Officiating Ohio High School Wrestling

Contributions by:

Ohio High School Athletic Association
Ohio Wrestling Officials Association
National Association of Sports Officials
National Federation of State High School Associations

Unit 4
Objectives—Unit 4

What are your uniform requirements?

What accessories must you have?

Getting ready for the season.

What are the keys to confidence?

What authority do you have?
Objectives—Unit 4

When does your authority start/end?

What are your pre-meet duties?

Dealing with blood and body fluids.

Techniques for awarding points.

Using preventive officiating to assist you.

Mat positioning
YOU’RE THE OFFICIAL…

Objectives—Unit 4

What can you say to the wrestlers?
Working as the assistant referee.
What is a legal wrestling uniform?
What is special equipment?
Health and grooming standards.
Understanding the weigh-in procedure.
YOU’RE THE OFFICIAL...

Officials’ Uniform

Short sleeve V-neck knit shirt w/ Gray short with black pinstripes

***Tournament administration may provide a common shirt for all officials at their event

***Not permitted by OHSAA.
Officials’ Uniform

Full length black trousers

Black socks

Black shoes w/o colored highlights.
YOU’RE THE OFFICIAL...

Accessories

Colored disk – (Green & Red)

Black lanyard & black plastic whistle

Red & green arm bands

Random draw kit
YOU’RE THE OFFICIAL...

Preparation

Annual checkup

Year-round conditioning

Grooming & appearance…

• Commands respect

• Aids in selling calls
YOU’RE THE OFFICIAL...

Preparation

Study rules book & case book

Study “Green Book”

Attend local association meetings

Attend OHSAA rule interpretation meeting

Work scrimmage/visit practice room
Keys to Confidence

Know the rules

Know the language of the sport

Master signals—use them properly

Understand match rhythms & strategy

Keys to Confidence

Focus on essential elements

Remain calm

Work closely with other officials

Be in proper position

Keys to Confidence

Translates into rapid-fire decision making without having to think consciously about making your call!

YOU’RE THE OFFICIAL...

**Jurisdiction Time**

Begins upon arrival at site

Concludes with…

- Approval of scorebook in dual meet
- Upon signing the bout sheet after the last match of a tournament
- Completion of all correct paperwork
The legality of all equipment, including mats, markings, uniforms and special equipment, pads and taping, shall be decided by the referee.
YOU’RE THE OFFICIAL...

Blood & Body Fluids

Leave cleanup to coach/trainer

Use extreme caution if contacting...

- Blood
- Body fluids
- Open wounds
- Mucous membranes
- Soiled towels/uniforms

Note: Wash hands or use hand sanitizer after weigh-ins and before eating.
Blood & Body Fluids

Mat-side items…

- Protective gloves
- Disposable towels
- Gauze pads
- Commercial disinfectant
- Saliva boxes lined with disposable bags

Critical…properly dispose after use!

Read BBP Procedure
The Referee Shall…

Be firm enforcing letter & spirit of rules

Do Not use…

• TV monitoring

• Replay

• Other video equipment
Meet promptly and in the spirit of good sportsmanship any situation developing unexpectedly.
The referee will be responsible to conduct the random draw prior to the weigh-in. This will give all the same fair opportunity to dress and warm-up before the dual meet.
Pre-Meet Duties

Check for…

- Presence of oils / greasy substances
- Rosin
- Objectionable pads
- Improper uniform, grooming & equipment
Pre-Meet Duties

Check for…

- Jewelry
- Long fingernails
- Skin conditions
- Related health and safety measures
- No wristbands, bicep bands, sweatband, full length leggings or arm & leg sleeves
Pre-Meet Duties

Review...

- Choice of position
- Reporting to table
- Signaling offensive wrestler to mount
- Start / stop on whistle
- Rule changes
- Pinning area (junior high wrestlers)
Pre-Meet Duties

Points of emphasis…

- Work for fall / work angles
- Work center of mat
- Straggling back from out-of-bounds
- Delay in getting set (“correct sequence”)
- Removing / adjusting headgear
- If move isn’t working, work something else
Pre-Meet Duties

Points of emphasis...

- Captain(s) report for coin toss
- Exhibit good sportsmanship
- An Unsportsmanlike conduct penalty during the match will take precedence over first point(s) scored if the match goes to the ultimate tie breaker
Pre-Meet Duties

Verify with coach team is...

