



Officiating High School Wrestling In Ohio



Course Outline

Course Description: Course will be designed to educate new officials to the science of refereeing high school wrestling matches. Upon completion, new officials will have a working knowledge of the rules and be able to understand the intent, as well as the letter of the rules.

Units: There will be nine units approximately 2 ½ hours long, and identified as follows. Each unit will have specific student outcomes and assessments assigned to help the new official pass the National Federation Exam.

Unit

- 1) Introduction
- 2) Competition and Equipment
- 3) Officials and their Duties, Wrestler Classifications and Weigh-ins
- 4) Definitions and Scoring
- 5) Conduct of matches
- 6) Infractions
- 7) Penalties and Injuries
- 8) Conduct of Tournaments
- 9) Review and National Federation Exam

Course materials to be used:

- 1) National Federation Rules and Case books
- 2) Video tape of previous state tournament matches
- 3) Overhead slides of graphic illustrations
- 4) Handouts written by various state level officials

Equipment needed:

- 1) Video player with TV Monitor
- 2) Overhead projector
- 3) Chalk or erase board
- 4) Uniforms – officials' and wrestlers'
- 5) Mat with markings

Officiating High School Wrestling In Ohio

Unit 1: Introduction OHSAA, NFHS, Philosophy, Responsibility

Student Outcomes	Instructional Materials	Method of Assessment
Student should understand and identify the code of ethics and define the philosophy of officiating. They will be introduced to the costs and requirements of the OHSAA and Local Associations along with liability coverage from National Association. They will become familiar with the responsibilities and obligations of an official.	Lecture on general responsibilities using Officials' Handbook, handouts, video and overheads. Group discussion will be encouraged.	T-F Quiz at the end of the session is optional

- 1) ***Introduction:***
 - a) OHSAA
 - b) Philosophy of Officiating
 - c) Cost associated with officiating
 - d) Exam (National Federation)
 - e) Clinics
 - f) Dues
 - i) State
 - ii) Local
 - h) Date for Exams, Clinics, Association meetings
 - i) Association meetings
 - a. Attendance requirements
 - b. Other requirements for good standing
 - j) Officials' handbook, Rules and Regulations
 - k) Physical expectations
 - a. Conditioning
 - b. Appearance
 - l) Class 1 and Class 2 Officials
 - m) Contracts
 - a. Obligations
 - b. Obtaining contracts

Officiating High School Wrestling In Ohio

Unit II: Competition and Equipment

Student Outcomes	Instructional Materials	Method of Assessment
Students will identify different formats for competition and the process for the conduct of each competition. They will be able to draw a mat with appropriate markings and dimensions including positioning of scoring tables and benches. Students will be able to state requirements for certification of scales.	Lecture, handouts, overheads and video. Students should have read Rules 1 & 2 in the Federation Rule Book and appropriate cases in Case Book. Examination of actual mat.	T-F Quiz optional. Fill in dimensions of mat, with scoring table and bench

1) Competition

- a) Duals, Triangulars, and Quads
- b) What are each and how are they run?
- c) Process
 - i) Random draw for order of weights
 - ii) Wrestlers reporting to the mat
 - iii) Choice of position in 2nd, 3rd periods
- d) Tournaments
 - i) Format
 - ii) Brackets
 - iii) Round Robin (Olympic pool format)
- e) Dual Meet
 - (1) Process – choice of position for 2nd, 3rd periods

2) Equipment and layout

- a) Mat
 - i) Size
 - ii) Markings
 - (1) Boundaries
 - (2) Center Circle
 - (3) Starting Lines
 - iii) Benches and Scoring Tables
 - iv) Scales – certification

Officiating High School Wrestling In Ohio

Unit III: Officials & Their Duties, Uniforms & Classifications

Student Outcomes	Instructional Materials	Method of Assessment
<p>1. Student will recognize the importance of the officials' appearance, demeanor, and mechanics in controlling the match and the mat area. They will understand the objective of preventive officiating and the role pre-meet duties and officiating mechanics have in meeting that objective. They will be able to identify signals and recognize the proper positioning by an official various mat situations. The student will be able to identify the responsibilities and mechanics of a good assistant referee.</p> <p>2. Student will be able to identify the requirements of a legal uniform including all equipment, shoes, tapings etc. They will be able to identify hair and skin problems and understand the health issues involved. The student will know the weight classes, certification process and weigh in procedures.</p>	<p>Lecture, group discussion, videos and overheads. Student should have read rules 3 & 4 and the appropriate cases from the casebook. Actual referees uniform, and wrestlers uniforms.</p>	<p>T-F Quiz optional – use video, overhead with signals and or mat situations to identify proper positioning.</p>

