

CWOA Officiating Standards

Mechanics

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CWOA Area 3 Director

Fall 2013

Overview

- ▶ Positioning
- ▶ Movement
- ▶ Anticipation
- ▶ Match Procedure

Mechanics

▶ Sources

- Rules Book
- Case Book
- CWOA DVDs
- CWOA Officiating Standards Pamphlet

Mechanics – Positioning

- ▶ Neutral Position
 - Centered looking between wrestlers
 - Move laterally ahead of attack
 - Maintain proper distance
- ▶ Takedowns – Single Leg Attack
 - Cross Face – front side, see face
 - Hands – front side, see hands / fingers
 - Front Trip – side, see top contact
 - Back Trip – back side, action comes to you
 - Lace finish – back side, see whizzer or cross leg control

Mechanics – Positioning

- ▶ Takedowns – Double Leg Attack
 - Cross Face – front side, see face
 - Deep shots on mat – side view to see:
 - Control
 - Locked hands around back
 - Imminent near fall
 - Crotch / body lock lift effectiveness
- ▶ Takedowns – Front Head Locks
 - Change level as low as required, possibly down on mat
 - Location of lock / forearm
 - Inclusion of arm
 - Side without arm included
 - See any contact / pressure on the neck

Mechanics – Positioning

- ▶ Takedowns – Other types
 - Duck Under – Anticipate where the throw might go
 - Drags – Don't get out of position if it goes away from you
 - Ankle picks – Don't get in too close
 - Front trips – Don't let them trip into you, get further back
 - Back Trips – Don't let them trip so far away you can't see everything
 - Spaghetti Wrestling – Hold your call! Let it finish
 - Position yourself different for middle of mat versus line calls

Mechanics – Positioning

- ▶ Starts – Referee’s Position
 - Clear Directions: Top, Bottom, Defer
 - Bottom: See lines – get the right angle
 - Top: Feet location – get the right angle
 - Top: contact – get the right angle
 - Move to see what you need to see, when you need to see it
 - Establish a proper cadence
 - Motion & Whistle as one action
 - Don’t cause a false start because of your own actions

Mechanics – Positioning

- ▶ Down on the Mat
 - Near side arm chop – Be on the near side
 - Legs In – Get on the open side
 - Three Quarters – Be aware of the turn and ready for the fall
 - Switch – Far side. Don't chase the tail. They go right, you go left.
 - Scramble / Crawl – either side, not in front
 - Optional starts – Angles!!! If you don't have the proper angle, one of the coaches will!

Mechanics – Positioning

▶ Pinning situations

◦ Arm Bars, Half Nelsons

- Close enough to protect bottom wrestler
- Ahead of turn to see criteria
- Consider rotating in opposite direction
- Keep it legal!

◦ Guillotines

- Close enough to protect bottom wrestler
- Audible count
- Visible, Audible Signals
- Every time near fall criteria is met and lost
- Proper 2 seconds

Mechanics – Positioning

▶ Spaghetti Wrestling

- When is control gained? Know the right criteria.
- Verbalize – “Still Neutral”.
 - Let everyone know what you are seeing.
- Be decisive...helps sell the call
- Don't Panic
 - You will see it and know instinctively what to do at the right time.
- Don't listen but don't tune them out
 - The coaches might just help you by them seeing something you don't.
- Be in the Proper Position
 - Worse thing is to be out of position and try and sell a call.
- Sell the call!!!

Mechanics – Movement

- ▶ Things to Keep in Mind
 - HUSTLE! HUSTLE! HUSTLE!
 - “Keep your feet moving”

Mechanics – Anticipation

- ▶ Anticipate the action. Always be in position for the action to come to you
- ▶ Anticipate the move, not the call
- ▶ If you can “feel” what’s coming and adjust your position or your visual focus on the right area, you’ll see the action better and you’ll have a much better opportunity to make a correct call

Mechanics – Match Procedure

- ▶ Prior to Match
 - Arrive hour prior, dressed appropriately
 - Proper Pre-Meet
 - Communicate with table
 - Assign right colors
 - G/R annotated in book
 - How will tappers work?
 - “4-3-2-1 Time!”

Mechanics – Match Procedure

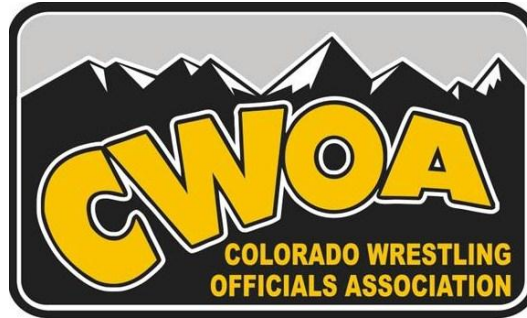
- ▶ Start of match
 - Correct wrestlers?
 - Eye contact with timer
 - Start in close
 - Whistle & Motion all in one
 - Don't create false starts
 - Look for Visible Lean
 - Back out quick – Be prepared for a quick shot
 - Angles, Angles, Angles

Mechanics – Match Procedure

- ▶ 2nd Period – 3rd Period
 - Have a system to know proper choices
 - Flip and let the disk hit mat – Don't catch it
 - Kneel to pick it up (saves your back)
 - Verbalize so the table and both teams know who chooses what
 - Do it same way every time
 - Double check with table
 - Know 3rd period choice with your system

Mechanics – Match Procedure

- ▶ End of Match
 - Declare Match Over
 - Keep Both Wrestlers in View
 - Good Handshake/Raise Hand
 - Watch wrestlers return to their sides before going to table if alone
 - Check Score Sheet
 - Check Score
 - Circle Winner
 - Check times for Fall etc.
 - Time of Day



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