

Wrestling Dad Jokes 2026 (Updated): 111 Lines That Actually Land

111 original puns, ready to copy

Wrestling gives dads almost too much material. A takedown is a move and also what happens to weekend plans. A pin holds shoulders to the mat and also the grocery list to the fridge. Ask Dad about singlets once and you will hear about them forever. This collection has 111 original wrestling dad jokes for dual meets, youth tournaments, WWE watch parties, and the car ride home. For a deeper mat-and-ring pun list without the dad-joke filter, see our wrestling puns.

Quick summary

Wrestling dad jokes are clean, family-friendly one-liners that borrow classic dad-joke timing and plug in mat terms like takedown, pin, reversal, stalling, and referee calls. They work mat-side, in group chats, and on cards because the sport vocabulary already sounds like everyday speech.

- 111 original dad jokes across 11 wrestling-themed sections.
- Separate groups for kids, high school duals, WWE nights, and Olympic-style lines.
- Clean enough for youth tournaments and school newsletters.
- Built to sound spoken, not scraped from a generic joke dump.
- Updated 2026-10-18. Copy any line for the group chat.

*Read the full guide with search, filters and FAQs: <https://homespunsecret.com/wrestling-dad-jokes>
Last updated 2026-10-18. Free for personal and classroom use. Please link back if you share.*

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Classic Wrestling Dad Jokes Every Dad Should Know

The timeless wrestling dad jokes: the ones dads have been telling mat-side since forever. (Love these? See our wrestling puns for even more grappling giggles.)

1. My dad's favorite move is the dad takedown, hugging us whether we like it or not.
2. "I'm not losing," my dad said from the bottom. "I'm just resting between reversals."
3. Dad asked the referee for a timeout. The referee said, "This isn't football." Dad said, "Exactly, that's why I need one."
4. I told my dad wrestling was hard. He said, "That's why they call it a GRAPPLE with reality."
5. My dad treats every argument like overtime, sudden death, and he never loses.
6. "Son, in wrestling and in life, always keep your head up: especially during a headlock."
7. Dad said he used to be a heavyweight. Mom said, "You still are."
8. Why did Dad bring a ladder to the match? He heard the stakes were raised.
9. My dad's pre-match ritual is just yelling "Who wants pancakes?" at the whole team.
10. "Back in my day," Dad said, "we didn't have singlets. We had itchy wool and we LIKED it."
11. Dad calls bedtime "the pin." Resistance is futile after 8 p.m.

Short Wrestling Dad Jokes One-Liners

Quick-hit wrestling dad jokes for captions, texts, and trash talk that stays friendly.

12. I pinned my hopes on a wrestling scholarship.
13. My dad's hugs are just standing headlocks.
14. Wrestling practice? More like sweat equity.
15. That referee has whistle-while-you-work energy.
16. I'm mat-terly in love with this sport.
17. Singlets: one piece, zero dignity, all heart.
18. My takedown defense is just running away.
19. The scale is my toughest opponent.
20. I came, I saw, I got pinned.
21. Wrestlers do it on the mat: cleanly and legally.
22. Weight class? I identify as heavyweight at Thanksgiving.

Funny Wrestling Dad Jokes About the Mat

The mat is where it all happens: the circle, the sweat, the glory. These wrestling dad jokes are all about that sacred rectangle.

23. Why don't wrestlers ever get lost? They always find their way back to the mat.
24. Dad mopped the kitchen and said, "This mat is ready for competition."
25. The mat is the only place where Dad lets someone walk all over him.
26. I told Dad the mat smelled funny. He said, "That's the smell of victory."
27. Dad calls the living room rug "the practice mat." Mom calls it "a lawsuit waiting to happen."
28. What did the mat say to the wrestler? "I've got you covered."

- 29. Dad disinfects the mat like it's a crime scene. In his words, "No germs escape a dad."
- 30. The circle in the middle of the mat? Dad says that's where excuses go to die.
- 31. I asked Dad why the mat is blue. He said, "So it doesn't show fear. Or sweat."
- 32. Home is where the mat is: at least according to Dad's garage.

Wrestling Dad Jokes About Takedowns and Pins

The takedown starts it and the pin finishes it. These wrestling dad jokes celebrate the two most satisfying words in the sport.

- 33. Dad's takedown technique: surprise them with chores.
- 34. What do you call a wrestler who writes poetry? A pin poet.
- 35. Dad said his love for Mom is like a pin, shoulders down, never letting go.
- 36. My dad's double-leg takedown is just tackling us onto the couch for movie night.
- 37. Why was the takedown so polite? It always took you down gently.
- 38. Dad's motto: "Pin early, nap often."
- 39. I got pinned in 30 seconds. Dad said, "Efficiency is a virtue."
- 40. What's a wrestler's favorite dessert? Pine-apple upside-down cake.
- 41. Dad calls falling asleep on the couch "a self-pin."
- 42. The pin is just a hug that counts for points.

