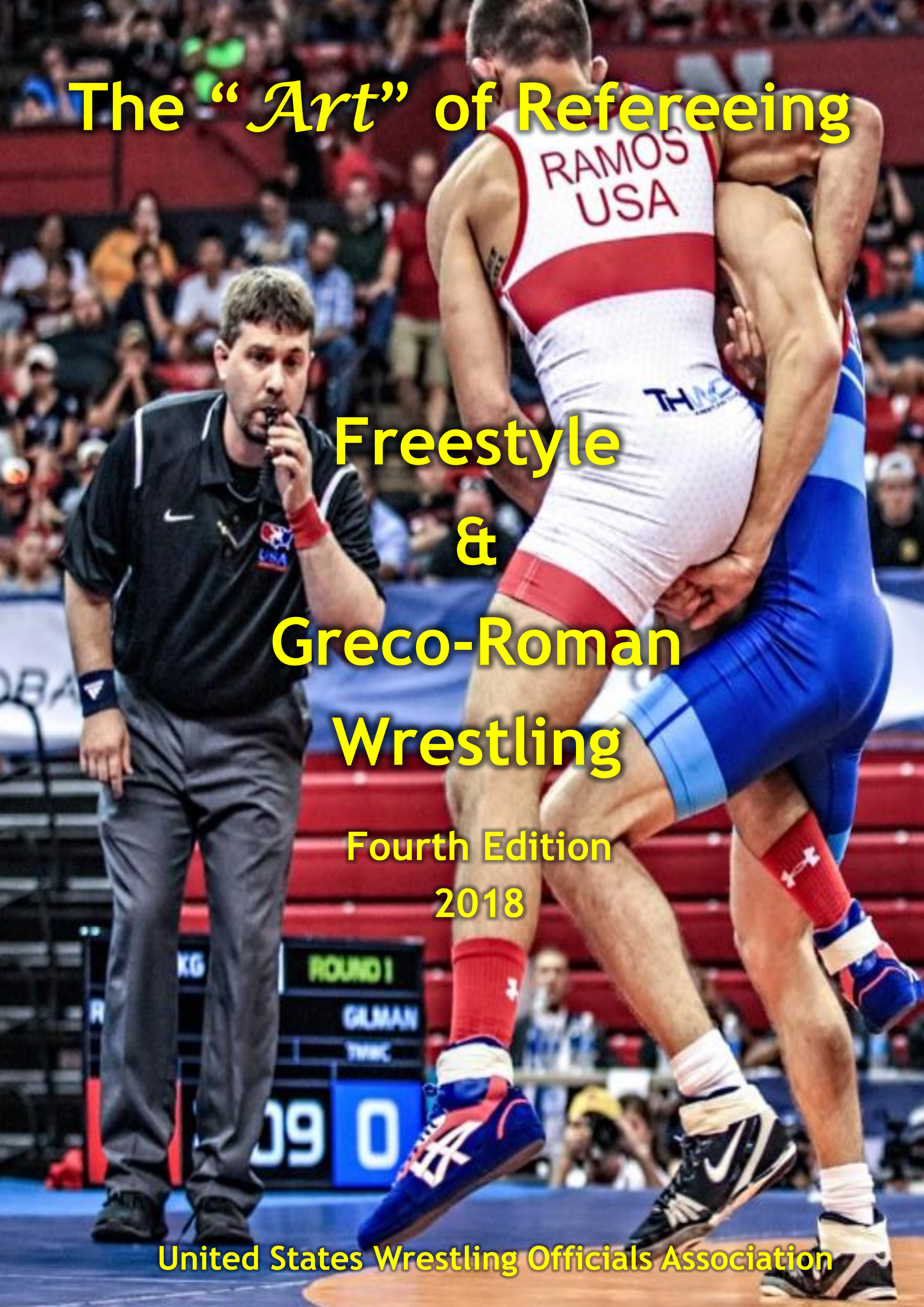


The “*Art*” of Refereeing

Freestyle & Greco-Roman Wrestling

Fourth Edition
2018

United States Wrestling Officials Association



PREFACE

Development into a top-level referee is based on two disciplines. The first discipline is the science of refereeing. A referee must learn and practice the technical rules of wrestling. Understanding the science of refereeing can be accomplished through training and education. It is paramount to not only have a firm understanding of the rules of wrestling, but also to have a solid technical foundation in order to be able to develop the second discipline, the art of refereeing. This discipline encompasses the application of the science of refereeing. Developing a mastery of effective bout management without involving yourself or affecting the outcome is truly an art and will take time, patience, and dedication to perfect.

Over the years, I have been mentored by some of the best referees, not only in the United States, but on the World level. In an effort to capture the philosophies and techniques they have shared with me and pass them on to help others, “The Art of Refereeing Freestyle and Greco Roman Wrestling” was created. It is a compilation of philosophies and techniques learned during senior referee mentoring sessions, mat side situation discussions with fellow referees and coaches, clinics, Officials Education Program (OEP) and watching other referees apply their skills both nationally and internationally.

This guide is designed to complement the rulebook and is not all encompassing. It is not intended to be “the way;” but rather, “a way” of bringing together the art and science of refereeing Freestyle and Greco-Roman wrestling.



Tim J. Pierson
2018

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CHAPTER 1 - PHILOSOPHIES & THOUGHTS

“STOP” Thinking like a Folkstyle Referee. Philosophies in Freestyle and Greco are counter-intuitive to Folkstyle. Situations are not always black and white; they are open to interpretation.

You are part of a “Referee Team.” Do your job and let others do their job. Points are “*opinions*” until they are “confirmed by the referee team.” It’s not how you score the action; it’s how the referee team scores the action.

Expand your gray area & be flexible. The broader your gray area, the better referee you’ll become. Be flexible and able to adjust to change. Don’t be rigid. Need to be able to adjust during a tournament or during a bout.

Understand the seven (7) basic wrestling skills. (1) Stance, (2) Motion, (3) Level Change, (4) Penetration, (5) Lift, (6) Back Step, (7) Back Arch.

Understand the three (3) pillars of evaluation. (1) Wrestler must use a variety of holds to score. (2) Wrestler must be active. (3) Wrestler must take risks.

Understand the skill level of wrestlers you are refereeing. (*Figures 1 & 2 apply*). Different skill levels (Bantam to Olympian) and location (local high school gym to World Championship venue) can determine your mechanics. Each skill level requires an understanding of the wrestler’s capabilities and referee skill set as situations may get called a little different. Good referees understand this well. As you work higher level competitions, the tournament clinician will provide guidance for each tournament. It is imperative you follow their instruction or you may get disciplined (sat down).



Figure 1



Figure 2

Your ability to manage the bout without involving yourself or affecting the outcome is an art. Plan, Think and Anticipate.

Keep Learning. Never stop learning. “*It’s what you learn after you know it all that counts.*” John Wooden. Be observant at tournaments - watch and see how things are being called. Identify the referees that are good and watch them. Choose a mentor you can discuss calls and situations.

Respect. If you want to be respected, you must be respectful. As a referee; you should be able to mediate conflict not cause more of it.

Opinions. If you have an opinion, make sure it is in accordance with the rules. You must respect the rules. Read the rule book! Know the rules! Do not make stuff up!

Evaluating the Action. As a referee, you must feel the action. When evaluating the action your first thoughts are typically the best. As soon as the call comes to mind, call it. Go with your first instinct. If you wait, you’ll begin to over-analyze and change your mind.

Three (3) things separate the “BEST” Referees from the Good Referees. (1) Timing of Passivity Calls, (2) Edge Calls and (3) Fleeing the Hold Calls.

CHAPTER 2 - ESSENTIAL UWW TERMONOLOGY

Standing Position - Wrestlers are in a vertical or upright position on their feet.

Parterre Position - Wrestlers are on their hands and knees, on the mat. Parterre is ground wrestling regardless if there is control or not.

Risk - the willingness of the wrestler to expose themselves to the possible loss of position or points during attempts to score. The concept of risk in wrestling should not be misinterpreted; it does not mean that the wrestler can execute a hold improperly and not lose points or the advantage of their position.

CHAPTER 3 - ESSENTIAL UWW VOCABULARY

“Action” - used to inform a wrestler to wrestle more aggressively and actively try to improve position or to attempt more scoring actions.

“Contact” - used to inform a wrestler to place his/her hands on the back of their opponent in a parterre starting position or to assume body-to-body contact in the standing position. This term is often used for wrestlers who are failing to engage holds with their opponent.

- “Open”** - used to inform a wrestler they must alter their position to allow their opponent to take hold. Often used when wrestlers are “clammed up” while in parterre, interlocking fingers, or blocking holds of their opponent in a standing position.
- “No Block”** - used to inform a wrestler that they are using their hands, arms or head to block offensive activity from his or her opponent and must change tactics to allow their opponent to take hold.
- “Attention”** - used to inform a wrestler of an illegal action or impending penalty. Often tied to passivity or fleeing type actions, as well as, potential leg fouls in Greco-Roman.
- “Head Up”** - used to inform a wrestler to raise their head to avoid using the head as a weapon and/or blocking tool.
- “Continue”** - used if the wrestlers stop due to confusion (a whistle on an adjacent mat, e.g.) or if the wrestlers should continue an action where a potential score is developing slowly.
- “Zone”** - used to inform a wrestler that they have entered the one (1) meter outer perimeter of the mat area and that they are close to going into the protection area.
- “Center”** - used to inform a wrestler to attain position away from the out-of-bounds and closer to the starting area on the mat.
- “Place”** - used to inform the defensive wrestler in parterre that they are getting close to the protection area and should make an effort to stay in the wrestling area.
- “No Fingers”** - used to inform the wrestlers to quit grabbing or interlocking fingers from any position on the mat. If twisting is involved, this is an illegal hold and should be penalized immediately. If a wrestler continues to grab fingers after a verbal “open” command has been given, the wrestler at fault will be penalized with a caution and his opponent will receive two points.
- “Take Hold”** - used to inform a wrestler they are avoiding contact and must take hold of their opponent.

CHAPTER 4 - PRE-BOUT PLANNING

What are you thinking about before a bout?

Are you thinking about wrestling or something completely unrelated to wrestling?

Don’t just wing it and hope for the best.

Pre-bout planning should be based on the level of competition you are refereeing.

Your pre-bout planning should include points of emphasis to help focus on during the bout such as personal weak areas, clinician directives, wrestler’s tendencies, etc.

CHAPTER 5 - REFEREE MECHANICS

During each bout, there are two things occurring.

The match occurring between the two wrestlers.

The referee team working together to make the right call at the right time.

When starting/restarting the action, ensure you can see between the wrestlers.

(Figure 3 applies)

At the start of each period, ensure the judge and chairman are ready before blowing the whistle starting the action.

Watch for a head butt, eye gouge, punch, etc.

Do not start/restart the bout from the zone or protection area.

Do not start/restart the bout looking into a wrestler’s backside.

Move in close so the wrestlers can feel your presence. But not so close you block the view of the judge or chairman.

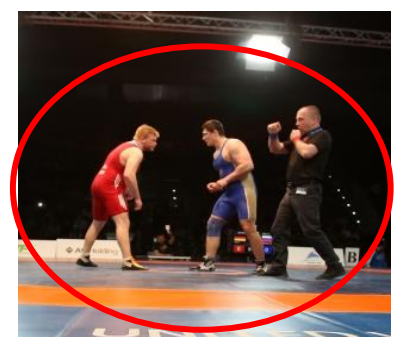


Figure 3

Break the mat into quadrants, “Clock Positions.”

You should try to referee within the 1:00 to 5:00 and 7:00 to 11:00 quadrants. *(Figure 4 applies)*

When the action begins, move to a position where you can best evaluate the scoring situation.

Be in a position so both wrestlers can hear your commands.

The most important thing when you are the referee; “Position,” “Position,” “Position.”

Referee outside-looking in.

Do not stand in the middle of the mat and watch the action move away from you.

Move to the outside and pull the action towards you. *(Figure 5 applies)*

Do not get so close that you get kicked or hit by the wrestlers. *(Figure 6 applies)*

Stay back so you can see the entire action sequence.)

Form a triangle with the Judge and Chairmen.

Be aware of your position in relation to: Judge, Chairman, Wrestlers, and Clock.

Try to not block their view of the action.

Work for a position that keeps the wrestlers between you and the Judge. You and the Judge are a team and must work together. *(Figure 7 applies)*

As a Referee: “You should feel like you’re pulling the action towards you, not pushing the action away.” Chuck Almeida.

Anticipate the direction of the action.

Work the short-side of the mat.

When the action moves away from you; walk briskly, cutting off the mat *(through the central wrestling area)* to get into position. Never Run. *(Figure 8 applies)*

You do not need circumnavigate the central wrestling area. This takes time and could cause you to be out of position and miss the final stages of a scoring action.

Level change.

As the action changes levels, so should you in order to be in the best position to observe/evaluate the action. *(Figures 9 & 10 apply)*

This is especially true in Greco. When a lift/throw begins, move into good position and lower your level to watch for leg fouls.

Lowering your level will give you a good view of how the action lands on the mat, see chokes/illegal holds and observe a fall.

If the action quickly changes direction away from you and you are unable to get into the best position, don’t chase the action. Lower your level.

Hold the whistle in your hand, not in your mouth. *(Figure 11 applies)*

This helps prevent an inadvertent whistle especially at the edge of the mat.

