

# 2014 Wyoming Amateur Wrestling Association Referee Clinic



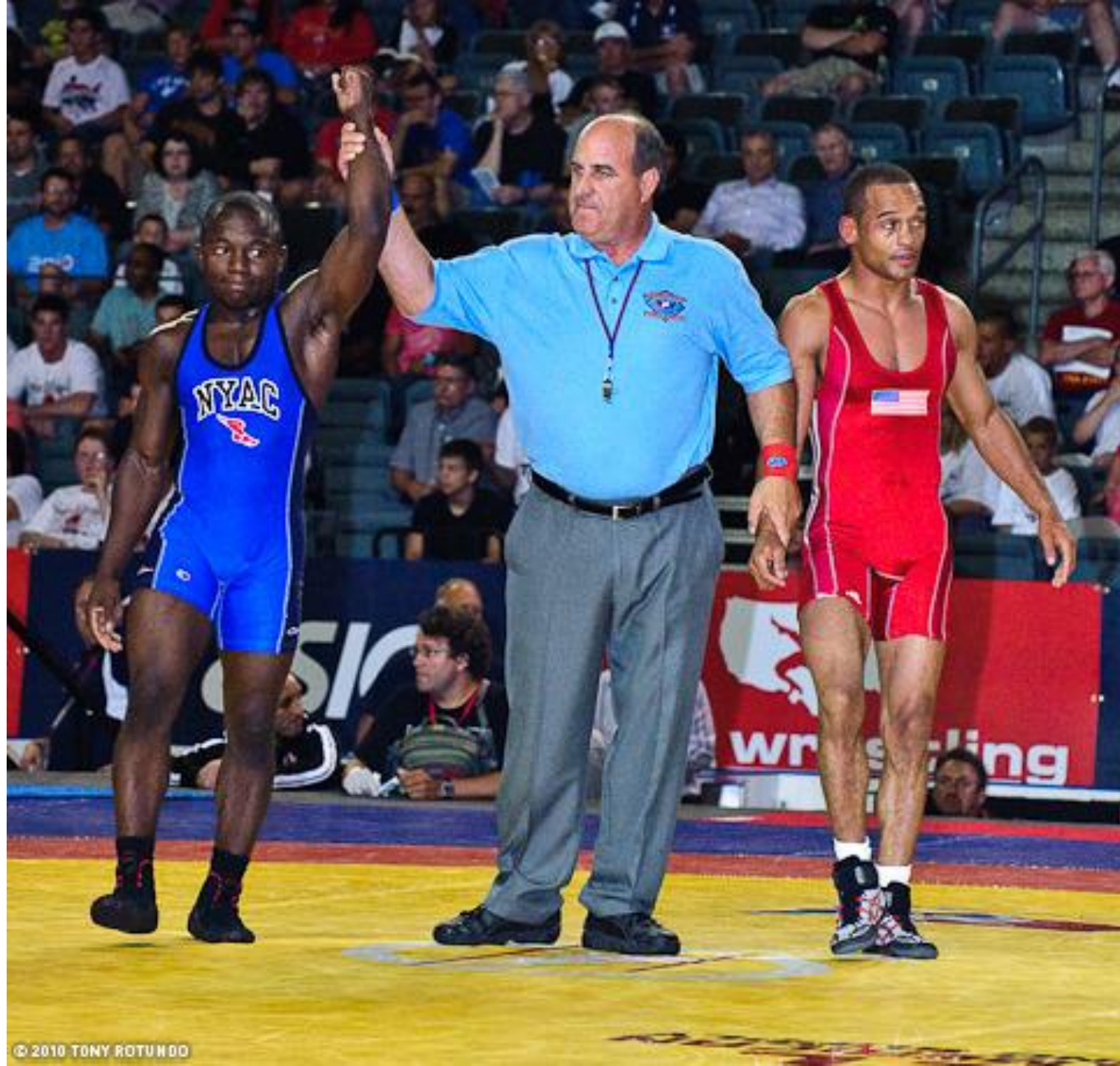
WAWA State Mat Official  
Shawn Thorson

# Objectives

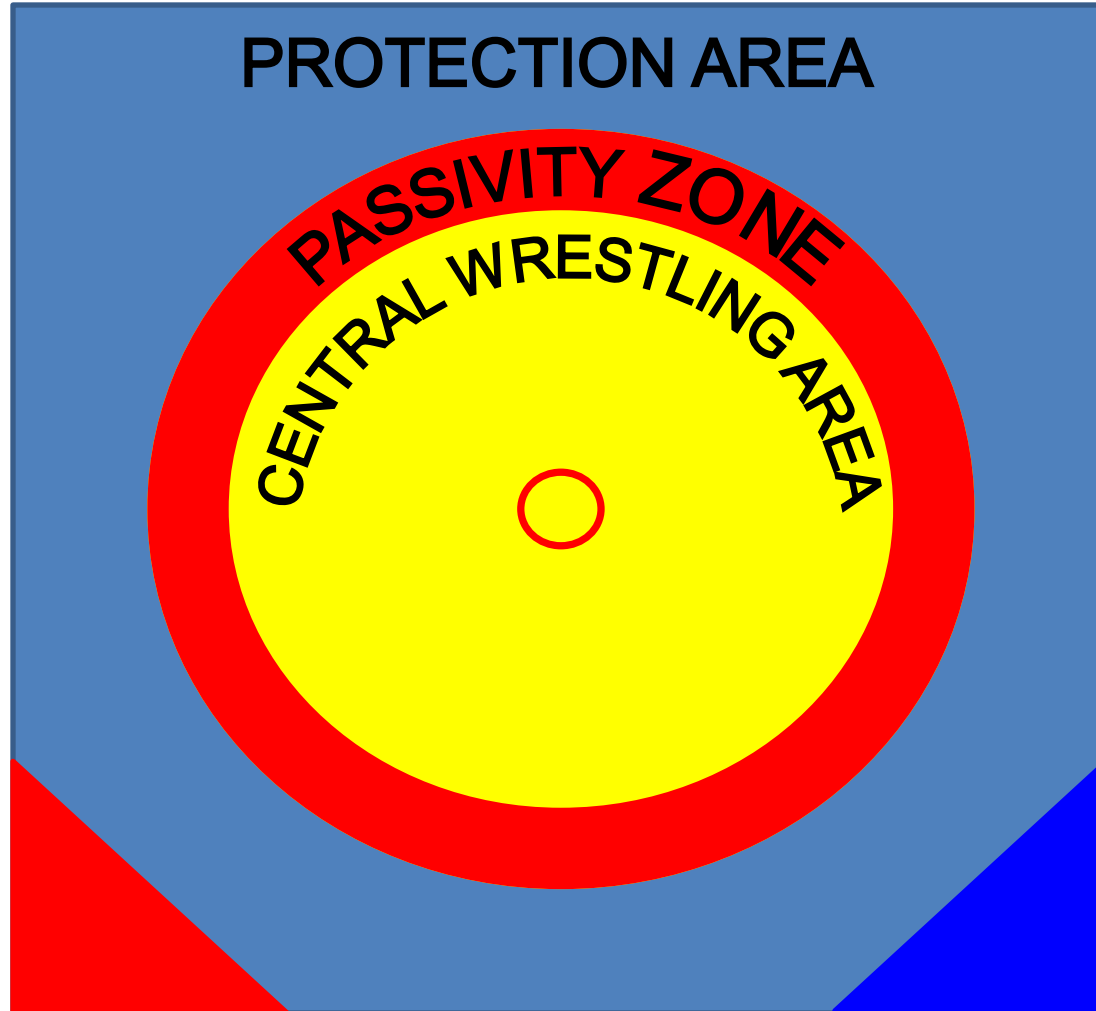
- The provide you with the rules and mechanics for being a referee in USA Wrestling
- This clinic provides you with the required referee clinic for the 2014 wrestling season

# Official's Uniform

- Light Blue Polo Shirt
- Grey Trousers
- Black Belt
- Black Socks
- Black Shoes
- Red/Blue Armbands
- Whistle and Lanyard
- Red/Blue choice - flip disc/ball
- The uniform is the same for all 3 styles in USA Wrestling



# The Mat



Olympic Style

# Officiating Crew FS/GR

- Mat Chairman
  - Bout Chairman
  - Referee
  - Judge

# Officiating Crew FS/GR

- Mat Chairman
  - In charge of the mat
  - Coordinates the work of the referee and the judge
  - Provides guidance and knowledge to other officials on the mat
  - Performs evaluations of officials in need of evaluations

# Officiating Crew FS/GR

- Bout Chairman
  - Follows the course of the bout very carefully, without being distracted in any way
  - Orders the ordered hold when the bout requires
  - Settles issues of any disagreements between the referee and judge in order to determine the result, number of points, and the falls
  - In no case may be the first to give an opinion on calls through the bout

# Officiating Crew FS/GR

- Bout Chairman
  - Approval **MUST ABSOLUTELY** be sought before granting a fall
  - May interrupt the bout in the case of a serious mistake made by the referee (illegal hold, potentially dangerous, wrongfully ordered hold)
  - May interrupt the bout in the case of a serious scoring mistake is confirmed (wait for a neutral situation)
  - Answers the questions of coaches/issues yellow/red cards