Wrestling Dad Jokes for the Referee

Nobody gets more grief: or deserves more laughs, than the referee. These wrestling dad jokes are for the striped-shirt heroes.

- 43. The referee's favorite song? "I Fought the Law", he enforces it.
- 44. Dad yells at the TV referee, "My grandma calls stalling faster than you!"
- 45. Why did the referee bring a ladder? To reach a higher calling.
- 46. The ref slapped the mat so hard, Dad felt it from the bleachers.
- 47. Referees never get lost, they always follow the whistle.
- 48. Dad tried to bribe the ref with cookies. The ref gave him a caution for deliciousness.
- 49. What does a referee eat before a match? A fair share.
- 50. Dad says referees have the hardest job: pleasing two coaches and zero fans.
- 51. The ref's whistle is Dad's least favorite instrument.
- 52. Never argue with the referee, he has a whistle and he's not afraid to use it.

Wrestling Dad Jokes for Kids

Youth wrestling families, this one's for you: clean, silly wrestling dad jokes for the littlest grapplers on the mat. Keep the clean tone going with our teacher puns if this is headed to a school newsletter.

- 53. Why did the kid wrestler bring a pillow to practice? For soft landings and softer landings.
- 54. My son's first move was the hug takedown. The coach was confused but impressed.
- 55. Youth wrestling: where the singlets are small and the dreams are huge.
- 56. Dad told the team, "Win or lose, we stop for ice cream." Suddenly everyone was a winner.

- 57. What's a little wrestler's favorite subject? Mat-h.
- 58. My daughter pinned her brother, then pinned the blame on him too.
- 59. The six-year-olds' match lasted four seconds. The handshake lasted longer.
- 60. Dad says youth wrestling teaches discipline. The kids say it teaches Dad patience.
- 61. Why do kid wrestlers make great friends? They always have your back, literally, in referee's position.
- 62. First rule of the youth mat: no crying, unless Dad's filming.

High School Wrestling Dad Jokes

For the bleacher dads who still remember their own weigh-ins, high school wrestling dad jokes with extra nostalgia.

- 63. High school wrestling: where the cafeteria is scarier than any opponent.
- 64. Dad relives his state finals every Thanksgiving. We've all memorized the bracket.
- 65. What's a wrestler's least favorite class? Lunch, it ruins the weigh-in.
- 66. The varsity jacket fits, but Dad's glory days fit better.
- 67. Dad says high school wrestling built character. Mom says it built his appetite.
- 68. Why did the wrestler ace geometry? He knew all the angles: and the half nelsons.
- 69. Friday night lights? We prefer Saturday morning mats.
- 70. Dad's letterman jacket still smells like 1987 and menthol rub.
- 71. The only thing heavier than a heavyweight is Dad's old trophy case.
- 72. "Study hard," Dad says, "or you'll end up cutting weight for a living."

WWE Dad Jokes for Wrestling Fans

Sports-entertainment dads, assemble. These wwe dad jokes and wwe jokes bring the drama, the entrances, and the groans.

- 73. Dad's entrance music is just the microwave beeping.
- 74. My dad does his own commentary: "AND HIS NAME IS.. GROUNDED!"
- 75. Dad calls folding laundry "the ultimate body slam."
- 76. What's Dad's finishing move? The Dad-bod Slam.
- 77. Dad said, "In WWE, nobody stays down." Then he took a nap.
- 78. The only Royal Rumble in our house is over the last slice of pizza.
- 79. Dad's catchphrase: "Can you smell what Dad is cooking?" It's always meatloaf.
- 80. My dad thinks every argument needs a steel chair. Mom disagrees.
- 81. Dad tried a top-rope move off the couch. The couch won.
- 82. Why does Dad love WWE? The drama, the athleticism, and the commercial breaks.

Wrestling Knock Knock Jokes (WWE-Style Dad Edition)

Classic wwe knock knock jokes with a dad-joke twist, knock, enter, groan.

- 83. Knock knock. Who's there? Tank. Tank who? Tank you for not pinning me so fast.
- 84. Knock knock. Who's there? Matt. Matt who? Matter of fact, I pinned your brother yesterday.
- 85. Knock knock. Who's there? Howard. Howard who? Howard you like to get body-slammed?

86. Knock knock. Who's there? Noah. Noah who? Noah good wrestler lets his guard down.
87. Knock knock. Who's there? Iona. Iona who? Iona mat all day if you keep stalling.
88. Knock knock. Who's there? Justin. Justin who? Justin time for the weigh-in!
89. Knock knock. Who's there? Wade. Wade who? Wade into the center and let's wrestle!
90. Knock knock. Who's there? Hugo. Hugo who? Hugo to the corner and wait for the whistle!
91. Knock knock. Who's there? Dwayne. Dwayne who? Dwayne the practice mat needs mopping!
92. Knock knock. Who's there? Anita. Anita who? Anita pin to win the match!

Olympic Wrestling Dad Jokes

Wrestling has been an Olympic sport since ancient Greece, which gives dads roughly three thousand years of material. These wrestling dad jokes go for gold. Weight-room humor lives next door on our gym, yoga and fitness puns page.

