



Wrestling Referees' Signals and Mechanics Presentation

Mark McClenathan, MHSAA Wrestling Rules Interpreter

Quick Hints on Mechanics

- ▶ The job of the wrestling referee is to enforce the rules of the sport and to inform the wrestlers, the coaches and the fans as to what is being called on the mat

Quick Hints on Mechanics

- ▶ It is imperative that the scorers and timers understand the signals and that they write down and post no points until the referee signals them. Always ask if they have questions during the pre-meet instructions.

Quick Hints on Mechanics

- ▶ Signaling and verbalization are the methods used by the referee to communicate with the wrestlers, coaches, fans, and the head table.

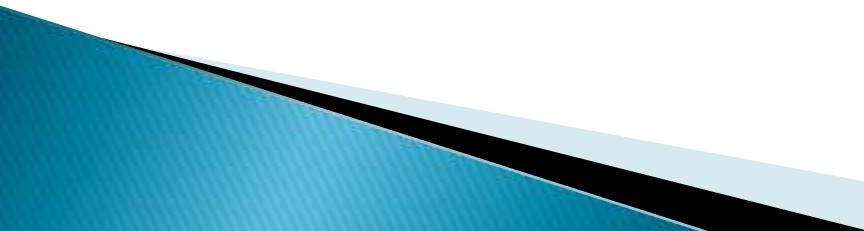
Quick Hints on Mechanics

▶ The three most important ingredients in terms of referee's mechanics are:

1. POSITIONING
2. ANTICIPATION
3. VERBALIZATION

Contributing to these are consistency and making calls emphatically.

Quick Hints on Mechanics

- ▶ Referees must be in position to make calls and to protect the competitors.
 - ▶ Viewing head to toe when down on the mat and viewing between the wrestlers when they are neutral.
 - ▶ If a takedown or other scoring action is taking place on or near the out of bounds line, straddling the line is the preferred position.
 - ▶ Anticipating moves puts the referee in the best position. Verbalizing adds a second means of signaling.
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Quick Hints on Mechanics

- ▶ Coaches will accept calls they may not agree with if the call is made consistently throughout the meet. Being emphatic when making a call will help sell it.

Quick Hints on Mechanics

- ▶ Being a bit slow on a call will turn out to be more beneficial than making that call quickly.
- ▶ Now here are some referee's signals that have been misused or not used at all.

S3- Time Out

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Time Out

- ▶ Sometimes referees have erroneously used the “T” as the TO signal. In wrestling, the “T” is to be used as a symbol of a technical violation followed by a verbalization of the exact violation and a hand signal of the points to be awarded.



S5 – Start Blood Clock

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Start Blood Clock

- ▶ This is one of the most rarely used signals. Most referees simply say, “Start blood time.” or they use the “Start injury time” signal and verbalize the blood time aspect.



S6– Start Recovery Clock

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Start Recovery
Clock

- ▶ This is a new signal this year and is simply the “start injury time” turned upside down.



S11 – Indicates Wrestler In Control

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Indicates Wrestler
in Control
Left/Right Hand

- ▶ Unfortunately, some referees often simply point with either hand to the wrestler maintaining control instead of using the arm with the corresponding wrist band color. This signal is usually not accompanied by a verbal announcement.



S12– Defer Choice

12



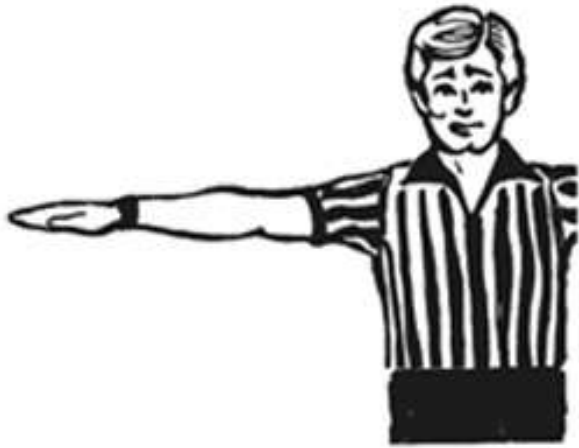
Defer Choice

- ▶ Several different signals are used around the country from the “incomplete pass” signal to no signal at all and the referee just turning to the other wrestler. Becomes very confusing to scorer’s table and fans. Sometimes they feel the wrong wrestler was given choice when the do not know of the defer choice.



S23– Unsportsmanlike Conduct

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Unsportsmanlike Conduct
Left/Right Hand

- ▶ These three signal really need to be used correctly and with the intended purpose. Many referees are still using the BOTH arms out to the sides. This is the old signal (see the book).
- ▶ They are also still using the regular USC as coach's misconduct instead of closing the fist.



S24– Flagrant Misconduct

24



Flagrant Misconduct
Left/Right Hand

- ▶ Verbalization is very important with these signals. Especially with “flagrant misconduct” because of the disqualification involved.



S25– Coach Misconduct

25



Coach Misconduct
Left/Right Hand

- ▶ Closed fist using the arm with the wrist band color of the coach involved.





Questions?

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