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NFHS

Wrestling

“Stalling”

Dick Loewenstine

Ohio State Rules Interpreter



State Rules Interpreters

Lyle Smith

Home 419-334-2856

Email: ljsmith31@sbcglobal.net

Supervisor of Officials



Ray Anthony

440-236-8224

Email: CTFire210@aol.com

Supervisor of Officials



Dick Loewenstine

Cell 859-512-6930

Home 513-598-1292

Email: Rloewenstine@fuse.net

Supervisor of Officials





“Stalling”

- ❖ Stalling is probably high school wrestling’s most controversial call.
- ❖ Every year, questions arise as to how stalling is to be called.
- ❖ Coaching stalling as a tactic, in the neutral, offensive or defensive position, is well documented.
- ❖ Coaches and athletics must accept the fact that if they are stalling, they will be penalized.



“Stalling”

- ❖ Both coaches and officials have asked for a set of criteria to define what stalling is and when it should be called.
- ❖ However, this is probably the most subjective part of coaching and officiating.
- ❖ Generally speaking, there are specific objective criteria that can be applied by officials in making the stalling call.
- ❖ The purpose of this presentation is to begin to clarify stalling and isolate some simple techniques to identify stalling.



Stalling

Definition; Rule 5-25 & 7-6

- ❖ “Each wrestler is required to make an honest attempt to stay within the 10 foot circle and wrestle aggressively, regardless of the position or the time or score of the match.”
- ❖ Both wrestlers are equally responsible for initiating action.
- ❖ When an official recognizes stalling occurring at any time and in any position, he/she shall penalize the offender...without hesitation.



Officials and Stalling

- ❖ It is important to understand that the burden for eliminating stalling does not belong to the official, but with coaches and coaching philosophies, techniques and strategies....everyone is looking for a competitive edge.
- ❖ Even so, it is the officials responsibility to call stalling when it is recognized.
- ❖ It is important to realize that a successful official must develop a “Mental Attitude” for identifying and calling stalling.
- ❖ Each official needs to develop a pattern of consistency from match to match and meet to meet.



Officials and Stalling

- ❖ When calling stalling, the official should be confident in making the call....we call it “selling the call” with a clear and commanding signal.
- ❖ There should be no doubt to the wrestlers and coaches that stalling has been called.
- ❖ Stalling should be called in the same manner throughout the match.
- ❖ Avoid coaching the wrestlers to wrestle aggressively; use words like “center”, “action” or “contact” and do not direct it to a specific wrestler.



Who is responsible for initiating action?

- ❖ As defined, “Each wrestler is required to make an honest attempt to stay within the 10 foot circle and wrestle aggressively, regardless of position, time or score of the match.”

Initiate Movement + Follow up = Significant / Aggressive

- ❖ “Initial movement” is to begin or originate a move or series of moves that requires a countermove or action.
- ❖ “Follow up” is an attempt to fully execute a move or series of moves.
- ❖ “Significant action / Aggressive wrestling” or commonly referred to as “chain wrestling” is created through initiation and follow up movement.



Stalling is Stalling

- ❖ Stalling is stalling, because of the action or lack of action, not because of the score or time of match.
- ❖ The only variation to this, would be the intermittent use of a move or movement, or progression of events or move that would constitute a stalling call.
- ❖ Maybe one action by itself wouldn't warrant a stalling call, but the action repeated later or coupled with another action later in the match would warrant a call.



Stalling penalty sequence

- ❖ Stalling can be called anytime during the match, while wrestling is going on, when there is a stoppage from out of bounds, at the end of a period, or anytime it is identified.
- ❖ Proper positioning
- ❖ The sequence in calling stalling is;
First offense = warning
Second offense = penalty point and so on...etc.



Stalling Neutral Position

- ❖ Allow the wrestlers time to set up a move, which may involve tie ups, reflex actions, changing positions and feinting.
- ❖ Within some point in the first 30 to 45 seconds, each wrestler must make an honest attempt to contact or secure a takedown.
- ❖ Getting back to our formula; an honest attempt and aggressive wrestling includes “Initiating” a move and “Follow up” to secure a takedown.



Neutral Position stalling tactics

- ❖ Who is the aggressor and initiating the action?
 - Circling
 - Changing levels & direction
 - Attempting to penetrate
 - Creating angles, set ups and scoring opportunities



Neutral Position stalling tactics

- ❖ Continuously avoids contact with the opponent.
- ❖ Prevents an opponent from returning to or remaining inbounds.
- ❖ Is not attempting to secure a takedown.
- ❖ Blocking with the arms, forearms or head.



Neutral Position stalling tactics

- ❖ Hanging on to a single without follow up.
- ❖ Elevating a single without attempting to take the opponent down to the mat.
- ❖ Using underhooks and overhooks without attempting to take the opponent down.
- ❖ Counter wrestling.
- ❖ Backing up or pushing.
- ❖ Playing the edge.



