

Officiating Ohio High School Wrestling

Contributions by :

Ohio High School Athletic Association

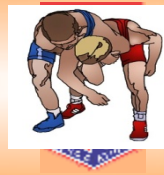
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Ohio Wrestling Officials Association

National Association of Sports Officials

*National Federation of State
High School Associations*

Unit 4



YOU'RE THE OFFICIAL...

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?



YOU'RE THE OFFICIAL...

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.



YOU'RE THE OFFICIAL...

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 & 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



YOU'RE THE OFFICIAL...



Keys to Confidence¹

Know the rules

Know the language of the sport

Master signals; use them properly

Understand match rhythms & strategy

¹ Jerry Grunski, "Developing Decision-Making Skills", Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 51, 52



YOU'RE THE OFFICIAL...



Keys to Confidence¹

Focus on essential elements

Remain calm

Work closely with other officials

Be in proper position

¹ Jerry Grunski, "Developing Decision-Making Skills", Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 51, 52





Keys to Confidence¹



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



¹ Jerry Grunski, “Developing Decision-Making Skills”, Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 51, 52

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





Authority

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: Use hand sanitizer after weigh-ins and before eating



YOU'RE THE OFFICIAL...

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!



YOU'RE THE OFFICIAL...

The Referee Shall...

Be firm enforcing letter & spirit of rules

Do Not use...

- TV monitoring
- Replay
- Other video equipment



YOU'RE THE OFFICIAL...

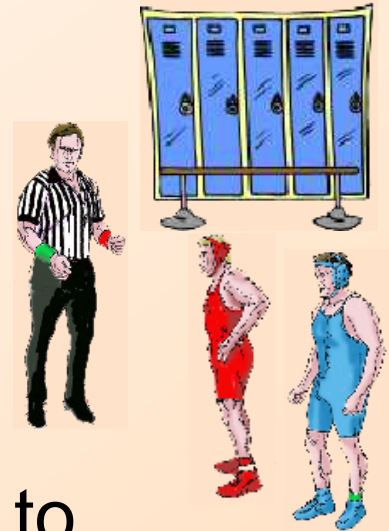
The Referee Shall...

Meet promptly and in the spirit of good sportsmanship any situation developing unexpectedly





Pre-Meet Duties

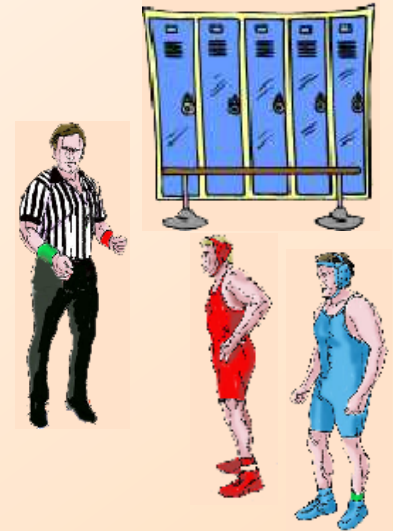


The referee will be responsible to conduct the **random draw prior to the weigh-in**. This will give all the same fair opportunity to dress and warm-up before the dual meet





Pre-Meet Duties



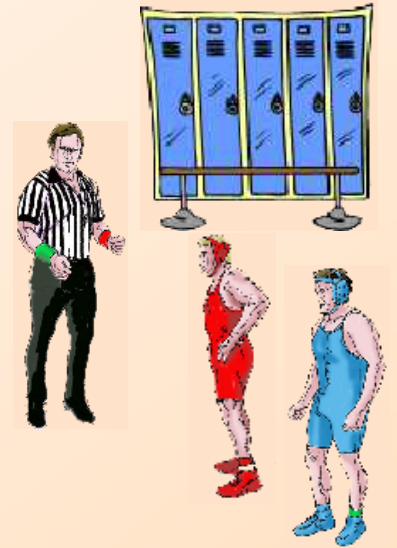
Check for...

- Presence of oils / greasy substances
- Rosin
- Objectionable pads
- Improper clothing, grooming & equipment





Pre-Meet Duties



Check for...