It also allows you to verbally communicate with the wrestlers

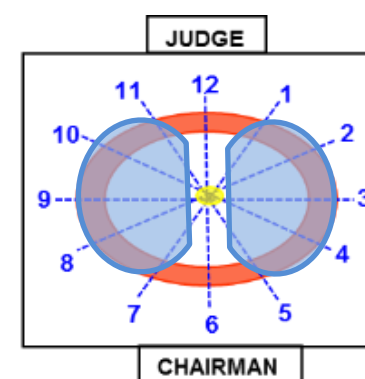


Figure 4



Figure 5

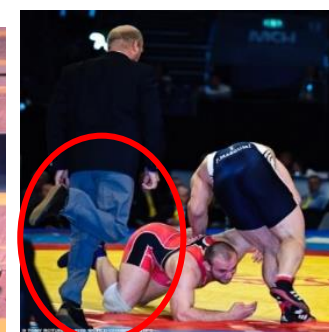


Figure 6

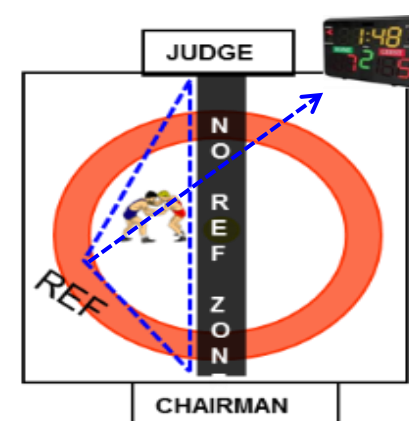


Figure 7

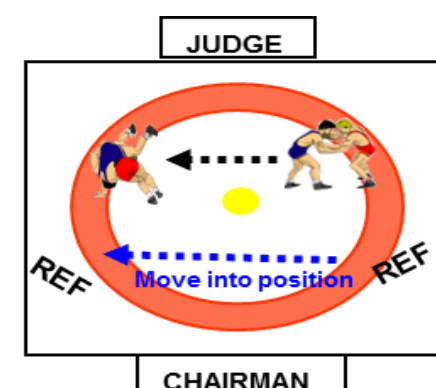


Figure 8



Figure 9



Figure 10

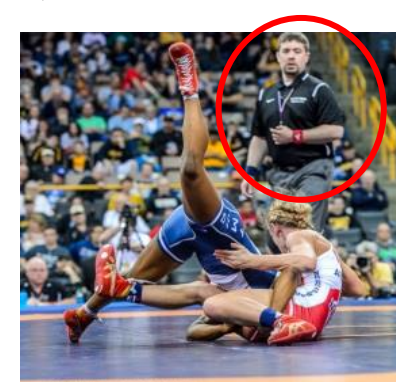


Figure 11

Verbal communication.

Must be vocal. When talking to the wrestlers use proper UWW vocabulary and are very clear and strong.

Two (2) reasons for verbal communication.

1. Talking to the wrestlers for activity.
2. Talking through the wrestlers to the referee team, setting up a call.

The difference between “Commanding” and “Nagging” the wrestlers.

- *Commanding*: Spread out your commands giving the wrestler’s time to react. They will listen and react to what you want.
- *Nagging*: Non-stop chatter does not give the wrestlers time to adjust. When you “Nag,” the wrestlers will stop listening to you.

Visual communication.

Must be animated when talking to the wrestlers or blowing the whistle use your hands to signal. (Figure 12 applies)

Signaling with your hands visually lets everyone know who you are addressing or why you blew the whistle stopping the action.

Not everyone can hear what you are saying or may not understand why you stopped the action. Visual Communication breaks that barrier and keeps everyone informed.

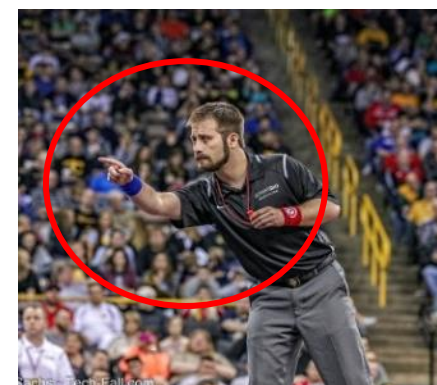


Figure 12

Eye scan pattern.

As a referee, you must watch/evaluate numerous things during a bout. The wrestlers, clock, score, judge and chairman.

It is important to monitor each without overlooking the others or losing overall focus.

Develop an eye scan pattern while on the mat. Similar to how we scan the road when we drive a car.

Example: (Figure 13 applies)

- Position A = Watching the road and evaluating the conditions. (*Watching the wrestlers and evaluating action*).
- Position B = Monitoring the rear-view mirror. (*Monitoring the clock/score*).
- Position C = Scanning the driver & passenger mirror. (*Scanning the judge and chairman*).

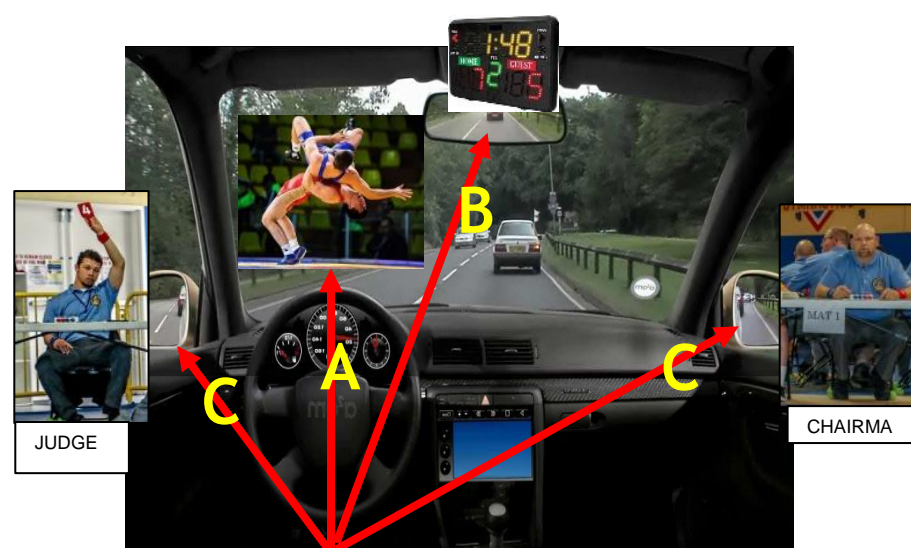


Figure 13

Developing a scan pattern will also help you maintain proper position on the mat, enable you to non-verbally communicate with the judge and chairman when setting up a call and assist when looking for confirmation.

Making the call.

Be decisive, confident and sell your call.

Hold your points high so everyone can see what you scored. (Figures 14 & 15 apply)

Make your call and continue with the action/bout.

If the team confirms a different call (goes around you), don't show emotion or displeasure; continue with the bout.

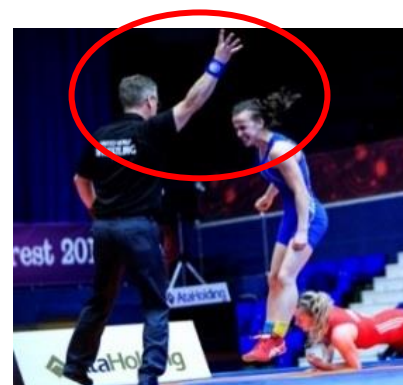


Figure 14



Figure 15

Remember, it's not how you score the action (that's your opinion). It's how the referee team scores the action.

Maintaining control of the mat.

As a referee, you must ensure discipline is maintained. *(Figure 16 applies)*

You set the tone for what will and will not be accepted.

Do not let the wrestlers or coaches dictate discipline to you.

There is a difference between aggressive wrestling and brutality (unnecessary roughness).

Things can and will escalate quickly unless you maintain control.

Maintaining control of the corners.

Use proper protocol and be respectful when dealing with coaches.

Coaches are emotionally invested in their wrestlers; referees are not.

Coaches are going to talk, yell, cheer, etc. Don't over react to everything a coach says or does.

Coaches are trying to help their wrestler. It's not personal.

Be aware of who is in the corner. From the novice dad-coach to the national team coach, each coach is different.

Some sit quietly in the corner and some become very vocal and animated. *(Figures 17 & 18 apply)*

You must be mentally prepared to deal with the corner.

Typically, a big bout will have high-level coaches in the corner. If a coach begins to direct his/her focus on you vice the wrestlers; stop the bout at an appropriate time.

- "Respectfully" give them an attention and ask them to stop.
- If they continue, you can give them a yellow card. *(Figure 19 applies)*
 - If you must give a yellow card, be professional and non-emotional.
 - You do not want to give the appearance you're trying to show up or embarrass a coach.
 - Pull your card out of your pocket. Show it to the coach. Place it back in your pocket and continue with the bout.
 - Professionalism is absolutely critical in this very emotional situation.
- If they still continue, a red card may be appropriate.

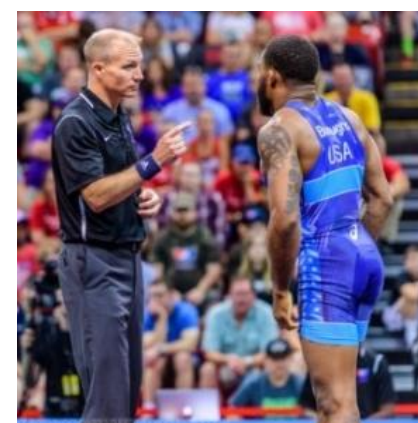


Figure 16



Figure 17



Figure 18



Figure 19

CHAPTER 6 - TIME MANAGEMENT

The **"CLOCK"** is the 4th Member of the Referee Team. *(Figure 20 applies)*

In order to effectively manage a bout, you must team-up with the clock and manage time.

PHILOSOPHY: If you don't manage the clock; the clock will manage you.

The Clock is involved in every part of the bout and becomes most important during time critical phases of the bout when keen decision making skills are required. The Clock provides the requisite information (time, score, cautions and period) necessary to make time critical decisions for effective bout management. Without the Clock's constant feedback, our ability to properly manage the bout would be increasingly difficult to accomplish. The Clock becomes more important if the wrestlers are not scoring points and you are required to use passivity to determine the bout.

Must be aware of the wrestler who has scored points from actions (Total Bout Concept) and work with the clock to avoid letting negative wrestling, passivity and fleeing the hold determine the outcome of a bout. This is especially true if one wrestler has scored points.



Figure 20

Timing of your calls is equally important as evaluating the action.

- If you make calls too early; you'll have too much time remaining.
- If you make calls too late; you'll run out of time and options.
- Space your passivity warnings throughout the period in order to allow a wrestler to adjust. You should not call passivity then immediately make another passivity call. Timing is critical.

If you're going to make an end of bout call that will change the winner, you must know how much time is remaining. "I didn't know how much time was left" is inexcusable for making a poorly timed call that costs a wrestler a victory.

Time management is a critical skill that takes effort and practice.

CHAPTER 7 - EVALUATING THE ACTION

Offensive tactics that leads to technical moves or scores.

An offensive wrestler will utilize one or multiple offensive tactics in order to execute a technical move and score.

Getting pressure back from opponent. *(Figure 21 applies)*

Bending and raising the torso. *(Figure 22 applies)*

Getting an angle. *(Figure 23 applies)*

Motion towards a landing spot. *(Figure 24 applies)*

Imposing feet position. *(Figure 25 applies)*

Feints. *(Figure 26 applies)*

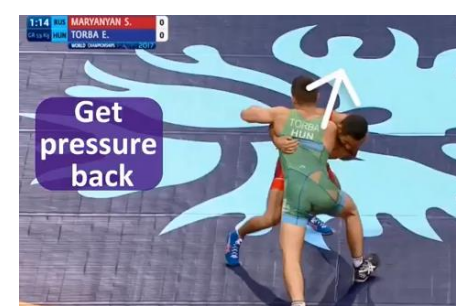


Figure 21



Figure 22



Figure 23



Figure 24



Figure 25



Figure 26

There is a difference between Attack, Counter-Action and Counter-Attack.

As you evaluate Attacks versus Counter-Actions versus Counter-Attacks, six (6) questions to ask yourself when evaluating the action. *(Figure 27 applies)*

1. Who took the risk/initiated the action?
2. Did the offensive wrestler's attack stall while in danger? If so, could be the result of a counter-action.
3. Did the momentum of the attack carry the offensive wrestler to his/her back?
4. Did the action change direction? If so, could be the result of a counter-attack.
5. Did the offensive wrestler maintain the lock throughout the action? If so, reward the attacking wrestler.
6. How did the action finish? Who ended up in danger or on top when the action finished?

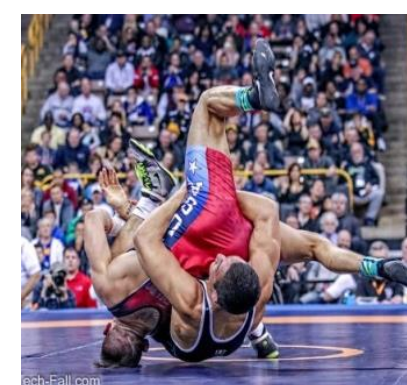


Figure 27

When in doubt, reward the attacking wrestler.

Attack - to take the initiative and conduct an offensive action in trying to score.

Example (1):

- **Red** attacks with a standing double-leg taking **Blue** directly into danger.
- **Red** scores points for the attack into danger.
- **Blue** does not score.

Example (2):

- **Red** attacks with a standing double-leg taking **Blue** directly into danger.
- The momentum from attack causes **Red** to get carried over the top exposing his back.
- **Red** maintained the lock throughout the action and comes back up on top.
- **Red** scores points for the attack into danger.
- **Blue** does not score as **Red's** back exposure was due to the momentum of the attack and **Red** maintained the lock.
- **Evaluation Note:** Watch the offensive wrestler's lock and momentum of the action.

