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NINE RULES YOU THOUGHT YOU KNEW

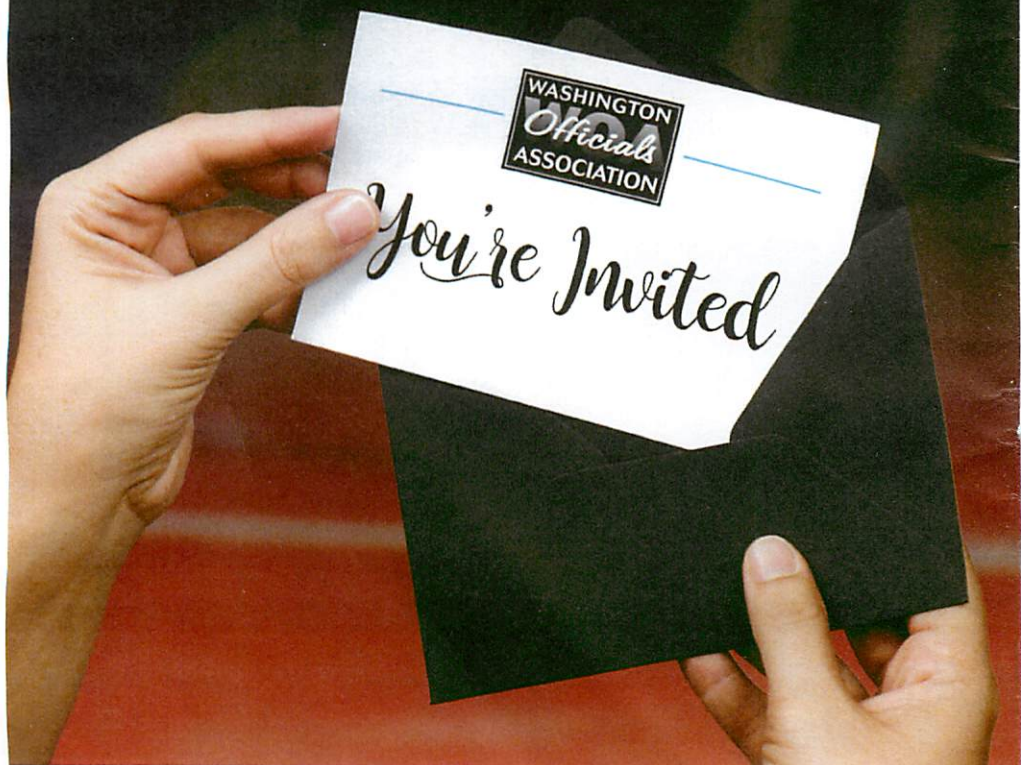
HIGH SCHOOL WRESTLING

POWERED BY REFEREE AND THE NATIONAL ASSOCIATION OF SPORTS OFFICIALS



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NINE RULES YOU THOUGHT YOU KNEW

HIGH SCHOOL WRESTLING

The editors from *Referee* magazine and the National Association of Sports Officials take a look at nine high school rules that often are a source of confusion for fans, athletes, coaches and officials.

TABLE OF CONTENTS

1 OVERVIEW	2
2 CONTROL	4
3 INBOUNDS	6
4 TAKEDOWN	8
5 REVERSAL	10
6 ESCAPE	12
7 NEAR FALL	14
8 INFRACTIONS	16
9 SCORING	18



OVERVIEW

Wrestling offers a unique combination of being both an individual and a team sport. Competitors strive to gain physical and positional advantage in order to earn points to outscore their opponent or seek the ultimate victory, a fall. Match results between individuals contribute to the team score.

TEAMS COMPETE VIA TWO PRIMARY TYPES OF EVENTS:

DUAL MEET

- Series of matches between wrestlers of nearly equal weight
- 14 different weight classes starting at 106 pounds up to 285 pounds
- Teams may be represented by only one wrestler at each weight

TOURNAMENT

- Each weight class with its own competition to crown a champion
- Individual brackets for each weight class determine order of competition
- A team may have multiple entries in a weight class

THE MATCH IS THE INDIVIDUAL COMPONENT OF THE SPORT

Structure of the Match

REGULATION			
Period 1	Period 2	Period 3	
82:00	82:00	82:00	
OVERTIME			
Sudden Victory	Tie-Breaker 1	Tie-Breaker 2	Ultimate Tie-Breaker
88:00	88:30	88:30	88:30

The match officially starts when a wrestler has reported to the scorers table in the proper order. Even before the whistle blows to start the 1st period:

- > A wrestler can be warned or penalized for a violation
- > Injury or blood time out can occur
- > A wrestler can lose by Disqualification if withdrawn from the match

Period 1 and Sudden Victory start with wrestlers in the neutral position.