Stalling

Offensive position

- ❖ It is stalling on the wrestler in the advantage position when;
 - The offensive wrestler does not wrestle aggressively and attempt to score or secure a fall.
 - Rule of thumb is to watch for the “Perpendicular Theory”vs. riding the “Hips”
 - Use of maneuvers that are used to prevent action.
 - Moves used to “just hold on” to his opponent.



Stalling *Offensive position*

- ❖ Legally holds the opponents heel to the buttocks while the defensive wrestler is broken down on the mat for more than 5 seconds.
- ❖ Moves not designed to break the opponent down, or for the purpose of securing a fall, or to prevent and escape or reversal.
- ❖ Dropping back to the ankle after the whistle is blown.
- ❖ Hanging on to one or both legs and not working up.



Stalling *"Legs" Series*

- ❖ Over the years leg wrestling has had its place in mat wrestling as an effective means of scoring. However, it can also be used to stall, thus creating little action.
- ❖ Emphasis is now being placed to eliminate stalling with the use of the legs. For this reason, the burden to wrestle aggressively and score with the legs is generally put on the top wrestler.



Stalling

"Legs" Series

- ❖ Legs are in and wrestlers are on the mat with no progress;
 - 1st Stop - Stalemate
 - 2nd Stop - Stalemate – may warn top man for Stalling
 - 3rd Stop - Stalemate – warn or penalize top man for Stalling



Stalling *"Legs" Series*

- ❖ Legs are in, bottom man stands / with no rudder leg on mat and clamps up to stop action;
 - 1st Stop - Potentially dangerous
 - 2nd Stop – PD - Warn bottom man
 - 3rd Stop - PD - Penalize bottom man



Stalling

"Legs" Series

- ❖ Bottom man stands first and then top man throws in the legs with rudder leg off mat;
 - 1st Stop PD - top man receives warning/stalling
 - 2nd Stop PD - top man penalized for stalling
- (If the rudder foot stays on the mat, allow some time to see if the top wrestler attempts to take the defensive man to the mat. After a brief period of time with no action from the top man, penalize top man without stopping the match.)



Stalling *“Legs” Series*

- ❖ The only exception to the stalemate sequence would be when the bottom man creates the stalemate with action like clamping down on the top man’s arm so he can’t improve. In this situation, the bottom man would be penalized accordingly.
- ❖ In summary, the general burden to score when the legs are applied is on the top man.
- ❖ If legs are applied and the top man is successful at scoring using the maneuver, we will allow him to use the hold without penalty.



Stalling

Defensive position

- ❖ When the defensive wrestler refuses to work for an escape or reversal, he/she should be warned or penalized for stalling.
- ❖ The official should look to see if the bottom man is wrestling aggressively to make an honest attempt to get to his base for a reversal or attempting to get “Perpendicular” to the mat and on his feet for an escape.



Stalling

Defensive position

- ❖ Other keys to stalling in the defensive position;
 - Continually basing up without making an honest attempt to escape or reversal.
 - Balling up in a fetal position.
 - Head on the mat.
 - Locking his hands or his opponents hands.
 - Going out of bounds intentionally for a new start.



Other Stalling tactics

- ❖ Delaying of the match...there are two common techniques that are used to delay the progress of the match specifically following the stoppage of the match;
 - Straggling back from out of bounds.
 - Delaying assuming the position to start.
 - Excessive adjusting headgear
 - Excessive adjustment of position



Exceptions

- ❖ It is not stalling when a wrestler is being over powered by his opponent.
- ❖ “Fleeing the mat” is not stalling, but a technical violation and should be penalized accordingly.



Stalling Exception

- ❖ **Stalling shall be called consistently throughout the match including the Sudden Victory and for the two 30 second Tiebreakers (I and II). Stalling in the 30 second Ultimate Tiebreaker is the only exception to how you would call stalling, since the offensive wrestlers responsibility is controlled wrestling. Therefore, the first obvious stall call on the top wrestler will be called a stalemate. If this is repeated, the next call will be called stalling. Keep in mind, all cautions, warnings, penalty points, injury time, etc. all carry through the entire match.**



Conclusion

- ❖ In closing, it should be pointed out that the ideas in this presentation are meant to be basic guidelines from which we all can understand stalling.
- ❖ As in any sport there are certain rules, guidelines or practices that a coach or official may not agree with. They take a position, "I do not agree with that rule and therefore, I am not going to follow it".
- ❖ It is NOT the prerogative of an official and/or coach to set aside a particular rule because they do not agree with it. Officials must not "pass" on a call they don't believe in - instead, work for a change in the rule through your state and national rules organizations.



Thank You

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WRESTLING Stalling