

Changes to the Sport of Wrestling

I began wrestling in 1st grade when I was 6 years old. Even in that short period of time wrestling has evolved greatly, from the creation of the funk roll to the different variations of tilts. My first 3 years of youth wrestling, I had to fight very hard to obtain a Junior Varsity (JV) roster spot which I was very proud of. Today, JV wrestling is unheard of. I remember my father and coaches telling me how "back in the day", JV wrestling was a big deal and before every Varsity match they had a competitive and full JV match. Some of the upper weight matches today people call "boring", how can action on the mat be increased? Although the sport of wrestling has immensely changed over the last few years, many changes can still be made to help make the sport more popular, and enjoyable.

This past year many changes were made in the college wrestling world. Rules dealing with stalling, takedowns, and back points were all made to help encourage competitors to score more points on the mat. If stricter stalling rules were made at the High School level matches would be more action packed and more points would be scored. In the High School world today, a wrestler can get a first period takedown and stall their way to a 3-2 win. An adaption similar to college rules would help make a match more active and exciting for everyone.

In addition to a few minor rule changes, I also believe that a change up in the weight classes would help benefit the sport. Too often in a team's lineup there are forfeits or new wrestlers thrown in. A wrestler usually quits and gives up on a sport because they either are not getting matches, or because they are thrown into a varsity lineup to fill a spot when they are not experienced enough. This happens on all levels of wrestling. If high school wrestling was cut to only ten or eleven weight classes there would be a higher quality varsity, and a JV team could be developed again like it was 20 years ago. Inexperienced wrestlers could have more time to learn and develop by wrestling JV. By bringing back JV and making it popular again, this would give High School wrestlers an opportunity to regularly compete and compete at their perspective level. I think this would get more High School kids to come out for wrestling. In summation, the style of many wrestlers today has changed from the old school type of the past, still with change to rules and weight classes, this would help improve the world's first sport of wrestling and get more kids to compete.