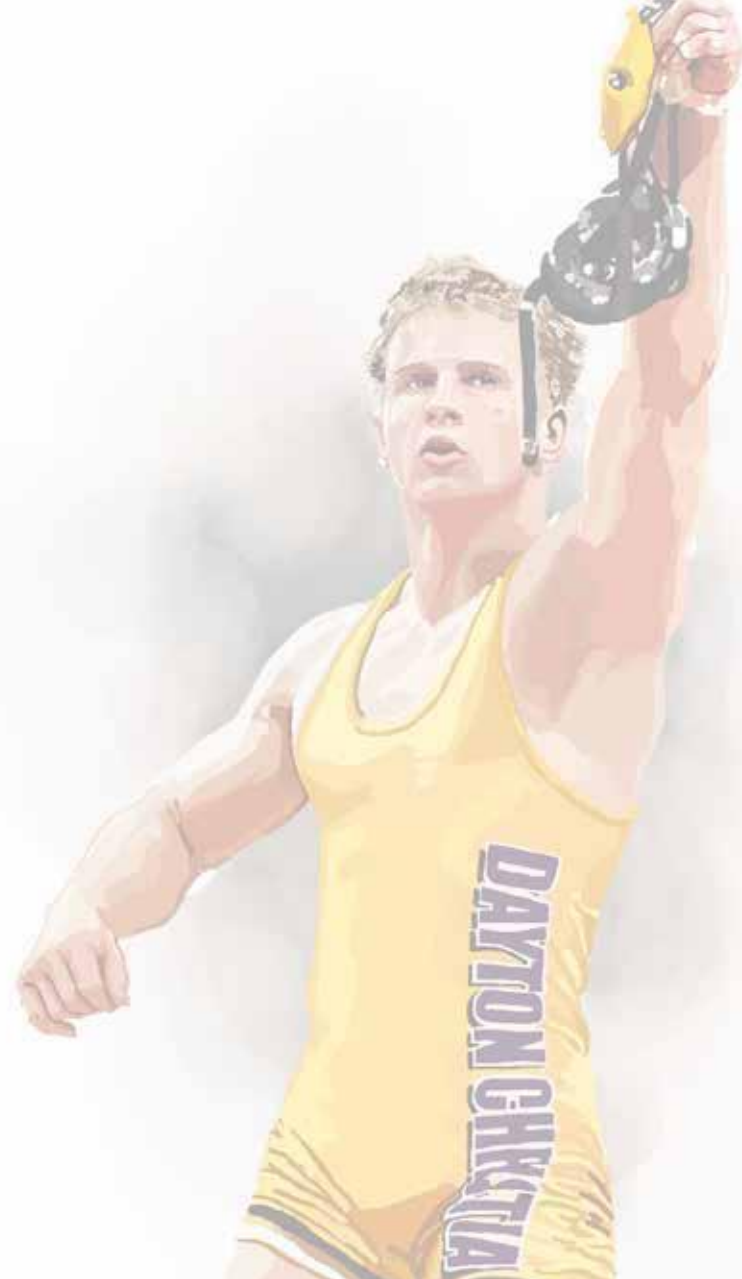




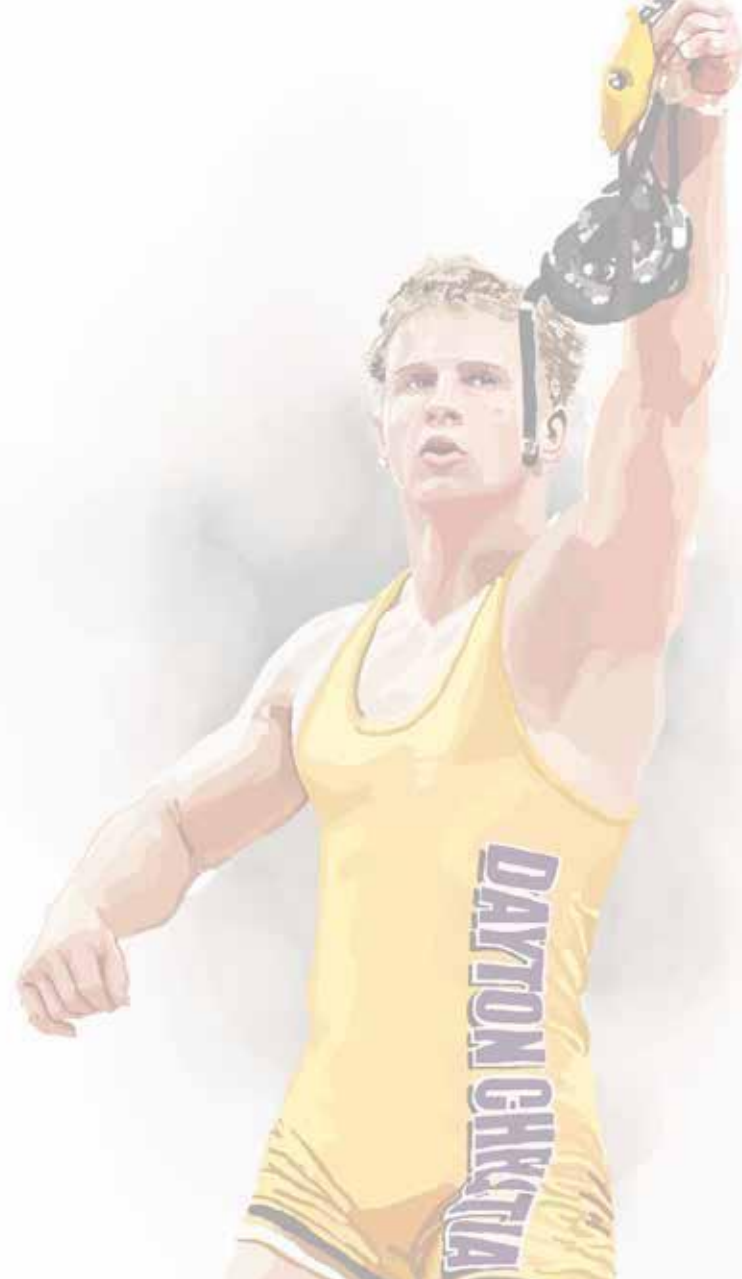
3 What is the Bout Board?



Frequently Asked Questions

- Questions may come from a wrestler or Mom
 - What is my match number?
 - What mat am I on?
 - How are the mats numbered?
 - How long before I wrestle? Before I wrestle again?
 - When should I warm up?
- Understanding the bout board will help answer.





