



# TWOA - D/FW

Basic School  
For Officials  
2008-09



# Rule 1 Competition

- Match - A bout between 2 wrestlers in the same weight-class
- Starting weight for duals determined by random draw
- Only 1 wrestler per weight may wrestle
- 5 matches per day; MAX



- 45-minutes of rest time between matches
- May not take a forfeit in a weight class and wrestle in another
- May wrestle at their weight-class or the next class up
- Coach will verify that everyone is "good to go" prior to the meet
- Weight Management - See UIL guide



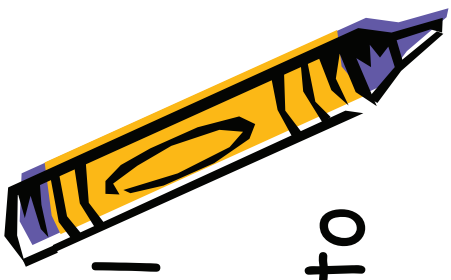
# Rule 2

## Equipment

- The mat will be a 28-ft circle or larger
- There will be a 10-ft circle in the middle
- Starting lines will be in the center
- Outside the circle will be a 5-ft padded buffer zone.



- The benches and scorer's table will be 10-ft away from the mat
- All team personnel are restricted to the bench area
- For tournaments, 2 people only, are allowed in the corner, in a marked area (paint, tape, etc...)
- The table will seat the timers, scorekeepers & their equipment
- Scales for weigh-ins must be certified annually, within date of use



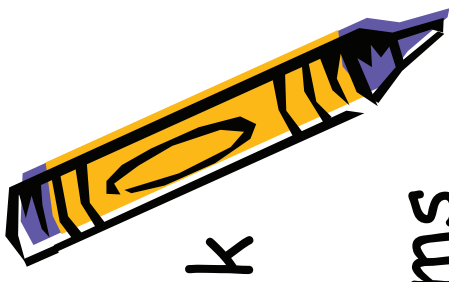
# Rule 3

## Official & Their Duties

- Referee's uniform is: Black belt, socks, shoes, pants, whistle & lanyard.
- A black & white striped or gray w/black pinstripes, short-sleeve shirt is also required
- On matters of judgment, the referee's decision is final.



- The time in charge begins with arrival and ends when the scorebook or last bout sheet is signed.
- The referee will meet with the teams and coaches to conduct inspections and briefings.
- The legality of all equipment shall be decided by the referee.
- The referee will administer the match fairly & safely.



# The Assistant Referee

- Dresses in a referee's uniform.
- Assists the referee in calling the match.
- May conference with the referee. In case of disagreement, the referee's decision is final.
- Observes coaches & wrestlers arrive and depart the mat area.





# The Scorer & Timekeeper

- The scorer is responsible for recording everything in the scorebook. Must circle 1<sup>st</sup> point(s) scored
- Points, choices, penalties, timeouts, time of day, time of match
- The timekeeper operates all of the clocks for a match.
- Injury time, blood time, recovery time & match time



# Rule 4

## Wrestler's Uniform

- A sleeveless shirt, snap-crotch with shorts & tights or
- A singlet, knee-length or shorter with a min. inseam of 4"
- With permission, a t-shirt may be worn in addition
- Headgear, shoes are also required
- Worn as intended



# Wrestler's Appearance

- All wrestlers shall be clean shaven with neat haircuts. Not below; collar, ears, eyebrows
- Those needing an exception may wear facemasks and/or hair covers to comply with the rules
- All wrestlers must be free of contagious skin conditions; skin form must be presented at weigh-in(s)
- On-site, competition physician may over rule a physician's note on skin conditions.



# Special Equipment

- All things not required by rule are special equipment
- Taping & braces must allow normal movement
- Pads must be snug fitting
- Artificial limbs may be authorized
- Mouthguard required for those w/braces



# Weight Classes

- There are 14 weight classes nationally
- Texas has one additional class, 180-lb
- Wrestler's may wrestle at their weight or the next class up
- Any manner of dehydration for weight loss is prohibited
- 2-lbs will be added to each class Jan 1



# Weigh-Ins

- Wrestlers will weigh in 1 hour prior to duals; 2 hours prior to tournaments
- Males will weigh males; females will weigh females
- Weigh-ins should be shoulder-to-shoulder
- Wrestlers will report to the weigh-in area and may not leave without permission



- Weigh-ins start with the lowest class and progress through the classes in order
- The wrestlers will go to a skin & grooming check and then to the scales
- If one scale is being used they may step up & down two times to make weight
- If multiple scales are being used, two times on the original scale then one time each on any other scale in use
- Once all wrestlers in a weight class have weighed-in, that class is closed.