93. Dad says he'd have made the Olympics if the trials included dad jokes.
94. Wrestling's been in the Olympics since ancient Greece. Dad's been telling these jokes since ancient times.
95. Going for gold? Dad's going for the remote.
96. The Olympic podium has three steps. Dad's podium is the couch, the recliner, and the hammock.
97. Dad calls mowing the lawn in August "training for the Olympic heat."
98. Freestyle, Greco-Roman, and Dad-style, that's just wrestling the fitted sheet.
99. What do Olympic wrestlers eat for breakfast? Wheaties and victory.
100. Dad's Olympic dream: a gold medal in napping between matches.
101. The five rings remind Dad of the five stages of grief after losing, denial, anger, bargaining, ice cream, acceptance.

Wrestling Dad Jokes for Heavyweight Laughs

Big laughs for the biggest division. These wrestling dad jokes celebrate the heavyweight archetype: all heart, all singlet, all appetite. Prefer pads and whistle calls? Our football puns bring the same locker-room energy.

102. The heavyweight walked in and the mat said, "Finally, a challenge."
103. Dad's in the heavyweight division of the dessert bracket.
104. Why don't heavyweights play hide and seek? The singlet gives them away.
105. Dad says heavyweights don't cut weight, they cut cake.
106. The heavyweight's favorite exercise? Lifting everyone's spirits.
107. Big guys, big laughs: the heavyweight motto.
108. Dad tried the heavyweight diet: see food, eat food.
109. What's a heavyweight's favorite bedtime story? "The Big Friendly Grappler."
110. The singlet stretches, but Dad's confidence stretches further.
111. Heavyweights don't fall, they perform gravity-assisted takedowns.

Frequently asked questions

What are some catchy wrestling sayings?

Catchy wrestling sayings include "float like a butterfly, sting like a bee," "train insane or remain the same," "wrestle like nobody's watching," and "leave it all on the mat." Amateur wrestlers also love "embrace the grind" and "pin to win." These short motivational phrases capture the sport's toughness, discipline, and never-quit attitude in just a few memorable words.

What are some funny wrestling slang terms?

Funny wrestling slang includes "jobber" (a wrestler who always loses), "mark" (an overly devoted fan), "heel" (the villain), "face" or "babyface" (the hero), "kayfabe" (pretending it's all real), "squash match" (a total blowout), and "pop" (crowd cheering). Amateur wrestling adds "mat rat" for kids who practically live at practice.

What do you call a wrestler?

You can call a wrestler a grappler, a matman or matwoman, or simply an amateur wrestler at the school and Olympic level. In professional wrestling, performers are often called wrestlers, superstars, or sports entertainers. Coaches may say "my athlete," while dads just say "champ", win or lose, pinned or pinning.

What is a good guy called in wrestling?

A good guy in professional wrestling is called a babyface, or simply a "face." Babyfaces play the hero, they follow the rules, win over the crowd, and battle the villainous "heels." In amateur and Olympic wrestling there are no scripted heroes or villains, so every competitor is just a wrestler trying to win fairly.

What is the #1 dad joke?

The most widely crowned #1 dad joke is: "Hi hungry, I'm Dad." It works because it uses the classic dad-joke formula, deliberately misunderstanding "I'm hungry" as an introduction. Short, clean, and endlessly repeatable, it has become the universal symbol of dad humor, groaned at by kids and proudly retold by fathers everywhere.

What is the cheesiest dad joke?

One of the cheesiest dad jokes ever is: "What do you call cheese that isn't yours? Nacho cheese!" It earns the "cheesy" crown by stacking a pun on top of a pun. The cheesiest dad jokes are always food-based wordplay, the more groan-inducing the pun, the prouder the dad delivering it at the dinner table.

What is the most hilarious dad joke?

Opinions vary, but a top contender for the most hilarious dad joke is: "I only know 25 letters of the alphabet. I don't know y." Its genius is the double meaning of "y" and "why," landing the punchline before listeners catch on. The best dad jokes are short, clean, and just clever enough to make you groan-laugh.

What was Hulk Hogan's famous saying?

Hulk Hogan's most famous saying was "Whatcha gonna do when Hulkamania runs wild on you?!" He also popularized the mantra "train, say your prayers, and eat your vitamins" for his young fans. Both catchphrases defined 1980s professional wrestling and turned Hogan into one of the sport's most recognizable personalities ever.

Who is the funniest wrestler ever?

Many fans name Dwayne "The Rock" Johnson as the funniest wrestler ever for his unmatched mic skills and catchphrases. Others vote for Mick Foley, Santino Marella, or R-Truth for pure comedy. Humor is subjective, but the funniest wrestlers share one trait: perfect timing, whether cutting a promo or taking a pratfall. That's the final bell on our wrestling dad jokes, 111 original lines to keep the whole family laughing from weigh-in to victory lap. Now go pin someone with a hug. Dad's orders. For more wordplay in the same category, see our gym yoga fitness puns.

