

# WRESTLING REFEREE

## LEVEL ONE

### LEVEL ONE CONTENT

- PRE-MEET DUTIES
- POSITIONING AND MECHANICS
- INFRACTIONS, PENALTIES AND TIME-OUTS
- BOUNDARY LINES AND FLEEING THE MAT
- STALLING
- ASSISTANT REFEREE

### PRE-MEET DUTIES

- INTRODUCE YOURSELF -AD & COACHES
- MAY OR MAY NOT ASSIST WITH WEIGH IN
- CHECK SKIN, HAIR, NAILS AND EQUIPMENT (PREFERABLE IN LOCKERROOM)
- CHECK MAT AREA
- CONDUCT MEETING WITH SCORER & TIMER
- CONDUCT MEETING WITH CAPTAINS AND HEAD COACHES

### POSITIONING AND MECHANICS

- NEUTRAL POSITION (OFFICIAL)
  - POSITION YOURSELF BETWEEN WRESTLERS
  - ONCE WRESTLERS ARE SET - SOUND WHISTLE, AND MOVE BACK
  - USE VISUAL SIGNAL TO START THE MATCH.

## STARTING POSITION ON THE MAT

### ■ OFFICIALS POSITIONING

- OFFICIAL MAY BE IN FRONT OR AT THE SIDE OF THE WRESTLERS (APPROXIMATELY 8 FEET)
- AVOID STANDING OUTSIDE THE 28 FOOT CIRCLE BUT AVOID BEING TOO CLOSE.

## BOTTOM WRESTLER

- HAVE WRESTLERS RETURN IMMEDIATELY TO CENTER CIRCLE
- HAVE BOTTOM WRESTLER ASSUME PROPER STARTING POSITION WITH HANDS (HEELS OF HANDS) AND KNEES NOT TOUCHING THE STARTING LINES.
- GIVE “SET” COMMAND TO BOTTOM WRESTLER.

## TOP WRESTLER

- GIVE “COVER” COMMAND TO TOP WRESTLER.
- MAKE SURE TOP WRESTLER ASSUMES PROPER STARTING POSITION.
- MAKE SURE YOU ARE IN A POSITION TO OBSERVE BOTH WRESTLERS FOR A FAIR START

## OPTIONAL START

- TOP WRESTLER MAY REQUEST OPTIONAL START. VISUALLY AND VERBALLY INFORM BOTTOM WRESTLER AND MAKE SURE TOP WRESTLER ASSUMES PROPER STARTING POSITION.
- MAKE SURE YOU ARE IN PROPER POSITION TO OBSERVE BOTH WRESTLERS FOR A FAIR START.

## POSITIONING

- ALWAYS WORK TOWARDS THE FRONT OF THE WRESTLER OR TOWARDS THE OUT OF BOUNDS LINES WHILE WRESTLERS ARE ON THEIR FEET.
- DO NOT GET TOO CLOSE TO THE WRESTLERS
- ALWAYS HUSTLE
- **NEVER TURN YOUR BACK ON THE WRESTLERS**

## MECHANICS

- ANTICIPATE SITUATIONS TO PLACE YOURSELF IN THE MOST ADVANTAGEOUS POSITION TO MAKE THE PROPER CALL.
- UNDERSTAND LINE CALLS AND PUT YOURSELF IN THE BEST POSITION TO MAKE THE CALL.
- WHISTLE SHOULD SOUND IMMEDIATELY ONLY USE AUTHORIZED NATIONAL FEDERATION SIGNALS. SEE SIGNAL CHART FOR PROPER SIGNALS
- AND BE CLEAR.

## MECHANICS

- WHEN SIGNALING POINTS MAINTAIN ATTENTION ONLY ON THE WRESTLING NOT THE SCORERS TABLE
- BODY LANGUAGE SHOULD BE CONCISE, CONSISTENT AND NON-THREATENING.
- PROPER MECHANICS ARE ESSENTIAL TO BECOMING A GREAT OFFICIAL

## COACH'S CONFERENCE

- OFFICIAL MUST HONOR A COACH'S REQUEST FOR A CONFERENCE.
- DO NOT CROSS ARMS OR PLACE HANDS ON YOUR HIPS.
- PLACE HANDS AT SIDE OR BEHIND YOUR BACK.
- MAINTAIN EYE CONTACT AND REMAIN CALM.
- THE CONFERENCE SHOULD BE BRIEF AND PROFESSIONAL
- LISTEN AND TAKE THE APPROPRIATE ACTION

## COACH'S CONFERENCE

- DEFUSE RATHER THAN ABUSE THE SITUATION.
- AT THE CONCLUSION OF THE CONFERENCE - CORRECTION SHOULD BE MADE OR MISCONDUCT WARNING ISSUED.
- RESUME THE CONTEST AS SOON AS POSSIBLE.

