

Officials Clinic

This is a simplified explanation of the F.S. and Greco rules as of 3/12/2009, I will update, if and when further clarifications are made.

Total Wrestling

- Variety of actions and holds.
- Variety of attacks and counterattacks.
- Active standing and in par terre.

Risk in Wrestling

- Allowing a wrestler to put themselves in danger during an attempt to score.

Officials Duties

- Appearance is key (clothes make the man).
- Be open to the fact that we can make mistakes and we have the power to fix them when they occur.
- Stay calm follow the match and evaluate all actions.
- Control the match, protect the athletes and score the match.
- Be consistent with your calls.
- Protect new and young officials, as well as the table help, from disrespectful people.

Referee's Position during the Bout

- If you are too close you can impede the action.
- Stay back, the best position is on the out of bounds line.
- Always be ready to step in to prevent an injury and stop a potentially dangerous or illegal action.
- Lower your level when the action goes to the mat.
- Match the wrestler's position on the inner circle.
- Make it a game to try and anticipate the action (Where will the action go, can I be there as they land and ready to score the action).

Referee Confrontations:

- Remember **"HE WHO ANGERS YOU, CONTROLS YOU"**
- Control yourself; you are there to keep the match running smoothly and to evaluate the action.
- Talk calmly and in a normal low tone to deescalate the situation.
- Treat coaches, parents and athletes with respect (accept nothing less from them).
- Remember why you are here.

-If needed, use the yellow card (warning) and the red card (elimination) if the situation warrants it. If we handle ourselves in the proper manner, this rarely happens.

. The Coach:

-Parents are considered coaches and must follow the same guidelines as Coaches.

-The coach is prohibited from insulting the referee or influencing his decisions.

-If the coach asks a question in a proper manner it is all right to explain the rule.

The Call:

-When a wrestler is not present he or she should be called to mat 3 times at 30 second intervals. Be sure to note times on the bout sheet.

-If he fails to show, his opponent wins by default. (No shows will be disqualified from the bout, not from the tournament).

The Bout (Freestyle and Greco)

-The match consists of 3 periods lasting 2 min. with a 30 sec. break between periods for all age groups.

-Signify the winner of the period after sending wrestlers to their corners.

-A fall ends the match.

-A 5 point Move wins the period regardless of the score.

-2 3 point move by a wrestler wins the period regardless of the score.

-Injury time is 2 min., Blood time is 5 min.

Greco Bout:

-Three periods, each period is broken into 2 parts.

-Normal (on their feet) wrestling for 90 seconds

-30 sec. of ordered ground wrestling (par terre).

- The exception is if a wrestler is in danger at the 90 sec. mark, the match will continue with no clinch.

-There is no overtime in Greco wrestling.

-The wrestler who is winning by points takes the clinch position and will not be penalized if he doesn't score.

-If at end the 90 seconds , the score is tied 0-0, the advantage of the clinch will first be given to the red wrestler. If the situation is repeated in a 2nd period the blue wrestler will clinch. The clinching wrestler is obligated to score or 1 point is given to bottom wrestler at the end of period.

-If a tie occurs in the 1st or 2nd period, (not 0-0) criteria will decide who clinches.

- 1) Least # of cautions.
- 2) Value of points.
- 3) Last point scored.

-If the 3rd period 90 seconds ends 0-0 and there is a tie in technical points when adding the scores of the two first periods, we at the value of the points and at the # of cautions. If no advantage is found the coin will be tossed (USA modification) See examples below (0 is a caution)

Ex. 1) Red 3 1 0 Blue 2 1 1 0

Red wins clinch because he scored highest tech. point value (3)

Ex. 2) Red 3 0 0 Blue 2 1 0

Blue wins the clinch because he has fewer cautions.

Ex. 3) Red 3 0 Blue 3 0

The clinch is taken by the wrestler who scored the last points.

Ex. 4) Red 3 1 0 0 Blue 2 1 1 0

Blue clinches because of fewer cautions.

Ex. 5) Red 2 1 0 0 Blue 2 1 0

Blue clinches because of fewer cautions.

