

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



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 sleeves with black pinstripes

NHFS - Tournament administration may provide a common shirt for all officials at their event – However, this is **not permitted** by the OHSAA.

OHSAA – Requires all tournament officials to wear the standard v-neck gray short sleeved shirt with black pinstripes.





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 & black plastic whistle

Red & green arm bands

Random draw kit



YOU'RE THE OFFICIAL...

Preparation



Annual physical checkup

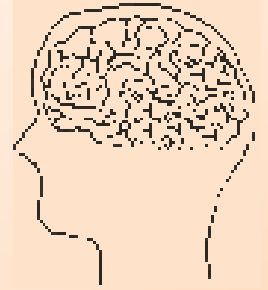
Year-around conditioning

Grooming and appearance

- Commands Respect
- Aids in selling calls
- Perception of professionalism



YOU'RE THE OFFICIAL...



Preparation

Study rules book & case book.

Study “Green Book”.

Attend OHSAA rule interpretation meeting.

Attend local association meetings.

Attend fall OWOA clinic.

Work scrimmage/visit practice room.



YOU'RE THE OFFICIAL...



Keys to Confidence¹

Know the rules and how to apply them

Know the language of the sport

Master signal-use

Hone your mechanics

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 and
Concludes with...

- Dual meet – approval & signing of the scorebook.
- Tournament – upon signing of the bout sheet after the last match.





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: Wash hands or use hand sanitizer after weigh-ins and before eating.





YOU'RE THE OFFICIAL...

Blood & Body Fluids



Essential mat-side items...

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



It is critical to properly dispose of body fluid soiled items 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...

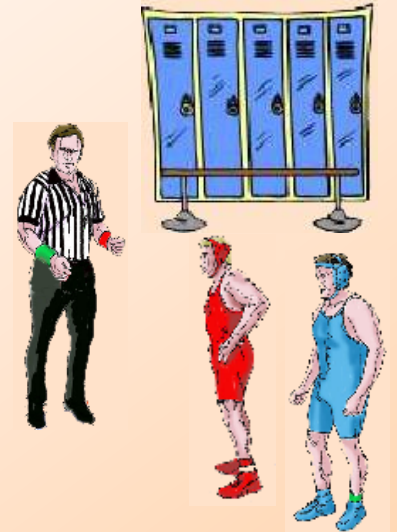
Meet promptly and in the spirit of good sportsmanship any situation developing unexpectedly.

The referee has the authority to rule on all situations that are not specifically covered by rule.





Pre-Meet Duties

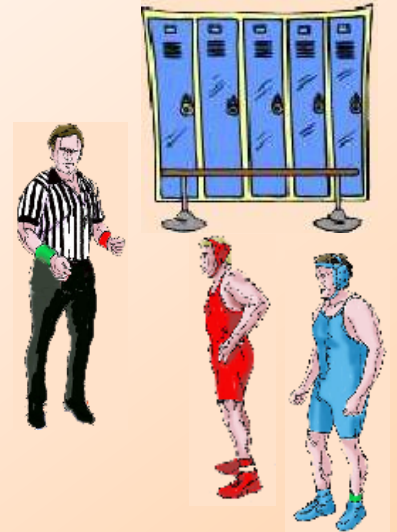


The referee will be responsible to conduct the **random draw prior to the weigh-in**. This will give all the same fair opportunity to dress and warm-up before the dual meet.





Pre-Meet Duties



Check for...

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

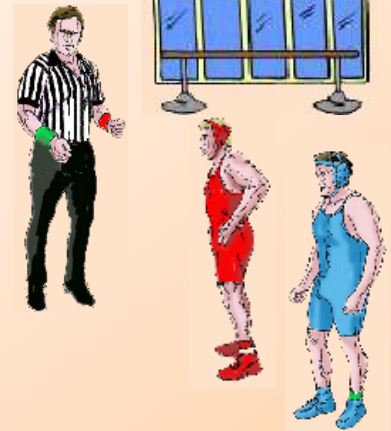




Pre-Meet Duties

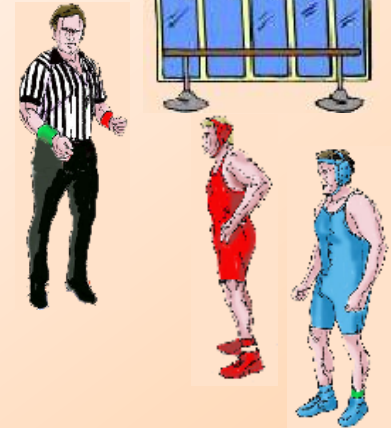
Check for...

