

## **2024-2025 Wrestling Officiating End of Season Notes / 2025-2026 Season Reminders**

- 4 P's of giving points
  - Position
  - Patience
  - Poise
  - Presentation
- Know the rules book, case book, and mechanics book
- Review Illegal moves versus technical violations – called the same
- Be the referee that coaches are comfortable with – look the part- be fluid and confident
- Center self on mat - breathe
- Reinforce the ability to slow down to make sure criteria is met on takedowns
- Make sure counts are 1 second – slow down when match gets heated to ensure length of count is correct
- Slow down when matches get exciting especially on takedowns and other control calls
- Control all emotions as it is the only thing in some situations that can be controlled
- Control emotions – get in the proper mind frame to call high level matches and have the proper mindset going into the match (just red and green wrestling a match)
- Control your count to ensure 1 second and do not let any excitement in the match affect your count
- Be very verbal when one wrestler is in control on their feet while facing each other (bear hug or arm all the way around the back)
- Continue to move at all times to be in the best possible position
- Turn on mat to see clock if only one angle as head if needed
- Stay back on takedowns to be able to see everything (resist urge to move in)
- Be alert for cutbacks and kickbacks at all times
- Broomstick is a legal move where cutbacks and kickbacks are not, know the difference.
- No calls are as important as no calls
- Neutral danger is everywhere – be ready for it at all times – danger first mentality
- Continue to perfect neutral danger count technique and mechanic
- Anticipate where the action is going
- Get to OOB line to see action
- Be verbal when needed – only command once Center, Action do not need to say more than once
- Keep referee position with distance – red cover legal and wait for the whistle. Keeps them from jumping
- Limit cautions by doing the same thing in all referee position starts
- Be aware and keep track of cautions and stall calls / warning
- Set goals and work to achieve them
- Have an ever evolving 6 pack list of things currently working to achieve
- Review chest wraps, crackdown single legs, and other take down situations
- Look for feet to be on the mat as loaded and able to defend or not defend
- Single Leg with leg hook – need to defeat the shoulder

- Keep hands down on neutral out of bounds- no swooping upward motion clean crisp mechanic
- Keeps hands close to body and not outward swinging (too much arm and hand movement)
- Make sure to rotate points when giving them
- Reduce or eliminate stalemates
- Do not look at clock when giving points
- OT procedures 2-:30-:30 RT ends 1-:30-:30 choice for first offensive points in 1<sup>st</sup> TB set switch for next – no offensive pts then flip Riding time is Offensive
- Do not forget traditional stalling on the feet and all positions
- Traditional stalling
  - Backing on feet or to the edge of the mat in neutral
  - Call top wrestler – it is not always the bottom guy
  - Repeated stalemates in same position
- Keep track of shot attempts – makes call easy on feet, 3 up in attempts is most likely a stall call
- Half shots are not shots but can show action when there are many with nothing from other wrestler
- Reinforce belt buckle position in making top stalling calls. Can not go north to south in attempts to work for a turn, has to travel East and West in some way in order to work for a turn.
- Watch for takedown attempts and keep count
- Tripod and quadpod stalling recognize and call it
- Display delayed stalling call up over your head
- Keep track of everything that has happened once there is an injury, blood or Concussion time out or video review to be in match (know counts of shots and what has happened easy to forget with multiple time outs)
- Get back into match mode after a time out, do not worry or care about what happened in time out, coach conference, or video review
- Best to process information from coaches or evaluators prior to responding, do not always have to defend
- Have a good Premeet
  - Introduce self
  - We are not perfect but will strive to be today by using asst ref, video review and the coaches have a challenge as well. We will work to try and get all the calls correct
  - Wrestle until whistle is blown and do not get discouraged if potentially dangerous is called as it is my job to keep you safe today and in March for the end of the season
  - 3 things to help you be successful today
    - Wrestle in the middle
    - Wrestle in all three positions – on feet, work off bottom, and do not just ride on top work for a fall
    - Wrestle in the center – have to make one of 3 calls and you may not like my call so stay in bounds
  - Do not bring knees outside body or forward

- Everyone hates cautions – get in referee position correctly show them where to be (may be elementary but overcomes objections when called), do not jump my whistle – get a proper start
  - Any questions
- Train assistant on what clock notifications you would like (15 seconds is a must otherwise 45 or 1 minute is fine with me)
- Let assistant know they can talk during the match and that I want them invested as much as I am as the lead – counting near fall outloud so that we can call it per rules book – especially if we are linked with communication devices
- Be the best asst referee in the world
  - Keep in position on near falls if you are the one that can see it while you count
  - Be on uber alert for cutbacks and kickbacks
  - Ensure the match time and riding time are correct
  - Especially riding time in the 30 second tiebreakers
  - Make sure clock starts and stops correctly
  - Be verbal when needed
  - Find out what clock reminders are wanted by the official
  - Find out what things the lead wants reminders on if any (everyone is different)
  - Quick answers if the lead asks you questions
- Train on how to use the communication devices with earpieces
  - Say only what needs to be said – do not need a lot of talk
  - Can enhance experience by discussing match details
  - Confirm calls and future calls with each other
  - Use to communicate no calls
  - Will speed up match with instant communication in order to eliminate issues
  - Eliminates the need to have discussion huddles