

2011-2012 Kirtland Wrestling Club Information and Regulations

The Kirtland Wrestling Club's Mission

The Kirtland Wrestling Club is a volunteer organization based in Kirtland, Ohio, powered by a strong, welcoming and continually-growing community committed to creating an engaging experience in which student-athletes will grow via the learning the sport of wrestling, the camaraderie of the team and the community, healthy competition with peers, the discipline of practice and the fun of sport.

Who can join the Kirtland Wrestling Club?

Any student-athlete who is enrolled in the sixth grade or younger at any school is welcome to join the Kirtland Wrestling Club.

Practices

Practices will be held in the Kirtland Local School District's wrestling room from 6:00-7:30 p.m. every Monday and Wednesday starting on October 17 and ending somewhere between January 18 to February 8 (this differs for each wrestler depending on how far the wrestler advances in the end-of-season tournaments). An additional optional practice day (likely Saturday morning) will be added starting in November.

The only predetermined variance from the regular practice schedule is that the practice on Monday, October 31 will be moved to Tuesday, November 1 due to Halloween festivities.

There is an open-door policy at all Kirtland Wrestling Club practices, which means that parents, guardians and family members of our wrestlers are welcome to watch our practices.

When a coach is showing a technique to the group, everyone in the room should be silent so that the wrestlers are not distracted. If a parent/guardian needs to talk (or has a phone call, etc.), he or she should step outside the room during this part of practice until the conversation is over. Also, when the wrestlers are wrestling, any siblings should be sitting off to the side so that they don't accidentally get injured.

If possible, everyone who is parking, dropping off and/or picking up their wrestlers should do so in the parking lot in front of Kirtland Middle School's main entrance. (The wrestling room has double doors which open into that lot.)

If possible, everyone should enter the school through the door to the hallway next to the wrestling room and, before coming into the room, leave their shoes on the wall outside of the wrestling room. Only socks and wrestling shoes are allowed on the mat. This is to prevent the debris on the bottom of shoes from going onto the mats and to prevent the tearing-up of the mats from edges on the bottoms of shoes.

Coaches will match wrestlers with a partner or in a group based on age, weight and ability to successfully execute specific techniques. It is important that wrestlers learn how to successfully execute the techniques in a "react but don't counter" practice situation. It is also important that wrestlers learn how to successfully execute the techniques with both wrestlers reacting and countering at one hundred percent of their ability.

Competition Schedule (As of 11/03/2011)

11/27/2011 - Mentor High School - 1:15-4:30 p.m. - All-Star Matches + KWC v. Solon WC
12/03/2011 - West End Y (in Willoughby) - 3:00-7:00 p.m. - KWC v. West End Y WC
12/04/2011 - Memorial Middle School (in Mentor) - 1:15-4:30 p.m. - All-Star Matches + KWC v. Chagrin Falls WC
12/11/2011 - Memorial Middle School (in Mentor) - 9:30-1:00 p.m. - All-Star Matches + KWC v. Chardon WC
12/18/2011 - Memorial Middle School (in Mentor) - 9:30-1:00 p.m. - All-Star Matches + KWC v. Garrettsville WC and Eastlake WC
01/08/2012 - Memorial Middle School (in Mentor) - 1:15-4:30 p.m. - All-Star Matches + KWC v. Mentor WC
01/12/2012 - Kirtland Middle School - Starts at 6:00 p.m. - KWC v. West End Y WC
01/14/2012 - Beachwood High School - Weigh-ins TBD - Beachwood Beginner Brawl (First- and Second-Year Wrestlers Only)
01/15/2012 - Memorial Middle School (in Mentor) - 9:30-1:00 p.m. - All-Star Matches + KWC v. Willoughby WC
01/22/2012 - Memorial Middle School (in Mentor) - Weigh-ins at 9:00 a.m. - All-Star Tournament
01/29/2012 - Memorial Middle School (in Mentor) - Weigh-ins at 9:30 a.m. - Sectional Tournament
02/05/2012 - Austintown Fitch High School (in Youngstown) - Weigh-ins TBD - District Tournament
02/12/2012 - Harvey S. Firestone High School (in Akron) - Weigh-ins TBD - State Tournament

Cancellations and Rescheduling

If there is no school due to inclement weather, that day's practice or competition is cancelled.

If the school administration cancels after-school activities due to inclement weather, that day's practice or competition is cancelled and the parent(s)/guardian(s) will be notified via email or telephone (as specified on the registration form) as soon as possible.

***** All KWC information is available on KirtlandWrestling.com *****

If the Kirtland Wrestling Club head coach cancels a practice or competition due to inclement weather, the parent(s)/guardian(s) will be notified via email or telephone (as specified on the registration form) as soon as possible.

