Wrestling Refereeing Illustrated: An Instructional Sound Filmstrip Designed for Use in the Physical Education Class, the Intramural Program, the Interschool Wrestling Team, and the Referees’ Association

Alfred Bourque
Central Washington University

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WRESTLING REFEREEING ILLUSTRATED:
AN INSTRUCTIONAL SOUND FILMSTRIP DESIGNED FOR USE IN
THE PHYSICAL EDUCATION CLASS, THE INTRAMURAL
PROGRAM, THE INTERSCHOOL WRESTLING TEAM,
AND THE REFEREES' ASSOCIATION

A Thesis
Presented to
the Graduate Faculty
Central Washington State College

In Partial Fulfillment
of the Requirements for the Degree
Master of Education

by
Alfred Bourque
August, 1967
APPROVED FOR THE GRADUATE FACULTY

_________________________________
Everett A. Irish, COMMITTEE CHAIRMAN

_________________________________
Eric R. Beardsley

_________________________________
Dean Stinson
ACKNOWLEDGMENT

Gratitude and appreciation are extended to the following individuals for their assistance in making this sound filmstrip possible: Dr. Everett Irish, who acted as committee chairman and thesis consultant; Dr. Dean Stinson, who served on my committee; Mr. Eric Beardsley, who served on my committee and acted as technical consultant; Mr. VernNon Merkley, State of Washington Evergreen Conference Wrestling Champion 1967; Mr. Lamoin Merkley, State of Washington Champion 1967 and National NAIA Wrestling Champion 1966 and 1967 (voted outstanding wrestler National NAIA Tournament 1967); Mr. J. W. Thompson, photographer; Mr. Ed Aliverti, for recording the sound script; Mr. Ralph Sherwood, for posing as a coach and member of the officials table; and Central Washington State College, for use of their wrestling area where the filmstrip slides were taken.

The writer is also indebted to his wife, Janet, for her assistance, understanding, and tolerance during the preparation of the study.
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CHAPTER I

STATEMENT OF THE PROBLEM AND DEFINITION OF TERMS

I. PURPOSE

The purpose of this study is to produce a sound filmstrip, in color, that will bring new knowledge and reinforce present knowledge of the operation of a wrestling match from the Referee's duties prior to the match until the final match is wrestled.

The sound filmstrip is designed to be used in the physical education class, the intramural program, the interschool wrestling program, and the Referees' Association. It is readily adaptable to the beginning coach, physical education teacher, intramural instructor, wrestler, or apprentice referee as a means to learn about the procedures involved in conducting a wrestling match. In this capacity the sound filmstrip can be used as a motivating force and for initial instruction for this particular phase of a wrestling program. It may be used by the experienced coach, physical education teacher, intramural instructor, wrestler, or referee for the purpose of added reinforcement, clarity, and review. This sound filmstrip has been prepared to assist in the standardization of mechanics and techniques needed to improve the effectiveness of the wrestling official.
II. JUSTIFICATION

The tremendous growth and popularity of wrestling throughout the United States has placed great stress on the uniformity of performance and rules interpretation by all officials. In wrestling, the referee's job is most responsible. The value of the sport is largely dependent upon his interpretations. Complete mastery of the rules book is fundamental and the primary requisite of officiating. Since a referee's judgment must be based on proper rules knowledge, it follows logically that every referee must understand the rules not only as they are written, but also as they apply during match conditions. Equally important is the degree of consistency in the administration of the rules for a given match and from match to match (10:5). This sound filmstrip, Wrestling Referee Illustration, was prepared for the purpose of establishing the standardization of the mechanics and techniques needed for successful refereeing.

Instructional Film in Existence

Presently there is only one film available that can be used as an instructional aid in teaching the skills involved in refereeing a wrestling match. The film Wrestling Officiating Illustrated is in color with sound. It covers some of the important situations by rules information and illustrations. The film is sponsored by the National
Federation of State High School Athletic Associations. In the State of Washington the film may be loaned through the Interscholastic Activities Association, Seattle, Washington, or through the Audiovisual Library, Central Washington State College, Ellensburg, Washington.

The sound filmstrip, Wrestling Refereeing Illustrated, will add tremendously to the sport and especially to the intricacies involved in the technical aspects of the match procedures. First, the sound filmstrip sets up sixty situations. In each situation from the camera angle the viewer can see the position of the referee in relation to the out-of-bounds and the action of the wrestlers. Second, the audio follows in sequence with each frame and explains the rule taken from the Official Collegiate--Scholastic Wrestling Guide along with an explanation of the situation being viewed.

III. DEFINITIONS OF TERMS

Abusive conduct. Conduct of a coach, contestant, or spectator that becomes abusive or interferes with the orderly progress of a match (12:28).

Advantage position. A position in which a contestant is in control of his opponent. Control is the determining factor (12:16).
Control. Control is a situation in which a contestant exercises and maintains restraining power over his opponent (12:16).