Counter-Action - an action intended to stop an offensive move and hold the offensive wrestler in a position of danger.

Example:

- **Red** attacks with a bear hug and attempts to back arch (throw) **Blue**.
- As they go to the mat **Blue** spreads his arms, stops the offensive move and traps **Red** on his back.
- **Blue** is able to hold **Red** in danger for a short period of time.
- **Blue** scores points for the counter-action.
- **Red** does not score.
- **Evaluation Note:** Watch the defensive wrestler's response to the offensive action. The counter-action must stop the offensive action in danger.

Counter-Attack - an attack in response to an attack

Example (1):

- **Red** attacks with a standing double leg.
- **Blue** is able to change the direction of the attack by hiping **Red** into danger.
- **Blue** scores points for the counter-attack into danger.
- **Red** does not score.
- **Evaluation Note:** Watch the offensive wrestler's direction of attack.

Example (2):

- **Red** attacks with a standing double leg and takes **Blue** directly into danger.
- While on his/her back, **Blue** is able kick **Red** over into danger (with his own initiated action, NOT momentum)
- During the kick over, **Red** loses the lock.
- **Red** scores points for the attack into danger.
- **Blue** scores points for the counter-attack.

2-point versus 4-point versus 5-point actions.

As you evaluate offensive actions, three (3) questions to ask yourself which can help you quickly analyze and determine the point values (2, 4, or 5 points) for each action.

1. Did the action start in standing or in parterre?
2. Did the defensive wrestler go to danger?
3. Was the action considered grand amplitude?

Award points for all "Actions in a Series."

Award points as "YOU" see them, not just the final action like in Folkstyle.

When scoring multiple actions, show only one color at a time, in the order the points are scored. Do not hold up both hands at the same time showing **Red** and **Blue** points.

Example:

- **Red** scored 4-points then **Blue** scored 1-point.
- You should first show **Red-4pts**, lower your left arm and then show **Blue-1pt**.

Three (3) points of contact in relation to a takedown.

Criteria: To the wrestler who overcomes and then controls his opponent by passing behind the hips with three points of contact instantaneously make contact on the mat. (Head, Arms (Hands/Elbows) and Knees).

- Two arms and one knee.
- Two knees and one arm or head

Quadpod.

A quadpod is “NOT” a freestyle takedown, it is a folkstyle takedown.

A quadpod DOES NOT meet freestyle takedown criteria “UNTIL” three points of contact touch the mat or the defending wrestler is turned/thrown. (Figures 28 & 29 apply)



Figure 28



Figure 29

Merkel.

The merkel is “NOT” a freestyle takedown. It is a folkstyle takedown.

The merkel DOES NOT meet freestyle takedown criteria “UNTIL” the offensive wrestler’s leg comes out and offensive wrestler goes behind the defending wrestler’s hips. (Figures 30 & 31 apply)



Figure 30



Figure 31

Front head lock.

Watch for the choke. Lower your level and look from the bottom-up. Focus on the throat (airway/artery). (Figures 32 & 33 apply)

If you see a key lock, a wrestler is going for the choke.

If a wrestler is just hanging on to the head lock and not trying to improve (approx. 3-4 seconds):

- Give a couple of “Action” commands.
- If no improvement, quickly stop the action.

It only takes a few seconds for a wrestler to be choked unconscious.

Attacking with a front head lock.

Evaluation Note: When evaluating a front head lock, watch the offensive wrestler’s lock. (Figures 34, 35, 36, & 37 apply)

If the offensive wrestler maintains the lock throughout the action sequence, only the offensive wrestler should score points.

If the offensive wrestler loses the lock during the action and is counter-attacked, both the offensive & defensive wrestler can score points.

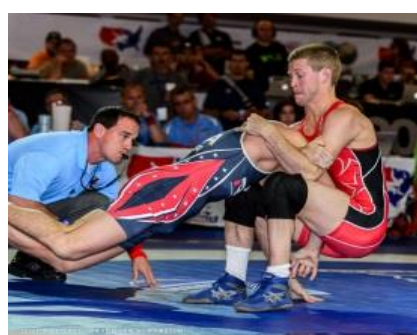


Figure 32



Figure 33



Figure 34



Figure 35



Figure 36



Figure 37

There is a difference between “Standing Up” and “Getting Lifted.”

Standing up.

If the offensive wrestler secures a takedown and the defensive wrestler, under his/her own power, stands up (establishes a standing position) and attempts to escape or turn to face the offensive wrestler and the offensive wrestler returns the defensive wrestler back to the mat; this could be another takedown. (Figure 38 applies)

If the defensive wrestler gets to their feet, yet their hands are still on the mat (Quadpod position) or close to the mat, hold your call until the action has completed. In this situation, if they go back to mat, no points.

This call is situational dependent and is counter-intuitive to folkstyle.



Figure 38

Getting lifted.

If the offensive wrestler secures a takedown and lifts the defensive wrestler, unable to score and then returns the defensive wrestler back to the mat, no points. (Figure 39 applies)



Figure 39

Throws.

When a throw begins, move into good position; lower your level so your eyes are even with the legs and you can see the landing. (Figures 40 & 41 apply).

Evaluation Note: Just lowering your level does not always equate to good position.



Figure 40



Figure 41



Figure 42



Figure 43

Watch the “Beginning” and most importantly the “Landing.”

A throw may start out looking big. Don’t get caught up watching the middle of a big throw and lulled into making a grand amp into danger call. (Figures 42 & 43 apply)

There are times when a big throw doesn’t land in danger, making it a basic throw/takedown. (Figure 44 applies)



Figure 44

Attacker’s knees can be on the mat. (Fireman’s Carry). (Figure 45 applies)

On the edge: Watch the offensive wrestler’s hips to evaluate a good throw or step out.

- “Step Out:” the hips will turn after stepping out-of-bounds. (Figure 46 applies)
- “Good Throw:” the hips will turn before stepping out-of-bounds. (Figure 47 applies)



Figure 46

Figure 47



Figure 45

Grand amplitude throw.

Feet/Hips go up and over the head. (Figure 48 applies)

Does not go side-to-side, except for a reverse body lock.

Three (3) Grand Amp evaluation factors:

1. A lift.
2. An arc thru space.
3. Lands in danger.



Figure 48

PHILOSOPHY: The requirement for how spectacular a throw; depends on weight. Lighter wrestlers have big throw, heavier wrestlers have lower throws. Keep in mind how big the wrestlers are. The bigger the wrestler, the more effort and risk it takes to lift and throw. (Figures 49, 50 & 51 applies)



Figure 49



Figure 50

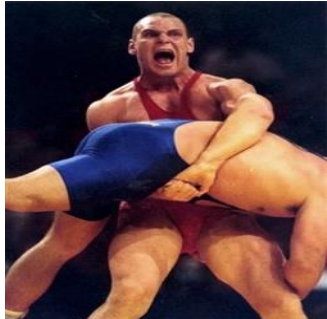


Figure 51

Risk - Correct Hold

Correct Hold “IS” scored. (Figures 52, 53 & 54 apply)

A hold/throw that takes one wrestler off his/her feet and moves them 180 degrees but does not score. However, the defensive wrestler “LOSES CONTROL” and lands on their hip, side or stomach when they hit the mat as a result of the action.



Figure 52



Figure 53



Figure 54

Reward the technique and risk taken by the offensive wrestler.

Correct hold “IS NOT” scored. (Figures 55, 56, 57 & 58 apply)

A throw that takes one wrestler off his/her feet and moves them 180 degrees and does not score. However, the defensive wrestler “MAINTAINS CONTROL” when they hit the mat.

Reward the defensive technique and counter-action taken by the defensive wrestler.



Figure 55



Figure 56



Figure 57



Figure 58

Evaluate the scoring options on a correct hold.

No Control. (Figure 59 applies): Red executes a correct hold, does not gain control and Blue loses control. (Correct hold point(s) for Red).

Reversal. (Figure 60 applies): Red executes a correct hold; however, Blue counter-attacks and secures a reversal. (Correct hold point(s) for Red; Reversal point(s) for Blue).

Control. (Figure 61 applies): Red executes a correct hold and gains control and secures the takedown. (Takedown points for Red).



Figure 59

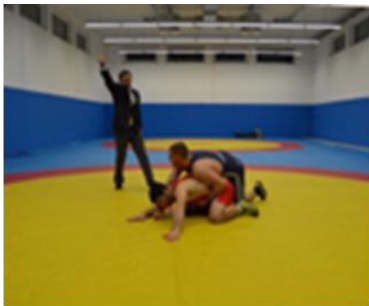


Figure 60



Figure 61

Risk - Slip Throw.

Action that results in the offensive wrestling going directly to parterre without any action by the defensive wrestler is a slip throw. The defensive wrestler does not score any points. (Figures 62 & 63 apply).

PHILOSOPHY: Reward the offensive wrestler for taking risk by not giving the defending wrestler unearned points.

Must determine if the action was a legitimate attempt.

If there is a slip throw, do not stop the bout. Get confirmation from the judge or chairman.

A “desperation swing and miss” is not a slip. Typically, this occurs on the edge.

A wrestler cannot be going backwards for a slip throw. This is typically a bail-out by the defensive wrestler.

Evaluation note: Throws do not start from the heels, they begin from the toes.

If the defending wrestler “catches” the offensive wrestler in a counter-attack and takes them to the mat, then it is not a slip. It is a takedown for the defending wrestler. (Figure 64 applies).

Evaluation note: A slip throw that results in the offensive wrestler landing flat on their own back is not a slip throw.



Figure 62

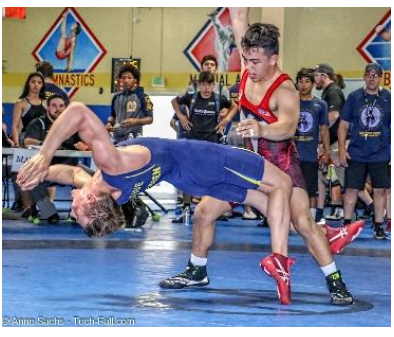


Figure 63



Figure 64

Evaluation note: A wrestler can be rewarded a slip throw going into the protection area, however, they will lose point(s) for the step out into the protections area.

Misidentified action as a slip throw.

The following attack is often misidentified as a slip throw.

- In *Figure 65*, both wrestlers are fighting for position.
- In *Figure 66*, **Red** begins an attack (Headlock).
- In *Figure 67*, **Red** passes by **Blue's** head and attacks (traps) **Blue's** right arm.
- In *Figure 68*, **Red** successfully throws **Blue** into danger.

When evaluating this action, watch the follow through trapping the arm.

The throw into danger is typically very quick which causes the slip throw misidentification.

Don't get caught only watching the arm passing by the head and call a slip throw. Let the situation develop.



Figure 65



Figure 66



Figure 67



Figure 68

Takedown to turn versus throw.

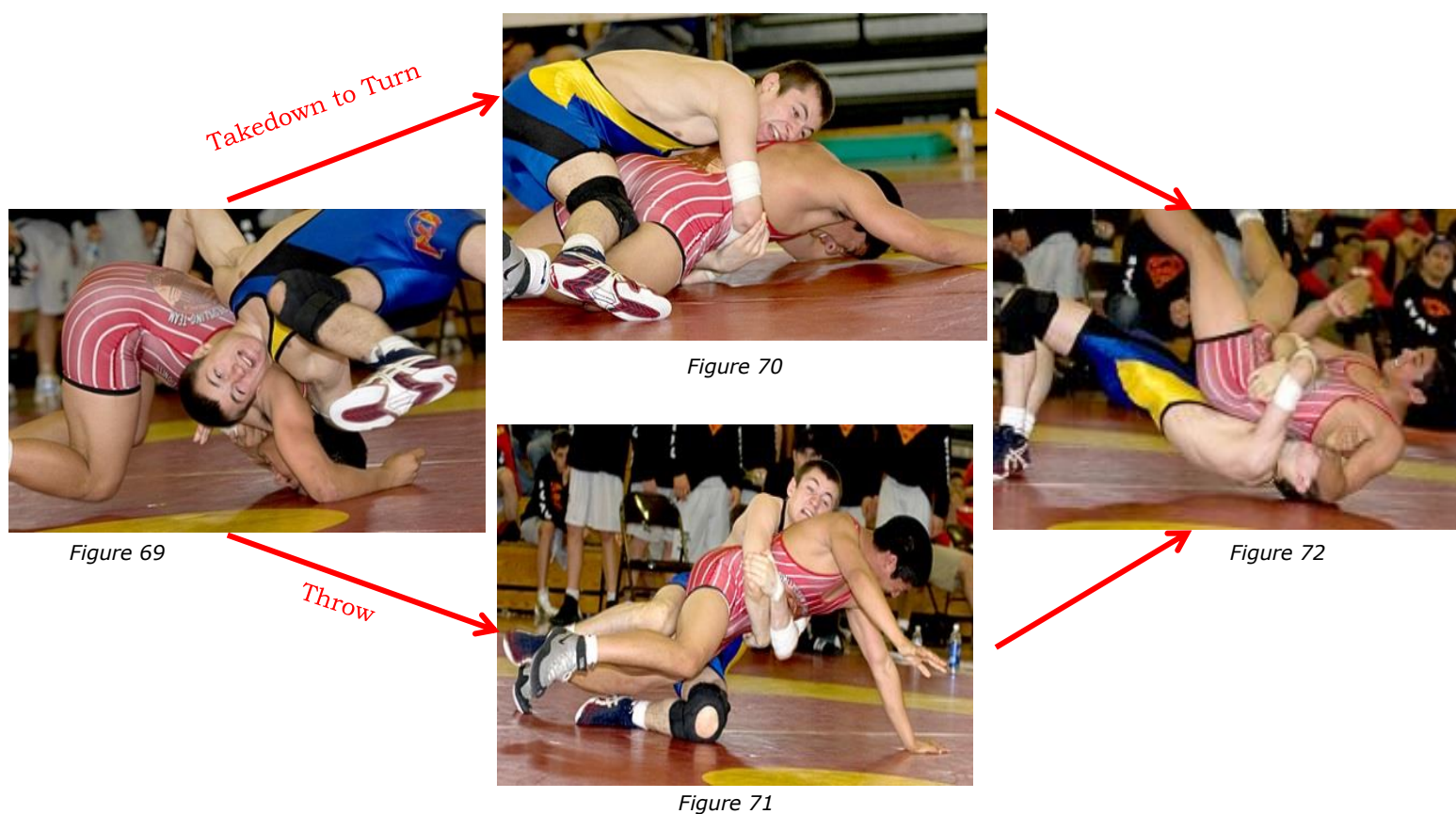
The difference between Take Down to Turn and Throw; a Takedown to Turn has two separate actions and a Throw has one action. The action sequence below is used to illustrate two possibilities:

“Takedown to Turn.”