Rescheduling competitions will be done by the head coach. Parent(s)/guardians(s) will be notified via email or telephone as soon as possible about the new competition date. Practices will not be rescheduled.

KHS and KMS Competitions

Wrestlers from the Kirtland Wrestling Club have free admission to all home KHS and KMS wrestling competition. The Kirtland Wrestling Club's youth wrestlers will be recognized prior to the home KHS competitions.

Weight Classes

OYWA Varsity (only for Sunday duals and Sectional Tournament entry) -- 000.0-052.0, 000.0-056.0, 052.1-060.0, 056.1-064.0, 060.1-067.0, 064.1-070.0, 067.1-073.0, 070.1-076.0, 073.1-079.0, 076.1-082.0, 079.1-086.0, 082.1-090.0, 086.1-095.0, 090.1-100.0, 095.1-105.0, 100.1-110.0, 105.1-120.0, 110.1-132.0, 120.1-150.0 and 132.1-175.0

OYWA All-Stars (only for All-Star Tournament entry) -- 000.0-043.0, 043.1-046.0, 046.1-049.0, 049.1-052.0, 052.1-056.0, 056.1-060.0, 060.1-064.0, 064.1-067.0, 067.1-070.0, 070.1-073.0, 073.1-076.0, 076.1-079.0, 079.1-082.0, 082.1-086.0, 086.1-090.0, 090.1-095.0, 095.1-100.0, 100.1-105.0, 105.1-110.0, 110.1-120.0, 120.1-132.0, 132.1-150.0 and 150.1-175.0

Growth Allowance -- Wrestlers get +1.0 pounds at the District Tournament weigh-in, +2.0 pounds at the State Tournament weigh-in

Hydration

Hydrating consistently throughout the day as well as rehydrating after exercising is essential to optimal athletic performance. There are many ways to teach mental toughness that do not involve dehydration. Wrestlers in the Kirtland Wrestling Club are strongly urged to bring a reusable water bottle with them to every practice and competition. Coaches will give water breaks at appropriate times during practices.

Weight Regulations

First and foremost, the Kirtland Wrestling Club adheres to the Ohio High School Athletic Association's weight control policies. High school wrestlers who have seven percent body fat or less may not move to a lower weight class. Those who have more than seven percent body fat have the option of losing up to (but not more than) two and one half percent of their bodyweight per week until their body fat percentage is as low as seven percent. In high school and college wrestling, situations that prompt wrestlers to lower their bodyweight to compete at a specific weight class are more common but they must do so within the rules and will be monitored closely.

No wrestler younger than high school age should lower his or her bodyweight for the sole reason of getting down to a lower weight class. If a wrestler younger than high school age wishes to lower his or her body fat percentage in order to become healthier, that is certainly allowable assuming it was over seven percent and assuming that it is done in a way that is healthy.

Wrestlers must weigh-in at OYWA competitions with their singlets on.

Sportsmanship

Punching, kicking, biting and pinching are never allowed under any circumstances. If this occurs, the head coach will assess the situation and decide on appropriate consequences on a case-by-case basis. There will be times when a certain action (not necessarily the ones previously listed) that evokes a negative response is clearly an act of misconduct. There will also be times when a certain action (likely not the ones previously listed) that evokes a negative response is clearly an accident. That is precisely why situations must be dealt with on a case-by-case basis.

The wrestler will shake the referee's hand, the opponent's hand and the opponent's coach's hand after the match. If this is not done, the head coach will assess consequences on a case-by-case basis.

After a dual meet, all of the Kirtland Wrestling Club wrestlers will line up in a single-file line and shake their opponents' hands and the referee's hand.

Only three people are allowed on a mat during a match at a competition -- the wrestler and two coaches. Wrestlers who are not wrestling in the currently contested match are not permitted to be on the mat.

A wrestler is not allowed to talk at all during his match unless it is to ask the referee a question, which must be done very politely and respectfully. Wrestlers, whether they are wrestling or not, are never allowed to talk to a referee at all unless it is with politeness and respect.

***** All KWC information is available on KirtlandWrestling.com *****

Nobody associated with the Kirtland Wrestling Club -- be it a coach, a wrestler, a parent, a guardian, a family member or a fan -- should talk negatively to a referee. All negative words and emotions that could be directed at any referee -- and this happens around almost every youth sports team at some point -- should immediately be redirected to the head coach of the Kirtland Wrestling Club, who will deal with it in the most appropriate manner. The Kirtland Wrestling Club coaches will stand up for what is right. If they see that a wrestler has been wronged, they will discuss the situation with the referee in an appropriate manner. Remember, though, that just because a wrestler, the coach and their side see something one way, that doesn't mean the referee agrees. Ultimately, the referee's opinion is the only one that matters to the score of the match.