- Jewelry
- Long fingernails
- Skin condition/communicable disease
- Related health & safety measures
- No wristbands, sweatbands or bicep bands

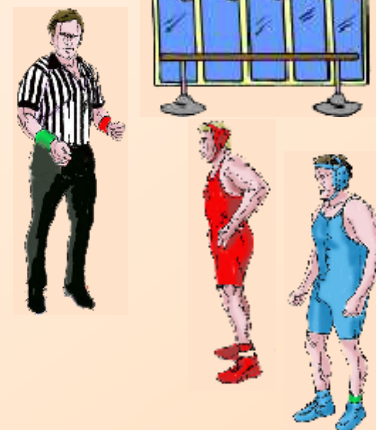




Pre-Meet Duties

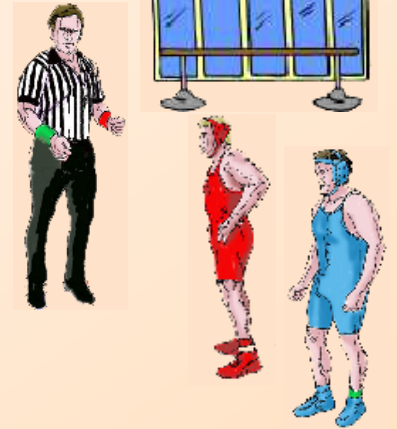
Review...

- 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
- Stragglng back from out-of-bounds
- Delay in getting set (“correct sequence”)
- Removing / adjusting headgear
- If move isn’t working, work something else

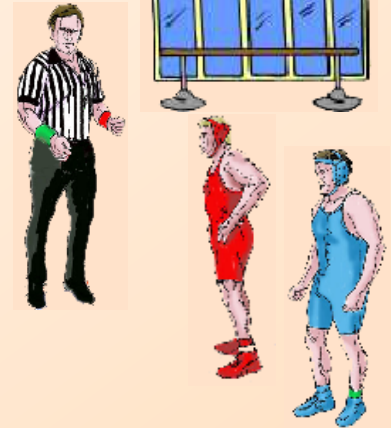




Pre-Meet Duties

Points of emphasis...

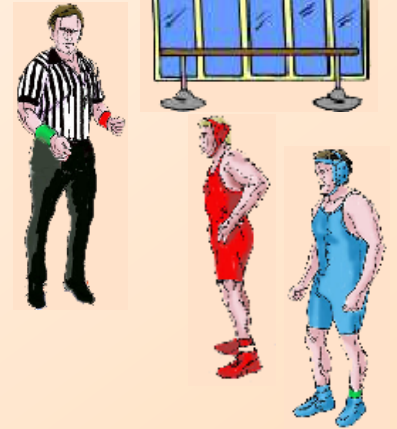
- Captain(s) report for coin toss
- Exhibit good sportsmanship
- An Unsportsmanlike conduct penalty during the match will take precedence over first point(s) scored if the match goes to the ultimate tie breaker



Pre-Meet Duties

Verify with coach team is...

- Properly groomed
- Properly equipped
- Ready to wrestle
- Shoelaces secured





Pre-Meet Duties

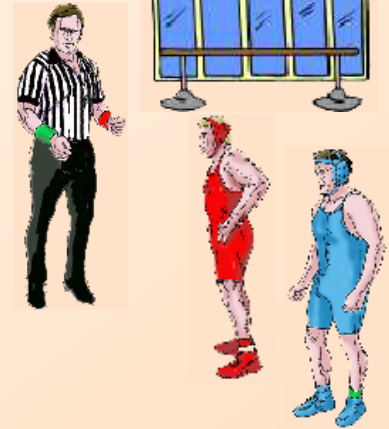
Mat sections taped & secured

Proper markings

Team benches & scorer's table location

Clearance between mat and...

- walls
- bleachers
- extraneous apparatus





Pre-Meet Duties

Review signals

Clarify their responsibilities

Your idiosyncrasies / mechanics

Signing score book at end of meet



KEEP IN MIND

Awarding Points

Only authorized signals shall be used

The thumb is not to be used

When possible, award points on edge of mat before blowing whistle





Awarding Points

“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)



KEEP IN MIND

Awarding Points

Raise hand above head

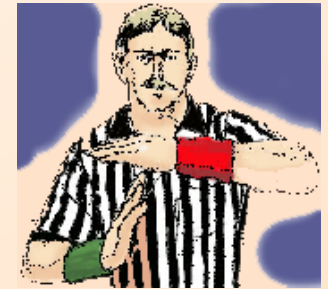
Hold 2-3 seconds as situations permit

Rotate hand

Verbally announce points

Communicate...means fewer trips to table!





Preventive Officiating¹

Maintain eye contact

Don't take criticisms personally

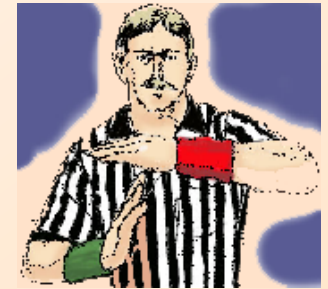
Decide what deserves a response

Clear your head

Temporarily forget other parts of your life

¹ Bill Topp, "Managing Conflict", Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 64, 65





Preventive Officiating¹

Understand intensity...