- > Once the whistle blows, they work toward earning a takedown.



A flip of the referee's disc determines which wrestler has choice of starting position to begin Periods 2, 3, Tiebreaker 1 or Tiebreaker 2.

The wrestler may choose:

- > Top (offensive) position
- > Bottom (defensive) position
- > Neutral position (regulation only)
- > Defer choice (Period 2 & TB1 only)

The match officially ends when any of the following occur:

- > Fall
- > Technical Fall
- > Forfeit, Default or Disqualification
- > 3rd Period or Tiebreaker 2 ends and the score is not tied
- > A wrestler scores in Sudden Victory
- > A wrestler scores or time expires in Ultimate Tiebreaker





CONTROL

The concept of Control underlies the entire sport of wrestling. Here is the simple equation that defines it.

**CONTROL =
RESTRAINING POWER**

Preventing the opponent from moving freely.

Guiding Question

- Could the wrestler move 4 feet in any direction in the next 2 seconds?
- **NO** - they are under restraining power.



**POSITION OF
ADVANTAGE**

Position of superiority.

Guiding Question

- Does one wrestler clearly have the better position?
- **YES** - they have the position of advantage.

- A wrestler must get BOTH things to gain control.
- A wrestler already with control maintains control until:
 - They lose both things; OR
 - The opponent gains both things

There are four states of control which exist throughout a wrestling match and serve as fundamental determinates for key scoring decisions.

1 ESTABLISHING CONTROL



Neutral position
- neither wrestler has gained both factors yet



Green has restraining power and clearly establishes a position of advantage on the mat to earn a **Takedown**

2 REVERSING CONTROL



Red with control



Green has restraining power and gains the position of advantage to earn a **Reversal**

3 ESCAPING CONTROL



Green with control



Green loses restraining power and no longer with the advantage, thus Red earns an **Escape**

4 MAINTAINING CONTROL



Green with control



Green retains restraining power and Red unable to gain the advantage, thus no change - no Escape or Reversal earned

Wrestling is designed for continual action, stopping for practical reasons when the competitors' bodies get too far beyond the boundary line.

INBOUNDS

CONTESTANTS ARE INBOUNDS IF A TOTAL OF TWO (2) SUPPORTING POINTS ARE ON OR INSIDE THE BOUNDARY LINE:

- Two points from one wrestler
- OR**
- One point from each wrestler.

WHAT IS A SUPPORTING POINT?

- Part of the body
- Touches the wrestling area
- May bear little to all weight
- Body part not resting on or holding the opponent

WHEN IS IT A SUPPORTING POINT?

Body Part

Knees

Thigh

Butt

Foot

Hand

Head

Shoulder/
Scapula

Body Part

Body
horizontal to
the mat

Laying on mat

Seated

Body is upright

Contacting the
mat

Posted on the
mat

On the back

HERE ARE EXAMPLES OF THE SPECTRUM OF INBOUNDS CALLS



Clearly inbounds

All supporting points well inside boundary line

Barely inbounds

Two knees are supporting points and just inside the boundary line



Confusing, but inbounds

Supporting points when body is horizontal to the mat are knees, and they are on or within the boundary line



Barely out of bounds

One foot remains within the boundary line and a second one just beyond the boundary



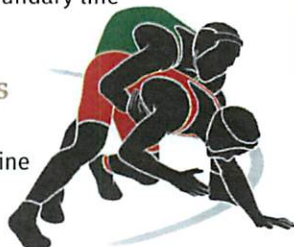
Confusing, but out of bounds

Feet are not supporting points when body is horizontal to the mat and knees are beyond the boundary line



Supporting points inbounds but action needs to stop

Green feet and knees inside boundary line but Red in jeopardy of hitting the wall



Clearly out of bounds

Zero supporting points remain inside the boundary line





WHAT IS DOWN ON THE MAT

Any time the wrestler does not have all of their weight supported only by their feet and is not being lifted off the mat.