## INFRACTIONS, PENALTIES, AND TIME-OUTS

### ■ CAUTIONS

- SIGNAL EQUALS C
- CAUSES
  - FALSE STARTS
  - ILLEGAL STARTING POSITION

- FOLLOWING TWO CAUTIONS, THERE WILL BE A ONE POINT PENALTY FOR EACH INFRACTION

## INFRACTIONS, PENALTIES, AND TIME-OUTS

### ■ FALSE START

- MOVEMENT BEFORE THE WHISTLE BY EITHER WRESTLER
- MAKE SURE WRESTLERS DO NOT JUMP BECAUSE OF ANOTHER WHISTLE

### ■ ILLEGAL STARTING POSITION

- REFER TO NATIONAL FEDERATION WRESTLING RULE BOOK EXAMPLES.

## TECHNICAL VIOLATIONS

- ASSUMING INCORRECT STARTING POSITION\*
- FALSE STARTS\*
- FLEEING THE MAT
- GRASPING OF CLOTHES
- INTERLOCKING HANDS
- LEAVING WRESTLING AREA WITHOUT PERMISSION
- FIGURE 4 LEGS ON HEAD FROM NEUTRAL
- REPORTING TO MAT AREA NOT READY TO WRESTLE OR NOT PROPERLY EQUIPPED

## POTENTIALLY DANGEROUS

- WHEN A BODY PART IS FORCED TO THE LIMIT OF NORMAL RANGE OF MOVEMENT
  - DOUBLE WRIST LOCK
  - SPLIT SCISSORS
  - GUILLOTINE WHEN ARM IS FORCED TO A DANGEROUS POSITION
  - TOEHOLDS
  - CHICKEN WING WHEN PRESSURED WRONG
  - FRONT HEADLOCK WHEN ARM OR LEG ENCIRCLED OR PRESSURE TO ARTERY

## ILLEGAL HOLDS

- SLAM, CALL WITHOUT HESITATION
- FULL, STRAIGHT BACK SUPPLY OR SALTO
- INTENTIONAL DRILL OR BACK FALL TO THE MAT
- PULLING BACK THUMB OR FINGERS
- DOUBLE UNDERHOOK SNAP BACK
- HAMMERLOCK ABOVE 90 DEGREES
- TWISTING HAMMERLOCK

## ILLEGAL HOLDS

- HEADLOCK WITHOUT ENCIRCLING AN ARM OR LEG
- STRAIGHT HEAD SCISSORS
- FULL NELSON
- STRANGLEHOLDS
- TWISTING KNEELOCK
- KEYLOCK
- OVERHEAD DOUBLE ARM BAR
- NECK WRENCH

## ILLEGAL HOLDS

- FRONT QUARTER NELSON WITH CHIN
- LEG BLOCK (CUT-BACK)
- OVERSCISSORS WHEN PRESSURE IS APPLIED AGAINST JOINT
- BENDING, TWISTING OR FORCING THE HEAD OR ANY LIMB BEYOND NORMAL LIMITS
- BACK BOW
- FIGURE 4 AROUND BODY OR BOTH LEGS

## ILLEGAL HOLDS

- ANY HOLD USED FOR PUNISHMENT
- ANY HOLD WITH PRESSURE EXERTED OVER AN OPPONENT'S MOUTH, NOSE THROAT OR NECK WHICH RESTRICTS BREATHING OR CIRCULATION IS ILLEGAL
- WHENEVER POSSIBLE STOP A LEGAL HOLD BEFORE IT BECOMES AN ILLEGAL HOLD

## UNNECESSARY ROUGHNESS

- PHYSICAL ACTS THAT OCCUR DURING WRESTLING THAT EXCEEDS NORMAL AGGRESSIVE WRESTLING
- CONTINUING ACTS OF UNNECESSARY ROUGHNESS MAY ALSO BE CONSTRUED AS FLAGRANT MISCONDUCT

## UNSPORTSMANLIKE CONDUCT

- PHYSICAL OR NON-PHYSICAL ACTS THAT OCCUR BEFORE, DURING OR AFTER A MATCH
- **INCLUDES BUT NOT LIMITED TO:** FAILURE TO COMPLY WITH OFFICIAL, PUSHING, SHOVING, SWEARING, TAUNTING, INTIMIDATION, BAITING AN OPPONENT, THROWING HEADGEAR, SPITTING OUTSIDE OF PROPER RECEPTACLE, DISPLEASURE WITH A CALL, FAILURE TO KEEP SHOULDER STRAPS UP WHILE ON THE MAT, FAILURE TO COMPLY WITH END OF MATCH PROCEDURE.
- CONTINUED ACT OF UNSPORTSMANLIKE CONDUCT MAY BE CONSTRUED AS FLAGRANT MISCONDUCT.