Greco Clinch

-Top wrestler chooses clinch with reverse body lock or par terre with his/her hands resting on the opponent's shoulders and a knee on the mat. Top wrestler is allowed to have a knee between the bottom wrestler's legs when starting.

-Schoolboy and below start with both knees on the mat.

-In such situations, if the top wrestler doesn't advance his/her position, the wrestlers will be placed in the standing position to complete the period.

-Wrestler must accompany the opponent to the ground and stay in contact with him in order for a hold to be valid.

Greco penalty for false start in clinch

-Par terre wrestler at fault

1st time – verbal warning, advise the wrestler of fault.

2nd time -- Caution and 2 pts. For the top wrestler, stays in par terre.

-Standing (top) wrestler at fault.

1st time – verbal warning, advise of fault.

2nd time – a Caution and 1pt for par terre wrestler, return to standing position for remainder of period,

Freestyle Bout

-If period ends in a 0-0 tie, go to 30 sec. overtime (Freestyle clinch).

-Coin toss decides who clinches.

-Clinching wrestler chooses leg, defensive wrestler sets positions leg in center of circle the other outside of circle.

-The winner of the toss grabs the chosen leg with both arms around the leg in the position that he/she wishes. The head must be to the outside of the thigh.

-First score ends period.

-The clinching wrestler is obligated to score within the 30 seconds period, if not his/her opponent will receive 1 pt. and win the bout.

Freestyle Clinch

-When a period ends in a 0-0 tie a clinch will be ordered.

-30 sec. overtime, sudden victory.

-Coin toss decides who clinches.

-EX. Red wins toss, Red chooses with leg to lock on. Blue must present chosen leg on line, Red lock hands behind knee, head outside, blow whistle. Lock may be released at whistle. Red must score or 1 point will be awarded to Blue

-All rules apply in overtime.

-Penalty for improper or failure to clinch, caution and 1 pt.

Criteria for winning a period.

-A fall (ends period and bout)

-A 5 pt. move wins period.

-2 3pt. moves by a wrestler wins period.

-The highest score when time expires.

-When time expires with a tie go to criteria for winner.

Tie breaking criteria for period.

-Least Cautions

-Value of holds, ex. 3pt, 2pt, 1pt.

-Last point scored.

-If last score is a 2-2 situation causing tie because attacking wrestler rolls across shoulders without action from his opponent, the victory goes to the attacking wrestler.(risk)

Illegal Holds.

-Throat holds

-Twisting of arms more than 90 degrees.

-Arm lock applied to the forearm.

-Holding the head or neck with two hands, as well all situations and positions of strangulation.

-Double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body. (Jr. and above)

-Double Nelson from the both the front or side for Womens, Cadets and below in par terre or standing position.

- Kids divisions a straight to the back souplesse or salto. They must take throw to the side.
- Bringing the arm behind the back and at the same time applying pressure to it in a position where the forearm forms an acute angle(less than 90 deg.).
- Executing a hold by stretching the opponent's spinal column.
- Encircling the head with two hands and no arm.
- In standing holds executed from behind when the opponent head is down (reverse body lock), the fall must be executed only to the side and never from top to bottom (header).
- In executing a hold, only one arm may be used to hold the opponent's head or neck.
- To lift the opponent who is in a bridge position and then to throw him to the mat, that is, the bridge must be forced down.
- Breaking the bridge by pushing in the direction of the head.
- A scissor-lock with the feet crossed on the head, neck or body.

Penalties for Illegal actions.

- Attacking wrestler.
 - 1st offence "Attention" for illegal action, holds is voided.
 - 2nd offence "Caution" and 1pt. for opponent.
- Defending wrestler.
 - If Illegal action prevents scoring.
 - Stop the match and ask for a "Caution"
 - Give 2 pts. to his opponent.
 - Resume match in position where it was interrupted.
 - If attacking wrestler can carry out action.
 - Stop the violation and ask for a "Caution".
 - Give attacking wrestler 1 pt.
 - Award pts. for completed action.
 - Stop the match.
 - Resume wrestling in the standing position.

Prohibited holds for Cadets, Schoolboys and Kids.

- Double Nelson from the front and side.
 - In Freestyle, a leg hook on opponent's leg, in addition to the double Nelson.