- In *Figure 69*, **Blue** begins the attack.
- In *Figure 70*, **Blue** has placed **Red** on the mat. Takedown criteria “has been met.”
- In *Figure 72*, **Blue** immediately turns **Red** placing him in danger.

“Throw.”

- In *Figure 69*, **Blue** begins the attack.
- In *Figure 71*, **Blue** has placed **Red** in a quadpod position. Takedown criteria “has not been met.”
- In *Figure 72*, from the quadpod position, **Blue** throws **Red** placing him in danger.



CHAPTER 8 - PARTERRE

Starts. Must be fair.

Tell and show the wrestlers what you want.

Be forceful and take control of the start or it will take control of you.

Get the wrestlers set. Distinct “PAUSE” and blow the whistle. The pause should be approximately 1-2 seconds from when the wrestlers are set to when you blow the whistle.

Don't allow either wrestler gain an advantage.

- Ensure Bottom is set correctly and doesn't move or jump before the whistle.
- Ensure Top is set correctly. Don't allow slowly lowering hands to the back, sliding the hands by the back not touching, not pausing or bumping the bottom wrestler with a knee causing them to jump.

Work together as a team for a good, fair start.

When to stand them up?

***PHILOSOPHY:** While standing, a wrestler has up to a minute to set-up and score points. Why in parterre do we, as referees, stand the wrestlers up in only a few seconds? There is set up time and points to be scored in parterre. Parterre is not a rest time. They need to work to score points in parterre just as they do while standing.*

If the offensive wrestler worked hard to score technical points, give extra recovery time.

If the offensive wrestler did not work hard, give less recovery time.

If the offensive wrestler is continuing to improve, no matter how slow the action is occurring, let them continue. (This is based on progression not speed.) (Figure 73 applies)

Additionally, parterre wrestling is the perfect opportunity to exercise time management.

Top-Wrestler (Figure 74 applies)

- If the offensive wrestler stops the action, looks at you and wants to stand up, don't let them. They are trying to dictate the bout to you. Give them an “Action” command.
- If they have tried to score and are unable, bring them up.

Gut Wrench - Turns - Tilts.

When the action begins, lower your level to observe a fall. (Figures 75 applies)

Watch the attacking wrestler's breathing.

- Action typically *begins*: “sucks-air-in, holds it, attempts turn.”
- Action typically *ends*: “big exhale, action is done.”

Make sure the bottom wrestler gets back to the initial position before the next scoring action.

Parterre hooking.

Watch for the bottom-wrestler “Hooking” the top-wrestlers elbow. (Figure 76 applies)

Parterre hooks are often missed or misidentified as top-wrestler actions.

Misidentified turn (Kick Over).

The offensive wrestler will position him/herself to kick themselves over the defensive wrestler, exposing their own back, in order to place the defensive wrestler in danger.



Figure 73



Figure 74



Figure 75



Figure 76

A common error is to misidentify this action as a counter-attack and reward the defensive wrestler.

Example:

- In *Figure 77*, **Blue** is the offensive wrestler and is positioning himself for a kick over.
- In *Figure 78*, **Blue** kicks himself over exposing his own back.
- In *Figure 79*, **Blue** places **Red** in danger and should score points.



Figure 77



Figure 78



Figure 79

CHAPTER 9 - THE FALL

No defensive falls!

Within international wrestling, when the defensive wrestler is held by his opponent with his shoulders against the mat for a sufficient time to allow the referee to observe the fall.

According to the National Federation of High School Wrestling rules, “a fall occurs when any part of both shoulders or scapula of either wrestler are in contact with the mat for two seconds”.

The offensive wrestler cannot pin him/herself as you must have control for a fall. *This is counter-intuitive to folkstyle.*

Calling the fall.

Three (3) criteria for a calling a fall. (*Figure 80 applies*)

1. **CONTROL.** (offensive wrestler in control).
2. **COMPRESSION.** (shoulders being compressed into the mat).
3. **INDENTATION.** (shoulder indentation marks in the mat).

If you see the fall, relax and signal the chairman and NEVER call a fall from your feet.

Chairman must confirm the fall. (*Figures 81 & 82 apply*)

NEVER call a fall until it is confirmed by the chairman.

It is imperative you follow procedure when calling a fall.

Taking a wrestler off their back.

If an offensive legal hold becomes illegal (*without possible injury*), the offensive wrestler must immediately adjust to make the hold legal. If they don't, stop the action and the offensive wrestler will lose their position.

If there is the potential for injury, stop the action immediately.

If a wrestler is complaining about an injury, quickly evaluate the situation.

The younger the athlete, stopping the action for safety is a better option than hesitating. Restart accordingly.

CHAPTER 10 - THE PROTECTION AREA/OUT OF BOUNDS

Protection area (Out of Bounds). (*Figure 83 applies*)

The boundary is NOT your friend. Do not let the wrestlers hang-out on the edge.

He who steps out first.... Is out-of-bounds (unless they score.)

Evaluation note: A hand in the protection area is not considered out.



Figure 83

Let situations develop (Figures 84 & 85 apply)

Action that starts in bounds can finish in the protection area.

Give the attacking wrestler a chance to complete an action/move.

Be patient when the action moves towards the edge.

Don't have a quick whistle and stop a scoring action too quickly.

Counter-attacks cannot occur in the protection area.

Scoring Sequence below.



Figure 84



Figure 85

- In Figure 86, Red begins a throw.
- In Figure 87, during the throwing action, Blue steps out of bounds.
- In Figure 88, because of Blue's step in the protection area and Red lands on his back. Blue should not score.



Figure 86



Figure 87



Figure 88

Step back so you can see the entire action sequence.

Parterre out of bounds.

Based on the defensive wrestler's position, not the offensive wrestler.

Defensive wrestler's head & shoulders in bounds, legs in the protection area = IN.

Defensive wrestler's chest beyond the boundary into the protection area = OUT.

One hand could possibly be called out if the chest is beyond the boundary line.

Two hands in the protection area could possibly still be inbounds, if the chest is not beyond the boundary line.

If the wrestlers are in parterre on the edge and stand up in the protection area: blow the whistle and bring them back to center mat. No points for step out.

If the wrestlers are in parterre and stand up in the zone/central wrestling area and step out; then score the points for the step out.

When the wrestlers go into the protection area.

Escort the wrestlers back to center mat. (Figure 89 applies)

This is your opportunity to talk to the wrestlers without giving an Attention.

Do not turn your back or take your eyes off the wrestlers regardless how quiet or respectful the bout has been.

Punches, fights, etc. can erupt without any indication or provocation.



Figure 89

There is a difference between "Attacking" and "Pushing" into the protection area.

When evaluating the action to determine if a wrestler is "attacking" or "pushing," there are several indicators that will differentiate between the two actions.

A wrestler that is attempting to score technical points will typically "attack" his/her opponent using legitimate offensive techniques. The offensive wrestler will continue their attack and accompany the defensive wrestler into the protection area. (Figures 90 & 91 apply)

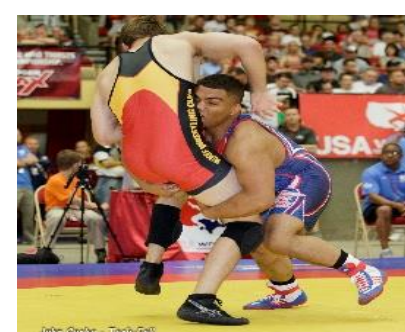


Figure 90

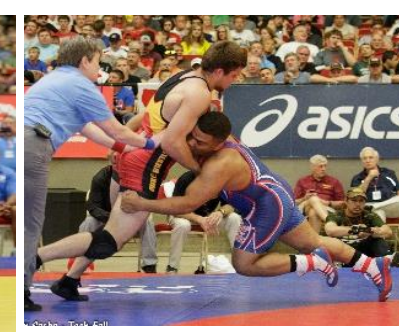


Figure 91

A wrestler that is deliberately “pushing” his/her opponent into the protection area will typically have their arms extended, not use legitimate offensive techniques and will stop just before the edge; not going into the protection area. (Figures 92 & 93 apply)



Figure 92



Figure 93

There is a difference between counters-attacks “In” or “Going Into” the protection area.

When evaluating counter-attacks going near the protection area you must ask yourself the following:

- Where did the offensive action begin and where did it score?
- Where did the counter-attack begin?

Counters-Attacks “In” the protection area = NO SCORE.

Offensive wrestler initiates an action inbounds.

- That action will be allowed to continue and scored appropriately (even if it goes into the protection area), regardless of which wrestler touches out of bounds first.
- HOWEVER, counter-attacks cannot be scored when initiated in the protection area.

Example: (Figure 94 applies)

- **Red** initiates a throw in bounds causing **Blue** to go to his back just inside in the protection area.
- Since **Blue** landed in the protection area, **Blue** CANNOT initiate a counter-attack.
- Once **Red** landed in the protection area, the action stops.
- **Evaluation note: Take note where the defensive wrestler landed.**



Figure 94

Counter-Attacks “Going Into” into the protection area = POSSIBLE SCORE.

Offensive wrestler initiates an action while in the wrestling area and completes the action on the edge. The defensive wrestler can immediately counter-attack going into the protection area. The defensive wrestler initiated his/her counter-action inbounds.

Example: (Figure 95 applies)

- **Blue** initiates a throw in bounds causing **Red** to go to his back inbounds on the edge.
- Since **Red** landed in the central wrestling area, **Red** CAN initiate a counter-attack into the protection area.
- **Evaluation note: Take note where the defensive wrestler landed.**



Figure 95

CHAPTER 11 - NEGATIVE WRESTLING, FLEEING, BRUTALITY AND PASSIVITY

Negative Wrestling, Fleeing, Brutality and Fleeing are all inter-related.

Each of these categories adopt a “negative” approach to a bout by one or both wrestlers

The basic principle of a bout is “total wrestling.” Referees should encourage and stimulate activity at the appropriate times throughout the bout.

The indicators and evaluation principles apply for all four situations across both styles of wrestling.

NEGATIVE WRESTLING

Negative Wrestling - Actions that are potentially dangerous or contrary to the basic principle of “total wrestling” such as interlocking/grabbing fingers, head in the chest, blocking/pushing on the face, blocking with one or both hands or offensive pushing. (Avoiding Contact)

Interlocking or grabbing the fingers or hand(s).

Evaluation note: Grabbing fingers and twisting/bending fingers must be distinguished from each other. Grabbing fingers is more negative wrestling. Where twisting/bending the fingers falls more into the brutality category.

- In *Figure 96*, **Red** is interlocked with Blue and is bending **Blue's** hand back.
- In *Figure 97*, **Red** is twisting **Blue's** fingers.
- In *Figure 98*, Red is grabbing and bending the fingers backwards. This action could be deemed brutality.



Figure 96



Figure 97



Figure 98

Grabbing Hands/Wrists without starting an attack. (*Figure 99 applies*)



Figure 99

When you see grabbing the fingers, tell the offending wrestler(s) “Open, No Fingers” (*Figure 100 applies*)



Figure 100

Indicators of who is locking the fingers.

When trying to determine which wrestler is guilty of locking the fingers; evaluate hand position.

- In *Figure 101*, Both wrestlers have equal hand position, both are guilty.
- In *Figure 102*, **Blue** has an open hand. **Red** is beginning to grasp the fingers.
- In *Figure 103*, **Red** has an open hand. **Blue** has a firm grasp on the fingers.
- In *Figure 104*, **Blue's** head is down and has a firm lock on **Red's** fingers. As you evaluate the fingers, also watch head position. The wrestler who is grabbing fingers will more than likely be blocking with the head.



Figure 101



Figure 102



Figure 103



Figure 104

Head in the Chest.

The head in the chest is a defensive blocking tactic used to neutralize an offensive wrestler's tactics discussed in Chapter 7-Evaluating the Action."