## FLAGRANT MISCONDUCT

- PHYSICAL OR NON-PHYSICAL ACTS THAT OCCUR BEFORE, DURING OR AFTER A MATCH AND IS ANY ACT CONSIDERED BY THE OFFICIAL TO BE SERIOUS ENOUGH TO DISQUALIFY A CONTESTANT FROM THE MATCH AND ANY ADDITIONAL WRESTLING IN THE MULTIPLE EVENT.
- **IT INCLUDES BUT NOT LIMITED TO:** STRIKING, BUTTING, ELBOWING, KICKING, INTENTIONAL BITING OR USE OF ANY TOBACCO PRODUCTS.

## REVIEW PENALTY CHART

## NATIONAL FEDERATION WRESTLING RULE BOOK

## TIME-OUTS

- INJURY TIME
- BLOOD TIME
- RECOVERY TIME
- BAD TIME
- OFFICIAL'S TIME

### Injury Time Outs

- When injury time can be used
  - coming to the mat not ready to wrestle
  - when extended time is needed to find or replace a contact lens
  - improper uniform after the match has started
  - for any injury or pre-existing condition

## INJURY TIME

- Maximum of 1 1/2 minutes cumulative time
- Injury, illness, correction of illegal equipment
- There is a limit of two injury time-outs which may be permitted in any match, provided the total time does not exceed 1 1/2 minutes
- After the second injury time-out the opponent gets choice, top, bottom or neutral

## BLOOD TIME

- Any contestant who is bleeding will be charged with a bleeding time out
- The wrestler has a cumulative time of 5 minutes for bleeding
- Clean up time is not counted towards the bleeding time
- The number of bleeding time outs is left up to the discretion of the referee
- Blood time takes precedence over any time out
- Coaching during blood time is allowed

## RECOVERY TIME

- If a contestant is injured as a result of an illegal hold, unnecessary roughness or un-sportsmanlike conduct to the extent that they can not continue the injured wrestler will receive a maximum of 2 minutes recovery time (per occurrence)
- Recovery time is not deducted from injury time
- A wrestler can not take injury time immediately following recovery time

## **BAD TIME**

- Wrestlers RE-STARTED in wrong position
- Wrong wrestler being given choice at the beginning of the third period
- Choice of position not given after the second injury time-out
- Wrestling inadvertently continued when the period should have concluded.
- Wrestling was allowed to continue following a violation when the match should have been stopped.
- Any points, penalties, injury time that occurred during bad time shall be voided with the following exceptions:
  - flagrant misconduct
  - unsportsmanlike conduct
  - unnecessary roughness
  - illegal holds
  - bleeding time
- Errors requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period.
- When an error occurs in positioning wrestlers at the start of the third period or an error occurs in which the wrong wrestler is given the choice of position or an error occurs following the second injury time-out, all points earned during bad time are cancelled unless it is one of five exceptions that supersede bad time.

## **OUT OF BOUNDS**

- DEFINITION
- WHAT ARE SUPPORTING POINTS?
- FLEEING THE MAT
- WRESTLING THE EDGE OF THE MAT
  - ON FEET
  - ON THE MAT (PINNING SITUATION)

## **DEFINITION IN BOUNDS/OUT OF BOUNDS**

- If one supporting part of each wrestlers is out of bounds, they are out of bounds, WRESTLING SHALL BE STOPPED
- Conversely, if both supporting parts of either wrestler are in-bounds, they are considered in-bounds, WRESTLING SHALL CONTINUE
- THE LINE IS OUT OF BOUNDS

## WHAT ARE SUPPORTING POINTS?

- Supporting points are parts of the body touching, or within the wrestling area, which bears the wrestler's weight
- When down on the mat, the usual points of support are knees, the side of the thigh and/or the buttocks
- When on their feet, the usual points of support are feet and/or knees
- In a pinning situation the defensive wrestlers supporting parts may be the scapulas and/or shoulders

## EDGE OF MAT ON FEET

- If a takedown or reversal happens near the boundary line, points shall be scored when control is established while supporting points of either wrestler are in-bounds or while at least the feet of the scoring contestant finish on the mat in-bounds.