Mandatory Practice Attire

Mandatory practice attire includes a t-shirt, athletic shorts, socks and wrestling shoes.

Team-issued headgear and knee pads will be included after being issued by the head coach. Wrestlers with braces on their top or bottom teeth must wear a mouth guard designed for braces. Wrestlers with braces on their top and bottom teeth must wear a mouth guard designed for double braces.

Mandatory Competition Attire

Mandatory competition attire includes navy blue athletic shorts (to be worn over the singlet when not wrestling), socks and wrestling shoes as well as team-issued headgear, singlet, knee pads and t-shirt (to be worn over the singlet when not wrestling).

Wrestlers with braces on their top or bottom teeth must wear a mouth guard designed for braces. Wrestlers with braces on their top and bottom teeth must wear a mouth guard designed for double braces.

Team-issued Gear

Team-issued t-shirts are for the wrestlers to keep.

All wrestlers will try on singlets in order to determine the best-fitting size so that the Kirtland Wrestling Club coaches know how many singlets of a specific size are needed prior to the team's order being sent.

All wrestlers' leg circumference will be measured around the center of the kneecap in order to determine the best-fitting size so that the Kirtland Wrestling Club coaches know how many knee pads of a specific size are needed prior to the team's order being sent.

Coaches will use permanent markers to put a number on each team-issued headgear and pair of knee pads before issuing them to the wrestlers.

Team-issued headgear, singlets and knee pads must be returned after their final competition of the season. Any team-issued headgear, singlets or knee pads that are lost must be replaced at the wrestler's expense.

Mouth Guards

It is mandatory that all wrestlers who have braces on one or both set of teeth wear a mouth guard when wrestling. It is not mandatory for wrestlers who do not have braces to wear mouth guards. Mouth guards with antimicrobial carrying cases will be ordered by the team at a cost of \$24.00 per wrestler.

Other Appearance Rules

Fingernails must be kept trimmed to minimize the risk of accidental scratches.

Long hair must be kept in a hair net to minimize the risk of hair-pulling or something getting caught in the hair. (The Kirtland Wrestling Club has a spare which may be used during a competition in a situation which it is necessary.)

Any signs of communicable diseases (example: ringworm) will cause the wrestler to be held out until the head coach gets a note on official letterhead from a doctor that states that the wrestler is cleared to participate.

Match Duration

OYWA Varsity Matches -- 1:00-1:00-1:00 (0:30)

OYWA All-Star Matches -- 1:00-1:00 (None)

OYWA Maximum Injury/Blood Time -- 2:00

In-Match Scoring

Takedown - A takedown is worth two points. A takedown occurs only from the neutral position. The wrestler scoring the takedown must bring the opponent to the mat and establish control of the opponent.

Escape - An escape is worth one point. An escape occurs when a wrestler who is in the bottom position breaks totally free from the opponent's control to establish that the wrestlers are back into the neutral position.

Reversal - A reversal is worth two points. A reversal occurs when a wrestler who is in the bottom position breaks free from the opponent's control by establishing control of the opponent.

Near-fall - A near-fall count (commonly signified by a referee's vocal count and hand swipe count) signifies that one wrestler has maintained control while the opponent's position adheres to one of the following criteria: (1) One shoulder touches the mat while the other shoulder is at a equal-to or less-than 45-degree angle to the mat or (2) Both shoulders are held within four inches of the mat. A near-fall count of one to two seconds results in no points being awarded to the wrestler in control. A near-fall count of three to four seconds results in two points being awarded to the wrestler who is in control. A near-fall count of five seconds results in three points being awarded to the wrestler in control.

In-Match Rules

Potentially Dangerous - A hold deemed "potentially dangerous" by the referee will cause the match to be stopped immediately and the wrestlers to be reset in their current position (neutral, top or bottom).

False Start/Improperly Lining Up - The referee will warn a wrestler twice if he/she starts early (false start) or lines-up in an incorrect position. The referee will award one point to the opponent for each time it happens after that.

Stalling - Stalling occurs when a wrestler is actively avoiding wrestling action (example: running away from the opponent). The referee will warn a wrestler once if he/she is stalling. Every time it happens after that will result in the referee awarding points to the opponent.

Fleeing the Mat - Fleeing the mat will result in the referee awarding one point to the opponent of the wrestler who fled. Fleeing the mat occurs when a wrestler goes off the mat or forces the opponent off the mat in an attempt to stop the wrestling action.

Grabbing Clothing/Gear - Grabbing clothing/gear of the opponent will commonly result in the referee warning the wrestler the first time it happens. For every time it happens past the first time, the referee will award one point to the opponent of the wrestler who grabbed the clothing/gear.

