

Central Region Official's Training Session

Saturday April 6, 2013 – 9:00am

- I. The flow of a match
 - a. Look to reward, not to penalize
 - b. Who initiated, who made it happen? (E.g., you cannot pin yourself)
 - c. How long to leave in par terre?
 - d. Treatment of prohibited actions
 - i. Committed by attacking wrestler
 - ii. Committed by attacked wrestler
 - e. Verbal commands – “Zone” “Place” “Action” “Attention”
 - f. Mechanics – generally stand farther away than Folkstyle (mostly off the mat)
 - i. Easier to see who initiated/history of sequence
 - g. 3 man mechanic

- II. Safety First
 - a. When to blow the whistle
 - i. Anticipate and pre-empt injuries
 - ii. Be especially aware of mismatches
 - iii. Direct from TX-USAW former state Chairman: “The most important point . . . is SAFETY. Although ‘slams’ may be legal we don’t need a HS stud slamming some newbie just learning wrestling. A few years ago we had a wrestler who was showing off with belly-to-belly throws on rookies who didn’t know how to defend themselves. And below the HS level, we need to make sure kids are safe when they lift opponents. They need to be able to **maintain the hold and balance**. If they can’t and the opponents head is down it needs to be stopped to prevent an accidental ‘pile driver’.”
 - b. Kids modifications (pp.79-80)
 - i. For all Kids age groups, under what circumstances should lifts/throws be stopped?
 - ii. For all Kids age groups, what throws are illegal?
 - iii. Which otherwise legal moves are illegal in all Kids age groups?

- III. Exam questions and other common situations
 - a. Answers and related Articles and USAW modifications from Rule Book and Guide
 - b. Point Values (Note when NOT to award a push out point (i.e. not on feet or in process of scoring)
 - c. Fleeing (**NEW EMPHASIS** – fleeing the hold is like the old “passivity”)
 - d. Cautions (how to score them, how to signal them)
 - e. Tie-breaking criteria

- IV. Greco-specific situations
 - a. **Start each period chest to chest** (only applies to start of period, not restarts)
 - b. Leg fouls
 - c. 90 second ordered hold – **only if 0-0**
 - d. 0-0 ties
 - i. Top must score – leave in par terre for full 30 seconds
 - ii. 1st period red is top
 - iii. 2nd period blue is top
 - iv. 3rd period CHOICE to wrestler with highest TOTAL points in match (Art. 49)

- V. Q & A
 - a. Discussion
 - b. Disagreements

- VI. Demo matches (practice officiating live matches)

- VII. Written Exam