

Wrestling Match – Game Instruction

Title: Wrestling Match

Category: Outdoor

Subcategory: Males

Players: 2 players per round

Time Required: 5–15 minutes per match

Description

A strength and strategy-based physical contest where two opponents attempt to pin or outmaneuver each other under safe conditions.

Materials Needed

- Soft mat or grassy area
 - Timer or stopwatch
 - Referee or adult supervisor
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How to Play

- Two players face each other on a soft surface or mat.
 - A supervisor or referee explains the rules and starts the match.
 - The goal is to pin the opponent's back to the ground or force them out of bounds (if using a marked circle).
 - Matches are timed (e.g., 1–3 minutes), and the winner is the one who gets a pin or earns more points.
 - Points can be awarded for takedowns, escapes, or control (optional for older players).
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Tips & Variations

- Ensure proper supervision and safety — no hitting or choking allowed.
- Use weight classes or match by size and age.
- Play tournament-style with brackets to find a champion.