTRODUCTION

- * A great sport for classroom P. E. programs.
- * A great District-wide elementary interschool sport
 - primary students can participate fully.
 - small schools can participate equally with large schools. **You can enter a team of 1 !**
- * An ideal sport for youngsters who don't succeed in traditional team sports because they are: Fat Albert, Klutzy Karl, Slow Sue, Tiny Tim, Loner Lulu, At-risk Ralph, or Disabled Danny. **Anyone** can wrestle!
- * The easiest sport to learn, or to teach.
- * Minimal equipment required -- gym strip and mats. (You don't even need a gym!)

FUNDAMENTALS OF ELEMENTARY WRESTLING

- * Sportsmanship is a **MUST**. All bouts begin, and end, with handshakes.
- * Wrestlers are grouped according to weight; girls with girls, boys with boys
- * Generally, the object of a match, (or "bout"), is for a wrestler to defeat his/her opponent within a specified time. There are 3 ways to win a bout:
 1. Outscore the opponent (wrestlers score points for various offensive moves). At the end of regulation time, the wrestler with more points wins. If the score is tied at the end of regulation time, the bout goes into "sudden-death overtime" -- (the first point wins.)
 2. Superiority If a wrestler gains a 10-point superiority in score, he/she immediately wins the bout, regardless of time elapsed.
 3. Pin the opponent (force the opponent's shoulders to touch the mat simultaneously). If a pin occurs, the bout ends immediately, regardless of points scored, or time elapsed (Elementary wrestling generally follows High School wrestling rules, except as adapted for the elementary level):
- * **PRIMARY:** no points are scored; no wins or losses; kids wrestle for a specified time, then both are declared "winners"
- * **INTERMEDIATE:** wrestlers compete to win; the point system is simplified from High School rules, as is the time-duration of the bout
- * A bout starts with both wrestlers in the standing position.
A wrestler gains "control" if he/she causes his/her opponent down onto the mat, with the in-control wrestler on top of the opponent, and positioned behind the shoulders.
If the bout is stopped (eg. out-of-bounds) with neither wrestler in control, the bout is re-started with both wrestlers in the standing position.
If the bout is stopped with one wrestler in control, the bout is re-started from the Referee's Position: the wrestler under control starts in the down position (on hands & knees); the controlling wrestler starts in the up position, generally behind or beside the opponent, with hands together & lightly on the opponent's back. At the referee's whistle, the bout recommences
- * Wrestlers must wrestle aggressively at all times. Passivity is not permitted, including backing away from the opponent, avoiding contact, or going out of bounds intentionally. At the elementary level, after warning the offender, the referee would stop the bout, and re-start from the Referee's Position, with the offending wrestler in the down position
- * In case of an injury, or blood, the bout is stopped. The injured, or bleeding the wrestler is given a brief time to recover, and then must either continue or forfeit the bout

* THE POINT SYSTEM:

From the standing position:

- TAKEDOWN WITH CONTROL (onto front, OR onto butt & hand) -- 1 point
- TAKEDOWN WITH CONTROL TO EXPOSURE (onto back) -- 3 points

(Following a TAKEDOWN, the offensive wrestler must progress toward a pin within about 15 seconds, or the referee will stop the match, and restart the wrestlers in standing position.)

In the "par terre" (down) position:

- EXPOSURE (forcing opponent's back to face the mat) -- 2 points
- EXPOSURE HELD FOR 5 SECONDS -- + 1 point

