

The Clinch?

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The world of Freestyle and Greco-Roman wrestling has seen many rule changes come and go throughout the years with most that deal with scoring holds and techniques. One of the more recent is "the clinch." Since "the clinch" was implement-

ed a few years ago, more controversy has surrounded the outcomes of many major matches than ever before.

"The clinch" is a starting position that is used when a match is scoreless after the first period, or in an overtime situation. After both wrestlers have locked their

hands behind the others back, the whistle is blown and "the clinch" is underway. Points are awarded accordingly for scoring holds executed from this position. If the clinch is broken before either wrestler can score, the last one to break his grip will be awarded a point. This forces one of the