FROM A NEUTRAL POSITION, A 2 POINT TAKEDOWN OCCURS WHEN A WRESTLER:

- Gains control
- Down on the mat
- Beyond reaction time
- Inbounds **OR** Feet of scoring contestant finish on the mat inbounds

TAKE- DOWN

The fundamental, initial scoring opportunity in a match happens in situations where no one has control and one contestant establishes control down on the mat.

EDGE OF MAT TAKEDOWN

A unique situation where these three things happen simultaneously:

- Control
- Out of bounds
- Takedown

TAKEDOWNS, BY THE NUMBERS



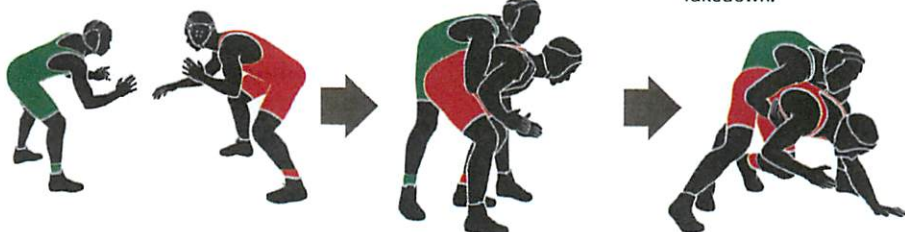
Neutral – nobody has control



Control gained, but opponent weight supported only by feet



Control, down on the mat, inbounds, beyond reaction time - 2 points Takedown.



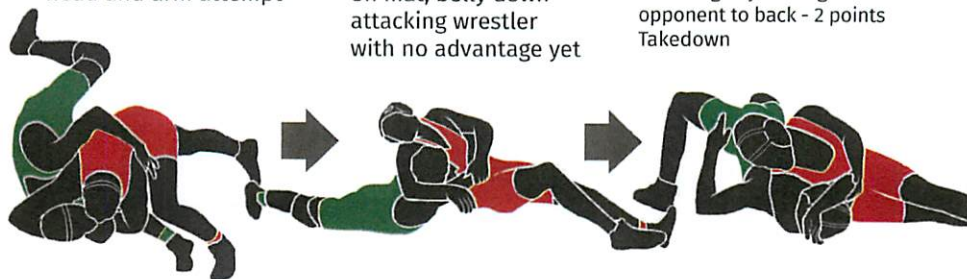
Neutral position – head and arm attempt



Defending wrestler on mat, belly down attacking wrestler with no advantage yet



Attacking wrestler secures advantage by turning opponent to back - 2 points Takedown



EDGE OF MAT TAKEDOWN



Takedown attempt initiated inbounds

- Control gained
- Opponent down on mat
- No supporting points inbounds
- Scoring contestant feet finish on mat inbounds

REVERSAL OF FORTUNE



A scoring maneuver which happens when the defensive wrestler is able to change from being controlled to gaining control over the opponent.

REVERSAL

A 2-POINT REVERSAL OCCURS WHEN A DEFENSIVE WRESTLER:

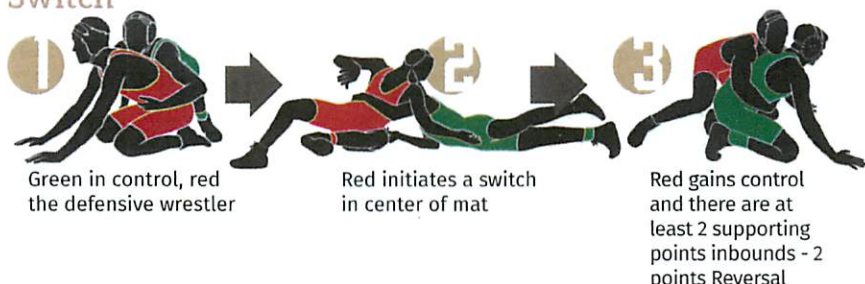
- Gains control
- Down on the mat or standing position
- Inbounds **OR** Feet of scoring contestant finish on the mat inbounds

REVERSAL COMPLETED OUT OF BOUNDS

When the defensive wrestler gains control but there are not 2 supporting points inbounds nor the feet of the scoring contestant finishing on the mat inbounds, then an escape will be awarded. Action must stop when out of bounds occurs, and, since the offensive wrestler no longer has control, an escape has been earned.