Classification Points:

-5 pts. Winner and 0 pts for the loser.

Victory by fall.

Withdrawal

Default

Disqualification

-Victory by technical superiority for both periods (6 pt difference, 5pt hold or 2 3 pt holds, with loser scoring no technical pts
4 pts winner and 0 points loser.

-Victory by technical superiority for both periods (6 pt difference, 5 pt hold or 2 3pt holds with loser scoring technical pts.
4 pts winner and 1 pts loser.

- Wrestler wins 2 periods and loser scores no technical pts.
3 pts winner and 0 pt loser.

-Wrestler wins 2 periods and loser scores technical pts.
3 pts red and 1 pts blue.

-Both wrestlers disqualified due to infraction to the rules.
0 points both wrestlers

Out of bounds

-The first wrestler to step out on their feet gives up 1 pt.

-All out of bounds will return standing, except out of bounds in danger returns to par terre.

-Any action that starts in bounds and lands out will score.

-Proper referee positioning will make these calls much easier.

-Only the wrestler who steps out must be on his feet, opponent may be in par terre.

-Returns standing.

-Sprawling going out to avoid stepping out is 1 pt.

Fleeing the hold (avoiding wrestling)

-Not in contact, blocking, backing away without an attack.

-Take a hold and hangs on with no attempt to score ex. (2 on 1 just hangs on to block opponent)

-Use vocabulary to stimulate wrestling (Red Action, Blue Contact, Red Zone, and Blue Open)

-Tell them 2 times then ask for Caution and 1 pt. for opponent.

Fleeing the mat (avoiding wrestling)

-If a wrestler is in the zone state Red Zone, Blue Zone.

- Wrestler goes out under attack or to avoid a hold, award caution and 1 pt for opponent.
- Fleeing in danger award caution and 2 pt. for opponent and return in par terre.
- Fleeing on feet caution and 1 pt. for opponent, returns standing.

Points for holds and actions

- 1pt.
 - Takes opponent to the mat (three supporting points) ex. 2 hands and 1 knee.
 - In par terre passes behind opponent.
 - Holds opponent in danger for 5 sec. (visual count)
 - To wrestler whose opponent steps out of bounds.
 - To wrestler who turns his opponent hand to hand.
 - To wrestler whose opponent flees the hold or the mat and caution to offending wrestler.
 - To wrestler who's opponent refuses to clinch and caution for offending wrestler.
- 2pt.
 - Exposes opponent to danger (past 90 deg.)
 - Wrestler whose opponent's illegal hold prevents a score, offending wrestler receives a caution.
 - Wrestler who's opponent flees the mat in danger, offender receives a caution.
 - Opponent of wrestler who "auto-touches".
- 3pt.
 - Wrestler takes opponent from feet to back in danger through direct projection.
 - Grand amplitude throw not to danger.
 - Lifts opponent from par terre and throws to danger with low amplitude.
- 5pt.
 - Grand amplitude throw to danger.
 - Lift from par terre with grand amplitude throw to immediate danger.

The Team

- When working with 1 or 2 officials, you have a referee and a scorekeeper, the 2nd official can used to confirm falls or cautions but should not otherwise be actively involved in the bout.
- When working three man mechanics, the mat chairman is the team leader; the referee is on the mat, the judge is opposite the chairman.
- The judge and referee work closely to score the bout, if they agree and are not in violation of the rules their decision is recorded on the bout sheet.

-When the judge and referee have a different opinion the chairman is obligated to vote with one or the other, to find the correct score.

-on the rare occasion that the chairman sees a violation or the colors are reversed he may call a short conference to discuss the action and get the correct score.

-The chairman must never overrule the judge and referee if they are in agreement without a violation of the rules occurring.

USWOA

-USWOA is the national governing body of wrestling officials.

-I encourage all Indiana officials to join and participate as USWOA officials

-Membership offers many opportunities including but not limited to insurance such as a copy of the Rule book, and the chance to work at higher levels of competition.

This is a simplified explanation on the latest rules interpretation as of 3/09/2009, they may be changed or modified .

Mark Mundy, Freestyle & Greco Officials Director