# Officiating Crew FS/GR

- Referee
  - Responsible for the orderly conduct of the bout
  - Starts and stops the bout with whistle
  - Work in close cooperation with the judge
  - Uses correct terminology to order the wrestlers to do what is wanted
  - Walk the wrestlers back to the center of the mat (DO NOT TURN YOUR BACK ON THE WRESTLERS)

# Officiating Crew FS/GR

- Referee
  - Protects the athletes from danger (if it looks dangerous to you, stop the bout)
  - Clearly signal all of your calls so the Judge, Chairman, and Coaches are able to understand what you are calling
  - Make calls immediately so Judge can offer a call and the Chairman can settle the difference if needed

# Officiating Crew FS/GR

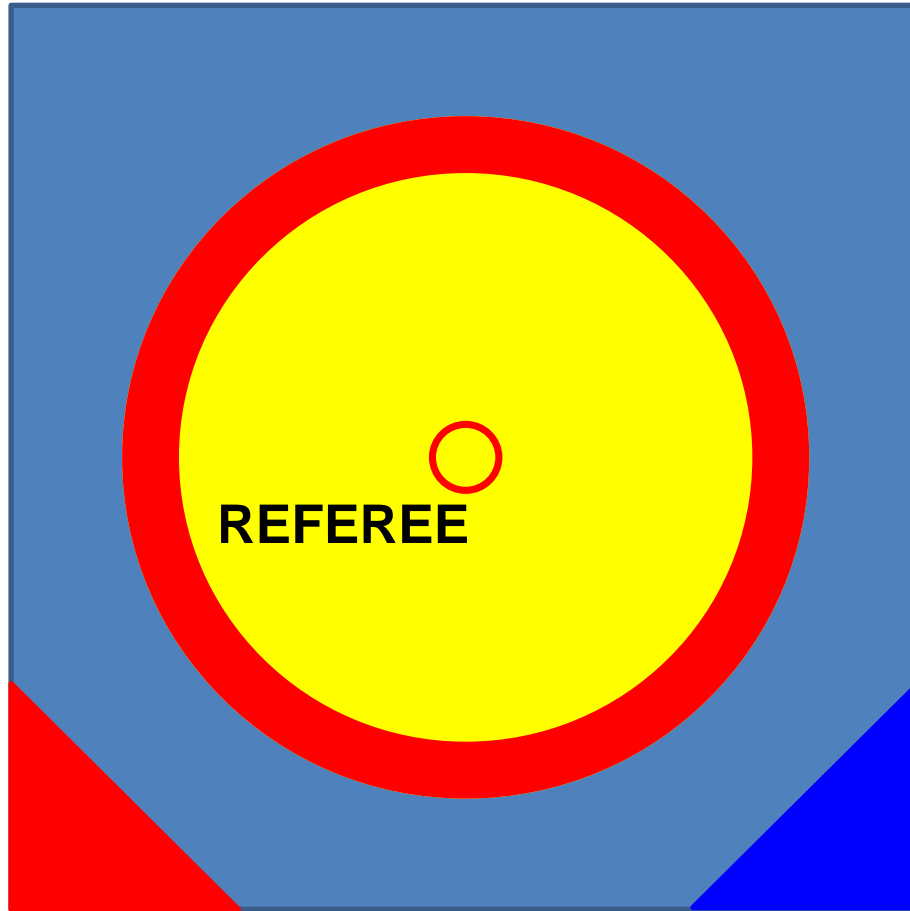
- Referee
  - Encourage wrestling and action  
“Action/Contact”
  - Refer coaches to the Bout Chairman
  - Be in the right position in order to make the correct scoring

# Officiating Crew FS/GR

- Judge
  - Follow course of the bout with out be distracted in any way
  - Confirms or offers different scores of the bout to the chairman
  - May initiate **ANY** call, has same responsibilities as the Referee except starting and stopping the bout.

# Officiating Crew FS/GR

**Bout Chairman**



**JUDGE**

# Referee's Terms

- Commands – USA uses Fila Terminology
  - **“ACTION”** = Wrestler needs to complete the move initiated; Wrestler is backing up and needs to attack
  - **“ZONE”** = Notifies wrestler he/she is in the Red Zone
  - **“POSITION”** = Initial position of the wrestlers on the ground (or in ordered contact in Greco-Roman wrestling), before the referee blows his whistle
  - **“CONTACT”**
    - Neutral = Assume body-to-body contact
    - “Par-Terre” = Top wrestler places hands on bottom wrestlers back