- With consecutive days of competition a 1-lb allowance may be granted per day. Max of 2-lbs total at any event; Must notify Coach, AD, or Principal
- Wrestlers must weigh-in with artificial limbs if they want to wear them during the match
- Any wrestler failing to make weight during weigh-ins is ineligible for that weight class but may be moved up





# Rule 5

## Definitions

- Bad Time - Time when wrestling should not have occurred.
- Biting - Flagrant Misconduct
- Bye - an opening on the bracket because there is no wrestler to fill it
- Caution - a minor violation of the start rules



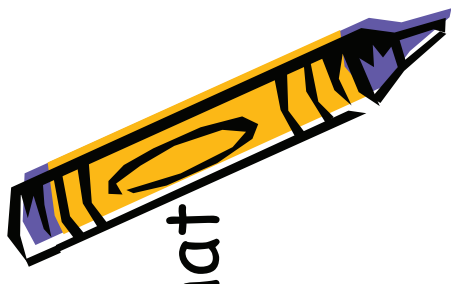
- Coach Misconduct - can only occur at the table during a discussion
- Control - when one wrestler demonstrates restraining power over another, on the mat
- Default - when a wrestler can not finish a match
- Disqualification - when a wrestler is not allowed to finish a match



- Dual Meet - a series of matches between two teams
- Escape - when a wrestler gains a neutral position and the opponent has lost control
- Fall - (pin) when two points of the pinning area are in contact with the mat for two seconds
- Near-fall - when a wrestler is held close to the mat on his back
- Technical fall- when one wrestler has earned a fifteen point difference in the score



- Flagrant Misconduct - when the foul, physical or non-physical, is so severe that removal is the best option
- Forfeit - when the opponent fails to report for the match
- Illegal holds - by rule or application, when a hold endangers the life or limbs of a wrestler
- Inbounds - when the supporting points of a wrestler are inside the boundary line, may stop if no action & 1 wrestler OOB



- Takedown - when one wrestler gains control over another wrestler, down on the mat
- Escape - when one wrestler releases himself/herself from being controlled
- Reversal - when a wrestler moves from being controlled to being in control
- Mat - the actual wrestling surface
- Match - a contest between two wrestlers in the same weight-class



- Out of bounds - when both wrestlers have a supporting point on or outside the boundary line
- Advantage position - the wrestler in control (offensive) also known as top
- Defensive - the wrestler who is being controlled (defensive) also known as bottom
- Neutral - Neither wrestler has control, generally both are on their feet





- Offensive wrestler may choose optional or release defender prior to the restart by informing official

- Offensive position must follow this order; feet/knees, belly, elbow

- Potentially Dangerous holds - any hold that take a limb or joint to the end of the normal range of motion or may endanger the opponent

- Optional Start - the top wrestler is on his feet with the bottom wrestler on hand & knees

- Random Draw - prior to a dual, the starting weight-class will be determined by lots.

- Reversal - when a wrestler gains control over his/her opponent while being controlled



- Stalemate - when neither wrestler can advance their position
- Stalling - when one or both of the wrestlers will not wrestle
- Takedown - when one wrestler gains control of the other, on the mat
- Taunting - any act, verbal or physical, designed to embarrass or denigrate the opponent





- Technical Violations - Infractions of the rules
- Time-out - time when the match clock does not run; injury, recovery, officials, bleeding
- Unnecessary roughness - any act that goes beyond normal aggressiveness
- Unsportsmanlike conduct - any act(s), verbal or physical, that require correction but not removal



# Rule 6

## Conduct of Matches

- A match is 3 periods of 2-minutes
- Overtime is 1-minute on the feet followed by 2 30-second tiebreakers, if needed
- If there is no winner from the above, 1 extra 30-second tiebreaker
- If no one scores in the 3<sup>rd</sup> tiebreaker, wrestler on top wins



- Teams delaying their appearance for 5 minutes will be penalized 1 team point
- Teams delaying their appearance for a 2<sup>nd</sup> 5 minutes will forfeit
- Wrestlers must be ready to go when called in a dual
- Matches start in the neutral position (on the feet)
- For a match with a/or blind wrestler(s), use the fingertip start method



- The winner of the pre-meet toss will choose odd or even matches. All matches count, wrestled or not, toward odd or even.
- In tournaments, there will be a disc flip prior to the start of the 2<sup>nd</sup> period to determine choice
- The wrestler who has choice will have these choices; top, bottom, neutral or defer for the 2<sup>nd</sup> period



- For the 3<sup>rd</sup> period, the wrestler who did not choose a position will make the choice
- The match will stop when the wrestler go out of bounds and restart in the same relative positions. Top/bottom or neutral.
- Whenever the match stops, it will restart in the same relative positions. Period starts are the exception.