When you see the head down in a blocking position, tell the offending up." (Figures 105 & 106 apply)

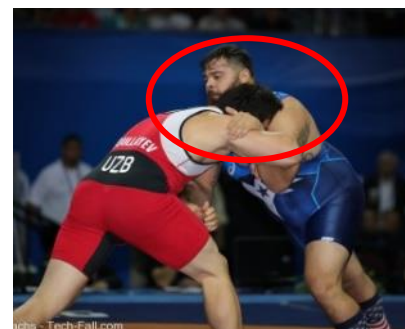


Figure 105



Figure 106

wrestler(s) "Head

Blocking/Pushing on the face.

When the attacking wrestler is hooking, the defensive wrestler blocks/pushes the attacker's face with one or two hands. (Figures 107 & 108 apply)



Figure 107



Figure 108

Blocking with one or both hands.

Thumb position - Blocking. Pay attention to the thumbs. Wrestlers will use their thumbs to hook an opponent in order to block. (Figures 109, 110 & 111 apply)



Figure 109



Figure 110



Figure 111

Offensive pushing.

A wrestler that is deliberately "pushing" his/her opponent into the protection area will typically have their arms extended, not use legitimate offensive techniques and will stop just before the edge; not going into the protection area. (Figures 112 & 113 apply)



Figure 112



Figure 113

FLEEING

Fleeing the Hold - avoiding contact to prevent being scored upon. This can occur in either standing or parterre wrestling at any point in a bout, but most often occurs when time is running out. (Figure 114 applies)



Figure 114

Standing.

Verbally and visually set up your call.

- After the verbal warnings, if no improvement, stop the bout, give an attention.
- Use proper UWW vocabulary.
- After the Attention, give the offending wrestler an opportunity to adjust.
- If there is still no improvement, stop the bout and ask for fleeing the hold penalty.
- This will keep time on the clock and will prevent further issues from occurring.

Tell the wrestler they are fleeing the hold, so they know why they are being penalized.

Parterre.

Verbally and visually set up the call.

- If the bottom-wrestler is closed and won't open, don't give a couple of open commands and then stand them up. You will be rewarding the bottom-wrestler for staying closed.
- Slap the mat and give an "open" command to the bottom-wrestler. (Figures 115 applies)
- If the bottom-wrestler still won't open, ask for a fleeing the hold penalty. Leave the bottom wrestler down until they open up or penalized. (Figures 116 & 117 applies)

Don't let the bottom wrestler stay closed and dictate the bout to you. Give the top-wrestler a fair chance to score.



Figure 115



Figure 116



Figure 117

Under-Attack.

If the wrestler under-attack drops to their knees in the zone and then gets driven into the protection area, think about Fleeing the Hold. (Figure 118 applies)

They are dropping down to simulate being in parterre so they won't give up any points when they go into the protection area.

If a wrestler is sprawling, they have a responsibility to circle and stay on the mat.



Figure 118

Fleeing the mat - Defensive wrestler must defend their position.

Look at the entire action sequence.

Common mistake, "only" evaluating the last action (folkstyle).

If a wrestler (standing or parterre) makes no attempt to stay on the mat, they are fleeing and penalize them in accordingly.

Four (4) things to ask yourself when evaluating the action. (Figure 119 applies)

1. Where did the action begin? (center, zone, edge)
2. Who was the aggressor? (red or blue)
3. How did they get to the edge? (swam, backed up, wrestled)
4. What took them out of bounds? (bailed, crawled, wrestled)

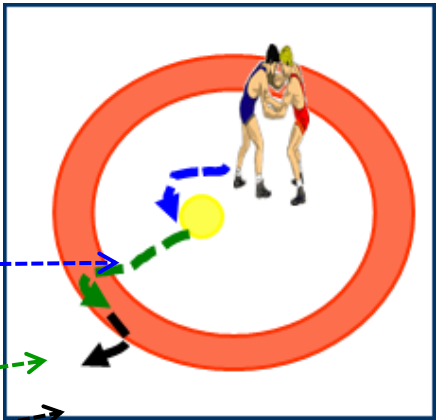


Figure 119

Standing. (Figures 120, 121 & 122 apply)

Did the wrestler move to the edge, stopped defending and walked/backed out of bounds?

Make sure you give the command "Red/Blue Zone". This will set up a fleeing the mat call.



Figure 120



Figure 121



Figure 122

Quadpod situation on the edge, watch for the defensive wrestler crawling out of bounds. |

Offensive wrestler cannot lift and carry the defensive wrestler to the edge and place them in the protection area. This would be offensive fleeing.

Parterre.

Did the defensive wrestler purposely place their head in the protection area?

Close to the edge, watch the defender's eyes. If the wrestler is glancing at the edge, he/she is looking for an escape.

Make sure you give the command “Red/Blue Place” to the defensive wrestler. This will set up a fleeing the mat call. (Figures 123 & 124 applies)

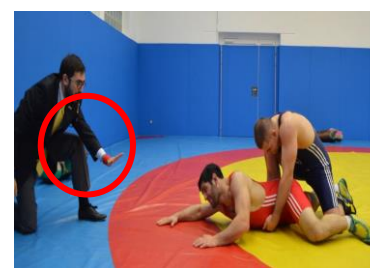


Figure 123



Figure 124

Danger.

Both wrestlers have a responsibility to stay in bounds.

If the defensive wrestler is in a bridge and only the head is touching the mat and while trying to maintain the bridge he/she slides out of bounds, this is not fleeing the mat. They can only go one way. (Figure 125 applies)

If the defensive wrestler is on their back and is actively using their elbows and hands to get out of bounds, this would be fleeing the mat.



Figure 125

BRUTALITY

Hand in the face.

When the wrestlers start putting their hands in the face, tell both wrestlers no hands in the face. (Figures 126, 127 & 128 apply)

If they continue, stop the bout. Give an Attention to the offending wrestler and tell them no hands to the face.

If they still continue, stop the bout and request a caution and point(s) for the illegal action.



Figure 126



Figure 127



Figure 128

Hands in the face will cause fingers/thumbs to get into the eyes and potentially could lead to hard shots to the head.

Blocking, pushing or grabbing the throat.

Blocking, pushing or grabbing the face or throat is a negative wrestling tactic used by defensive wrestlers to quickly neutralize an offensive wrestler's attack. (Figures 129, 130, 131, 132, 133, & 134 apply)



Figure 129



Figure 130



Figure 131

Attacking the throat can be as subtle as laying an arm across the throat to blatantly choking an opponent.

Pay close attention to the thumb. Although small, the thumb is a very powerful tool to illegally “hook” the throat. The thumb is a very subtle negative wrestling technique. (Figure 135 applies)



Figure 132



Figure 133

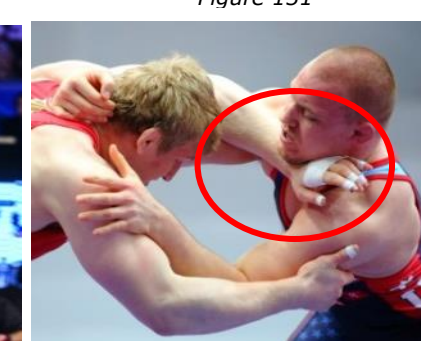


Figure 134

Once identified and a wrestler continues to execute negative wrestling techniques or tactics, you can penalize them accordingly.

Ensure everyone knows why you are penalizing a wrestler.

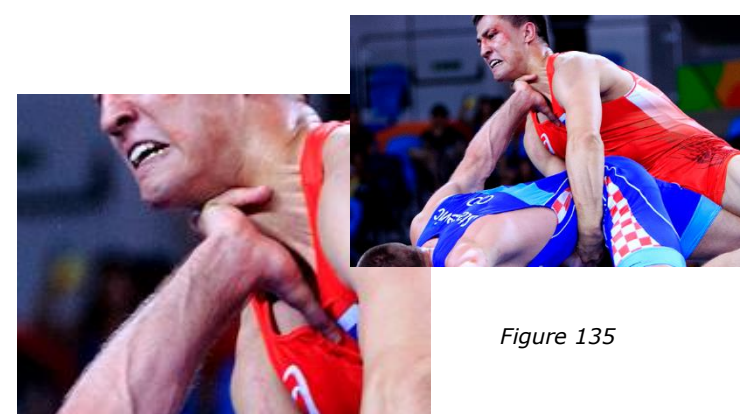


Figure 135

Clubbing or hard shot to the head.

The first hard shot to the head with a hand / elbow / or shoulder, stop the bout. Give an attention to the offending wrestler and tell them to stop. (*Figure 136 applies*)



Figure 136



Figure 137

Make sure you tell the other wrestler not to retaliate. They will want to get their shot in.

Make them shake hands. This can help defuse the situation. (*Figure 137 applies*)

Head butt.

Pay close attention to the level of the heads. When the heads are on different planes, head butts can/will occur. (*Figure 138 applies*)



Figure 138

Head butts can be very subtle and quick, so pay very close attention when the heads start coming together.

Twisting/bending fingers.

Evaluation note: Grabbing fingers and twisting/bending fingers must be distinguished from each other. Grabbing fingers is more negative wrestling. Where twisting/bending the fingers falls more into the brutality category.

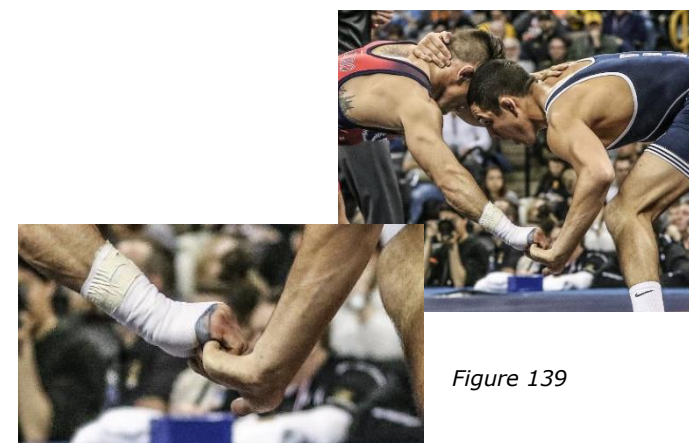


Figure 139

In figure 139, this could be deemed brutality due to the fingers being bent backwards.

Twisting arms or legs.

Watch the defensive wrestler's arms / legs. (*Figures 140, 141, 142, 143 & 144 apply*)

Move to the side the leg or arm is being pressed/pulled.

Do not let the leg or arm be used as a lever to illegally force the defensive wrestler to give up position (get turned).



Figure 140



Figure 141

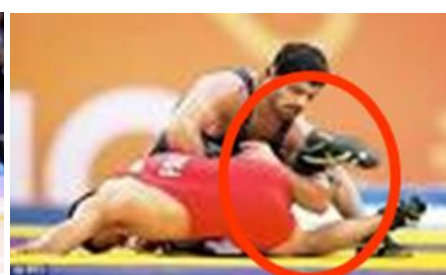


Figure 142



Figure 143

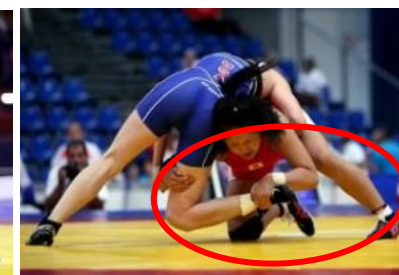


Figure 144

PASSIVITY

Passivity - A penalty for not actively scoring points or attempting to score points.

“Passivity is NOT stalling”

Stalling, according to the National Federation of High School Wrestling rules, “each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or the score of the match.”

Within international wrestling, passivity is determined to be a lack of scoring or lack of attempting to score.

PHILOSOPHY. Just because you're doing something, doesn't mean anything. If you haven't scored, you're passive. “The absence of scoring is the absence of action,” Roy Scott.

Technical passivity. Looking really good with lots of movement but not scoring.

There is a difference between “Attacking” and “Moving Forward”

Do not confuse movement with progression.

When evaluating the action to determine if a wrestler is just “Motion/Moving Forward” or creating “Offensive Action/Attacking, there are several indicators to differentiate between the two actions.

A wrestler that is just moving forward/motion will display a lot of movement and expend a great deal of energy but will take very little risk or no real offensive actions. *(Figure 145 applies.)*



Figure 145

They will give the illusion of offense but in actuality they are technically passive.

- Moving forward actions include; locking up, moving forward and not attacking or just push away; moving up and down but no real attempt to attack, moving side-to-side but again, no real attempt to attack.
- Moving forward is part of offensive action; however, it's not the only part.

A wrestler that is attempting to score technical points will use offensive technics and takes risk. *(Figure 146 applies.)*



Figure 146

In addition, an offensive wrestler will also use the seven basic wrestling skills; Stance, Motion, Level Change, Penetration, Lift, Back Step and Back Arch.

Don't get tunnel-vision on one skill, a wrestler must utilize numerous skills during a legitimate offensive action.

Criteria to consider when evaluating passivity.

Evading attacks without counter-attacks. Satisfied with neutralizing the offensive wrestler's attack.

Attacking without any direct contact with an opponent. Not making a genuine effort to score.

Fake attacks. Not taking proper holds. Defensive wrestling.

Having a great hold and not improving.

Giving up mat position. Not able to control the center.

No Hooking despite good position.

Regaining initial position right after beginning an attack.

Crawling forward (swimming) without attempting a counter-attack.

Holding opponent in the orange zone.

Moving into and staying in the orange zone.

What is not passivity?

One wrestler has scored a lot of points.

After a wrestler has scored points, the opponent acts offensively for a short period of time

Wrestler who is losing by points continues to fight in a offensive manner.

What is not active?

Wrestling without action.

Not continuing to set up an attack despite being in a good starting position or hooking position.

Simulate to be and only control the opponent.

How to Identify Greco-Roman and Freestyle Passivity.