# Referee's Terms

- Commands – USA uses Fila Terminology
  - **“PLACE”** = Tells wrestlers to turn and not flee the mat
  - **“ATTENTION”** = Warning
  - **“Head Up”** = The wrestler must raise his head.
  - **“Up”** = The wrestler must stand and the bout must be resumed in the standing position
  - **“Touche”** = Term indicated that the wrestler is beaten by a “fall”
  - **“Warning”** = Wrestler is being passive in the beginning of FS and GR matches when there is no score in the period

# Definitions

- **Exposure** – When the defensive wrestler's back is turned toward the mat past 90°
- **Danger** – When the defensive wrestler is in exposure while touching a shoulder, an elbow, or the head
- **Brutality** – Unnecessary roughness, with clear intent to injure the opponent
- **Counter** – An action which stops or blocks the offensive wrestler's attack.
- **Instantaneous Fall** – When an offensive wrestler places both shoulders on the mat for an equivalent pinning length of time in an offensive action

# Definitions

- **Fall** – When the offensive wrestler holds his opponent's shoulders against the mat for the required time for the referee to observe the total control of the fall
  - Fall times:
    - Schoolboy's and below are 2 second
    - Cadets and up are a controlled touch

# Wrestlers Uniforms

- Singlets will be predominately **RED** or **BLUE**
- Shoe laces will be secured by tape or shoe's velcro lace cover.
- All wrestlers in the State of Wyoming will wear head gear (WAWA modification)

# Wrestlers Uniforms

- Women should wear a women's singlet, may wear approved skin tight leotard under singlet
- Competition singlets must be worn during weigh ins. No alterations may be made to the singlet.

# FS/GR Points

- **1 Point**

- Correct Throw
- Reversal
- Hand to Hand
- Caution and 1
  - Flee
  - Illegal hold with score
  - False start in clinch
- Step Out
- Penalty

- **2 Points**

- Takedown
- Exposure
- Instantaneous Fall
- Caution and 2
  - Flee Mat in Danger
  - Illegal Hold without Score

# FS/GR Points

- **4 Points**

- All Throws landing in danger

- **5 Points**

- Grand Amplitude throws landing in danger in Greco Roman

# Interrupting the Bout

- The referee must stop the bout if:
  - A wrestler is injured
  - Brutality
  - After a score if a foul occurs
  - Foul preventing a score
  - Wrestlers go out of bounds
    - ❖ Standing – Feet
    - ❖ Par Terre – Bottom wrestlers shoulders or head

# Interrupting and Continuing the Bout

- Wrestling will start in “par terre” when:
  - An attacked wrestler takes an illegal action in the “par terre” position, he will receive a caution and 1 or 2 points will be attributed to his opponent. The bout resumes in the ordered “par terre” position.
    - Flee the hold in par-terre
    - Flee the mat in danger
    - Illegal actions while in danger
- All other times the bout is stopped, the wrestlers will restart in standing

# End of the Bout

- The bout ends by a fall, a disqualification, a technical superiority, or at the end of the regular time
- A period ends either by technical superiority or at the end of time in the period

# End of the Period

- Technical Superiority:
  - FS – 10 Points
  - GR – 8 Points
  
- 2 – 3 Point Throws and 5 Point Throw does not end the period.

# Penalties



# Penalties

- Yellow Card
  - A warning given by the officials to a coach whose behavior is unsportsmanlike
- Red Card
  - Expulsion of a coach from the rest of the tournament for unsportsmanlike behavior.

# Illegal Holds

- Throat hold
- Twisting of arms more than 90°
- Holding the head or neck with two hands
- Double (full) nelson if not executed from the side
- Stretching the spinal column
- Chancery hold
- Lock around the head without the arm
- Pike position while standing

# Illegal Holds

- Lifting and throwing the opponent to the mat who is in the bridge position
- Breaking the bridge by pushing in the direction of the head
- Neck wrench – grabbing the chin and twisting

# Illegal Holds Modifications

- Cadet
  - Full nelson
- Kids
  - Full nelson
  - Iron cross / West point ride / Cross chest cradle
  - Full suplay
  - Salto
  - Slam

# Illegal Holds Modifications

- Kids
  - $\frac{3}{4}$  nelson with a leg hook
  - Double arm bar with a sit-out

# Freestyle Bout



# Duration of the Bout

- For schoolboys, cadets, juniors, and seniors: 2 periods of 3 minutes with a 30 second break.
  - Younger age groups have shorter periods
- Scoring is cumulative throughout the bout
- There is no more Clinch in FS
- Technical superiority is 10 points

# Bout Procedure

- If at the 1:00 mark in the first period the score is 0-0 a the passive wrestler will be called for a “Warning” and the 30 second shot clock will be started, does not need confirmation, and match is not stopped.
- If still 0-0 after 30 second shot clock has expired, warned wrestler will receive a Caution – 1, needs to be confirmed.
  - These calls are not challengeable.
  - Bantam warning at 30 seconds, penalty at 1:00

# Bout Procedure

- If this is the only point scored and the second period is 1-0 at the 1:00 mark issue a “Warning” to the other wrestler and follow the same procedure.
- If technical points are scored, match will be wrestled and follow normal scoring and flee calls.