- For the end of the match, the referee will verify the score
- The wrestlers will return to the center of the mat and stand on either side of the referee
- The wrestlers will shake hands and then the referee will raise the hand of the winner
- Violations of this rule are UC and team point penalty



- Errors requiring re-wrestling bad time must be fixed before the next period starts.
- If the timekeeper makes an error or the clock doesn't start, the referee will make a judgment on the time used.
- Computation errors must be fixed within 30 minutes of the end of the event.
- Coaches may request a discussion if they think there was a rule misapplication



- Overtime happens when there is no winner after 3 periods.
- Verify the score is tied and move immediately to Sudden Victory, 1 minute on the feet.
- Then use the 2 tiebreakers if no one won in sudden Victory.
- If you still don't have a winner, go to the Ultimate Tiebreaker





# Rule 7


## Infractions

- A slam is lifting and returning the opponent with unnecessary force; no injury is required to call a slam
- Straight-back belly-belly or belly-back is illegal
- A neck wrench is illegal
- Hammerlocks must remain straight across the back



- Taking limbs or joints beyond the normal range of motion
- Restricting respiration or circulation
- Headlocks with no arms
- Figure 4 around the body/both legs
- Any hold used for punishment
- Additional holds listed in the rule book






Potentially Dangerous holds are holds that are legal but can/may cause injury when not used properly

- Front Headlock, banana split, guillotine, toeholds are examples
- Verbally caution wrestler against turning these holds into an illegal hold
- If you think someone is at risk, stop the match and restart





Technical Violations are penalties that count towards disqualification for things other than illegal holds

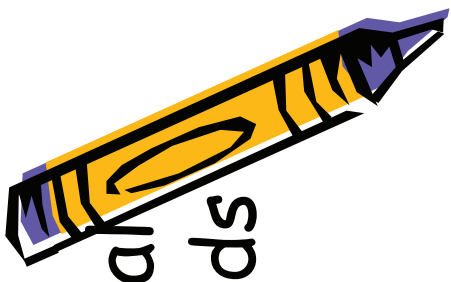
- Grabbing the mat, clothing or equipment of your opponent
- Leaving or pushing your opponent off the mat, failing to work to stay on
- Locking hands when it is not allowed
- Reporting to the mat not ready to wrestle




Unnecessary roughness is a physical act that goes farther than it needs

to

- Elbow to the back of the neck
- Closed fist "punched" through for a cross-face
- Use of limbs to "punish" the opponent
- Continuing roughness can be Flagrant Misconduct





Flagrant Misconduct is any act, physical or non-physical, that occurs before, after or during a match that can only be fixed by removing the individual from the premises.

- Continuing acts of UC and/or any UC may be flagrant misconduct.
- The penalty applies for the duration of the event.
- Tobacco product use is FM by rule



Unsportsmanlike conduct can be physical or non-physical

- Failure to comply with referee's instructions
- Pushing, shoving, taunting, intimidation, throwing equipment, etc
- Showing up the referee, taking down the singlet straps on the mat, etc
- Continuing UC may be Flagrant Misconduct



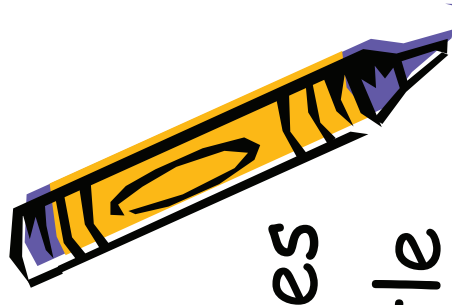
- Everybody affiliated with the team is subject to the rules
- Teams are allowed 2 in the corner at tournaments, in the marked area
- Everybody is restricted to the bench or behind it at duals
- Any act which becomes abusive or interferes with the orderly progress of the match is UC
- Use of tobacco products is UC by rule
- Spectators may be removed, without penalty to the team





# Stalling

- The most subjective call in the rules
- Each wrestler is required to wrestle aggressively at all times
- The offensive wrestler must continue to work for the fall
- The defensive wrestler must work to escape or reverse the offensive wrestler



- In neutral, both wrestlers must work for the score
- Playing the edge, refusing a hold, back pedaling, keeping the opponent out of bounds, repeatedly creating stalemates, etc... stall tactics
- Delaying the match, straggling back to center, fiddling with laces, equipment, etc... stalling
- If overpowered, the defensive wrestler is not stalling



# Rule 8

## Penalties & Injuries

- Stop the match to award penalties.
- Exceptions: Defensive stalling, neutral stalling, offensive stalling when the top man is behind the bottom man on their feet, hands locked.
- Do not stop the match in a pinning situation unless the safety of the wrestlers is in question.