The Bout Board

- Used to help wrestlers, coaches and spectators follow the progression of the wrestling event. The event may be;
 - Bracket
 - Combination Pool followed by Bracket
 - Dual meet
 - Tri-meet



The Bout Board

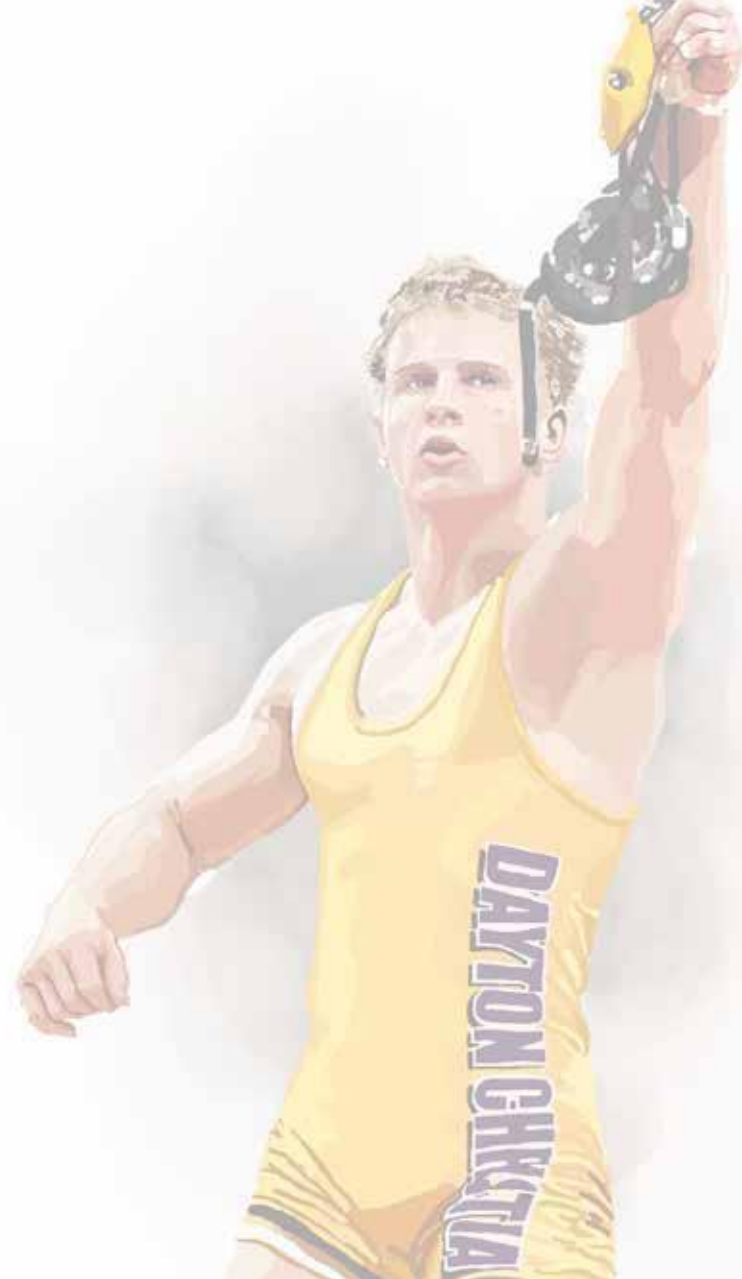
- Typically has four sections that are displayed for all to see
- Displayed on a wall or screen by a projector

