Folsom High Wrestling Match Flow 2026-27

1. Always stretch and warm up till you get a sweat going and blow your lungs out.
2. Watch for your match assignment on Flowrestling and Trackwrestling.
3. Let one of our coaches know when your assignment comes up.
4. You will not always have the same coach.
5. Give someone your cell phone turned on to video mode to record your match.
6. Go to the head table of the mat you are assigned.
7. Loudly state your Last name, school, weight class.
8. They will assign you red or green.
9. Go to the center and put on your ankle band.
10. Say your color to yourself so you remember.
11. Put your foot on your color.
12. When the referee tells you - shake hands.
13. Make first contact and move forwards.
14. Wrestle your match and listen to verbal commands from our coaches.
15. Get on your color for the coin toss in the second round.
16. Look and listen to your coach for input.
17. Decide top, bottom or neutral.
18. Follow the referee's instructions.
19. Wrestle through the end of your match no matter what.
20. Get on your color at the end of the match.
21. Take your ankle band off and leave it on your color.
22. Shake hands with your opponent.
23. Run over to the other corner and shake the opponent’s coaches hand/s.
24. When you win, run to the head table and confirm your last name and school and that you won.
25. Run back over to your corner.
26. Get off the mat.
27. Listen to feedback your coach has.