1) Officials and Their Duties

- a) Appearance
 - i) Uniform
 - ii) Personal appearance
 - (1) conditioning
 - (2) hair and facial hair
 - (3) confidence
- b) Duties
 - i) Pre-meet Duties
 - ii) Conduct in control the match – preventive officiating
 - (1) Mechanics of awarding points and stopping match
 - (2) Signals
 - (a) No unauthorized signals
 - (3) Positioning during match
 - (a) Starting position
 - 1. Neutral position - standing and on the mat
 - 2. Boundaries
 - 3. Potentially dangerous situations
- c) Assistant Referee
 - i) Referee's role with assistant
 - ii) Assistant's responsibilities
 - (1) communications with
 - (a) assistant
 - (b) coaches, contestants and spectators
 - (2) Positioning

Officiating High School Wrestling In Ohio

Unit III:

Officials & Their Duties, Uniforms & Classifications (cont.)

- 2) *Wrestler's Uniforms and Classifications*
 - a) Uniforms
 - i) Singlets vs Alternatives
 - ii) Undergarments
 - iii) Insignias and adornments
 - iv) Headgear and equipment
 - v) Shoes and laces
 - vi) Special equipment including braces and taping
 - b) *Wrestler's Appearance & Health*
 - i) Hair and facial hair
 - ii) Infectious and communicable skin diseases
 - c) *Weigh-in & weight Classifications*
 - i) Certification
 - (1) Dates
 - (2) Process
 - ii) *Weight Classifications*
 - (1) High School
 - (2) Junior High
 - (3) Minimum & Maximum
 - (4) Growth allowances
 - iii) *Conducting weigh-ins*
 - (1) Duals, tri's, quads
 - (2) Tournaments

Officiating High School Wrestling In Ohio

Unit IV: Definitions and Scoring

Student Outcomes	Instructional Materials	Method of Assessment
Student will be able to define and identify starting positions, recognize control, loss of control, and change of control in various situations. They will be able to recognize various scoring maneuvers and the associated match points, corresponding to those maneuvers. The student will understand match scoring and team scoring in dual meet competition. They will be familiar with other terminology associated with conducting a match and be able to distinguish among associated terms i.e.(stalemate vs stalling, injury time vs recovery time vs blood time).	Lecture, group discussion, overheads, handouts, videos and on the mat illustrations. Student will read rules 5 and 9 for this session	Unit Quiz optional – use of overheads and on the mat situations to identify proper scoring.

1) *Definitions and Scoring*

- a) Position of wrestlers
 - i) Neutral position
 - ii) Advantage or control
 - iii) Disadvantage

2) *Starting the match*

- a) Neutral starting position
- b) Advantage starting position
 - i) Traditional vs optional
 - (1) Referee to communicate optional start to defensive wrestler
- c) Disadvantage starting position

3) *Inbounds vs out of bounds*

- a) Supporting parts
- b) Mechanics of boundary calls

4) *Scoring maneuvers*

- a) Takedowns
 - i) Edge of mat
 - (1) Scoring – 2pts
- b) Escape
 - i) Edge of mat
 - (1) Scoring – 1 pt
- c) Reversal
 - i) Positions
 - (1) Rear standing
 - (2) Edge of mat
 - (3) Scoring – 2pts

Officiating High School Wrestling In Ohio

Unit IV: Definitions and Scoring (cont.)

4) Scoring maneuvers (cont)

- d) Pinning situations vs pinning combinations
 - i) 5 second near fall
(1) scoring – 3 pts
 - ii) 2-4 second near fall
(1) scoring – 2 pts
 - iii) Only one near fall per situation

5) Match Completion

- a) Match duration
- b) Outcome
 - i) Decision
 - (1) Normal (1 –7 match points) – 3 team points
 - (2) Major (8 – 14 match points) – 4 team points
 - ii) Tech fall (15 match points or more) – 5 team points
 - iii) Fall – 6 team points
 - iv) Default – 6 team points
 - v) Forfeit – 6 team points
 - vi) Disqualification - 6 team points