# Greco-Roman Bout



# Duration of the Bout

- For schoolboys, cadets, juniors, and seniors: 2 periods of 3 minutes with a 30 second break.
  - Younger age groups have shorter periods
- Scoring is cumulative throughout the bout
- Technical superiority is 8 points

# Bout Procedure

- If at 1:00 the score is 0-0 in the first period the passive wrestler will be issued a Passivity “Warning”, does not need confirmed and match is not stopped
- If a wrestler is called for a 2<sup>nd</sup> Passivity, that wrestler receives a “Caution” and there is no point awarded and there is no shot clock. 2<sup>nd</sup> Passivity must be confirmed.

# Bout Procedure

- If a wrestler receives a 3<sup>rd</sup> Passivity, that wrestler receives a 2<sup>nd</sup> “Caution” and the opponent is awarded 1 point and receives choice of wrestling in the standing or par terre position.
- If a wrestler receives a 4<sup>th</sup> Passivity, that wrestler receives a 3<sup>rd</sup> “Caution” and the opponent is awarded 1 point and will win the match. The match will be recorded as a “Fall”

# Bout Procedure

- Par Terre Position – GR Only
- Reverse Gut
  - Top wrestler assumes the reverse lock position (reverse gut)
  - Age groups Schoolboy and younger must start with both knees on the mat
  - Top wrestler's feet or knees may not be in front of the bottom wrestler's hands and may not be across the center line on the mat
  - The referee blows the whistle when the hold is executed

# Bout Procedure

- Par Terre Position – GR Only
- Reverse Gut
  - Top wrestler may place one knee on the mat, must not move bottom wrestler's position
  - Must place hands on the back of the bottom wrestler
  - The top wrestler's feet or knee can not be in front of the bottom wrestler's hands
  - The referee blows the whistle when the hold is executed

# Bout Procedure

- Par Terre Position – GR Only
- Reverse Gut



# Bout Procedure

- Par Terre Position – GR Only
- Optional Start
  - One knee must be down on the mat, one knee may be between the bottom wrestler's legs
  - The top wrestler cannot move or disturb the bottom wrestler
  - The bottom wrestler must allow the knee of the top wrestler between the legs from behind
  - The top wrestler's feet/knee may not be in front of the bottom wrestler's hands