REVERSAL SITUATIONS:

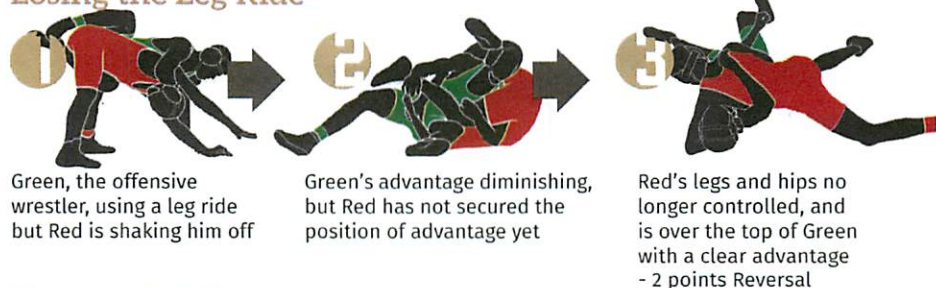
Switch



Granby Roll



Losing the Leg Ride



Edge of Mat Reversal





ESCAPE

**A SCORING
MANEUVER
WHICH
HAPPENS WHEN
THE DEFENSIVE
WRESTLER IS
ABLE TO COME
FREE FROM THE
CONTROL OF
THE OPPONENT.**

WHY NOT AWARD AN ESCAPE DURING AN EXTENDED SCRAMBLE?

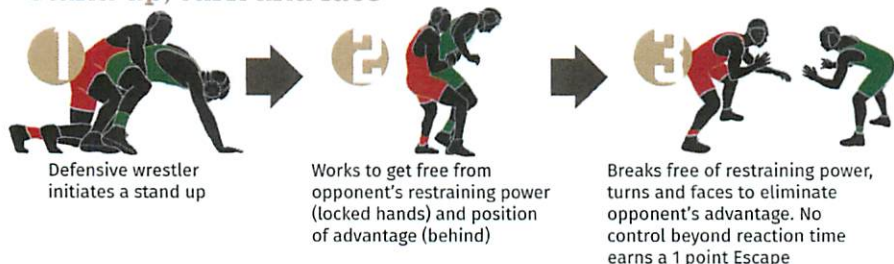
There are times when the offensive wrestler no longer has any restraining power over the defensive wrestler, and has also lost the position of advantage yet the referee does not immediately award an escape. The delay happens because the defensive wrestler may have a reversal in progress, so the referee waits to avoid unfairly awarding an escape point plus two points for a takedown in a situation where only a two point reversal was actually warranted.

From a defensive position, a 1-point escape is earned when:

- The defensive wrestler gains a neutral position
- The offensive wrestler has lost both aspects of control (restraining power and position of advantage)
- The defensive wrestler remains free of the control beyond reaction time

ESCAPE SITUATIONS:

Stand up, turn and face



Delayed call



Exception



Not quite an escape for green because...





NEAR FALL

A scoring maneuver which happens when the offensive wrestler can place, and hold, the defensive wrestler into a position where a pin becomes more likely.

KEY POINTS TO KEEP IN MIND REGARDING NEAR FALL

- Near fall or pin can occur even when the shoulders are out of bounds.
- Every time the defensive wrestler comes out of near fall criteria, the count stops even though the pinning hold/situation may continue. Subsequent counts for the same situation always start at zero.
- Near fall point awards will be increased when the defensive wrestler is responsible for either of these during the pinning situation:
 - ▶ Stopping action for injury or blood time out;
 - OR**
 - ▶ Committing any violation resulting in penalty points.
- Near fall situation ends after the defensive wrestler gets out of the pinning hold and is able to defend against a subsequent attack.