- Jewelry
- Long fingernails
- Skin conditions
- Related health and safety measures
- No wristbands, bicep bands, sweatband, full length leggings or arm & leg sleeves
- Legality of hair coverings and hair control devices
- Special equipment including knee braces
- Taping
- Legal uniform w/suitable undergarment(s)
- Shoelaces properly secured





Pre-Meet Duties



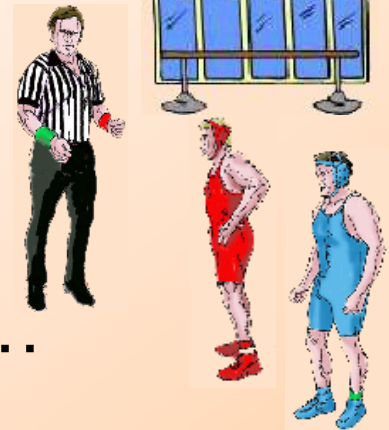
Review...

- 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 reminders...

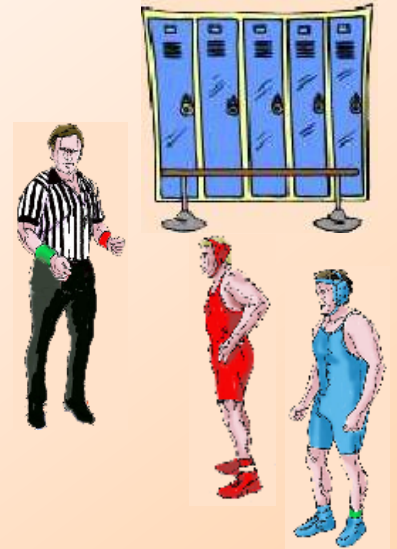
- Work for fall/work angles
- Work center of mat
- Straggling back from out-of-bounds
- Delay in getting set (“correct sequence”)
- Removing/adjusting headgear
- If move isn’t working, work something else





VISIT LOCKER ROOMS

Pre-Meet Duties



Points of emphasis...

- Captains 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

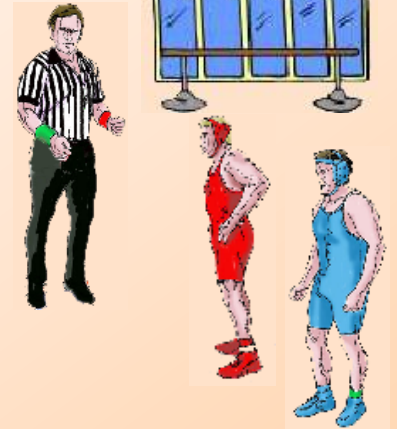




Pre-Meet Duties

Verify with coach team is...

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





Pre-Meet Duties



Insure that:

- Mat sections are taped and secured
- Mat markings are proper
- Proper safety area around mat
- Team benches and scorer's table locations are proper
- Proper clearance between mat and...
 - Bleachers
 - Walls
 - Extraneous apparatus, e.g., clock tower





Pre-Meet Duties

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





KEEP IN MIND

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





KEEP IN MIND

Awarding Points

“When penalizing either wrestler, the referee shall stop the match and announce the penalty – note exceptions listed in Rule 8-1-2”

(covered in Unit 7)





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 (key indicators of potential trouble)...

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



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



Preventive Officiating¹



Coaches (key indicators of potential trouble)...

- 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



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





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





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, and back away





Mat Positioning



Neutral position...

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





MATCH CONTROL

Mat Positioning



Pinning Situation...

