Introduction to Referee Course

Session 4

Prepared by UWW Refereeing Department
2017-18
Practical Session on the Mat

• Review Referee Mechanics and Positioning

• Discuss Protection of Athletes - show techniques
  • Lifts to pike position
  • Head butts, Front Headlocks
  • GR - wrist locks, grabbing the throats/posting on the face, arm spin
  • FS - Legs going outside the joints, locks on the ankle
Referee Mechanics

- Holding the whistle
- Hand Signals
  - Points
  - Cautions
  - Passivity
  - Out of Bounds
  - Using hand of color when talking to wrestlers
Position of Referee when wrestlers are standing

- Position in relation to the wrestlers
- Position relative to the clock
- Greco-Roman vs Freestyle (distance)
- Distance when an action starts
- Out of Bounds Situations
Position of Referee in Par Terre Position

• Greco-Roman vs Freestyle

• Restarts in Par Terre
  • Proper Position for Defensive Wrestler
  • Proper Position for Offensive Wrestler
  • Position of Referee
  • When do we restart bout in par terre
Changing Levels

• Be able to move up and down during bout
• Actions from standing to danger
• Falls
• Potentially dangerous situations
Anticipating Actions

- Learn wrestling techniques & watch matches
- Be thinking where will action go and get there before it happens
- Work to where the action will finish and you can properly score the bout
- No running!
Walking the Wrestlers back to the center

- Control of the match
- Talk to wrestlers without giving an Attention
- Re-start the match in between both wrestlers
UWW Vocabulary

• Stimulate Action or Correct Behavior of Wrestlers
• Use the color of wrestler with a command
• Use Set Terms that are understood by all wrestlers in the world
  • “Open” - one wrestler is blocking or holding on to a hand or wrist
  • “Action” - one wrestler not being active or attempting actions
  • “Attack” - same as Action
  • “No Fingers” - one wrestler grabbing fingers of opponent
UWW Vocabulary

• UWW Terms Continued
  • “Zone” - tells one wrestler that they are in the zone
  • “Center” - say when one wrestler is just pushing the opponent in the zone
  • “Attention” - indicates to wrestler that they are committing a foul and next will be a caution
  • “Place” - say when one wrestler is crawling in par terre or is near the zone in par terre
Fall Position and Mechanics

- Fall - Controlled 1-second - no rolling falls
- Asking for the fall - using hands
- Getting Confirmation from Mat Chairman
- Position of referee to see fall
- Cannot be challenged
Protecting the Athletes
Practical Session on the Mat

• Review Jobs of the Referee Team

• Referee Matches

  • 1-minute go’s and rotate positions
  • Focus only on position and not on scoring in first rotation
  • Record matches and Review after you work all positions with group
  • 2nd rotation - focus on points and position
  • Start and End each match - just 1 minute matches
  • Depending on time - consolidate down to one mat and have everyone evaluate the work
  • Record matches in Journal
Activities for Practical Session

- Scoring Points with confidence - have wrestlers make actions and score with hands high
- Walking around the mat - all participants - mirror activity - one person walks around and others must do exactly what they do - hold whistle, changes levels, score points, blow whistle - works on mechanics
Goals for Practical Session

• Hold the whistle in your hand
• Change levels when wrestlers go to danger position
• Position during the bout with wrestlers and clock
• More movement on the mat
• Walking wrestlers back to the center
• Increase verbal communication during the bout
Reflection from Session 4

• What went well?

• What were some challenges?

• Overall thoughts
Videos from Session 5
Videos from Session 5
Videos from Session 5
Fleeing the Mat

- Crawling to the zone in par terre
Fleeing the mat

• Facing the out of bounds when leaving the mat
Risk or Simulation

• Risk - actions that result in the offensive wrestler finding themselves in the par terre position without an action by the opponent

• Procedure - stop the match, restart in the standing position - get confirmation 1st

• Risk - have to determine if the wrestler is making a legitimate attempt
Risk or Simulation
Risk or Simulation
Risk or Simulation
Controlling the Bout

• Injuries - continued
  • Head/neck Injury - do not move the wrestler - could cause injury to become worse
  • Be careful touching the athlete until you know what the injury is
  • Talk and calm down the wrestler while Medical is making it onto the mat
Controlling the Bout - Injuries
Controlling the Bout

• Blood
  • When do you stop the match?
  • Get it cleaned up and match restarted
  • Restart depends on how caused the bout to stop - typically restart standing
  • Coaches job to clean up blood unless a designated medical staff
Controlling the Bout

• Unsporting Behavior - head butt, clubbing the head
  • Look for actions that would provoke a wrestler - clubbing the head, fingers in the eyes, grabbing hair, etc...
  • Stop Immediately and give warning (Attention)
  • Failing to stop the match will lead to retaliation by other wrestler - big problems
  • When is it just a warning (Attention), caution or disqualification?
Controlling the Bout - Unsporting Behavior
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- Stop bout immediately and be firm when warning offending wrestler
- Walk wrestlers back to the center and restart the match between them
- Verbalize during the bout
- Focus on being in position to see when situations happen
Evaluate the Match - write down what the referee did well
Introduction to Referee Course

Session 6

Prepared by UWW Refereeing Department
2017-18
Practical Session on the Mat

• Review Situations and Topics
  • Controlling the Bout - Proper Procedure
  • Starting and Ending of Matches
  • Points Scoring
  • Walking Wrestlers back to the Center
  • Holding the Whistle in your hand
  • Confidence when scoring points
Practical Session on the Mat

• Referee Matches
  • 1-minute go’s and rotate positions
  • Wrestlers may simulate some unsporting behavior
  • Record matches and Review after you work all positions with group
  • 2nd rotation - focus on points and position
  • Start and End each match - just 1 minute matches
  • Depending on time - consolidate down to one mat and have everyone evaluate the work
  • Record matches in Journal