There are 4 different Near Fall Criteria:



One shoulder touching the mat and the other shoulder within 45 degrees of the mat



Both shoulders held within 4 inches of the mat



On both elbows



Held in a high bridge

NEAR FALL SITUATIONS:

3-point Near Fall



Offensive wrestler turns the defensive wrestler toward the back



Holds the opponent in a high bridge while the referee counts for 5 continuous seconds



Defensive wrestler gets out of the pinning hold to a defendable position to end the situation a 3 point Near Fall is now awarded

2-point Near Fall with multiple counts



Offensive wrestler puts opponent into near fall criteria and the referee gets a 4 count



Shoulders move to more than 45 degrees and the count stops 2 point Near Fall earned so far



Shoulders forced into criteria again for a 3 count then buzzer sounds one 2 point Near Fall awarded

4-point Near Fall award



Shoulders in near fall criteria out of bounds for a 5 count while offensive wrestler remains inbounds



15 seconds into the pinning situation, the referee stops action for bleeding by the defensive wrestler



A 3 point Near Fall has been earned, but because of the blood stoppage, a 4 point Near Fall is awarded

Imminent Near Fall award



Near fall is considered "imminent" when the offensive wrestler would very likely have put the defensive wrestler into near fall criteria within a moment except that the referee had to stop the action because the defensive wrestler was injured,

bleeding or endangering the opponent. NFHS considers it imminent when the defensive wrestler's shoulders are moving from 90 degrees toward the mat. Imminent near fall means no near fall points have been earned yet, but a 2 point near fall will be awarded with the stoppage.









Continuous Seconds in NF Criteria	NF points Earned
< 2 secs	0
2 secs to less than 5 secs	2
5 secs	3



Certain actions are discouraged in wrestling because they represent an unacceptable risk to the competitor, to the competition or to the sport itself.

INFRACTIONS

THE SPECTRUM OF VIOLATIONS AND LEVEL OF SEVERITY

						LEAST
Type of Infraction	Working Definition	Common Examples	Can Disqualify or Eject for it?	Warn Before Penalizing?	Penalty Sequence	
 Caution	Failure to follow starting procedures	<ul style="list-style-type: none"> False start Incorrect starting position 	No	Yes	Caution, Caution, 1 match point for each occurrence thereafter	
 Stalling	Lack of aggressive wrestling	<ul style="list-style-type: none"> Backing up in neutral position Defensive wrestler not attempting to escape or reverse Offensive wrestler riding parallel 	Yes	Yes	Warning, 1 match point, 1 match point, 2 match points plus opponent with choice upon restart, Disqualification	
 Coach Misconduct	Disrupting a match to question judgment or incorrectly dispute a ruling by the referee	<ul style="list-style-type: none"> Coaches conference where ruling is not changed Questioning referee's judgment 	Yes	Yes	Warning, 1 team point, 2 match points and head coach ejected	
 Technical Violation	Breaking rules to gain an unfair advantage but represents no threat to safety	<ul style="list-style-type: none"> Offensive wrestler locking hands down on mat Reporting to the mat not ready to wrestle Grabbing headgear or clothing 	Yes	No	1 match point, 1 match point, 2 match points, Disqualification	
 Illegal Hold/Unnecessary Roughness	Something posing an unacceptable risk to the safety of a contestant	<ul style="list-style-type: none"> Full nelson Restricting breathing or circulation Slam 	Yes	No	1 match point, 1 match point, 2 match points, Disqualification	
 Unsportsmanlike Conduct (Contestant)	Unacceptable personal behavior during a match	<ul style="list-style-type: none"> Profanity Disrespecting opponent Expressing displeasure with referee 	Yes	No	1 match point, 1 match point, 2 match points, Disqualification	
 Unsportsmanlike Conduct (Non-contestant)	Unacceptable personal behaviors by team personnel during a meet or tournament	<ul style="list-style-type: none"> Inciting negative reactions in others Disrespecting the official Disrupting progress of the match 	Yes	No	1 team point, 2 team points and ejected	
 Flagrant Misconduct	An action which warrants immediate removal from an event	<ul style="list-style-type: none"> Biting Punching/Kicking Repeated unsportsmanlike acts 	Yes	No	Automatic ejection plus loss of any team points earned and -3 team points	MOST

All matches must end with one wrestler winning. The more decisive the victory, the greater the reward for the team.

SCORING

Match Point Scoring

Maneuver	Match Points
Escape	1
Takedown	2
Reversal	2
Near Fall, in criteria for:	
2 seconds but less than 5 seconds	2
5 seconds or more	3

Team Points Earned

Match Results	Dual Meet	Tournament Bonus Points
Decision	3	0
Major Decision	4	1
Technical Fall	5	1.5
Fall	6	2
Default, Disqualification or Forfeit	6	2

THE SIX TYPES OF MATCH RESULTS:

DECISION

The result of a match which runs to completion where one wrestler outscored the opponent without earning a Fall or Technical Fall. Winning by a margin of 8 to 14 points is classified as a Major Decision.