A new analytical paradigm shifts our evaluation focus from inactivity (passivity) to evaluating/analyzing activity and who is trying to score. If you can identify the active wrestler, then the passive wrestler will be readily apparent.

Greco Roman Activity.

When evaluating Greco Roman activity, look for the following three (3) things:

- 1. CONTACT - who is trying to stay in contact and not always trying to break it?
- 2. HOOKING - who is trying to hook one or both arms, or the body or a combination of them?
- 3. SETTING UP ATTACKS - once a wrestler has a hook are they are trying set up an actual move or get their opponent out of their stance?

The key identifier for Greco Roman activity is to look for is “HOOKING”.

Greco Roman hooking target areas.

Hooking target areas include the Head/Neck, Arms and Body (Figure 147 applies.)



Figure 147

Greco Roman hooking.

A wrestler tries to hook one arm, both arms or the body of their opponent or a combination of them - over-hooks, under-hooks, body lock, arm and body lock, head lock, etc. (Figure 148 applies.)



Figure 148

If one wrestler is hooking or trying to hook their opponent, they would be the active wrestler and the other wrestler would be passive. (Figure 149 applies.)



Figure 149

PHILOSOPHY: When a wrestler has a great hold, such as an under-hook, body-lock or 2-on-1, they should be aggressively working to score. How long do you allow them to retain the great hold without working for a score? It takes a lot of effort to secure a great hold, but it is not acceptable to just “hang” and not attempt to score. This type of offensive inaction could be deemed as offensive passivity.

If both wrestlers are activity hooking, no call should be required because points should be scored. (Figure 150 applies.)

If neither wrestler is actively hooking

- Stimulate the action by verbalizing to the athletes.
- Look for the athlete that may be controlling the center.
- Make sure one wrestler is not blocking or controlling the wrists or hands to prevent looking. (Figure 151 applies.)



Figure 150



Figure 151

Freestyle activity. (Figure 152 applies.)

When evaluating Freestyle activity, look for the following three (3) things:

1. HANDS - Who’s grabbing and hanging on the hands?
2. CENTER MAT DOMINANCE - Who’s controlling the center of the mat?
3. ATTACKS - Who’s actually taking risk and attacking?



Figure 152

Referee-Judge-Chairman passivity teamwork.

Verbalization and clock management are the keys for the team to work together in order to make timely and accurate passivity calls during a bout. (Figure 153 applies)

The referee sets the stage for the judge and chairman.

Referee verbalization lets the judge/chairman/coaches and wrestlers know who is being identified for passivity.

Referee eye scan should nonverbally signal the referee team your intentions.



Figure 153

Example;

- “Red Action”, no action; ”Red Action”, no action - Eye Scan the Judge/Chairman. “Red Action”, no attack, signal Red passivity.
- You’ve given multiple commands, allowed time for the passive wrestler to attack/score and eye scanned the judge/chair.
- You have set up the passivity call for the referee team.

Every bout is different - Expect every bout to be 0-0. (Figures 154 & 155 apply)

You must have an understanding of what is taking place during the bout.

If a wrestler has been “aggressive”, “taken risks” and “scored technical points” - reward their efforts.



Figure 154

PHILOSOPHY: If a wrestler has scored technical points, they have earned the right to be technically passive, up to a point! Do not let the wrestler with the lead take advantage of you.

The effort that goes with the technical points scored should determine technical passivity.

Once you have points on the board, you have a winner. You can ease off passivity. However, passivity does not go away entirely.

PHILOSOPHY: You have a responsibility not to punish the wrestler that has earned the lead by penalizing him/her with overly strict calls or not rewarding risk.

PHILOSOPHY: When all is even, Sometimes, you may just have to pick someone.

Freestyle example: In a 0-0 bout. The Freestyle passivity warning times depicted below are a guide. Scoring or lack of scoring will dictate your passivity calls.



Figure 155

- 1st PERIOD

| USA Time | UWW Time | Action |
|-----------------|---------------|---|
| -- 3:00 to 2:20 | 6:00 to 5:20; | 1 ST Passivity Call. “V”-warning |
| -- 2:20 to 1:40 | 5:20 to 4:40; | 2 ND Passivity Call. “V” or “P”-activity period” |
| -- 1:40 to 1:00 | 4:40 to 4:00; | 3 RD Passivity Call. “V” or “P”-activity period” |
| -- 1:00 to 0:00 | 4:00 to 3:00; | Evaluate the action; who is being passive? |

The 1st period should end with three (3) passivity calls and one (1) activity period.

If you make a 4th Passivity Call in the first period, what is your plan for the second period? This call will make it very difficult to properly manage the bout.

- 2nd PERIOD

| USA Time | UWW Time | Action |
|-----------------|---------------|--|
| -- 3:00 to 2:20 | 3:00 to 2:20; | 4 TH Passivity Call. “P”-activity period |
| -- 2:20 to 1:20 | 2:20 to 1:40; | 5 TH Passivity Call. “P”-activity period. This call may determine the winner. |
| -- 1:20 to 0:00 | 1:20 to 0:00; | There is enough time remaining for the losing wrestler to score. |

If no technical points have been scored and the only score is from passivity, look at the wrestler that has received the passivity points for technical passivity.

In the second period, if putting a wrestler on the a 2nd activity period or a call that could result in parterre will decide the bout, ensure there is enough time remaining in the bout after the penalty period completed so that the losing wrestler has time and an opportunity to win the bout.

PHILOSOPHY: If a wrestler has been hit with passivity and has given up points, it’s not their right to be reciprocated. They have to earn it.

PHILOPSOPHY: If there is no score, it is imperative you make timely passivity calls. If the wrestlers won’t score, use your passivity calls to score for them. If a bout is determined solely on passivity calls, and it will happen, ensure you have managed the bout and arrive at a score of 2-1, not 1-0 or 1-1. Although we never want to determine the outcome of a bout, sometimes the wrestlers force us to make these decision. The end of the bout should be easy to understand the winner and 2-1 achieves that goal.

Freestyle example: In a bout with 1st period scoring. The Freestyle passivity call times depicted below are a guide.

- Red 0 - Blue 0 - above passivity guidelines.
- Red 2 - Blue 0 - Red scored an early takedown. Perhaps passivity warning (“V”) on each, but no activity period. Timing is Important.
- Red 1 - Blue 0 - Blue step out under attack. “P” activity period is still an option. Timing is important
- Red 3 - Blue 2 -Possible for a 1st passivity warning “V”. No activity period needed.
- Red 5 - Blue 4 - No “P”-activity period needed. Both wrestlers are scoring points.
- Red 6 - Blue 0 - No “P”-activity period needed. Red is dominating Blue.

PHILOSOPHY: If a wrestler has scored substantial points (5 or more), passivity may not be an appropriate call. They have scored technical points. Fleeing the Hold may be more appropriate.

It cannot be overstated the importance of intelligent thought when evaluating passivity/activity, how points have been scored, when point were scored, etc.

Your ability to properly manage time, “Time Management (Chapter 6)” and take into consideration the totality of the bout, “Total Bout Concept (Chapter 15)” will play a significant role in your evaluation process of passivity.

Greco-Roman example: In a 0-0 bout. *The Greco-Roman passivity warning times depicted below are a guide.* The exception to this timeline is calls cannot be made prior to USA 1:00 or UWW 2:00 in the 1st period and prior to USA 1:30 or UWW 4:30 in the 2nd period.

- 1st PERIOD

| USA Time | UWW Time | Action |
|-----------------|---------------|--|
| -- 3:00 to 1:00 | 6:00 to 4:00; | Evaluate the action; who is being passive? |
| -- 1:00 to 0:50 | 4:00 to 3:50; | 1 ST Passivity Call (regardless which wrestler). Cannot call 1ST passivity before 4:00. |
| -- 0:50 to 0:00 | 3:50 to 3:00; | Evaluate the action; who is being passive? Watch for Fleeing the Hold. |

- 2nd PERIOD

| USA Time | UWW Time | Action |
|-----------------|---------------|--|
| -- 3:00 to 1:30 | 3:00 to 1:30; | Evaluate the action; who is being passive? |
| -- 1:30 to 1:20 | 1:30 to 1:20; | 2 ND Passivity Call (regardless which wrestler). Cannot call 2ND passivity before 1:30. |
| -- 1:20 to 0:50 | 1:20 to 0:50; | Evaluate the action; who is being passive? |
| -- 0:50 to 0:40 | 0:50 to 0:40; | 3 RD Passivity Call (regardless which wrestler). This call may determine the winner. |
| -- 0:40 to 0:00 | 0:40 to 0:00; | There is enough time remaining for the losing wrestler to score. |

If no technical points have been scored and the only score is from passivity, look at the wrestler that has received the passivity points for technical passivity.

Greco-Roman evaluation note: A wrestler who has scored points by executing holds in standing wrestling should not be punished with a passivity. However, if this wrestler is inactive for a certain amount of time and his opponent scored points or is clearly more active, he can receive a passivity.

Additional points.

You can stop the bout and talk to wrestler without giving an official warning.

If wrestler is in parterre because of passivity, give the top wrestler plenty time to work.

Three (3) Greco-Roman scenarios refereeing team needs to stimulate a bout with a passivity call:

- 1. Score is 0:0 after 2:00 minutes.
- 2. Score is tied and one wrestler is clearly more active.
- 3. One wrestler has the lead and his opponent acts too defensively.

It cannot be overstated the importance of intelligent thought when evaluating passivity/activity, how points have been scored, when point were scored, etc. A wrestler who has scored points by executing holds in standing wrestling should not be punished with a passivity. However, if this wrestler is inactive for a certain amount of time and his opponent scored points or is clearly more active, he can receive a passivity.

Your ability to properly manage bout time, “Time Management (Chapter 6),” recognize passivity indicators “Passivity (Chapter 13),” and evaluate the totality of the bout, “Total Bout Concept (Chapter 15)” will play a significant role in your evaluation process of passivity.

Many times the wrong passivity call is made.

Evaluate to the entire bout (Total Bout Concept). How were points scored and how many?

In *Figure 156*, Blue has the lead. Blue has been scoring points. Why would you penalize Blue with Passivity? You shouldn’t. Blue may be slowing down, however, he is in good position and maintaining contact, Conversely, Red has his head down, hips back and grabbing fingers.



Figure 156

Think to yourself, why penalize with passivity if they are scoring points. Too many times, referees want to hit the wrong wrestler with passivity. “You must continually THINK!”

CHAPTER 12 - TOTAL BOUT CONCEPT

As you evaluate negative wrestling, passivity, or fleeing the hold calls, you must keep the totality of the bout in mind.

- Who has scored points, how many, and when?
- Who has been the aggressor and who's been passive?
- How much time is remaining in the period, or bout?

Must constantly think of the wrestler who has scored points from actions.

Must understand the significance and impacts of your passivity and fleeing the hold calls in relation to the entire bout.

Do not let passivity determine the outcome of a bout if one wrestler has been scoring points.

Typically, late in a bout with time running out, is when the Total Bout Concept will come into your evaluation thought process.

Example:

- **Red** has scored points and been more active than **Blue**. There is 0:28 seconds remaining in the bout. For the last ten seconds, **Red** has slow significantly and has begun to protect his lead.
- At this point you must take into consideration the totality of the bout and everything **Red** has done throughout the course of the bout (Total Bout Concept); not just the last ten seconds.
- Why would you immediately penalize **Red** when he/she has scored points and has been active for 5:22? You shouldn't. Always think about the totality of the bout, not just the last few seconds.

Macro-evaluation to Micro-evaluation process.

When you begin to evaluate passivity or fleeing the hold, start with a macro-evaluation and work inward towards a micro-evaluation.

Macro-evaluations analyze overall body positioning and mannerisms in order to help identify the aggressive and passive wrestler.

- Offensive indicators: Center-mat-dominance, maintaining contact, attacking.
- Defensive indicators: Head position, hip position, avoiding contact, negative wrestling.

Micro-evaluations analyze the inside fight. You must look inside in order to evaluate the subtle action.

- Offensive indicators: Hooking, setting up attacks, inside control.
- Defensive indicators: Forearm position, hand position (pushing or grabbing), thumb position, blocking.

Example:

- Macro-evaluation. (*Figures 157 & 158 apply*)
 - **Red**: Attacking, Head up, Hips in.
 - **Blue**: Defending, Hips going back, Head going down.
- Micro-evaluation. (*Figure 158 applies*)
 - **Red**: Right arm under-hooking.
 - **Blue**: Left arm pinching **Red's** under hook, left hand blocking on the chest. Right hand blocking on **Red's** bicep.