- Penalties and warnings are cumulative throughout the match.
- Cautions - first 2 free then 1-pt each, does not count towards DQ.
- All other penalties, including TV's, 1-pt for 1<sup>st</sup> offense, 1-pt for 2<sup>nd</sup> offense, 2-pts for 3<sup>rd</sup> offense, DQ on 4<sup>th</sup> offense.
- Stalling receives 1 warning then is added to the penalty sequence



- Unsportsmanlike Conduct can happen during a match or outside of the match. During the match it is a match point penalty for the wrestler.
- For offenses by others or the wrestler before or after the match, it is a team point penalty.
- 1<sup>st</sup> offense - 1 team point; 2<sup>nd</sup> offense 2 team points and removal. This penalty carries over to all days of the event



- **Flagrant Misconduct** is 3 team points at anytime and removal for the rest of the event.
- **Coach Misconduct** - 1<sup>st</sup> offense, warning; 2<sup>nd</sup> offense 1 team point; 3<sup>rd</sup> offense 2 team points and removal of the Head Coach for the day. Start fresh every day.
- Other than Coach Misconduct, all penalties are charged to the individual that committed the offense. Coach Misconduct is always charged to the Head Coach.



- Injury time is 1 1/2 minutes or 2 timeouts, whichever comes first (legal holds)
- Recovery time is 2 minutes each time (illegal holds); stop match for blood on person, mat or uniform. Do not restart until situation is resolved
- Blood time is 5 minutes total for the match
- Officials Timeout - as many for as long as he/she needs



- 2<sup>nd</sup> injury timeout

The opponent will have choice of starting position for the next restart only, with 2 exceptions.

If the TO is taken between 1<sup>st</sup> & 2<sup>nd</sup> periods, the choice will be for both the 2<sup>nd</sup> & 3<sup>rd</sup> periods.

If between SV and the TB's, the choice will be for both TB's.

Choice is period appropriate.





- If a wrestler is hurt and can not continue, legal hold, default to the opponent
- If a wrestler is hurt and can not continue, illegal hold, default to the injured wrestler
- If a wrestler loses consciousness, they may only return to wrestle after a physician (M.D./D.O.) has cleared them



# Rule 9

## Scoring

- The match score shall be visibly posted.
- The time clock should also be visible.
- Takedown - 2 points
- Escape - 1 point
- Reversal - 2 points
- Near-fall - for 2-secs.+; 2 points: for 5-secs.+; 3 points



## Dual meet scoring

- 6-pts - fall, forfeit, default, disqualification
- 5-pts - technical fall
- 4-pts - major decision (8-14 pt victory)
- 3-pts - decision



## Tournament Scoring

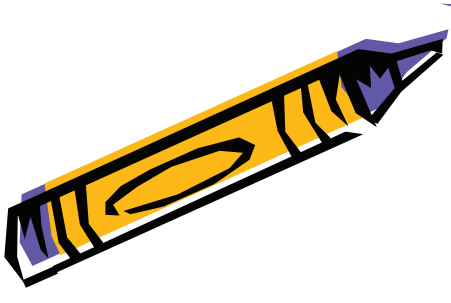
- 2-pts fall, default, forfeit, Disqualification
- 2-pts - win championship side; bye followed by a win championship side
- 1.5-pts - technical fall
- 1-pt -major decision, win consolation, bye followed by win consolation side



## Tiebreakers - Dual

The team with the \_\_\_\_\_ will win

1. Fewest team points in penalties
2. Greater number of wins
3. Greater number of 6-pt wins
4. Greater number of tech falls
5. Greater number of major wins
6. Most points in first scores



7. Greater number of near-fall points
8. Greater number of takedowns
9. Greater number of reversals
10. Greater number of escapes
11. Fewest stalling points given away
12. Fewest stalling warnings
13. Fewest other penalty points given away
14. Disc flip



# Rule 10

## Conduct of Tournaments

- Video taping is permitted unless prohibited by state rules
- No video review of matches
- Wrestlers have 5 minutes to report for their match or forfeit
- Injury default does not remove a wrestler from further competition





- After entries have closed, Tournament Director shall decide all illness/injury situations prior to competition
- Forfeits eliminate a wrestler from the event
- A disqualification may remove a wrestler from the event
- A wrestler who does not make weight each day is ineligible for the event and can not place
- All vacancies after the 1<sup>st</sup> round are forfeits





## Tournament Brackets

- Brackets shall be a power of 2
- Seeded wrestlers placed on brackets first
- Byes placed next
- Remaining wrestlers by blind draw will then be placed