DISQUALIFICATION

Occurs when a wrestler is removed from a match per the Penalty Chart. Can also happen when a wrestler has reported to the table in proper order, then is removed from the match prior to the start of Period 1.

FALL

A wrestler earns a Fall when both of the opponent's shoulders and/or scapulae are in contact with the mat for 2 continuous seconds. A Fall can occur even when the wrestler does not have control. The shoulders are not required to be inbounds.

TECHNICAL FALL

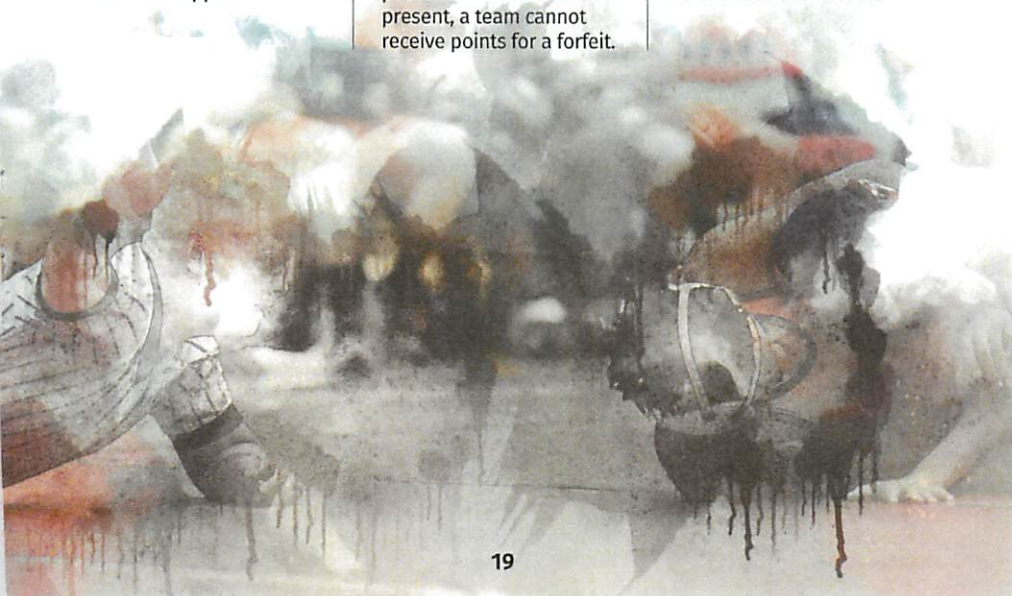
A Technical Fall occurs when a wrestler has earned a 15 point advantage over the opponent. The match is stopped immediately, unless a near fall happens at the instant of the 15 point advantage - the offensive wrestler is then given the chance to complete a fall before the match is stopped.

FORFEIT

Occurs when a wrestler has no opponent to face for a scheduled match. To receive a forfeit, the wrestler must report to the table, and appear on the mat, in a legal uniform, ready to wrestle. A double forfeit means there are no wrestlers to compete at that weight class, and neither team earns points. Without a wrestler present, a team cannot receive points for a forfeit.

DEFAULT

When a wrestler cannot continue wrestling to finish a match, a Default is awarded. The coach or the wrestler can declare a Default at any time prior to the conclusion of wrestling. If an injury caused by an illegal action is the reason the wrestler cannot continue, then the offended contestant shall be awarded the Default.



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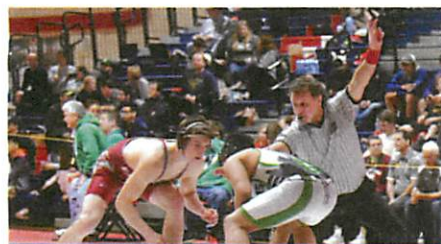
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Education-based athletics and activities emphasize the importance of being a good sport in all aspects of life to help build the next generation. Through participation, students learn and demonstrate the value of the role that ethics, integrity and respect play in our daily lives. Together, the WIAA and the WOA salute the efforts of all student participants.