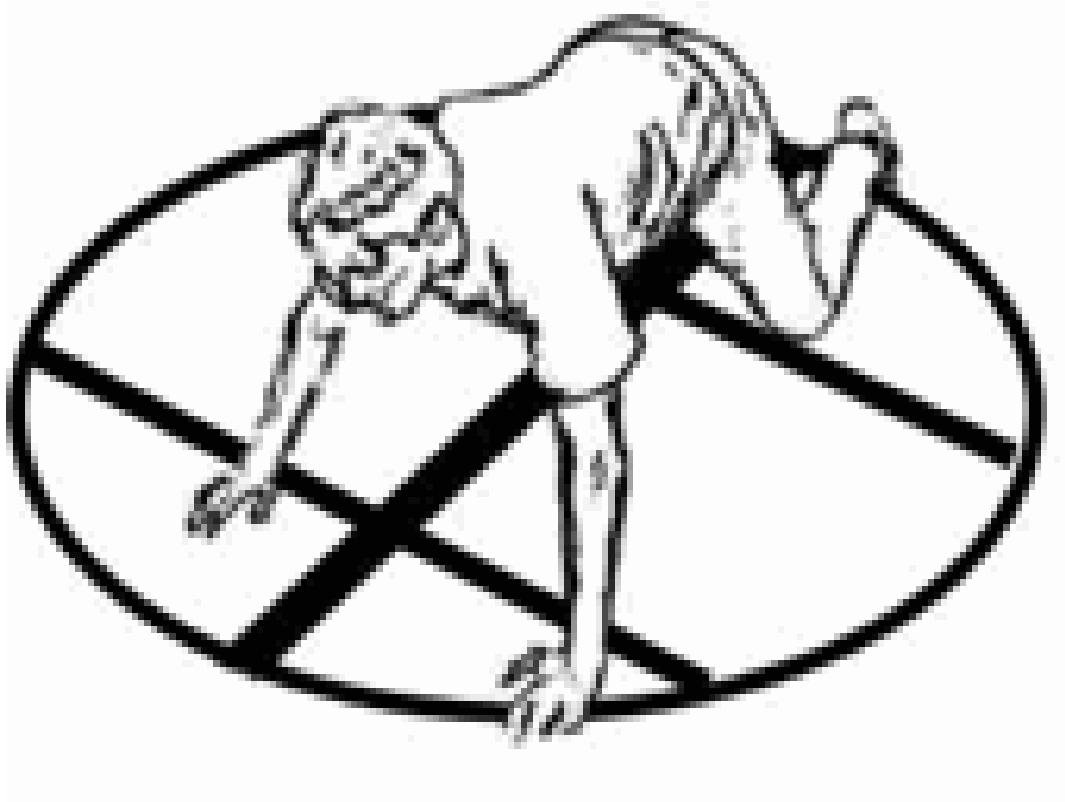
# Bout Procedure

- Par Terre Position – GR Only
- Optional Start



# Bout Procedure

- Par Terre Position – GR Only
  - The bottom wrestler will be in the table top position



# Folkstyle



# Officiating Crew Folkstyle

- Referee

- Responsible for the orderly conduct of the bout
- Starts and stops the bout with his whistle
- Talks to the coaches if they have a question
- Discusses with the assistant if there is a question or a problem, but has the final say

# Officiating Crew Folkstyle

- Assistant
  - Follow course of the bout with out being distracted in any way
  - Aids the referee if there is a question or a problem
  - Looks for illegal holds on opposite side of wrestlers as the referee

# Definitions

- **Bad time** – Occurs when:
  - The wrestlers have wrestled in the wrong position. The wrong wrestler is given the choice of position at the beginning of the third period or choice of position is not given after the second time out.
  - Involves time that occurred when the clock should not have been stopped.

# Definitions

- Any points, penalties, or injury time that occurred during the bad time shall be voided except for flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds, and bleeding time.
- Errors requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period.

# Definitions

- **Fall**

- Occurs when any part of both shoulders of either wrestler are in contact with the mat and inbounds for 2 seconds

- **Near Fall**

- Occurs when the offensive wrestler has control of the opponent in a pinning situation and both shoulders are held within 4 inches of the mat or when one shoulder is touching the mat and the other shoulder is held at an angle of  $45^\circ$  with the mat

# Definitions

- **Technical Fall**

- Occurs when a wrestler has earned a 15 point advantage over the opponent
  - If a takedown or reversal to near fall criteria creates a 15 point advantage, the match shall continue until the near fall situation has concluded.
  - Once the technical fall has been earned, the offensive wrestler cannot lose the match except by flagrant misconduct.

# Definitions

- **Flagrant Misconduct**

- On coaches or other team personnel are acts which:
  - The referee considers serious enough to remove the offender from the premises.
  - Can occur prior to, during, or after a match.

# Definitions

- **Flagrant Misconduct**

- On contestants

- Any physical or nonphysical act which occurs before, during, or after a match considered by the referee to be serious enough to disqualify a contestant from the match or from the tournament.

# Definitions

- **Flagrant Misconduct**

- Acts include, but are not limited to

- Striking

- Head Butting

- Elbowing

- Kicking an opponent

- Use of any tobacco product

- Biting

# Definitions

- **Illegal holds**

- Any hold used in such a way to endanger life or limb is illegal. Holds are illegal when a body part is forced beyond the limit of normal range of movement or when unnecessary force is applied to an opponent.
- Any hold with pressure exerted over the opponent's mouth, nose, throat, or neck that restricts breathing or circulation is illegal.

# Definitions

- **Inbounds**

- When down on the mat, the usual points of support are:
  - The knees
  - The side of the thigh
  - The buttocks
  - The hand

# Bout

- Juniors:
  - Championship Bracket: 2:00, 2:00, 2:00
  - Consolation Bracket: 1:00, 2:00, 2:00
- Cadet:
  - Championship Bracket: 2:00, 2:00, 2:00
  - Consolation Bracket: 1:00, 2:00, 2:00
- Schoolboy/Girl:
  - Championship Bracket: 1:00, 1:30, 1:30
  - Consolation Bracket: 1:00, 1:00, 1:00

# Bout

- Novice:
  - Championship Bracket: 1:00, 1:30, 1:30
  - Consolation Bracket: 1:00, 1:00, 1:00
- Intermediate:
  - Championship Bracket: 1:00, 1:00, 1:00
  - Consolation Bracket: 1:00, 1:00, 1:00
- Bantam:
  - Championship Bracket: 1:00, 1:00, 1:00
  - Consolation Bracket: 1:00, 1:00, 1:00