WR

OD

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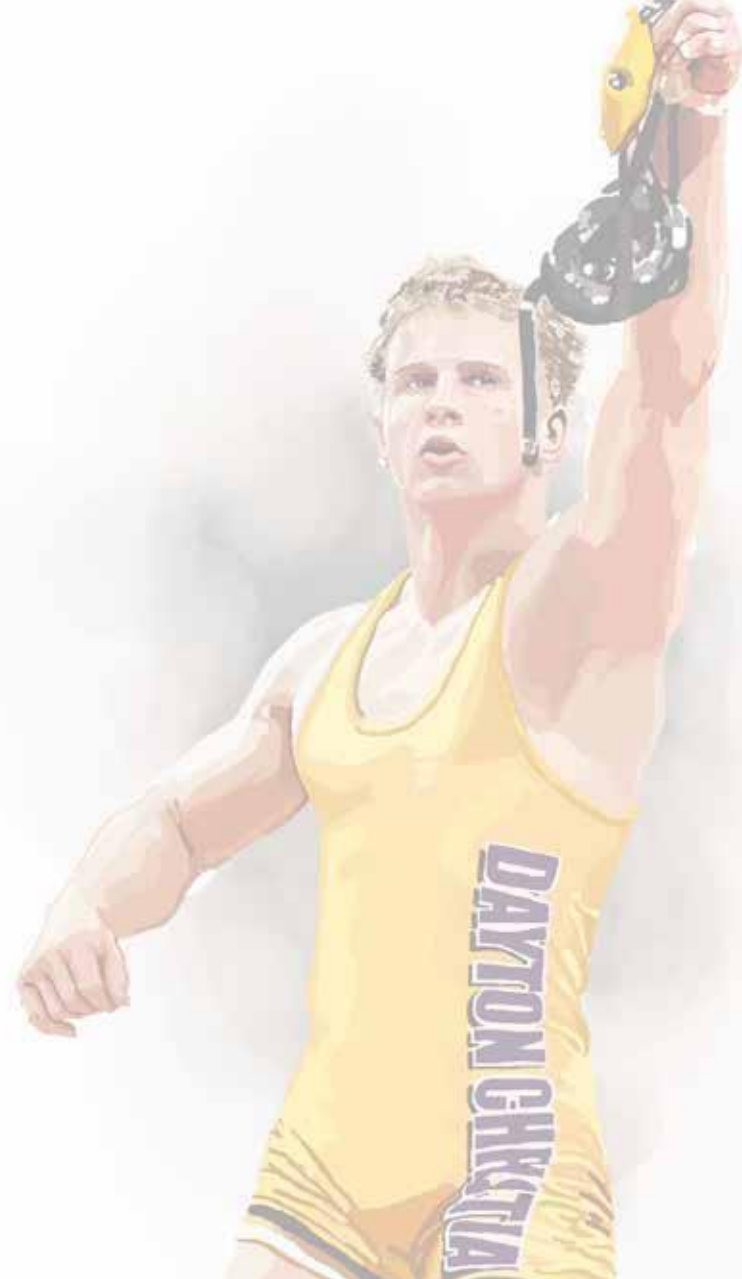
WU