- Get in best position to visually observe
- Do not place hand(s) underneath wrestler's pinning area
- 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





Mat Positioning



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 cadence so wrestlers do not anticipate your starts (no rolling starts)





MATCH CONTROL

Verbal Commands



“Center”

“Action”

“Contact”

“Keep It Legal”

Cardinal Rule...

**Coaches Coach
Officials Officiate!**





Assistant Referee



Granted same mobility as referee

Referee in complete control

Constant verbal communication

Pinch at boundary line - be there to assist





POSITIONING

Assistant Referee



Rule of Thumb...

- Position yourself about 180 degrees from the referee, but must be flexible to move with the action in the match

Assume the best possible position to ...

- View wrestlers
- Catch and protect at the boundary line
- Communicate with the lead official





POSITIONING

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 w/assistant
- 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





KEY POINTS

Assistant Referee



Not permitted to address coach

During headlock situations observe underneath the action

Always have the wrestlers in your line of sight

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



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 wearing a one-piece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure (e.g., a sports bra).





BASIC RULE

Legal Uniform



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





BASIC RULE

Legal Uniform



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 or singlet
- Female contestants who wear a singlet specifically designed for women (i.e., high cut neckline and underarm openings) can wear a sports bra as a suitable undergarment
- Female contestants who wear a singlet designed for men (i.e., lower cut neckline and underarm openings) must wear a form fitted t-shirt as a suitable undergarment





Legal Uniform



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, including ear guards and hair coverings (effective July 2022)
- 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
- School logos and/or mascots are exempt from the ear guard rule





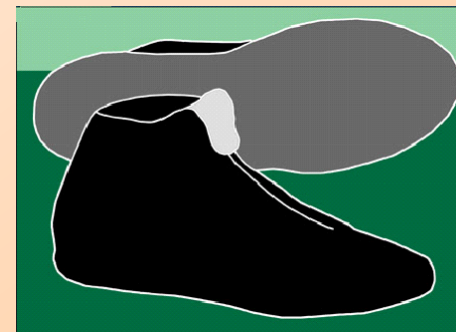
BASIC RULE

Legal Uniform



Light heelless shoes...

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



An important tenet of being properly equipped and ready to wrestle is that the shoes must be 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





KEY POINTS

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 the upper and lower teeth if devices are present on both.





Headgear & Taping



The OHSAA does not allow any tape on the headgear other than 1/2" taping around rim of the ear guard(s) to secure foam padding to protect ear problems (cauliflower ear).

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





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





Wrestlers Appearance



Rule 4-2-1:

Hair Length (no restrictions on length or style)

Competitors may contain the hair in a legal hair cover or use a legal hair control device

- 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

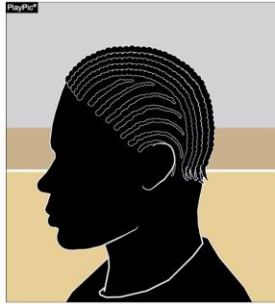
Physical hair treatment items that are hard and abrasive such as beads, pins, clips, barrettes, etc. are not permitted

Legal hair control devices such as rubber/elastic bands, ribbon, yarn, etc. may be used to secure the hair (hair bun, braiding, corn rows, etc.)

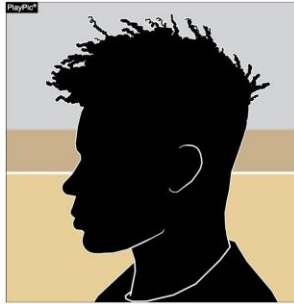




Wrestlers Appearance



a.
Legal



b.
Legal



c.
Legal



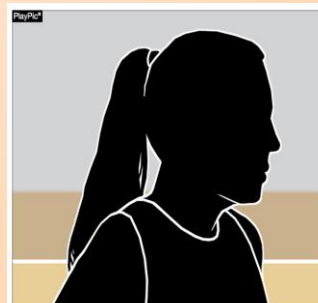
d.
Legal



e.
Legal



f.
Legal



g.
Legal



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.





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





Finding A Skin Disease

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 and if the official suspects a communicable skin condition, the 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 shall not be permitted to wrestle.
- A medical release form diagnosing a non-communicable skin condition (e.g. mole, birthmark, psoriasis, eczema, etc.) is effective for the duration of the season.