Figure 157

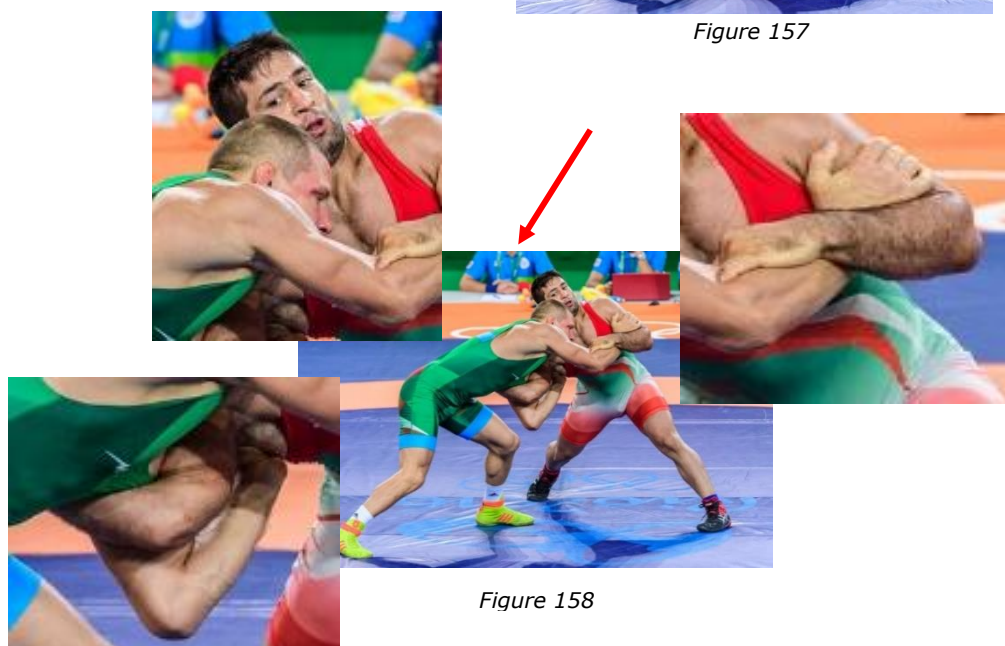


Figure 158

Using verbal warnings and attentions effectively.

Verbal Warning. (Figure 159 applies)

- If a wrestler has a substantial lead and is slowing down, SO WHAT!
- They have “Earned the Right” to be technically passive (up to a point). You DO NOT need to immediately penalize them.
- Before penalizing the winning wrestler, ask yourself;
 - What has the losing wrestler done to warrant the winning wrestler to get penalized? You can give the winning wrestler a few commands, “Blue Action,” “Blue Contact,” etc.
 - This helps with clock management and also lets the winning wrestler know they are being passive.



Figure 159

“Verbal” Warning”

Attention. (Figure 160 applies)

- If you are at the point in the bout where the winning wrestler has received numerous verbal warnings and passivity is not the most appropriate call, you may consider fleeing the hold.
- If you decide to go with fleeing the hold, you must first give an “Attention.” Example: “Blue Action,” “Blue Action,” no improvement, stop the bout, “Blue ATTENTION Action.”



Figure 160

“Attention”

It is very important when giving an attention and everyone knows why you are giving the attention as the next call will be a penalty.

CHAPTER 13 - FOULS & ILLEGAL HOLDS

Defensive Foul.

Foul in the “Same Direction”; let the action continue allowing the offensive wrestler to score. After the action is complete, stop the bout and penalize accordingly.

Foul that “Changes Direction”; stop the action and penalize accordingly. Offensive wrestler cannot re-attack after the change of direction.

Defensive Illegal Hold.

Unless possible injury, let the action continue, allowing the offensive wrestler to score.

After the action is complete, stop the bout and penalize accordingly.

Offensive Foul / Illegal Hold. (Figure 161 applies)

Stop the action, offensive wrestler loses his/her position.

If the offensive wrestler repeats a foul (GR or FS), you can penalize them.

- The first time an offensive foul occurs: “Attention”.
- The second time an offensive foul occurs, penalize accordingly.
- The offensive wrestler cannot score using an illegal hold.



Figure 161

Pike Position.

If the defensive wrestler is lifted and the action stops or hesitates while they are in the “Pike Position”....STOP THE ACTION! IMMEDIATELY! (Figures 162, 163, 164 & 165 apply)

At no time should the offensive wrestler be allowed to return, drop, or slam the defensive wrestler to the mat on their head while in that position.



Figure 162



Figure 163



Figure 164



Figure 165

CHAPTER 14 - GRECO-ROMAN LEG FOULS

Legs are going to touch.

Just because the legs touch or are touched, does not mean it's a foul.

Was an advantage gained by the contact?

Did the wrestler actively use the legs or actively touch the legs?

- Before blowing the whistle, get confirmation for the leg foul.
- If you get confirmation, stop the bout at the appropriate time, penalize and restart accordingly.
- If you do not get confirmation, keep wrestling.

Incidental leg contact. No foul.

Offensive leg foul.

Pay close attention to the offensive wrestler subtly using the knees or feet to trip. (Figures 166, 167, 168, 169, 170, 171 & 172 apply)



Figure 166



Figure 167

Was an advantage gained by the contact?



Figure 168



Figure 169



Figure 170



Figure 171



Figure 172

Defensive leg foul.

Attempts to block an offensive score. (Figures 173, 174, 175, 176, 177, 178, 179 & 180 apply)

If you see a defensive foul. Signal the foul and let the action continue giving the offensive wrestler a chance to complete the action and score

Ensure you watch the entire action sequence. Once the action is complete, score the offensive points and penalize the foul accordingly.



Figure 173



Figure 174



Figure 175



Figure 176



Figure 177



Figure 178



Figure 179



Figure 180

Scoring Sequence below.

1. In Figures 181, 182 & 183, Blue lifts Red and begins a throw.
2. In Figures 184 & 185, Red holds Blue's leg during the throwing action attempting to prevent landing in danger.
3. In Figure 186, Blue completes the throw with Red lands in danger.

By allowing the action to continue, Blue will score the throw points and also get rewarded for Red's foul.



Figure 181



Figure 182



Figure 183



Figure 184



Figure 185



Figure 186

Parterre leg fouls.

Lifting a leg is not necessarily a foul. (Figure 187 applies)

Lifting a leg must prevent the offensive wrestler from stepping over or getting to the side.

If lifting the leg prevents an action, it doesn't matter if it's straight or bent.

The difference between a good counter-attack and a foul can be very small.

Step back so you can see then entire action sequence.

- In Figure 188, Red's hand is above the hip. Good Defense.
- In Figure 189, Red's hand is below the hip. Foul.

The difference between good defense and a foul can be inches.



Figure 187



Figure 188
No Foul



Figure 189
Foul

Visually Communicating a Foul/Illegal Hold to the Referee Team.

When you see a foul/illegal hold, point at the infraction. Pointing alerts the Judge and Chairman you have identified a possible foul/illegal hold. (Figure 190 applies)

Don't be in a hurry to blow the whistle. Get confirmation

If the foul/illegal hold could cause injury, stop the bout immediately and penalize accordingly.

If the foul/illegal hold will not cause injury, allow the action to continue and appropriately score the action, then penalize.



Figure 190

CHAPTER 15 - UNDERSTANDING THE IMPACTS OF PENALTIES

You must understand what's going on in the bout and how cautions/passivity's can affect the outcome of the bout.

Don't over-officiate and penalize with overly strict calls.

Late in the bout, make sure you know what passivity or fleeing the hold call will do in the bout.

Will it decide the winner or change the outcome of the bout?

CHAPTER 16 - HAVE THE COURAGE TO MAKE A BOUT DEFINING CALL

Your #1 priority is to let the wrestlers decide the winner.

In most cases, there are rules in place so the wrestlers can decide the winner.

HOWEVER, if you are in a situation and required to make this call: *(Figures 191 & 192 apply)*

- You have exhausted all other options.
- You have set up the call extremely well.
- EVERYONE (the referee team, coaches AND wrestlers) knows the call is coming.
- Ensure there is enough time remaining on the clock for the offending wrestler to attempt to win the bout.



Figure 191

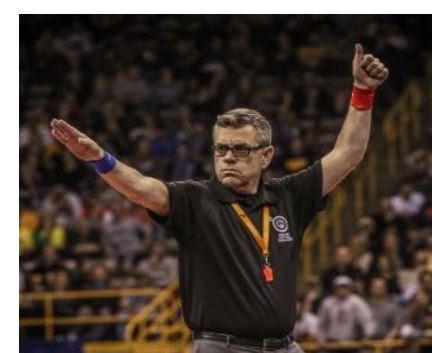


Figure 192

CHAPTER 17 - END OF THE BOUT

When the bout has ended, you should be the last one off the mat.

After you raise the winners hand, step to a position where you can observe both wrestlers until they have left the mat.

Do not turn your back or take your eyes off the wrestlers regardless how quiet or polite the bout has been. *(Figures 193 & 194 apply)*

Punches, fights, etc. can erupt without any indications or provocations.

Once the wrestlers are off the mat, you can leave the mat.



Figure 193



Figure 194

CHAPTER 18 - JUDGE MECHANICS

A “Strong” or “Weak” Judge can “make” or “break” the referee team.

Call your own bout. *(Figure 195 applies)*

The referee and judge are a team and must work together.

The judge is not required to agree with the referee.

Offer options to the chairman when pertinent.

Don't offer options just to offer something different. This could backfire on you and your option could get confirmed and the wrong wrestler could get undeserved points or win the bout. Be selective when giving options.

Sit emotionless, no excessive movements. Do not draw attention to yourself.

PHILOSOPHY: *Whenever you move your hands, should either be writing a score on you score card or raising/lowering a paddle.*

If you see a foul, signal caution, get the chairman's attention.

Don't get into a discussion with the coach; that is the chairman's job.



Figure 195

Your understanding of what is taking place in the bout can help or sink the referee.

You need to be comfortable and proficient using the white paddle.

Proper scoring-paddle mechanics.

Do not play with the paddles.

Score the action by raising the paddle over your head, *PAUSE*, set it down.
Continue watching the action. Once the action has stopped, mark the score card.

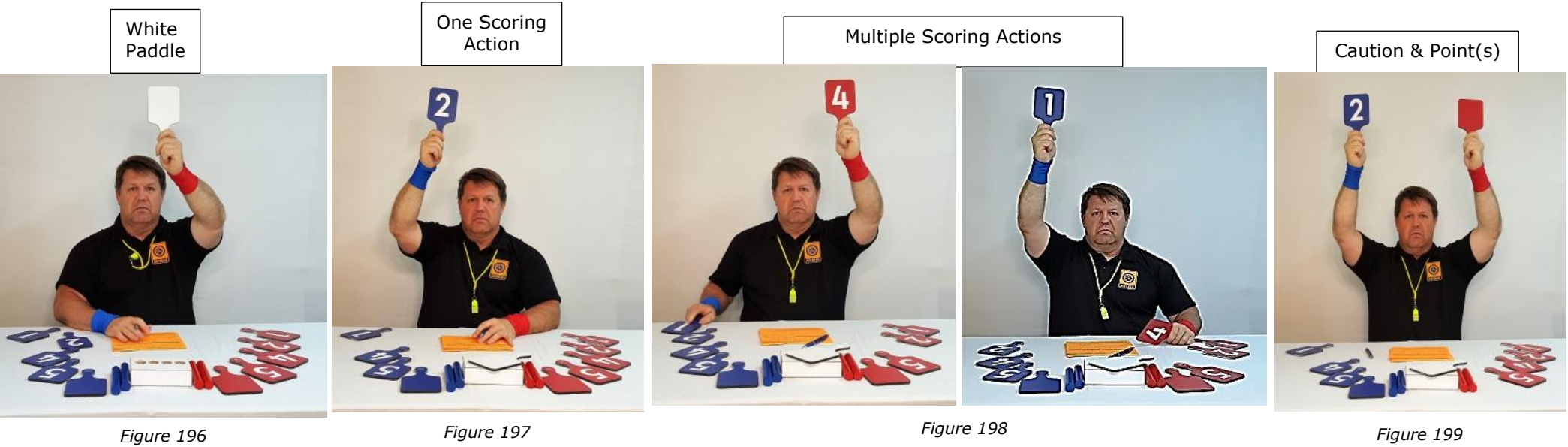
Do not look down at the score card until action has stopped. You may miss an action.

When scoring multiple actions, raise only one-colored paddle at a time in the order the points are scored.

Do not hold up multiple paddles at the same time.

Proper Paddle Mechanics

- White paddle. (Figure 196 applies)
- Single scoring action. (Figure 197 applies)
- Multiple scoring actions. (Figure 198 applies)
- Caution & point(s). (Figure 199 applies)

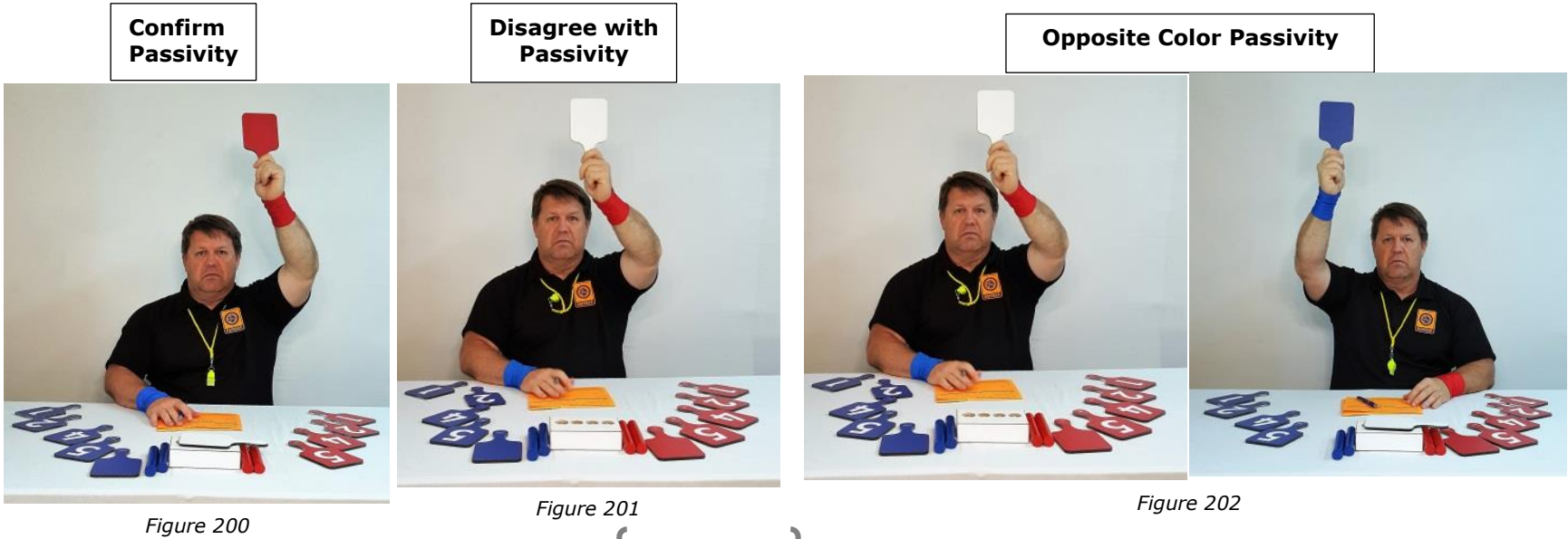


Proper scoring-paddle mechanics in support of passivity.