EQUIPMENT AND SAFETY

- * Parents should be advised about the Wrestling Program (See **Appendix** for sample "Letter to Parents")
- * In lieu of a proper wrestling mat, tumbling mats may be used as long as they are securely joined (velcro'd) together
- * To prevent skin infections, mats should be mopped regularly with a mild bleach solution. Keep a clean-up kit (rubber gloves, bleach solution, paper towel) handy to wipe up occasional blood
- * Wrestlers should be appropriately attired. Although proper wrestling shoes and singlets are available, ordinary gym strip is fine at the elementary level:
 - bare feet or clean runners (NOT sock-feet)
 - GIRLS: shorts & snug T-shirt, tucked in
 - BOYS: shorts (bare top)
 - mouth-guards are recommended (especially for wrestlers with braces)
 - soft knee-pads, and headgear (ear protection), are optional
 - **NO** zippers, buckles, belt-loops or buttons
 - fingernails (& toenails, if barefoot) must be trimmed short
 - jewellery must be removed -- especially pierced jewellery
 - long hair should be braided or secured with a soft elastic or scrunchy; no plastic or metal barrettes
- * Before wrestling, participants should warm up with running, hustle drills, and stretching exercises. Various forms of movement on the mat, using upper body muscles, are recommended: crab walking, bear walking, seal walking, lame-puppy dog (1 hand & 1 foot), wheelbarrow, army crawl, etc. For variety, warm-up activities may be structured as relays, or as combats
- * Horseplay should be forbidden
- * Participants should be advised that wrestling is a contact sport which is inherently rough; injuries are rare, but bumps and scrapes are expected
- * Warn against, and disallow, the following actions or illegal moves
 - slapping, punching, kicking, head-butting, or stomping toes
 - biting, pinching, scratching, hair-pulling, grabbing genitals, or grabbing clothing
 - forcing any joint against its natural range of motion
 - hands in opponent's face (especially eyes)
 - choke-holds, grand-amplitude throws, full nelson
 - head lock (unless one of the opponent's arms is within the hold), hammer lock <90 degrees
 - leg scissors (feet locked)
 - slamming body onto opponent who is bridging
 - dropping opponent on to the mat when he/she has been lifted off his/her feet

TYPICAL LESSON-PLAN OR PRACTICE OUTLINE

1. Warm-ups: running, hustle drills, relays
2. Stretching routine
3. Strengthening exercises
4. Introduce or review skill; practice -first with no resistance, then increasing resistance.
5. Scrimmage matches or drills, focusing on skills taught
6. Wrestling game
7. Cool-down, stretching routine

BASIC MOVES COMMONLY USED IN ELEMENTARY WRESTLING

- * Starting positions
 - basic stance
 - tie-up
 - Referee's position
- * Takedowns (used to take an opponent down from the standing position):
 - snap down
 - single-leg takedown & double-leg takedown
 - head & arm toss
- * Breakdowns (used to take an opponent down from the referee's position --hands & knees):
 - near ankle & far arm
 - far ankle & far knee
 - half-nelson & far arm
 - cross face
- * Scoring or Pinning moves (used to roll opponent from front onto back, and expose or pin shoulders):
 - half-nelson
 - cross-face
 - cradle
 - hip tilt, gut wrench
 - Olympic lift
 - bow & arrow

WRESTLING GAMES

- * Combats: (knee-slap, knife-stab, 1-foot handshake, bear-battle, refs position, snag the leg)
- * Relays: (various -- crab walk, bear walk, army crawl, forward roll, etc.)
- * Jousting Knights (chicken-fight)
- * Knights on horseback (one wrestler on hands & knees, partner riding on back)
- * Medicine ball takeaway
- * Piggyback war
- * British Bulldog & British Bullsocks
- * Sumo matches
- * King of the Ring (aka "Royal Rumble")
- * Shark-bait

RESOURCES

- * The **B.C. Wrestling Association** is the sport-governing body for wrestling in B.C.
Address: Suite #3014 3713 Kensington Ave, Burnaby, BC V5B 0A7
Phone: 604-737-3092 FAX: 604-210-5042 Ext 3
e-mail: info@bcwrestling.com Website: www.bcwrestling.com

(SCHOOL LETTERHEAD)

Dear Parents

Just a note to let you know your youngster has joined our School **Wrestling Club**.

This is **Olympic-style wrestling**, NOT the stuff you see on Saturday afternoon TV.

Our sport focuses on **sportsmanship, fitness, skill, and FUN**.

Students wrestle only in their own **weight** groups. Girls vs girls; boys vs boys. Wrestling is a **contact sport**. Injuries are rare, but bumps and scrapes may be expected.

Girls need shorts & T-shirt

Boys need shorts only (bare top.)

Footwear: running shoes (clean) or bare feet.

Soft kneepads are OK. Mouthguards are OK (and recommended for wrestlers with braces.

NO buckles, zippers, loops, or buttons. **NO jewellery**; (pierced ear-rings **MUST** be removed). **Fingernails** must be trimmed **SHORT** (also toenails, if barefoot,). Long hair should be braided or secured with a rubber band; **NO metal or plastic barrettes**.

Our team will participate in **2 Tournaments**. (Mark your calendar!)

----- (LIST TOURNAMENTS & DATES) -----

There will be small entry fees for each tournament. Each wrestler will be responsible for his/her own transportation. Further details to follow -- stay tuned!

Questions? Concerns? **PHONE!** (LIST PHONE NUMBER)

Athletically yours

(NAME)