## EDGE OF MAT PINNING SITUATION

- In a pinning situation, the offensive wrestler can pull the defensive wrestler back in-bounds to gain a near fall or fall, but the offensive wrestler can not go out of bounds to do this
- If the defensive wrestler in a pinning situation is hindered out of bounds because of lack of mats or moving of the safety mats, the match must be stopped

## STALLING

- NEUTRAL POSITION
- OFFENSIVE POSITION
- DEFENSIVE POSITION
- OVERTIME - TIEBREAKER

## NEUTRAL POSITION

- CONTINUOUSLY AVOIDS CONTACT
- PLAYS THE EDGE OF THE MAT
- PREVENTS OPPONENT FROM RETURNING OR REMAINING INBOUNDS
- NO ATTEMPTS TO SECURE A TAKEDOWN
- BLOCKING WITH FOREARM OR HEAD
- CONTROLLING OPPONENTS HANDS AND WRISTS WITHOUT FOLLOW THROUGH TO A TAKEDOWN
- FAKING CONTACT

## OFFENSIVE POSITION

- BEING CONTENT TO RIDE THE OPPONENT
- DOUBLE LEG GRAPVINE/CROSS BODY RIDE WITHOUT OFFENSIVE IMPROVEMENT
- APPLYING CROSS BODY RIDE IN STANDING POSITION
- TRAPPING ANKLE WITH LOWER LEG WHILE USING DEEP WAIST
- WHILE IN REAR STANDING POSITION, MAKING NO ATTEMPT TO BRING OPPONENT TO THE MAT
- HOLDING OPPONENTS LEG WITH NO ATTEMPT TO IMPROVE

## DEFENSIVE POSITION

- DEFENSIVE WRESTLER MUST WORK TO IMPROVE, BUT DOES NOT HAVE TO ENDANGER POSITION
- REMAINS ON ALL FOURS IN A BASIC STARTING POSITION
- CONTENT TO JUST LAY ON THE MAT
- LYING ON MAT WITH ELBOWS HELD IN CLOSE TO THE BODY
- GRASPING OPPONENT'S HANDS OR ARMS AND JUST HOLDING THEM CLOSE TO THE BODY

## FLEEING THE MAT

- To Avoid a Scoring Opportunity
  - Going Out of Bounds
  - Forcing Opponent Out of Bound
  - SEEKING A SAFE HAVEN
- Referee Can Award **BOTH** Action **AND** Penalty Points
  - Action Points (Near Fall, Takedown, etc.) and
  - Penalty Points--Fleeing the Mat
- Playing the Edge of the Mat is
  - Stalling, NOT Fleeing the Mat

## OVERTIME - TIEBREAKER

- The tiebreaker situation is somewhat different from previous seven minutes of the match. The wrestler that scores first wins. If no points are scored in 30 seconds the offensive wrestler will be declared the winner. If defensive wrestler escapes, he/she is declared the winner.
- Controlled wrestling should not be categorized as stalling in the tiebreaker.
- If the top wrestler is control wrestling, they should not be called for stalling.
- If the top wrestler is hanging on and not control wrestling, the official should call a stalemate immediately and restart the wrestling.
- If top wrestler goes to a maneuver to hang on **again**, then stalling should be called against the top wrestler.

## ASSISTANT REFEREE

- GRANTED FULL MOBILITY OF THE MAT TO ASSIST THE REFEREE
- REFEREE HAS FULL CONTROL OF THE MATCH
- VERBALLY COMMUNICATE WITH REFEREE ABOUT STALLING, LINE CALLS, ILLEGAL HOLDS AND TIME REMAINING
- ASSISTANT SHOULD BE FACING REFEREE WITH GOOD POSITION TO SEE THE MATCH
- DURING FALL, ASSISTANT SHOULD NOT BE ON THE MAT, BUT IN POSITION TO OBSERVE BOTH ACTION AND THE CLOCK
- IF ASSISTANT OBSERVES LOCKED HANDS OR GRASPING OF CLOTHES, IMMEDIATELY GIVE PROPER SIGNAL AND VERBALIZE TO HEAD OFFICIAL
- WHEN ASSISTANT DISAGREES WITH REFEREE BRING IT TO THE REFEREE'S ATTENTION. THE FINAL DECISION BELONGS TO THE HEAD REFEREE.

## **ASSISTANT REFEREE**

- WHEN NECESSARY, THE REFEREE AND ASSISTANT WILL MEET ON THE MAT, AWAY FROM THE COACHES WITH WRESTLERS IN FULL VIEW TO DISCUSS A POINT OF DISAGREEMENT.
- PROVIDE VISUAL SUPPORT TO THE FINAL DECISION OF THE HEAD REFEREE.