6) Other definitions

- a) Blood time
- b) Injury time
- c) Recovery time
- d) Bad time
- e) Stalemate
- f) Stalling
- g) Misconduct
- h) Unsportsmanlike conduct
- i) Flagrant misconduct
- j) Technical violation
- k) Illegal holds

Officiating High School Wrestling In Ohio

Unit V *Conduct of a Match*

Student Outcomes	Instructional Materials	Method of Assessment
Students will have an understanding of the match process. This includes duration of matches, starting and stopping procedures, choice of positions and scoring of matches. They will understand "Bad Time" and when it is appropriate to use and how to determine Bad Time. They will become familiar with procedures for correcting errors that may occur during match and team scoring. They should understand how to conduct a coach's conference.	Lecture, handouts, overhead, videos and on the mat presentations. Students will be required to read Rule 6 and Rule 9 along with the appropriate cases from the Case Book.	Quiz optional. Use of videos and overheads to recognize situations

1) *Conduct of Matches*

- a) Duration
 - i) Duals
 - ii) Tournaments
 - (1) Championship
 - (2) Consolation
 - iii) Overtime
 - (1) Sudden-death
 - (2) tiebreaker
- b) Match procedures
 - i) Order of weight classes
 - ii) Team
 - (1) Delay of match
 - iii) Individual
 - (1) who reports table first
 - (2) Starting
 - (a) 1st period
 - (b) 2nd and 3rd period
 - (i) choice of position
 - (c) sudden-death and tie breakers
 - iv) Starting and stopping the match
 - (1) Situations
 - (a) Out of bounds
 - (b) Penalties
 - (c) Stalemates
 - (d) Injury
 - (e) Potentially dangerous holds
 - (f) Equipment problems
 - (g) Coach's conferences
 - v) End of match procedures
 - (1) Proper handshake
 - (2) Raising of the hand

Officiating High School Wrestling In Ohio

Unit V

Conduct of a Match (cont)

1) Conduct of Matches (cont)

- c) Scoring
 - i) Individual maneuvers
 - (1) Takedown
 - (2) Escape
 - (3) Reversal
 - (4) Near falls
 - ii) Tournament team scoring
 - iii) Dual meet team scoring
- d) Correction of errors
 - i) Bad time
 - ii) Scoring errors
 - (1) match
 - (2) team
 - iii) Coaches questioning application of rules
- e) Overtime
 - i) Sudden-death
 - ii) Tie breaker

Officiating High School Wrestling In Ohio

Unit VI-A:

(Unit 6 is to be conducted in two-parts due to the importance and relevance of the information being presented)

Student Outcomes	Instructional Materials	Method of Assessment
Students will know the importance of recognizing dangerous situations and being in position to stop them. They will recognize all illegal and potentially dangerous situations. Students will understand the nature of technical violations and the importance of understanding the difference between these and illegal holds. They will understand the calls relative to the conduct of wrestlers, coaches and spectators.	Lecture, group discussion, overheads and video will be emphasized as well as on the mat work. Students will read Rule 7 and the appropriate cases from the casebook.	Quiz optional. Use videos and overheads as well as on the mat situations to recognize infractions.

Infractions

1) *Infractions*

- a) Illegal holds
 - i) Pulling back of fingers, thumb
 - ii) Slams and variations
 - iii) Headlock without the arm encircled
 - iv) Figure 4 on body
 - v) Double arm bar
 - vi) Twisting hammerlock
 - vii) Twisting knee lock
 - viii) Neck wrench
 - ix) Pressure over mouth, throat, neck
 - x) Hands in face
 - xi) Leg whip (cut back)
 - xii) Front quarter nelson with chin
 - xiii) Double under hook, snap back from standing position
 - xiv) Any hold used for punishment
 - xv) Back bow
 - xvi) Over scissors with pressure

2) *It is critical to be in position to recognize illegal holds and stop them when possible*

3) *Potentially dangerous situations*

- a) All headlocks
- b) Split scissors
- c) Chicken wings
- d) Arm bars
- e) Guillotines
- f) Wrestlers responsibility on returning his opponent to the mat

4) *Being in position to stop or block the maneuver*

Officiating High School Wrestling In Ohio

Unit VI-A:

Infractions (cont)

5) *Technical violations*

- a) Incorrect starts
- b) Cautions
- c) Intentionally going out of wrestling area to avoid wrestling
- d) Leaving the mat without permission
- e) Locking hands, grasping clothes
- f) Stalling
- g) Sequence
- h) Positions on the mat
 - i) Neutral
 - ii) Advantage
 - iii) Disadvantage
- i) Delay of match
- j) Figure 4 on the head in neutral position
- k) Reporting to the mat improperly equipped.