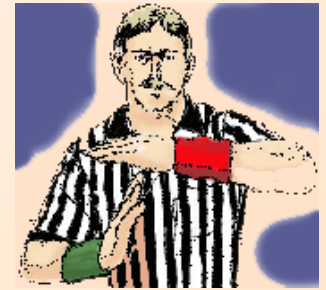
- Closeness of match
- Time left in match
- What you call & when you call it
- It's implications & reactions

¹ Bill Topp, "Managing Conflict", Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 64, 65





Preventive Officiating¹

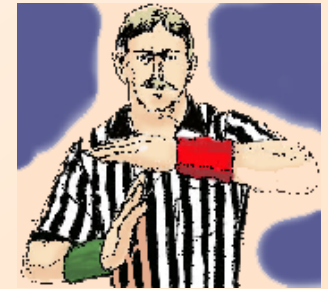


Wrestlers...

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



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Preventive Officiating¹

Coaches...

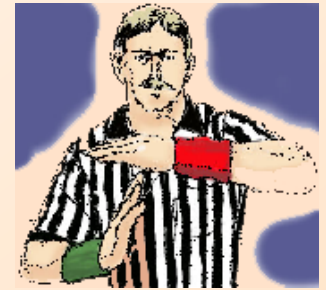
- Negative interaction with team
- Body language inciting crowd
- Verbal criticisms inciting crowd



¹ Bill Topp, "Managing Conflict", Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 64, 65



Preventive Officiating¹



Know your participants...

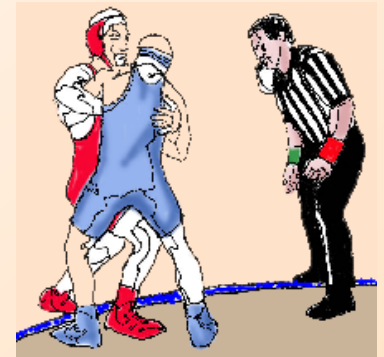
- School rivalries
- Defending champions
- Undefeated opponents



¹ Bill Topp, "Managing Conflict", Successful Sports Officiating, ed. By Jerry Grunski for Referee Magazine, (Human Kinetics, 1999), pp 64, 65



Mat Positioning



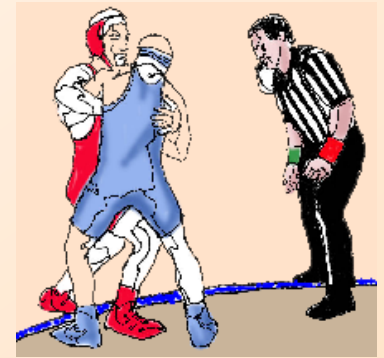
Points of emphasis...

- Maintain eye contact at all times
- Let wrestlers lead you back from out-of-bounds
- Periodically check contestants while at table





Mat Positioning



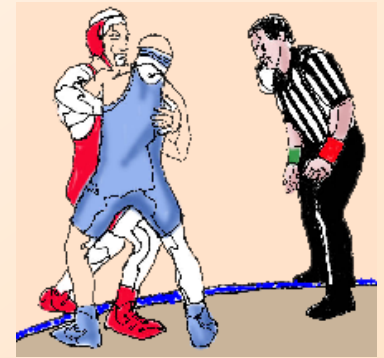
Out of bounds situations...

- 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





Mat Positioning



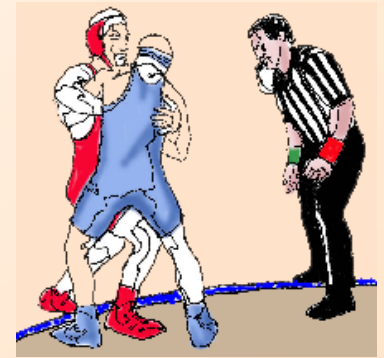
Starting from neutral position...

- 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



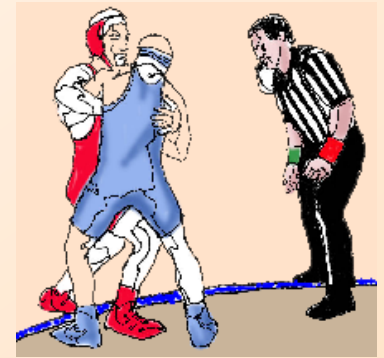
Neutral position...

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





Mat Positioning



Pinning situation...