# Starting Positions

- 1<sup>st</sup> period – Neutral
- 2<sup>nd</sup> period – Flip disk, winning color gets choice of top, bottom, neutral, or defer
- 3<sup>rd</sup> period – Other color gets choice of top, bottom, or neutral

# Starting Positions

- If score is tied after three periods – wrestle a one minute sudden victory period – neutral start
- If still tied – wrestle two 30 second periods
  - Flip disk, winning color gets choice of top, bottom, or defer
  - After 30 seconds the opponent gets choice of top or bottom
  - Wrestler with most points after the two 30 second periods will be declared the winner

# Starting Positions

- If still tied – wrestle one 30 second ultimate tie breaker
  - Wrestler who scored the 1<sup>st</sup> point in the first 3 periods (excluding penalty points) gets choice of top, bottom, or defer.
  - If the score is 0-0, flip disk and winning color gets choice
  - Wrestler who scores the first point
  - If top wrestler maintains control of opponent through the 30, they receive 1 point and win

# Starting Positions

- Neutral
  - Both wrestlers standing with one foot on the **GREEN** or **RED** area of the starting lines
- Defensive
  - Defensive wrestler in center of mat, with knees behind one starting line and palms of hands in front of the other starting line.

# Starting Positions

- Offensive
  - Offensive wrestler on right or left side of defensive wrestler
  - At least one knee on the mat on the near side
  - The palm of the near side hand is placed on or over the back of the opponent's elbow
  - The head is placed on or above the mid-line of the defensive wrestler's body

# Starting Positions

- Offensive
  - The other arm is placed loosely around the defensive wrestler's body and placed on the navel
  - A foot may be placed behind the defensive wrestler's feet but may not be placed between the defensive wrestler's feet, nor straddle the defensive wrestler.
- The referee will make sure the position is correct, say "SET", pause, then start wrestling

# 3<sup>rd</sup> Penalty

- If wrestler A receives a stalling penalty and 2 points are awarded then wrestler B will receive choice of position on the next restart.
  - If a 3<sup>rd</sup> penalty is at the end of the 2<sup>nd</sup> period wrestler B will have choice of position at the start of the 3<sup>rd</sup> period
    - If wrestler B has choice at the start of the 3<sup>rd</sup> period, wrestler B will have choice of position at the next restart.

# 3<sup>rd</sup> Penalty

- If a 3<sup>rd</sup> penalty is at the end of the 3<sup>rd</sup> period wrestler B will have choice of position at the start of the sudden victory period.

# 2<sup>nd</sup> Injury Time Out

- If wrestler A takes a 2<sup>nd</sup> injury time out, wrestler B receives choice of position at the next restart
  - If the 2<sup>nd</sup> injury time out is at the end of the 2<sup>nd</sup> period, wrestler B will receive choice of position at the start of the 3<sup>rd</sup> period. Choice can be carried over to the sudden victory period
  - If the 2<sup>nd</sup> injury time out is at the end of the 3<sup>rd</sup> period, wrestler B will receive choice of position at the start of the sudden victory period

# 2<sup>nd</sup> Injury Time Out

- If wrestler B has choice at the beginning of the 3<sup>rd</sup> period and wrestler A takes his 2<sup>nd</sup> injury timeout at the end of the 2<sup>nd</sup> period, wrestler B will have choice of position at the next restart

# Combined

- If wrestler A receives a 3<sup>rd</sup> penalty at the end of the 2<sup>nd</sup> period and prior to the start of the 3<sup>rd</sup> period takes their 2<sup>nd</sup> injury time out, wrestler B receives choice of position at the next two restarts, one for the 3<sup>rd</sup> penalty and one for the 2<sup>nd</sup> injury timeout
  - If this happens and wrestler B has choice in the 3<sup>rd</sup> period, wrestler B will receive choice on the next two restarts thereafter.

# Verbiages

- Scoring maneuvers should be verbalized by the referee when awarded.
- Count near fall out loud

# Scoring

- **Near Fall**

- If near fall criteria is met for 2 continuous seconds, 2 points is awarded
- If near fall criteria is met for 5 continuous seconds, 3 points is awarded
- If the defensive wrestler is injured or bleeding occurs:
  1. Just prior to near-fall criteria being met, the match will be stopped and a 2 point near fall shall be awarded.

# Scoring

- **Near Fall**

2. After a two point near fall is met, the match will be stopped and a 3 point near fall shall be awarded.
3. After a three point near fall is met, the match will be stopped and a 4 point near fall shall be awarded.

# Scoring

- **Near Fall**

4. If in 1, 2, or 3, when near fall criteria are met and the defensive wrestler commits a technical violation, applies an illegal hold, or commits unnecessary roughness or unsportsmanlike act, near fall points are earned, as well as an additional point for stopping the match and the appropriate penalty points shall be awarded.