6) *Conduct of wrestlers, coaches and spectators*

- a) Unsportsmanlike conduct
- b) Misconduct (coach only)
- c) Flagrant misconduct

Officiating High School Wrestling In Ohio

UNIT VI-B:

(Unit 6 is to be conducted in two-parts due to the importance and relevance of the information being presented)

Penalties and Injuries

Student Outcomes	Instructional Materials	Method of Assessment
Students will be aware of the procedure for penalizing wrestlers and or coaches. They will understand the difference between warnings and cautions as well as their cumulative nature throughout the match. They will understand the expected conduct for coaches, wrestlers and spectators and the appropriate penalties for misconduct. The student will know the penalty chart in the rulebook. They will understand the different categories of injury time outs and the procedures for the use of each.	Lecture, group discussion, video, overheads. Student will be required to read Rule 8 and the appropriate cases in the casebook.	Quiz is optional. Review of penalty chart in rulebook.

1) Penalties

- a) Reporting to mat ready to wrestle
- b) Procedure for penalizing during match
 - i. Stop the match
 - ii. Exceptions
- c) Penalties, warnings, & cautions cumulative throughout the match including OT
- d) Conduct of wrestlers, coaches and spectators
- e) Unsportsmanlike conduct
- f) Misconduct
- g) Flagrant misconduct
- h) Review penalty chart

2) Injuries

- a) Injury time
 - i) When
 - ii) Duration – 1 ½ min
 - iii) Number permitted – 2
 - iv) Opponents choice after 2nd
- b) Recovery time
 - i) When
 - ii) Duration – 2 min
 - iii) Number permitted
 - iv) No injury time after recovery time
- c) Default
- d) Bleeding time
 - i) When
 - ii) Duration – 5 min
 - iii) Number permitted
 - iv) Bleeding time supercedes all injury and recovery time

Officiating High School Wrestling In Ohio
Unit VII:
Tournaments, Scoring, Symbols & Review

Student Outcomes	Instructional Materials	Method of Assessment
The student will understand the different formats for tournament competition and the procedures for running those tournaments including weigh-ins and scoring. They will know how to instruct scorers on the proper scoring symbols to use. The student will again review specific complex areas of officiating.	Lecture, overheads, group discussion, videos. The student will be required to read Rule 10 along with the appropriate cases in the casebook. They will also be expected to re-read all the rules and be prepared for the review	Quiz is optional. Symbol identification.

1) ***Tournaments and tournament competition***

- a) Format
- b) Entries
 - i) Seeding
 - ii) Dual meet tournaments
 - iii) Pool tournaments
- c) Team scoring
- d) Decisions
 - i) Major
 - ii) Tech fall
 - iii) Fall
 - iv) Default
 - v) Forfeit
- e) Weigh-ins

2) ***Scoring symbols***

3) ***Review of specific rules and procedures***

4) ***Review major points emphasis***

- a) Mat positioning
- b) Preventative officiating
- c) Appropriate signals and mechanics
- d) Illegal holds
- e) Potentially dangerous holds
- f) Technical violations
- g) Pre-meet duties

Officiating High School Wrestling In Ohio

Unit IX:

Student Outcomes	Instructional Materials	Method of Assessment
<p>The student will acquire standards for different formats for going a match and position and the proper procedures for the National Federation wrestling including weighing-ins and scoring. They will know how to instruct scorers on the proper scoring symbols to use.</p> <p>The student will again review specific complex areas of officiating.</p>	<p>Participate with peers in on-group discussion, with a senior official will be required to take Rule 10 match. with the appropriate cases in the casebook. They will also be expected to re-read all the rules and be prepared for the review</p>	<p>Critique is from optional Syllabus for the National Federation Exam.</p>

Practicum & Examination

- 1) *Participation in actual match situations and experience*
 - a) Observation
 - i) Student to observe and take notes of an entire match with senior official
 - b) Participation
 - i) Student will be expected to assist senior official for one match

- 2) *Taking of the National Federation Exam*