Mat Thoughts

It's all about the great coaches we were exposed to in our youthful years, be it wrestling or the sport you were taught to love.

The Fall

The fall (or pin) terminates the match and no individual match points are necessary. In a dual meet, the winner's team receives six points and during tournament action the victor's team receives two additional points.

A fall occurs when both shoulders are forced to the mat for a period of two seconds in high school and one second in college bouts.

Normally, the offensive wrestler (the man in control) scores the fall but if the offensive wrestler's shoulders are somehow forced to the mat for the required time, his opponent would win with a defensive fall. It's rare, but it does happen.

A fall may be indicated when parts of both shoulders are in-bounds, or one shoulder is completely in-bounds.

Mini-Mat Quiz

Q: Wrestler A, the offensive wrestler, catches Wrestler B in a cradle pinning combination. However, as Wrestler B attempts to fight off his back, Wrestler A rolls completely out-of-bounds. Only the tops of Wrestler B's shoulders remain in-bounds on the mat. What's the call?

A: If Wrestler B was held in that position for the required time, Wrestler A would secure a fall. The match would not be stopped because Wrestler B's shoulders (now considered his supporting points) are in-bounds.

2008 NJCAA Wrestling Championships - 174 lbs. Glenn Rhees (North Iowa) looking to lift Jason Green (Neosho). Rhees decisioned Green; 7-3. Photo by Johnnie Johnson.

Mat Message

"Thinking is the hardest work there is, which is probably the reason so few engage in it."

-- Henry Ford