- Get in best position to visually observe
- Avoid placing hand(s) underneath wrestler

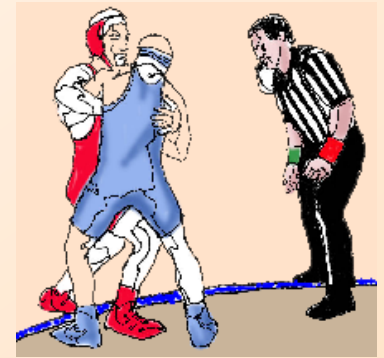
Mat wrestling ...

- Position yourself at heads of wrestlers
- Move side-to-side
- Maintain appropriate distance to react





Mat Positioning



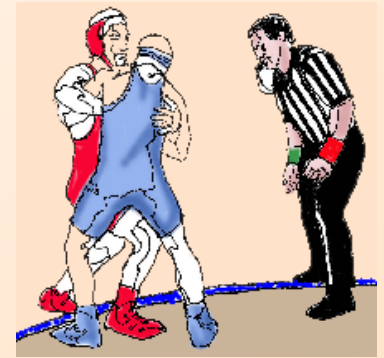
Referee's position...

- Vary your position to view starting points
- Avoid wrestlers anticipating your whistle, and slightly vary your whistle so wrestlers do not time your starts





Verbal Commands



“Center”

“Action”

“Contact”

“Keep It Legal”

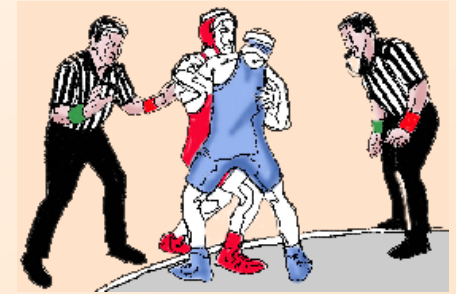
Cardinal Rule...

Coaches Coach!





Assistant Referee



Granted same mobility as referee

Referee in complete control

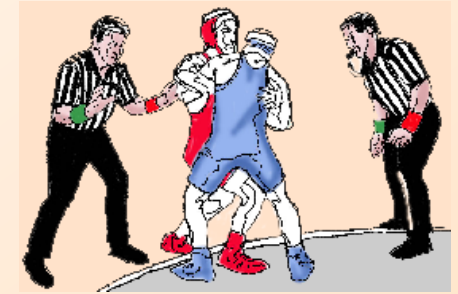
Constant verbal communication

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

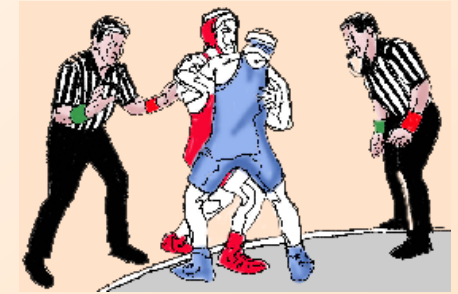


Remain standing or kneeling in pinning situation to observe action for infractions and to notify referee when time expires.





Assistant Referee



Use proper hand signals for...

Locked hands / Grasping clothing

Improper starting position, “cautions”

After alerting referee of infractions...

Ref may support, disagree, or have no opinion

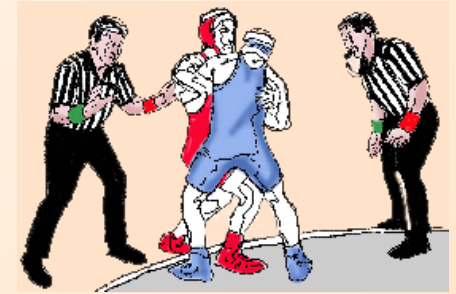
Meet at edge of mat, near scorer’s table

Referee has final say



KEY POINTS

Assistant Referee



Not permitted to address coach

During headlock observe underneath

Observe wrestlers leaving mat at end of match





Legal Uniform



Sleeveless shirt fastened at crotch & cut...

In back & front no lower than level of armpits

Under arms no lower than $\frac{1}{2}$ distance between armpit & belt line

An undershirt may be worn, if...

It is a solid color & unadorned

Must be tight-fitting & Short-Sleeved or Sleeveless

Wrestler receives approval from referee



BASIC RULE

Alternative Legal Uniform



Tight fitting shirt w/ 3" tail

Shorts may be tight or loose fitting w/ 4" inseam

An undershirt may still be worn, if...

It is a solid color & unadorned

Must be tight-fitting & Short-Sleeved or Sleeveless

Wrestler receives approval from referee





Legal Uniform



Full-length tights w/ close fitting trunks

Properly cut one-piece uniform w/ min 4” inseam & max length above knee

Legal singlet with full-length tight & stirrups





Legal Uniform



Restriction for garment extending below the singlet is modified.