- Properly groomed
- Properly equipped
- Ready to wrestle
- Shoelaces secured
Pre-Meet Duties

- Mat sections taped & secured
- Proper markings
- Team benches & scorer’s table location
- Clearance between mat and...
  - walls
  - bleachers
  - extraneous apparatus
Pre-Meet Duties

• Review signals
• Clarify table responsibilities (scorers & Timer
• Make certain the visiting team scorer is at the table
• Review mechanics
• Emphasize that you are a team
• Sign scorebook at the conclusion of the last match (always insure that the home team and visiting team scorers agree on final team score)
Awarding Points

- Only authorized signals shall be used
- The thumb is not to be used
- Hold arm high above your head and rotate hand (2-3 seconds) to indicate points
- Do not look at the scorers table or the coaches when awarding points
- Verbally announce awarding of points
- When possible, award points on edge of mat before blowing the whistle
“When penalizing either wrestler, the referee shall stop the match and announce the penalty, except as noted in Rule 8-1-2”

(covered in Unit 7)
RECOGNIZING CONFLICT

Preventive Officiating

- Maintain eye contact
- Don’t take criticisms personally
- Decide what deserves a response
- Clear your head
- Temporarily forget other parts of your life

Preventive Officiating

Understand intensity…

- Closeness of match
- Time left in match
- What you call & when you call it
- It’s implications & reactions

Preventive Officiating

Wrestlers…

- Poor performance
- Facial expressions / body language
- Contact after stoppage…cheap shots

---

RECOGNIZING CONFLICT

Preventive Officiating

Coaches...

• Negative interaction with team
• Body language inciting crowd
• Verbal criticisms inciting crowd

RECOGNIZING CONFLICT

Preventive Officiating

Know your participants…

• School rivalries

• Defending champions

• Undefeated opponents

MATCH CONTROL

Mat Positioning

Points of emphasis…

• Maintain eye contact at all times

• Let wrestlers lead you back from out-of-bounds

• Periodically check contestants while at table
Out of bounds situations…

- View supporting points of both wrestlers & line
- No right or wrong position ... ideally straddle out-of-bounds line
- Keep appropriate distance between yourself & wrestlers
- Protect wrestlers from injury, i.e. floor, stands, table
MATCH CONTROL

Mat Positioning

Starting from neutral position...

• Stand inside 3’ starting lines to prevent false starts, be aware not to block the view of wrestlers.

• Make visual contact with timer prior to starting

• Simultaneously blow whistle & move arm
Mat Positioning

Neutral position…

- View contestants & out-of-bounds line
- “Herd” back to center
- Protect wrestlers
- Change levels to provide good site lines
MATCH CONTROL

Mat Positioning

Pinning Situation…
• Get in best position to visually observe
• Do not placing hand(s) underneath wrestler
• Do not count near fall while standing
• Count near fall points while flat on your stomach

Mat Wrestling…
• Position yourself at heads of wrestlers
• Move side-to-side to view both sides of action
• Maintain appropriate distance to react but not too close to impede action
Referee's position…

- Position 20 degrees either side of wrestler’s heads
- Check the hand on the navel and elbow, knee touching hip and foot breaking the plane in rear
- Avoid wrestlers anticipating your whistle, and slightly vary your whistle so wrestlers do not time your starts (no rolling starts)
MATCH CONTROL

Verbal Commands

“Center”

“Action”

“Contact”

“Keep It Legal”

Cardinal Rule…

Coaches Coach!
Assistant Referee

Granted same mobility as referee

Referee in complete control

Constant verbal communication

Pinch at edge, be there to assist
Assistant Referee

Rule of Thumb...
Position yourself 180 degrees from referee, but must be flexible to move with the match

Assume best possible position to...
View wrestlers, catch and protect at edge
Communicate with head official
Assistant Referee

Remain standing or kneeling in pinning situation to observe action on top for infractions and to notify referee when time expires. You are not responsible for viewing the near fall or counting near fall points.
Assistant Referee

Use proper hand signals for…
• Locked hands/grasping clothing
• Improper starting position, “cautions”
• Be immediate and deliberate in alerting the referee of infractions

After alerting referee of infractions…
• Meet at edge of mat near scorer’s table
• Referee may support or disagree
• Referee has final authority on decision

Referee may seek the assistant referee’s opinion…
• Meet at edge of mat near scorer’s table
• Assistant may support, disagree or have no opinion
• Referee has final authority on decision
Assistant Referee

Not permitted to address coach

During headlock situations observe underneath the action

Observe wrestlers leaving the mat at the conclusion of the match

Assistant referee should be “first on and last off” of the mat
Legal Uniform:

- One piece singlet (must be school issued) cut no lower in the back or front than the level of the armpits
- Under the arms no lower than one-half the distance between the armpit and beltline
- A suitable undergarment which completely covers the buttocks and groin area worn under the singlet
- Any undergarment that extends beyond the inseam of the singlet must be tight-fitting and cannot extend beyond the knee
- Full length tights may be worn with the singlet – must have stirrups
- Female contestants must wear a form-fitted compression suitable undergarment (e.g., sports bra) to completely cover the breasts
Legal Uniform (alternative):

