

# **RUSS HELLICKSON CENTRAL OHIO YOUTH WRESTLING LEAGUE**

## *General Rules of Wrestling*

1. ***Match Time*** – 1:00-1:00-1:00 periods
  2. ***Technical Fall*** – 12 point advantage
  3. ***Overtime*** – Sudden victory from the neutral position with wrestling until the first point is scored. The tiebreaker on the mat (top/bottom position) should NOT be used.
  4. ***Locking Hands***
    - a. First 2 Meets – 1 warning, called as normal thereafter (1 pt., 1 pt., 2 pts., DQ)
    - b. Last 3 meets – No warnings should be given.
- Note: Locking hands should be called on the younger kids (ages 5-8) with leniency (i.e., the locked hands must be locked and blatant, not just touching)*
5. ***Fall Time***
    - a. Younger Kids (ages 5-8) – Full 3 seconds with shoulders flat.
    - b. Older kids (ages 9-12) – High school standard 1.5-2 seconds with shoulders flat.
  6. ***Coaches in the Corner*** – Officials and table help must make sure both wrestlers have a coach in their respective corner before the match is started.
  7. ***Skin Infections & Rashes*** – Coaches and officials must check wrestlers for skin infections and rashes with diligence.

**HELLICKSON YOUTH WRESTLING LEAGUE**  
*Mat Assignment Sheet*

**MAT NO.**

**TEAM ASSIGNMENT**

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____
11.	_____
12.	_____
13.	_____
14.	_____
15.	_____
16.	_____
17.	_____
18.	_____
19.	_____
20.	_____

*Reminder: You are responsible for providing a head table worker for the mat(s) to which your team has been assigned.*

**HELLICKSON YOUTH WRESTLING LEAGUE**  
*Mat Assignment Sheet*

<i>Mat No.</i>	<i>Team Assignment</i>	<i>Mat No.</i>	<i>Team Assignment</i>
<i>1.</i>		<i>13.</i>	
<i>2.</i>		<i>14.</i>	
<i>3.</i>		<i>15.</i>	
<i>4.</i>		<i>16.</i>	
<i>5.</i>		<i>17.</i>	
<i>6.</i>		<i>18.</i>	
<i>7.</i>		<i>19.</i>	
<i>8.</i>		<i>20.</i>	
<i>9.</i>		<i>21.</i>	
<i>10.</i>		<i>22.</i>	
<i>11.</i>		<i>23.</i>	
<i>12.</i>		<i>24.</i>	