Decision. If no fall has resulted after expiration of the three regular periods of any match, the referee shall award the match to the contestant who has scored the greater number of points as provided by the point system. If there is a tie in the number of points scored, the referee shall declare the match a draw in dual meets (12:19).

Default. A default is awarded in a match when one of the wrestlers is unable to continue wrestling due to an injury (12:19).

Defensive wrestler. The wrestler who is in the under or bottom position during wrestling or in the referee's position on the mat.

Disqualification. Disqualification is a situation in which a contestant is banned from further participation in accordance with the penalty chart (12:19).

Escape. An escape occurs when the defensive wrestler gains a neutral position while the supporting points of either wrestler are within the wrestling area (12:17).
**Fall.** Any part of both shoulders or area of both scapulas held in contact with the mat for one second (two seconds in high school) constitutes a fall.

**Forfeit.** A forfeit is received by a wrestler when his opponent for any reason fails to appear for the match (12:19).

**Illegal holds.** An illegal hold is one that is disallowed because its twisting, pressure, or force can place the body or its appendages beyond their normal limits of range of motion.

**Near-fall.** A near-fall is a position in which the offensive wrestler has control of his opponent in a pinning situation with both shoulders or the scapula area held in contact with the mat less than one full second (less than two full seconds in high school) or when one shoulder of the defensive wrestler is touching the mat and the other shoulder is held within one inch or less of the mat for two full seconds or more.

**Neutral position.** A position in which neither wrestler has control (12:17).

**Offensive wrestler.** The wrestler who is in the upper or top position during wrestling or in the referee's position on the mat.
Out-of-bounds. The area surrounding outside the wrestling area which is indicated by a boundary line.

Potentially dangerous hold. A potentially dangerous hold is one that is legal, but may be forced to such an extent as to endanger, punish, or cause an injury to a contestant.

Predicament. A predicament is a position in which the offensive wrestler has control of his opponent in a pinning situation and a fall or near-fall is imminent. When both shoulders of the defensive wrestler are held momentarily (stopped) within approximately four inches of the mat or less. When one shoulder of the defensive wrestler is touching the mat, and the other shoulder is held at an angle of 45 degrees or less with the mat, but not sufficiently close to be awarded a near-fall, for one second or more (12:19).

Reversal. A reversal occurs when the defensive wrestler comes from underneath and gains control of his opponent either on the mat or in a rear standing position while the supporting points of either wrestler are within the wrestling area (12:18).
Stalemate. When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve his position nor tries to improve his position (12:17).

Stalling. Tactics used by a wrestler for the purpose of avoiding contact, avoiding a take-down maneuver, hanging on with a "controlled" ride, reluctant to take advantage of openings, holding legs, or initiates no aggressive action geared to an escape or reverse.

Supporting points. The supporting points of either wrestler are the parts of the body touching the mat that bear the weight of the wrestler's body other than the parts with which he is holding his opponent. When down on the mat the usual points of support are the knees, the side of the thigh, and the buttocks. In a standing position the feet are the main points of support (12:17).

Takedown. A takedown is awarded whenever a contestant brings his opponent to the mat and gains control while the supporting points of either wrestler are within the wrestling area (12:17).

Technical violations. The technical violations and clarifications are as follows: interlocking (and/or overlapping in high school), holding legs (two on one or two on
two), leaving the mat without permission, delaying the match, intentionally forcing your opponent off the mat, intentionally going off the mat, defensive wrestler intentionally going off the mat, stalling, and grasping clothing.

**Time advantage.** The offensive wrestler who has control in an advantage position over his opponent is gaining time advantage (12:14).

**Unnecessary roughness.** Either before, during, or following a match intentional striking, gouging, kicking, hair pulling, butting, elbowing, or an intentional act that endangers life or limb shall be grounds for disqualification on the first penalty if the referee considers such act as flagrant misconduct (12:28).
CHAPTER II

PROCEDURE

The following outline is a chronological sequence of procedure followed in producing the sound filmstrip:

1. Prepare an outline of the fundamental and the primary requisites of officiating a wrestling match.

2. Consult Mr. Eric Beardsley, Central Washington State College Wrestling Coach, for evaluation of outline.

3. Consult Mr. William Schmidt, Central Washington State College, on technical aspects of producing a sound filmstrip.

4. Arrange for the services of Mr. J. W. Thompson, photographer, to take and develop the slides and filmstrip.

5. Contact Mr. Eric Beardsley, wrestling technical advisor, concerning filming date and use of facilities at Central Washington State College.

6. Arrange for wrestlers who will pose in the film.

7. Film the slide sequences at Central Washington State College in the wrestling room.

8. Film slides are processed by Mr. J. W. Thompson.

9. Contact Mr. Eric Beardsley for slide sequence evaluation.
10. Film the retakes and slides that will be added to the sequences at Central Washington State College.

11. Final evaluation of slide sequences by Mr. Eric Beardsley.

12. Shooting of the filmstrip from the slides by Mr. J. W. Thompson.

13. Record the sound with Mr. Ed Aliverti.

14. Add music to sound tape.

15. Deliver final copy of filmstrip and sound tape to graduate committee for viewing and evaluation.

16. Summarize and conclude final report.

Filming Equipment

1. Camera to film slides ............. Leicaflex
2. Wide angle lens ............... Elmarit 2.8
3. Film to take slides ............. Ektachrome X
4. Flash attachment ............... Agfatronic
5. Camera to film filmstrip .... Heiland Repronar
6. Film to take filmstrip .......... Kodachrome II
Financial Cost

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<td>Slide film</td>
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<td>Developing slide film</td>
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</tr>
<tr>
<td>Recording tape</td>
<td>7.50</td>
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<tr>
<td>Filmstrip film</td>
<td>45.00</td>
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<tr>
<td>Developing filmstrip film</td>
<td>6.75</td>
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<tr>
<td>Photographer fees</td>
<td>68.25</td>
</tr>
<tr>
<td>Total</td>
<td>$150.00</td>
</tr>
</tbody>
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Filming Problems

There were only two problems that occurred in producing *Wrestling Refereeing Illustrated*. They are presented as a guide for future projects of this type:

1. Flashback--This occurs when there is a feedback of light off the background material. It gives the appearance of a "glow" found in the background. To correct this situation the photographer stands at an angle or to one side in relation to the subject being photographed. When in this position, any light rebounded off the background will not be recorded on the film.

2. Shadows--This is a situation that occurs when too much flash is being given off by the flash attachment. To correct this situation, the photographer should cut down or make his lens opening smaller.
CHAPTER III

THE SCENARIO: WRESTLING REFEREEING ILLUSTRATED

<table>
<thead>
<tr>
<th>Frame Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>1. Focus</td>
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<tr>
<td>2. Thesis Title</td>
<td>Wrestling Refereeing Illustrated</td>
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<tr>
<td></td>
<td>A Thesis Presented to the Faculty</td>
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<td>Central Washington State College</td>
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<td>In Partial Fulfillment of the Requirements of the Degree</td>
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<td>Master of Education</td>
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<td>Copyrighted by Alfred J. Bourque</td>
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<td></td>
<td>1967</td>
</tr>
<tr>
<td>3. Acknowledgments</td>
<td>Committee Chairman ... Dr. Everett Irish</td>
</tr>
<tr>
<td></td>
<td>Thesis Consultant ... Dr. Everett Irish</td>
</tr>
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<td></td>
<td>Committeeman ... Dr. Dean Stinson</td>
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<td></td>
<td>Committeeman ... Mr. Eric Beardsley</td>
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<tr>
<td></td>
<td>Technical Consultant ... Mr. Eric Beardsley</td>
</tr>
<tr>
<td></td>
<td>Wrestler in black shirt ... Mr. Lamoin Merkley</td>
</tr>
<tr>
<td></td>
<td>Wrestler in red shirt ... Mr. VerNon Merkley</td>
</tr>
<tr>
<td></td>
<td>Photographer ... Mr. J. W. Thompson</td>
</tr>
<tr>
<td></td>
<td>Sound ... Mr. Ed Aliverti</td>
</tr>
<tr>
<td></td>
<td>Coach ... Mr. Ralph Sherwood</td>
</tr>
<tr>
<td></td>
<td>Facilities ... Central Washington State College</td>
</tr>
</tbody>
</table>
4. Uniform and grooming

You, as an official, are under the observation of spectators, coaches, and contestants from the time you arrive at the match until your departure. One way to gain respect is to look like a competent official. A uniform that is neat and clean, as well as good grooming, will foster proper attitudes for all concerned. The proper uniform consists of a vertically striped black and white shirt, dark full-length trousers, a pair of white socks, a black belt, and black gym shoes.

5. Accessories

Besides the proper uniform, there are other items that are needed for the orderly conduct of the match. A current Official Collegiate--Scholastic Wrestling Guide is needed in the event a coach or contestant desires a rule clarification.
6. Weigh-in and nail inspection

**Description**

A coin or colored disk is used prior to the match to determine which team has the choice of position at the start of the second period. A whistle is required to initiate or terminate action during the match. A set of different colored leg bands can be of help to distinguish between teams if their uniforms are similar in color. Nail clippers are used if a wrestler’s nails are too long.

The maximum and minimum weigh-in times for both interscholastic and intercollegiate dual and tournament meets are clearly defined in the *Wrestling Guide*. State associations may alter the weigh-in times for interscholastic meets. In a dual meet more than one wrestler may be weighed in at a certain weight. In a tournament, the
contestant that is to represent his school must be designated at the weigh-ins. "A wrestler may not wrestle more than one weight class above his actual weight class. No overweight is permitted nor should be requested. Contestants shall weigh-in without clothing" (12:9).

The Referee will inspect each contestant to see that the proper uniform is being worn. The tights should be full length with close fitting over-tights. The sleeveless shirt is worn without any fasteners at the shoulders but must be fastened down at the crotch. The uniform should not yield excessive exposure. The wrestler's shoes must be high cut and heelless. "The one-piece uniform is illegal for interscholastic and intercollegiate competition" (12:7).
8. Special equipment check

Any mechanical device which limits normal movement of a joint thus disallowing a normal hold to be applied is illegal. Any protective device which is hard and abrasive is not allowed. Loose pads which interfere with the normal progress of the match are prohibited. All rings, neck chains, or bracelets are potentially dangerous and should be removed. Fingernails must be smooth and cut short. The mask worn by the wrestler in this frame is illegal.

9. Clarifying the rules with coaches and contestants

Pre-match instruction should be given to the wrestlers. They should be advised to report to the center of the mat opposite each other and ready to wrestle. It is the responsibility of both contestants to maintain action throughout the match by making an honest attempt to stay
<table>
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<tr>
<th>Frame Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>10. Seating arrangement at the officials' table</td>
<td>within the ten foot circle and wrestle aggressively whether in the top, bottom, or neutral position. Ask the coaches if there are any questions as to the match procedure or rules interpretation.</td>
</tr>
<tr>
<td>11. Instructing the match timekeeper</td>
<td>Proper instruction to the officials' table personnel can add to the smoothness of the match. This instruction is very definite according to the rule book.</td>
</tr>
<tr>
<td></td>
<td>Remind all members of the officials' table to constantly check their areas of responsibility.</td>
</tr>
<tr>
<td></td>
<td>The timekeeper will keep the over-all time of the match. He keeps and records accumulated time-outs for an injury. If any disagreement on time or official score occurs, the official should be notified by the match timer when no imminent situation is</td>
</tr>
</tbody>
</table>
12. Instructing the match assistant timekeepers

Description

In progress. The timekeeper may assist the Referee in determining whether a situation occurred before or after the termination of a period. He calls out the last forty-five, thirty, and fifteen seconds intervals of the last minute of the match.

Prior to the match the assistant timekeepers are assigned a team and will record the time advantage for the wrestler in the advantage position as indicated by the Referee. They should check each other's time advantage for possible errors. They may advise the match timekeeper as to his time recording. When the match is terminated, the assistant timekeepers will show the Referee the accumulated time of each wrestler. The assistant timekeepers
13. Instructing the match scorekeeper

**Description**

should be reminded that the time-advantage stops if one of the wrestlers is being signalled by the Referee for illegal interlocking of hands.

The scorekeeper will record the wrestler in the advantage position at the start of the second and third periods. He should circle all technical violations and stalling points. He should record the points awarded to each wrestler as signalled by the Referee. It helps the Referee if the scorekeeper will point to the team who has their choice at the start of the second period, and to the team in the down position at the start of the third period. He may advise the timer on any disagreement or confusion over awarded points. The scorekeeper should show the match
14. Mat inspection

results to the Referee at the termination of each match. The Referee shall inspect the mat area to see that the national and state specifications are followed. The wrestling area is not less than a square twenty-four by twenty-four feet or a circular area of twenty-eight feet in diameter. There shall be a mat area at least five feet in width which extends entirely around the actual wrestling area. The wrestling area should be marked by a boundary line with a color different than that of the mat. A circle ten feet in diameter should be placed in the middle of the mat. If separate side mats are used, they should be secured so as to prohibit any movement of these mats.
<table>
<thead>
<tr>
<th>Frame Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>15. Towel placement</td>
<td>Towels should be placed at each corner of the mat area.</td>
</tr>
<tr>
<td>16. Medical kit inspection</td>
<td>A medical kit should be made available to both teams.</td>
</tr>
<tr>
<td>17. Toss of the coin</td>
<td>Prior to the start of the match the official will call the opposing captains to the center of the mat for the toss of the coin. The team winning the toss of the coin will receive their choice of position in the odd or even numbered matches at the beginning of the second period in a dual meet. In tournament matches, the toss of the coin is made at the end of the first period in each match if no fall occurs before this time.</td>
</tr>
<tr>
<td>18. Placing the wrestlers in the proper position prior to the start of the match</td>
<td>The Referee points to the spots on the circle where the wrestlers are to position themselves just prior to the start of the match. &quot;He next points one hand toward the timers and scorers to verify their readiness&quot; (12:40).</td>
</tr>
</tbody>
</table>
19. The wrestlers shaking hands and passing by

The Referee now directs the wrestlers to shake hands with the right hand, pass each other, turn at the edge of the circle, and begin wrestling when the Referee blows his whistle. "The Referee motions for the wrestlers to shake hands and pass by crossing his arms in front of his body" (12:40).

20. Signalling the wrestlers to begin wrestling or resuming the match in a neutral position

When the wrestlers are facing each other and ready to wrestle, after a momentary pause the Referee blows his whistle and simultaneously moves his hand as a signal for the wrestlers to assume wrestling. The movement of the hand also indicates that the timer begins the clock moving in the event the whistle is not heard.

21. Starting the match when the wrestlers are in the Referee's Position on the mat

"The Referee should face the officials' table and kneel on one knee at a distance of 8 to 10 feet in front of the
### Description

Wrestlers and a little to the side on which the top wrestler stations himself. When the wrestlers are in proper positions (Rule 8, Sec. 1) and after a momentary pause, the Referee blows his whistle and moves his hand to start the action" (12:41). It is important that there be a visual as well as an auditory signal to start the wrestling to assist the timer in beginning the clock moving. Watch for fast starts.

<table>
<thead>
<tr>
<th>Frame Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>22. New starting position for the Referee's position on the mat</td>
<td>The offensive wrestler standing &quot;shall place both hands on the bottom of the defensive wrestler's back with the thumbs touching. The underneath wrestler is on his hands and knees with the heels of his hands on the mat not less than 8 inches in front of his knees&quot; (12:15).</td>
</tr>
<tr>
<td>Frame Title</td>
<td>Description</td>
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<td>---------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>23. The Referee stops the match</td>
<td>When the occasion arises for the match to be stopped, &quot;the Referee blows his whistle and extends his hand to stop the match&quot; <em>(12:41)</em>.</td>
</tr>
<tr>
<td>24. The Referee stops the match for an out-of-bounds</td>
<td>The official should always be in the proper position where he can see the supporting points of each wrestler as well as the boundary line. &quot;When the contestants are out-of-bounds <em>(Rule 8, Sec. 5)</em>, the Referee stops the match and extends both arms horizontally to the same side toward the out-of-bounds&quot; <em>(12:42)</em>. The frame shows that the supporting points of the wrestler wearing a black shirt becomes that of the wrestler wearing a red shirt. In an attempt for a take-down, the wrestler wearing a red shirt has stepped out-of-bounds thus constituting an out-of-bounds for both wrestlers.</td>
</tr>
<tr>
<td>Frame Title</td>
<td>Description</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>25. The Referee declares a neutral position standing after an out-of-bounds</td>
<td>When the wrestlers are in a neutral standing position, the place of the official in relation to them is such that he can see between them while maintaining a position between the contestants and the out-of-bounds. When signalling a neutral standing position, the official's &quot;upper arms are front horizontal, both forearms are vertical, and the hands are extended upward&quot; (12:42).</td>
</tr>
<tr>
<td>26. The Referee declares a neutral position during a scrimmage for a take-down</td>
<td>When the wrestlers are in a neutral position while working for a take-down, the Referee is in a position to see between the wrestlers while maintaining a position between them and the out-of-bounds. The signal for this situation is &quot;both arms are extended sideward slightly below the horizontal with the palms of the hands down. The</td>
</tr>
<tr>
<td>Frame Title</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>27. The Referee indicates the retention of the advantage position</td>
<td>Referee moves his hands back and forth bringing them together and moving them away while verbally announcing &quot;no advantage&quot; (12:42).</td>
</tr>
<tr>
<td></td>
<td>In college matches where time advantage is accumulated, sometimes the wrestlers are in a position where the timers cannot see who is in the advantage position. &quot;Whenever there is any doubt as to the contestant in the advantage position the Referee should indicate the contestant in the advantage position by pointing to him with the index finger of one hand&quot; (12:43). The Referee should keep the non-pointing hand at his side so that no confusion occurs as to this signal and the awarding of points. In this frame the wrestler wearing a red shirt is still in the advantage position.</td>
</tr>
</tbody>
</table>
28. The Referee is awarding points

The Referee is awarding points as long as he maintains control of his opponent's leg. "One arm and index finger are pointed at the wrestler receiving the points. At the same time the Referee verbally announces the award and the name of the team receiving it as he raises his opposite arm to a near vertical position, indicating with extended fingers the number of points awarded" (12:43). In this frame the wrestler wearing a black shirt has gained control over his adversary and is being awarded a takedown.

29. The Referee is warning a contestant for a violation

There is only one situation when the match is not stopped when a violation has occurred. This is the case of the defensive wrestler stalling. The Referee points to the defensive wrestler with the index finger of one
The Referee scores a pinning situation

The Referee must be alert and anticipate the move when one wrestler places the other in a pinning situation. Remember that the counting does not begin until the Referee is in a position to see the shoulders or scapula area. If there is some doubt as to whether a
pinning situation is occurring, the official should watch the action of the defensive wrestler to see if he is working to keep his shoulders out of a point situation. Points for a near-fall or predicament are not given to the scorer until the situation has changed, an out-of-bounds occurs, or the period has ended. "After the situation is finished, the Referee extends one arm upward indicating with the fingers the number of points awarded as he directs the index finger of his other hand toward the contestant receiving the points" (12:44). A verbal indication should be given so the wrestlers know how many points were awarded. Only the wrestler in the advantage position who has his opponent in a pinning situation may gain points.
<table>
<thead>
<tr>
<th>Frame Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>31. The Referee is calling a fall</td>
<td>When a fall is imminent, the Referee will place himself in a position on the mat so as to be able to see both shoulders or scapula area. Once in this position he will raise one hand about ten inches above the mat. After a silent count of two seconds (one second in college), one-thousand-and-one, one-thousand-and-two, &quot;he quickly strikes the mat with the palm and verbally announces 'Fall!'&quot; (12:44). The wrestler is pinned when the hand starts downward even if the clock horn sounds before his hand strikes the mat. &quot;The Referee is not to put his hands under the back of the defensive wrestler unless his view of the shoulders is blocked by one or both contestants and it is absolutely necessary for him to feel the back on the mat in order to call the fall&quot; (12:44).</td>
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<td>Frame Title</td>
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<tr>
<td>32. The Referee is signalling interlocking hands, or grasping clothing, during an escape maneuver</td>
<td>Sometimes when the defensive wrestler is making an offensive move with supports other than his feet on the mat, the top wrestler in the advantage position in his counter move causes an infraction by interlocking his hands around the body or both legs, or grasps clothing. Interlocking occurs when the top man interlocks or overlaps his hands around the body or both legs. (Around one leg is permissible.)</td>
</tr>
<tr>
<td>33. Same as above</td>
<td>Grasping clothing infraction may occur when the defensive wrestler is attempting to move out of a fall situation. Grasping clothing infraction may occur when the advantage wrestler is countering an escape or reversal attempt by the defensive wrestler. Sometimes clothing is grasped in an attempt for a takedown.</td>
</tr>
<tr>
<td>Frame Title</td>
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"The Referee indicates the violation by grasping the wrist of one hand with his other hand and holding it over his head" (12:44). This signal indicates that interlocking hands or grasping clothing has occurred and stops the time advantage for the advantage wrestler. If the infraction occurs and the defensive wrestler is successful in his maneuver, then the wrestling continues without any points being awarded against the wrestler in the previous advantage. If the move of the defensive wrestler is not successful because of the infraction involved, then the match is stopped and an infraction point (technical violation) is awarded to the defensive wrestler."
<table>
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<tr>
<th>Frame Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>35. The Referee is in a position to block an illegal or potentially dangerous hold</td>
<td>When a wrestler applies an illegal or potentially dangerous hold, the Referee will place himself in a position to block or stop the move before the contestant to whom the hold is being applied is injured. The situation illustrated in this frame would be stopped in a high school match and would be treated as potentially dangerous in a college match.</td>
</tr>
<tr>
<td>36. The Referee is in a blocking position</td>
<td>&quot;He may also verbally caution the contestant against forcing a potentially dangerous hold an illegal hold&quot; (12:45).</td>
</tr>
</tbody>
</table>
| 37. The Referee is calling a time-out           | If a time-out is necessary for an injury, to correct or question the officials' table, or to fix the mat, the Referee will announce it and to whom it is charged. "The Referee will indicate 'time-out' by extending one hand in a vertical
position at right angles to his chest with the ends of the fingers touching the palm of the other hand which is extended in a horizontal position in front of the chest" (12:45).

A stalemate has occurred when both wrestlers are interlocked in a position (other than a pinning situation) where neither can, nor attempts, to improve their position. "Then the Referee indicates the reason for stopping the match as a stalemate by placing the arms on the chest in a bent position with the fists closed" (12:45). The wrestlers are placed in the referee's position on the mat and will resume wrestling at the Referee's signal.

At the termination of the match, after the score is validated by the Referee, the contestants come to the center of the mat,
40. The Referee is declaring a draw match

shake hands, and the winner is declared by the Referee raising the arm of the winner. In college the riding time is scored before the winner is declared. If the score is tied at the termination of the match in a dual meet, after shaking hands, the "Referee raises both of his arms over his head" (12:47).

In tournament matches an extra overtime round is wrestled. If the score is still tied, a referee and judges' decision declares the winner.

41. Out-of-bounds: definition

"Contestants are out-of-bounds when any supporting part of either wrestler touches or goes beyond the boundary line unless:

a) One contestant has the advantage.
b) A take-down is in progress.
c) A fall is in progress (10:13).

The judgment of the out-of-bounds decisions must be made while keeping in mind the supports when the wrestlers are working
42. The Referee is signalling an out-of-bounds when wrestlers are in a neutral position.

**Frame Title**

**Description**

in a neutral position when one of the wrestlers has the advantage, and the boundary line. "Contestants are 'out-of-bounds' when any supporting part of either wrestler touches or goes beyond the boundary line" (12:17). The supporting points in this position are usually the feet. Any action that occurs after the whistle is null and void. The Referee who allows the contestants to "play" the edge of the mat is encouraging stalling and may have some "hair-line" decisions occurring because of it. Talk to them if no activity is occurring and do not hesitate to place them in the center of the mat if a difficult situation is anticipated. In this frame the wrestler wearing a black shirt has his supporting points out-of-bounds.
<table>
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<tr>
<th>Frame Title</th>
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<tbody>
<tr>
<td>43. The Referee is signalling an out-of-bounds in an attempt for a take-down</td>
<td>&quot;When a take-down is imminent, wrestling shall continue as long as the supporting points of either wrestler remain within the boundary lines of the wrestling area&quot; (12:17). In this frame the wrestler wearing a black shirt is out-of-bounds, and the wrestler wearing a red shirt has a supporting point (his right hip) out-of-bounds while attempting a take-down.</td>
</tr>
<tr>
<td>44. The Referee is signalling a take-down</td>
<td>In this frame the wrestler wearing a black shirt is out-of-bounds, and the wrestler wearing a red shirt is being awarded a take-down by the Referee because his supporting points remain inside the wrestling area.</td>
</tr>
<tr>
<td>45. The Referee is signalling an out-of-bounds in an attempt for an escape</td>
<td>&quot;When one wrestler has the advantage position the match shall continue as long as the main supporting parts of either wrestler remain within the wrestling area.&quot;</td>
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<td>Frame Title</td>
<td>Description</td>
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<td>------------------------------------------------------</td>
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</tr>
<tr>
<td>46. The Referee is signalling an out-of-bounds in an attempt for a reversal</td>
<td>The supporting parts of both wrestlers are out-of-bounds and the Referee is stopping the match.</td>
</tr>
<tr>
<td>47. The Referee is signalling an out-of-bounds situation</td>
<td>In this frame both wrestlers have worked themselves out-of-bounds.</td>
</tr>
<tr>
<td>48. The Referee is signalling an out-of-bounds in a fall situation</td>
<td>When a fall is in progress, wrestling shall continue as long as the head and both shoulders of the defensive wrestler are on the mat proper within the boundary line. Therefore, in any fall situations, the moment either the head or either shoulder of the defensive wrestler touches the out-of-bounds line or goes beyond it, 'out-of-bounds' must be called regardless of the supports of either contestant. In this area&quot; (12:17). In this frame the supporting parts of both wrestlers are out-of-bounds.</td>
</tr>
</tbody>
</table>
instance, the head or shoulder must touch the mat on or outside the boundary line to be considered out-of-bounds" (10: 13). If the defensive wrestler in his attempt to keep from being pinned causes the outer mats to move or come loose and this hinders his action, the match is stopped, and if predicaments or near-fall points were earned then the official gives the points to the wrestler in the advantage. In this frame the head of the wrestler attempting to keep from being pinned is touching out-of-bounds as signalled by the Referee.

In this frame the out-of-bounds line is considered to be an imaginary line perpendicular to the actual out-of-bounds line. When the shoulder of the defensive wrestler touches this
50. The Referee is considering a stalling situation

plane, an out-of-bounds is signalled by the Referee.

When the wrestlers are in a neutral position, they must attempt to stay in the center of the mat, to make contact, and set up takedown maneuvers.

In this frame the wrestler wearing a black shirt has positioned himself outside the circle and is avoiding contact.

In this frame the Referee is indicating that the wrestler wearing a red shirt is using stalling tactics while wrestling in the neutral standing position.

In this frame the Referee is indicating that both wrestlers are using stalling tactics while in the neutral standing position.

Factors which can contribute to stalling tactics by a wrestler in the neutral position are:

Makes little or no effort to stay within the circle or on the mat.

51. The Referee is signalling a stalling situation

52. The Referee is signalling a stalling situation

53. Stalling tactics in the neutral position
Continually backs out of the circle.

Positions himself on the circle or just inside and waits for opponent to come to him.

Stays within the circle but avoids contact.

Stays in the circle, makes contact, but waits to counter.

Makes contact with little or no effort towards a takedown.

"Bulls" or pushes opponent out of the circle to the edge of the mat with no attempt for a takedown (10:14).

"A period of fifteen seconds shall be sufficient time for the Referee to decide whether or not a contestant retaining a stalling hold has made an attempt to improve his position" (12:34).

At times a "controlled ride" is necessary, but the offensive wrestler must show evidence that he is making an honest effort to obtain a fall.

Factors that can contribute to stalling tactics by a wrestler in the offensive position are:
57. The Referee is signalling offensive stalling

Makes no honest attempt to improve his position after breaking opponent down and lets him get to his knees.

Makes no attempt to break opponent down.

Hanging on with a "controlled" or "hold-down" ride.

Breaks opponent down and works from a parallel position.

Fails to take advantage of openings (10:15).

"It is a stalling violation for the wrestler in the advantage position on the mat only to grasp the defensive wrestler's leg or legs with both hands or arms unless such action is designed to break his opponent down and go into a pinning combination, or to prevent an escape or reversal" (10:15).

"Repeatedly grasping and holding the legs or leg with both hands or arms merely to break the defensive wrestler down or keep him under control for the purpose of stalling is a violation under this rule" (12:34).
58. The Referee is signalling defensive stalling

The defensive wrestler must make every effort to come to his hands and knees and attempt escapes or reversals. This does not mean that he must leave himself open to danger while attempting these offensive moves. Sometimes the defensive wrestler is penalized for stalling when the offensive wrestler has him in such a position that he cannot work to his hands and knees.

In this frame the defensive wrestler is employing stalling tactics by controlling the offensive wrestler's arm with no attempt towards an escape or reversal.

59. Stalling tactics in the defensive position

Factors that can contribute to stalling tactics by the wrestler in the defensive position are:

Remains on his stomach, with elbows and arms tucked in at his side.

Comes to "all fours" and sets himself.
Moves only to counter.

Initiates no aggressive action that may end in an escape or reversal. (12:34)

In conclusion, it is the responsibility of coaches and officials to teach, coach, and administer wrestling in the letter and spirit in which the rules are written (6:3). The Referee in enforcing the letter and spirit of the rules should consistently penalize all infractions. Wrestlers can and should be taught that the primary goal of a wrestling match is the fall, and every effort towards this end must be encouraged. When there is no action in the mat position, the responsibility for initiating the action rests with both wrestlers (12:34).

An official should evaluate himself in the following areas:
Understand the object of the sport and its ultimate goal, which is the fall.

Have a good working knowledge of the rules.

Be able to react quickly as the situations develop or are anticipated.

Be in reasonably good physical condition.

Display calmness and good judgment under conditions where the decision can be "hairline."

Be able to accept criticism if it be good or bad.

When working on the mat, display confidence and enthusiasm while being inconspicuous.

Be in the right place at the right time.

During the match know the score, period, and what move is being attempted.

Remember, the fact that you are wearing a whistle does not make you infallible.

Give the coach the opportunity to question a call if it can be done in a controlled manner.

62. Official's evaluation

63. The end
CHAPTER IV

SUMMARY

There is a need for more visual aids in all areas of physical education, especially in wrestling. Wrestling refereeing is one of these areas. Audio-visual materials can simplify the understanding needed in this area of wrestling.

Wrestling Refereeing Illustrated was produced as a means of showing a visual image of the correct method of executing the skills needed to conduct a wrestling match. It does not cover every possible situation, but it does include the essential and pertinent situations. If the wrestler, coach, physical education teacher, intramural instructor, and referee study thoroughly the information offered by the filmstrip, there can be a maximum of understanding of match procedure. Knowledge of match procedure must be supplemented by a thorough knowledge of the rule book. The recognition of the problem led to the production of the sound filmstrip Wrestling Refereeing Illustrated.
BIBLIOGRAPHY


RELATED REFERENCES
RELATED REFERENCES

BOOKS


PERIODICALS


THESIS


**FILMS AND FILMSTRIPS**


3. "Champions on Film," Don Canham, 303½ South Main St., Ann Arbor, Michigan.


12. "Ready--Wrestle," 20 min., sound, black and white; wrestling is explained as a contest of strategy, speed, strength, and skill; available University of Washington Audio-Visual Department.


CHARTS

APPENDIX
A CODE OF ETHICS FOR THE WRESTLING OFFICIAL

1. To honor commitments regardless of possible inconvenience or financial loss.

2. To study the rules, observe the work of other officials, and at all times, attempt to improve yourself.

3. To remember that while you are working as an official, you will conduct yourself in such a way that attention is not centered around you, but to the wrestlers.

4. To dress and maintain your appearance in a manner befitting the dignity and importance of the sport.

5. To conduct yourself in such a manner to be an example to the wrestlers who are under your jurisdiction.

6. To be fair and unbiased in your decisions regardless of the score or teams involved.

7. To give your complete cooperation to the schools which you serve and to the state association to which you belong.

8. To cooperate and be professional in your association with fellow officials, and do nothing to cause them public embarrassment.

9. To be firm, but not overbearing; courteous, but never rude; dignified, but never arrogant; friendly, but not companionable; calm, and always alert.

10. To keep in mind that the match is more important than the wishes of any individual participant or coach or the ambitions of any individual official.

11. To be prepared both physically and mentally.

12. To avoid smoking on or in the vicinity of the match site, nor drink any alcoholic beverages on the day of the match.

13. To avoid giving information which might be used by a team's future opponent.