If you do not agree with the referee’s call, do not raise the opposite colored paddle.

If the referee asks for one color (Red), as the judge, you have several options;

- “Confirm the call.” Raise the appropriate colored paddle (Red). (Figure 200 applies)
- “Disagree with the call.” Raise the white paddle and allow the chairman to make a call. (Figure 201 applies)
- “Opposite Color is passive.” Raise the white paddle disagreeing with the initial call. Set the white paddle down. Then raise the opposite colored paddle (Red) indicating you are identifying Red as being passive, not Blue. (Figure 202 applies)

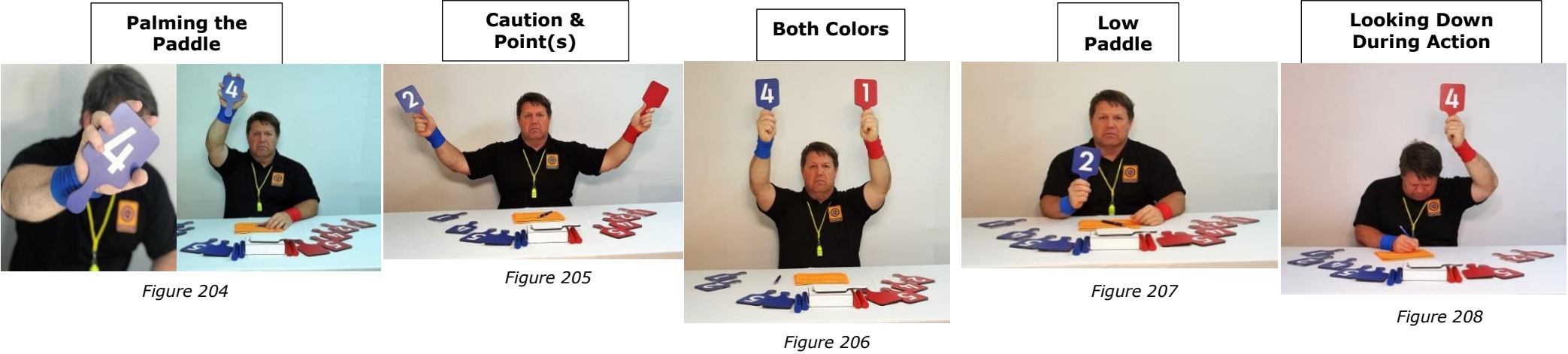


Improper scoring-paddle mechanics.

- Paddle out to the side. (Figure 203 applies)
- Palming the paddle in front of the face. (Figure 204 applies)
- Caution and points paddle out to the side. (Figure 205 applies)
- Both colors simultaneously. (Figure 206 applies)
- Paddle held very low. (Figure 207 applies)
- Holding paddle, looking down during action. (Figure 208 applies)



Figure 203

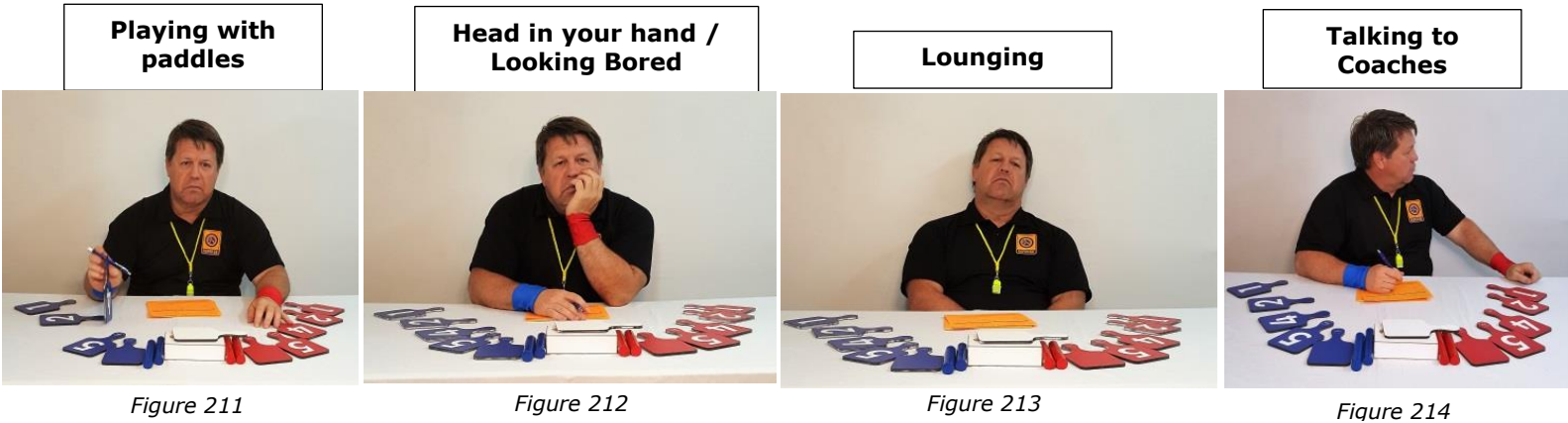
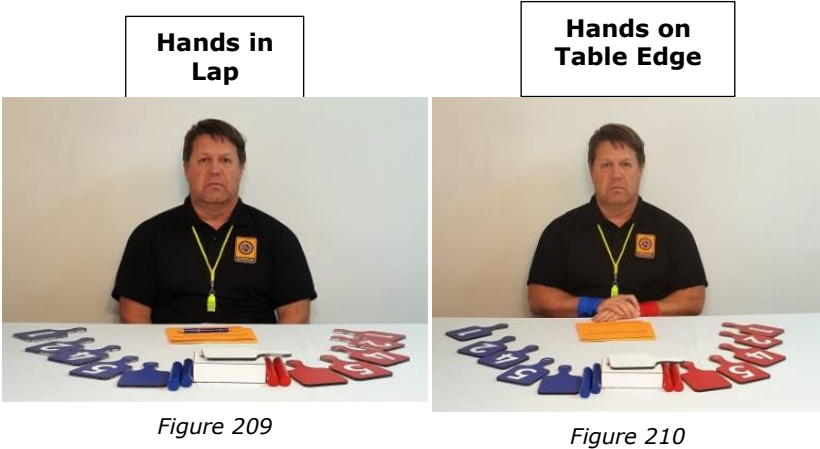


Proper seating during a bout.

- Hands in your lap. (Figure 209 applies)
- Hands on the edge of the table. (Figure 210 applies)

Improper seating during a bout.

- Playing with the paddles. (Figure 211 applies)
- Head in your hand/looking bored. (Figure 212 applies)
- Lounging. (Figure 213 applies)
- Talking to coaches. (Figure 214 applies)



CHAPTER 19 - CHAIRMAN MECHANICS

PHILOSOPHY: There is a difference between sitting as the mat chairman and being the mat chairman/leader.

Chairman responsibilities.

- You are the “Calm in the Storm.” Solve issues, don’t be the cause of them. (Figure 215 applies)
- Controls the mat and is poised to meet all uncertainty with professionalism.



Figure 215

Have a solid understanding of the rules.

Knows the strengths and weaknesses of their team. Who can you put in tough situations and what position is each official best.

Recognizes when high level bouts are coming to their mat and places the team in the best position to be successful.

Extremely attentive and focused on the task at hand.

Can work with all officials and ensure everyone on the team is involved.

Dealing with coaches.

- To get respect, you must be respectful.
- Have a logical explanation to their question. You don't have to agree with the call, but you should be able to justify/explain it.
- If you can't give an answer, do not make something up.

You must know *when a conference is needed and when to leave the situation alone.*

Chairman Mechanics.

Coordinate the work of the referee and the judge.

Evaluate their referees in a fair and honest manner and give criticism when necessary.

Follow the course of the bouts very carefully, without distractions.

Be Decisive. If Referee and Judge don't agree, you must make the decision.

Never be the first to give an opinion of an action.

Must confirm falls and passivity.

Interrupt a bout if a serious mistake is made by the referee.

Chairman calling a conference

When is a conference needed?

You see a foul that the others didn't - leg foul

You see a blatant error in scoring and could have impact on the outcome of the match

Conference mechanics. (Figure 216 applies)

Keep it quick; short and to the point.

Mat Chairman will do most of the talking - should offer their opinion on the situation

Mat Chairman Must be 100% correct on their opinion if calling a conference.



Figure 216

Red & yellow cards.

Your red & yellow cards should not be placed on the table in open view. (Figure 217 applies)

Openly displaying your red/yellow cards indicate you have taken an adversarial position with the coaches and are not approachable.

However, your cards must be readily accessible, but out of sight.

Presenting a coach with a red or yellow card should be your last option.



Figure 217

Referee & Judge being called for a conference

Ask yourself why. *“Why is the Chairman calling a Conference?”*

Chairman has an agenda for a conference.

May have seen something that the Referee and Judge did not.

May want to clarify what happened.

May be appealing a coach.

Listen carefully and answer accordingly.

Be very open-minded and flexible.

Answer the Chairman’s question and that’s all. It’s not a debate.

Don’t offer alternative possibilities, opinions, and solutions or defend your call during a conference.

Your response should be short to the point.

Communicating with the team

Before the session.

Introduce yourself if you do know them.

Discuss important points of what you are looking for and how you want the mat to work.

Discuss the main points from the pre-session clinic.

Make sure that they are relaxed and you do not put more added stress on the team.

During the session.

Don’t discuss a tough situation that coaches got heated right after it happens, wait a few matches.

Make sure that your team gets a break and they have a chance to step away.

Take time to get to know each official better when you are rotated out.

After the session.

Discuss how the session went - try to focus on the positives.

Go over evaluations with each official.

Thank each of your teammates for their help.

Working with volunteer table workers.

Be Respectful! They are volunteers just like you.

Ask them what you can do to make their job easier.

Communicate with them how you do things or things that you would like to have done. Such as counting down at specific times, posting points, etc.

Keep conversations professional and not personal.

Working with video cameras & live streaming.

Always assume the audio is working, be careful what you say, language, comments, etc.

The camera may be pointed at you, make sure that you are conducting yourself properly. Look and act professionally.

CHAPTER 20 - THE CHALLENGE (Figures 218 & 219 apply)

Mat-side video review “the brick” challenge procedure is a good tool to assist the referee team.

When a challenge occurs and “*the brick*” is thrown onto the mat, do not immediately blow the whistle stopping the action. This becomes a Chairman’s decision and he/she will stop the bout at the appropriate time in order to review the action being challenged.

When challenging an action; the coach has “APPROXIMATELY” five (5) seconds from the time the questioned score is posted on the official scoreboard to request a challenge. The challenge timeframe is an approximation and “NOT A HARD TIMELINE.”

However, a challenge may be accepted if it is made within a reasonable amount of time (longer than five seconds); especially, if the challenge will ultimately determine the winner of the bout. Internationally, challenges have been accepted well beyond five seconds after the score was posted on the scoreboard. Again, do not get fixated on five seconds, it is an approximation.

Once a challenge is accepted, the jury of appeals will review the video and render a decision. It is not possible to request a “counter challenge” and there is no follow-on discussion.

The jury of appeal’s decision is final.

CHAPTER 21 - WHEN DISASTER STRIKES (and it will)

Not every bout will go well.

You will have that special bout when disaster strikes and you make a bad call, the referee team is out of sync or you get disciplined.

When this happens, don't panic and handle the situation with professionalism.

If you make a mistake, or bad call and get disciplined; “Own it, Learn from it and Let it go.”

Don't lose your composure, become emotional or argue with the Tournament Delegation, Head Referee, Clinician or Mat Chairman.

Your reaction and conduct “after the disciplinary action” will have a longer lasting and greater impact than what got you into trouble.

CHAPTER 22 - FINAL THOUGHTS

You must be the consummate professional when working a tournament. Wrestling fans, coaches, athletes and other referees are watching and judging your every action. Your behavior will dictate how you are treated by others; be professional.

When you are away from the tournament venue, ensure you maintain your professional behavior. Regardless of being on the mat or in a restaurant, you are still a referee. It takes years to build your professional credibility, but only one error in judgement can ruin all your hard work.

Ensure you get plenty of rest, proper hydration, and good nutrition in order to meet the high demands that most tournaments often dictate. Over multiday tournaments, rest, nutrition and hydration will be very important.

You will meet some great people (Referees, Coaches, Wrestlers, and Fans) and forge life-long friendships.

“No matter what happens during your referee career, they can never take your memories.”
Zach Errett.

Bottom-line: Have fun and enjoy yourself. (Figure 220 applies)



Figure 218



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