4 sections of the Bout Board

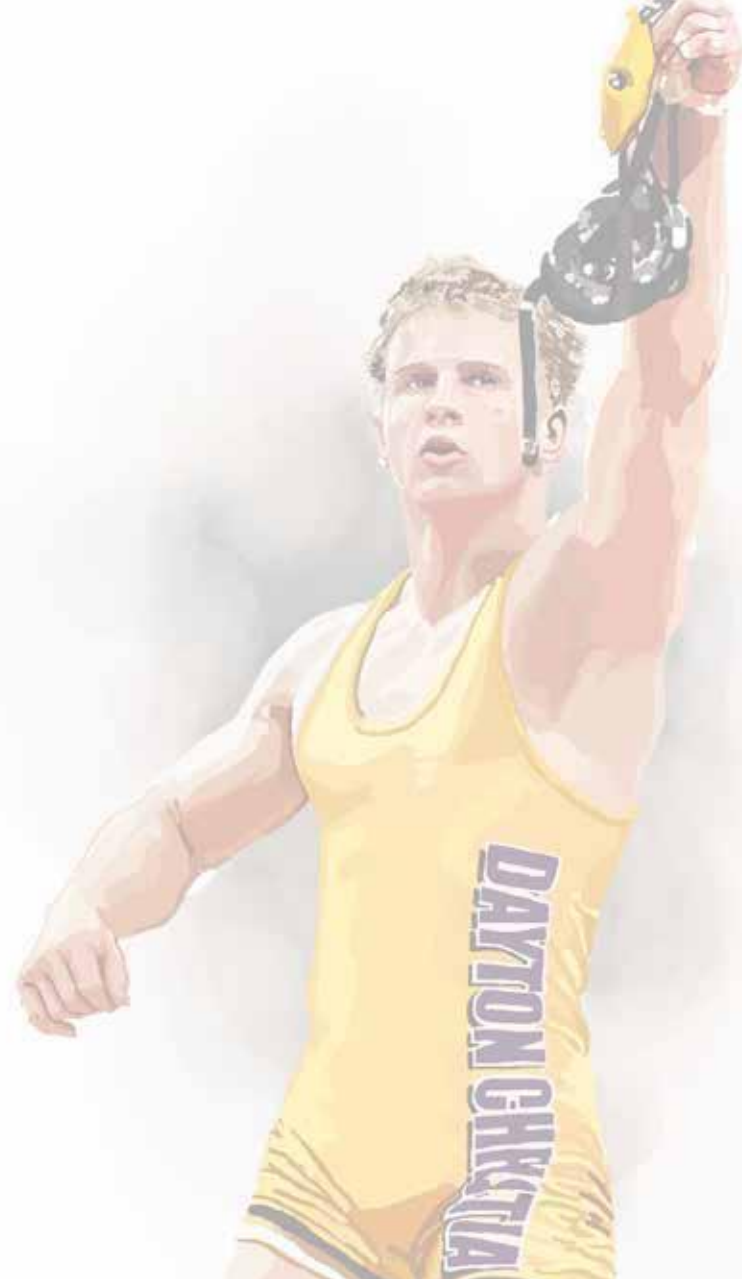
- **WR: Wrestling Now**
- **On Deck:** Next match on mat
- **On Hold:** Approx: 5-8 minutes from wrestling
- **Warm Up:** Approx. 10-12 minutes from wrestling
- Times are estimates depending on
 - outcome on each mat
 - length of matches





More information on the Bout

- Every match is numbered for each weight class in both the Championship and Consolation brackets.
 - **Follow match number in program w/ bout board**
- At the conclusion of each round, wrestlers should check with their coach on their upcoming match number.



Bout Board Board

Sample:

Evolutionary Athletics Technologies	Mat 1	Mat 2	Mat 3	Mat 4	Mat 5
Now Wrestling	1	2	3	4	5
On Deck	6	7	8	9	10
Double Deck	11	12	13	14	15
In the Hole	16	17	18	19	20