- School issued compression shorts or shorts designed for wrestling having a 4-inch inseam that does not extend below the knee
- Shorts designed for wrestling must have an elastic waistband
- Shorts designed for wrestling and compression shorts must have a drawstring that is unexposed (inside the waistband) and must not have belt loops, zippers, snaps, buttons or pockets
- A suitable undergarment which completely covers the buttocks and groin area must be worn under the shorts designed for wrestling and compression shorts
- Shorts designed for wrestling may be worn over the singlet
Legal Uniform (alternative):
• Shorts designed for wrestling or compression shorts may be worn with a school issued form-fitted compression shirt
• The form-fitted compression shirt may be worn underneath a singlet
• The form-fitted compression shirt cannot cover or extend below the elbow and must have a minimum 3-inch tail
• Female contestants must wear a form-fitted compression suitable undergarment (e.g., sports bra, T-shirt) to completely cover the breasts under the school issued form-fitted compression shirt
Specifications for manufacturer’s logo/trademarks/commemorative patches on uniform (includes legal hair covering):

- Logos and trademarks – no larger than 2¼ square inches and can only appear once on each item of uniform apparel
- American flag – cannot exceed 2 x 3 inches can only appear once on each item of uniform apparel
- Commemorative/memorial patches – not to exceed 4 square inches may be worn on the uniform with OHSAA permission
Legal Uniform

Light heelless shoes...
- Reaching above the ankles
- Shoes must be properly secured
  - If laces are visible
    - Double knotting
    - Taping around the ankles
  - Shoe lace pocket
  - Zipper
  - Velcro™ lace protector

An important tenet of being properly equipped and ready to wrestle is the shoes being well-secured to the feet.
- Before the wrestler comes out to the mat, check the shoes to insure they are properly secured – preventative officiating
BASIC RULE

Special Equipment

Equipment not required by rule…

- Hair covers
- Braces/pads – tight fitting
- Face mask
- Artificial limbs
- Ankle bands
- Mouth guards
- Socks

Note: Electronic devices used for communication between coach and contestant during competition are prohibited
KEY POINTS

Pads, Taping, Braces

• Loose pads are prohibited
• Worn-out pads (holes) are prohibited
• Bracing or taping:
  • Must permit normal movement of the joints
  • Cannot impede opponent from applying legal/normal holds
• Hard or abrasive equipment must be padded or covered – referee must approve padding or covering
• Prohibited:
  • Wristbands
  • Sweatbands
  • Bicep bands
  • Leg or arm sleeves (pads or no pads)
Orthodontic Devices

Each contestant who has braces or has a special orthodontic device on their teeth are required to wear a tooth and mouth protector.

This would include upper and lower teeth if devices are present on both.
OTHER CONSIDERATIONS

Headgear & Taping

OHSAA does not allow any tape on the headgear other than $\frac{1}{2}$” taping around rim of ear guard to secure foam padding to protect ear problems.

Prohibit excessive/unnecessary taping covering a greater area than necessary, i.e. above wrist(s), individual knuckles.
HEALTH & SAFETY

Wrestlers Appearance

Finger nails
- Properly groomed so as not to be a scratch hazard to opponent

Facial hair
- Clean shaven with sideburns no lower than the earlobes
- Mustache – cannot exceed the line of lower lip
- Can wrestle with facial hair if covered by a face mask
Rule 4-2-1
-Hair Length (shall not extend below):
- An ordinary shirt collar (byron) in the back
- The bottom of the ear lobes on the sides
- The eyebrows in the front
-Hair that does not meet the length standard may be contained under a hair cover to satisfy the hair rule
- Hair cover must be a solid material, cannot be abrasive and must be attached to the headgear
- The hair cover must be brought to weigh-ins to be approved by the referee
- Physical hair treatment items that are hard and abrasive such as beads, pins, clips, barrettes, etc. are not permitted
- Legal hair control devices such as rubber/elastic bands, ribbon, yarn, etc. may be used to secure the hair to meet the hair length rule (hair bun, braiding, corn rows, etc.)
**Wrestlers Appearance**

- a. Legal
- b. Legal
- c. Legal
- d. Legal
- e. Legal
- f. Legal
- g. Illegal
- h. Legal
Pre-Meet Duties

Inspect Wrestlers

- Uniform
- Equipment
- Grooming – hair and nails
- Skin

The skin check is one of the most important of the pre-meet duties. Proper skin check and administration is the last line of defense against the spread of communicable skin conditions.
HEALTH & SAFETY

Pre-Meet Duties

Develop a routine for checking the skin

Key areas:

- Cheeks, chin, forehead, ears, hairline and scalp
- Eyes (e.g., pink eye)
- Behind ears
- Neck
- Between fingers
- Elbows
- Behind knees
- Arms and armpits
If a communicable skin condition is suspected:
- Does the contestant have current written documentation (medical release form), as defined by the NFHS or the state association, from an appropriate health care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent?
- In the absence of such documentation a competitor shall not be permitted to compete in the event. The official must be firm enforcing this rule.
Finding A Skin Disease

- If a designated, on-site meet, appropriate health-care professional is present, he/she may overrule the diagnosis made in the medical release form and the competitor will not be permitted to wrestle.

- A medical release form diagnosing a non-communicable skin condition (e.g. mole, birthmark, psoriasis, eczema, etc.), the medical release form is effective for the duration of the season.