# Scoring

- Warning
  - Stalling – on the first infraction
  - Coach Misconduct (during the match)
- Caution
  - False start or incorrect starting position – on the first two infractions

# Scoring

- **1 Point**

- Escape or Loss of control
- Technical Violation – 1<sup>st</sup> and 2<sup>nd</sup> penalty
- Illegal Hold – 1<sup>st</sup> and 2<sup>nd</sup> penalty
- Stalling – 1<sup>st</sup> and 2<sup>nd</sup> penalty
- Unnecessary Roughness – 1<sup>st</sup> and 2<sup>nd</sup> penalty
- Unsportsmanlike Conduct – 1<sup>st</sup> and 2<sup>nd</sup> penalty
- False Start or Incorrect Starting position (caution) – 3<sup>rd</sup> and every infraction after

# Scoring

- **2 Points**

- Takedown

- Reversal

- Near Fall for 2 seconds

- Technical Violation – 3<sup>rd</sup> penalty

- Illegal Hold – 3<sup>rd</sup> penalty

- Stalling – 3<sup>rd</sup> penalty

- Unnecessary Roughness – 3<sup>rd</sup> penalty

- Unsportsmanlike Conduct – 3<sup>rd</sup> penalty

# Scoring

- **3 Points**

- Near Fall for 5 continuous seconds
- 2 point near fall earned and defensive stoppage for injury or blood

- **4 Points**

- 3 point near fall earned and defensive stoppage for injury or blood

# Penalties



# Penalties

PENALTY CHART (Available in PDF format on Web site – nfhs.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No	} 1 Pt.	1 Pt.	2 Pts.	Disqualify
Technical Violations	7-3	No				
Stalling	7-6	Yes				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3		Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel	7-4-2 7-5-3 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		

# Penalties

- **Coach Misconduct:**

- First offense – verbal warning.
- Second offense – yellow card and deduct one team point if team points are being used.
- Third offense – red card and deduct two team points if being used and removal of the coach from the tournament.

# Penalties

- **Flagrant Misconduct (contestant):**
  - Disqualify on the first offense and deduct 2 team points if using and remove from the premises for the duration of the event
- **Flagrant Misconduct (coaches, team personnel, and parents):**
  - Red card issued and deduct 2 team points if being used. The person(s) involved is immediately removed from the premises for the remainder of the event.

# Penalties

- **Contestant Disqualification**

- Illegal hold, Technical Violation, Stalling, Unnecessary Roughness, Unsportsmanlike Conduct during the match
  - On 4<sup>th</sup> Penalty – from match only
- Unsportsmanlike conduct not during the match
  - From the event and remove from premises
- Flagrant Misconduct
  - From the event and remove from premises

# Penalties

- **Coach Disqualification**

- Unsportsmanlike conduct from the event and remove from premises

- **Flagrant Misconduct**

- From the event and remove from premises

# Illegal Holds

- Slam
  - Straight back suplay and salto
- Pulling back any fingers
- Double under hook snap back
- Hammerlock above a right angle
- Headlock with out an arm
- Head scissors
- Full Nelson
- Strangleholds
- Twisting kneelock
- Keylock
- Overhead double arm bar
- Locked hands in the back in a double arm bar from the front

# Illegal Holds

- Neck wrench
- Front quarter nelson with the chin
- Leg block (cut back)
- Forcing any limb or the head beyond it's normal limit
- Back bow
- Figure 4 around the body, both legs, or head

# Illegal Holds

- A wrestler applying a legal hold shall not be penalized when the opponent turns a legal hold into an illegal hold.
- Kids Modifications
  - Executing a hold by stretching the opponents spinal column.
  - Chancery hold (front double arm bar) with one or two hands in any direction whatsoever.

# Illegal Holds

- Kids Modifications cont.
  - To lift the opponent who is in a bridge position and then to throw him onto the mat (severe impact on the ground)
  - Breaking the bridge by pushing in the direction of the head.
  - Double arm bar with a sit out. A double arm bar is legal providing the offensive wrestler does not sit out.

# Potentially Dangerous Holds

- Any hold that forces a body part past the limit of normal range of motion.
  - **IF IT LOOKS BAD – STOP IT!** Protect the wrestlers
- Toe hold
- Double wristlock
- Chicken wing
- Defensive wrestler stands supporting the weight of the offensive wrestler

# Technical Violations

- False start or incorrect starting position
- Fleeing the mat
- Fleeing the hold
- Grabbing clothing, the mat, or headgear
- Locked hands

**QUESTIONS???**