Logos/trademarks

2 ¼ square inches appearing once

American Flag

2 by 3 inches

Commemorative/memorial patch

4 square inches w/ written OHSAA approval





Legal Uniform



Light heelless shoes...

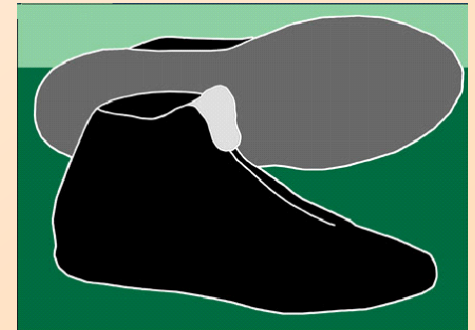
Reaching & laced above ankles

If laces visible, they shall be secured

Headgear... **ear holes open**

Adequate ear protection

No injury hazard to opponent



Adjustable locking device preventing it from coming off or turning, and must be worn as the manufacturer intended.





Special Equipment



Equipment not required by rule...

Hair coverings

Braces/pads

(snugly fit against the body)

Face masks

Artificial limbs

Ankle bands

Mouth guards

Socks





Pads, Taping, Braces



Loose pads prohibited

Use of equipment / taping...

Must permit normal movement of joints

Can't prevent legal/normal holds

Hard or abrasive equipment must be covered or padded

Electronic communication between coach & contestant during competition prohibited



Orthodontic Devices



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

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





Headgear & Taping



OHSAA does not allow any tape on the headgear other than 1/2" taping around rim of ear guard to protect ear problems.

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





Wrestlers Appearance



Finger nails

Facial hair

Beard — Mustache — Sideburns

Face mask required where standards not met

Hair length

To shirt collar in back

To ear lobe on the side

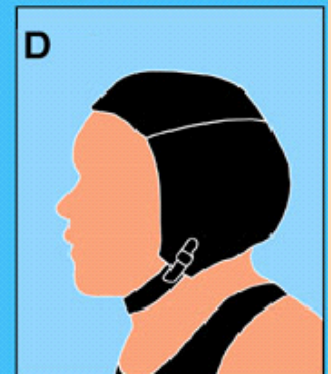
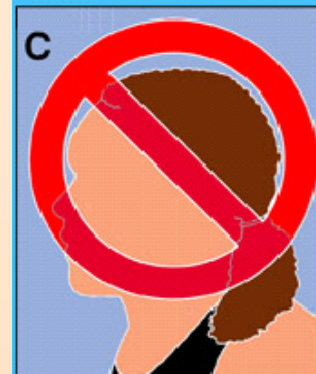
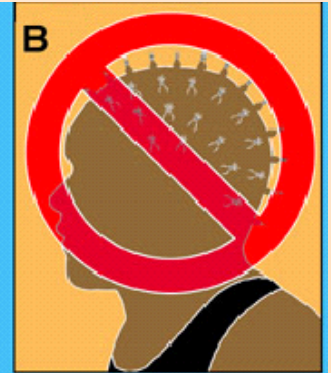
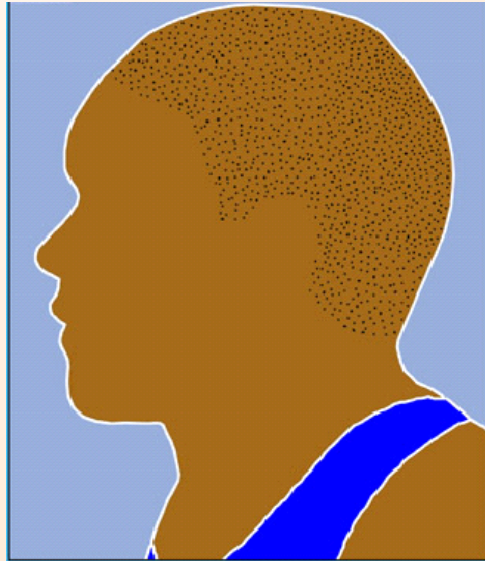
To the eyebrow in front

Head cover required where standards not met





Wrestlers Appearance



Rule 4-2-1





Pre-Meet Duties



Inspect wrestlers

Develop a pattern for body checks

Key areas...

Cheeks, forehead, & hairline

Between fingers

Behind ears

Elbows

Behind knees

Armpits





Finding A Skin Disease



Is there current written documentation, as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent? A form for a non-communicable situation is good for the duration of the season, such as a birth mark or eczema.

Lacking this form with current information, competition would be denied and the official must be firm enforcing this rule.





Pink Eye is contagious