Clasping - Clasping will result in the referee awarding one point to the opponent of the wrestler who clasped. Clasping occurs when a wrestler who is in the top position touches any part of his hands or arms together around the opponent's torso or both legs. There are only two exceptions to this rule: (1) When the wrestler in the bottom position comes up to a standing position or (2) When the wrestler in the top position is continuing a hold started in the neutral position and keeps it through to a near-fall position.

Illegal Hold - An illegal hold (example: a full Nelson) will result in the referee awarding one point to the opponent of the wrestler who initiated the illegal hold.

Unsportsmanlike Conduct/Unnecessary Roughness - Unsportsmanlike conduct or unnecessary roughness (example: pushing in a non-wrestling manner) will likely result in the match ending immediately with the non-penalized wrestler being named the winner.

Flagrant Misconduct - Flagrant misconduct (example: punching) will likely result in the wrestler being ejected from the competition.

Team Scoring

Tie (0 team points) - The match ends in a tied score

Decision (3 team points) - The wrestler defeats the opponent by one to eleven points

Technical Fall (5 team points) - The wrestler defeats the opponent by twelve to sixteen points

Pin (6 team points) - The wrestler pins the opponent's shoulder area to the mat for approximately two seconds

Default (6 team points) - The wrestler wins because the opponent withdraws from the match

Disqualification (6 team points) - The wrestler wins because the opponent has been disqualified from the match

How to Learn Moves and Drill Moves Effectively

Terms

1. Offensive Wrestler - The wrestler doing the move.
2. Defensive Wrestler - The partner of the wrestler doing the move.

Speeds

1. Learning
 - Offensive wrestler executes the move slowly to focus on proper technique
 - Defensive wrestler gives 50% resistance and does not counter.
2. Drilling
 - Offensive wrestler goes 100%.
 - Defensive wrestler gives 75% resistance and does not counter.
3. Live
 - Offensive wrestler goes 100%.
 - Defensive wrestler gives 100% resistance and counters the move.

Wrestling Group Types

1. Two-person Group
 - A is the offensive wrestler, B is the defensive wrestler.
 - B is the defensive wrestler, A is the offensive wrestler.
 - Repeat.
2. Three-person Group
 - A is the offensive wrestler, B is the defensive wrestler.
 - B is the offensive wrestler, C is the defensive wrestler.
 - C is the offensive wrestler, A is the defensive wrestler.
 - Repeat.
3. Four-person Group
 - A is the offensive wrestler, B is the defensive wrestler.
 - A is the offensive wrestler, C is the defensive wrestler.
 - A is the offensive wrestler, D is the defensive wrestler.
 - Repeat with B, C and D as offensive wrestlers.

Drilling Instructions

1. Takedowns
 - The offensive wrestler gets into a proper offensive stance.
 - The defensive wrestler gets into a proper defensive stance.
 - The offensive wrestler executes a setup.
 - The offensive wrestler executes a takedown (and does not stop until scoring).
 - The defensive wrestler does not fall on his back, rather he goes to his base.
 - The defensive wrestler executes a stand-up.
 - Either the wrestlers switch (offensive to defensive and vice-versa) or the next partner comes in.
2. Breakdowns, Turns and Pins
 - The defensive wrestler gets into the proper position on the bottom.
 - The offensive wrestler gets into the proper position on top.
 - The offensive wrestler executes the move (and does not stop until scoring).
 - The offensive wrestler should let up just enough for the defensive wrestler to get back to his base (still on the bottom).
 - Either the wrestlers switch (offensive to defensive and vice-versa) or the next partner comes in.
3. Reversals
 - The offensive wrestler gets into the proper position on the bottom.
 - The defensive wrestler gets into the proper position on top.
 - The offensive wrestler executes the reversal (and does not stop until scoring).
 - If the defensive wrestler is held in a near-fall position for five seconds, the offensive wrestler should let up just enough for the defensive wrestler to get back to his base (still on the bottom).
 - Either the wrestlers switch (offensive to defensive and vice-versa) or the next partner comes in.

2011-2012 Kirtland Wrestling Club Registration – Parent/Guardian Information

In case of cancellation or urgent information, please contact...

Name:

Relationship to Wrestler:

Method of Contact (Circle One): Text Message | Telephone Call | Email

Which specific number or email address?

Parent/Guardian #1 Name:

Relationship to Wrestler:

Email Address:

Home Phone:

Cell Phone:

Parent/Guardian #2 Name:

Relationship to Wrestler:

Email Address:

Home Phone:

Cell Phone:

Parent/Guardian #3 Name:

Relationship to Wrestler:

Email Address:

Home Phone:

Cell Phone:

Parent/Guardian #4 Name:

Relationship to Wrestler:

Email Address:

Home Phone:

Cell Phone: