Introduction to Refereeing
Session 1

Prepared by UWW Refereeing Department
July 2017
Goals of the Program

• Scoring Situations and Matches Correctly
• Using Basic Referee Mechanics
• Maintaining Good Control of the Match
• Learn All Positions of the Referee Team
• Protecting the Athletes During the Bout
• Golden Rules for the Course - Make a List
M & M Activity

Tell one interesting about yourself

Tell one thing about your family

Favorite Food

Favorite Activity

One Place you would like to visit

Wild Card
Your pick
What does a referee look like?

• Draw what you think a referee looks like
• Include as many features that you think are important to being a good referee
What does a referee look like?
Core Competency - #1 - Be Fair and Unbiased

- Must evaluate holds fairly without undue influence
- Only see two wrestlers - one is Red and one is Blue
- Wrestlers must decide the winner not the referee
- Link to other video
Core Competency - #2 - Safety of the Athletes

• Must prevent unnecessary injuries that occur during a bout
• Identification of potentially dangerous situations
• Stopping bout at correct times to avoid injuries
Core Competency - #3 - Evaluation of Holds

- Must know the point values for basic holds
- Must be able to score basic situations correctly
- Must be able to apply cautions and passivity when needed
Core Competency - #4 - Proper Referee Mechanics

• Verbal Communication
• Starting and Ending Bouts
• Correct use of hands to indicate and display the correct points
• Correct use of hand signals:
  • Falls
  • Out of Bounds
  • Fouls
  • Passivity
  • Stimulating Action
Core Competency - #5 - Appearance and Mobility

- Must work to be in the right position to score the correct points
- Must be able to change levels
- Must be able to move quickly without running
- Must look like a good referee
Core Competency - #6 - Controlling of the Match

• Must maintain a professional manner on the mat
• Must remain calm during stressful situations
• Must maintain control of the bout when wrestlers have unsporting behavior
• When to Interrupt the Bout
• Starting and Ending Bouts
Core Competency - #7 - Referee Team Duties

• Job of the Referee
• Job of the Judge
• Job of the Mat Chairman
• Emphasis on the Referee and Judge in this course
Core Competency - #8 - Tournament Protocol

• Participation in Meetings
• Reflection of performance after bouts
• How to set up correct brackets
  • Traditional line brackets
  • Nordic System
• Determining winners and placements in each type of bracket
Scoring Review
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Resources for the Rules and Point Scoring

- UWW Website
  - https://unitedworldwrestling.org/sites/default/files/media/document/wrestling_rules_0.pdf
Self Reflection - Use of Journal

- Self Reflection - very important to becoming a good referee
- Use Journal after each match you referee during this course
- What is needed in the journal
  - #1 - What went well and what did you feel the most comfortable with and why
  - #2 - Which position (on the referee team) did you feel most comfortable with and why
  - #3 - What areas do you want to work on and improve
  - #4 - Situations during the bout and what was scored