

Wrestling SRI Bulletin November 2018-19

Officials,

Welcome to the 2018-19 OSAA wrestling season. This year brings changes to the wrestlers supporting points during competition and adds more criteria for stalling in the neutral position. Also, a new tracking system shall be used for unsportsmanlike conduct calls on coaches.

I will be highlighting some of these changes in this bulletin. I will also be providing reminders about some frequently asked questions.

Remember, wrestling as a sport is always evolving. As officials, we need to evolve with the sport, recognize changes, and continue to work to be consistent with our interpretations and calls across the state.

Weigh-in/skin check ALL Wrestlers Has Changed

Please read the updated OSAA version of the weigh-in/skin check process at the end of this bulletin.

As of now referees will be skin checking and weighing in both genders of wrestlers. Skin checks and weigh-ins of all competitors SHALL take place in a common public area, unless there is a special circumstance. Examples are in the gym or mat room. Please have all coaches present during this process.

Male athletes shall be skin checked in a legal competition uniform. This is a singlet with the straps pulled down, wrestling shorts or compression shorts. All athletes shall wear suitable undergarments. If a male athlete arrives at skin check with a compression top or tights on, they shall be removed. They will however, be required to weigh in either holding or wearing the tights or compression shirt. Short ankle socks may be worn during skin checks. Any part of the legal uniform, or socks, will not be removed or added for the athlete to lose or gain weight during the weigh-in process. It is important that you educate the coaches and athletes of this new procedure.

Female athletes will have the option of being skin checked in any legal uniform combination, see page 7, that they choose. All athletes shall wear suitable undergarments. Short ankle socks may be worn during skin checks. Any part of the legal uniform, or socks, will not be removed or added for the athlete to lose or gain weight during the weigh-in process.

This process will now merge skin checks and weigh-ins of all genders. ANY comments or acts by athletes or coaches that fall under acts of unsportsmanlike conduct shall be penalized immediately. Continuing acts of unsportsmanlike conduct may be construed as flagrant misconduct. There shall be no warnings for any acts of unsportsmanlike conduct.

7.4.2 . . . Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee or one hand to break locked hands, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance.

Neutral Stalling

With the addition of “pushing and pulling,” wrestlers going out of bounds in the neutral position is clarified even more.

One way to look at this is, “why did the wrestlers go off the mat?” Was the wrestler with his/her back to the line content to go backwards and use the out of bounds line as a “safety zone”? Realizing there is minimal risk to giving up a takedown? If so, he/she, is stalling. Did that wrestler show you he/she did not want to stay on the mat, not fight for position, not circle towards the center, and not actively wrestle for a takedown? If so, he/she is stalling.

Another way, is wrestler A, with his/her back towards the out of bounds line, fighting to stay on the mat, circling towards the center, showing the official he/she wants to wrestle/stay on the mat? If so, and wrestler B is pushing wrestler A out of bounds, then wrestler B is stalling.

Or, were both wrestlers actively wrestling and attempting or trying to secure a takedown and they just ran out of room and went out of bounds? If so, then that would be active wrestling and not stalling.

The whole goal of this is to have continuous wrestling action take place, on the mat, inbounds, eliminating unnecessary restarts. Coaches train their athletes to be in shape for six minutes of continuous wrestling with two quick choices for position. Not to use the edge of the mat for unnecessary restarts.

In the neutral position, when the wrestlers get within a few feet of the out of bounds line, use commands such as “center, circle, action, work, wrestle.” Keep your commands unbiased as to avoid “coaching” either one of the wrestlers.

5.24.3 . . . It is stalling in the neutral position when a wrestler:

- a. continuously avoids contact with the opponent;
- b. plays the edge of the mat;

c. prevents the opponent from returning to or remaining inbounds; or

d. is not attempting to secure a takedown.

e. backs off the mat, out of bounds; or

f. pushes or pulls their opponent out of bounds.

5.24.2 . . . When a referee recognizes stalling occurring at any time and in any position, the offender shall be warned and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling without hesitation. Stalling shall be penalized in accordance with the Penalty Chart.

Remember, Fleeing the Mat is still a penalty as well. If wrestler A has a single on wrestler B, and B dives out of bounds to avoid being scored upon, wrestler B is fleeing the mat.

From the referee's position, if wrestler A (top) runs/shoves wrestler B (bottom) out of bounds to prevent an escape being scored, wrestler A is fleeing as well.

Out of Bounds Near Fall and Falls

The position of the offensive wrestler during near falls and falls has changed. There is now a “cylinder” going straight up from the out of bounds line. During pinning situations, if the defensive wrestler is out of bounds, the offensive wrestler shall have BOTH knees on or inside the “cylinder” for wrestling to continue. Once a knee of the offensive wrestler extends beyond the out of bounds “cylinder” area, the wrestlers are out of bounds. The offensive wrestler does not get to try and correct this. Once they are out, wrestling will stop.



5.15.2c. Near-fall points or fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler's shoulders/scapula are on the mat beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact with or above the mat.

Last year I said only both feet of the offensive wrestler need to be inbounds on the mat. Now, with the knees inside the “cylinder” the offensive wrestler is further inbounds.

Supporting Points

The supporting points of ON THE MAT wrestling have changed as well. Wrestling will continue as long as a total of two (2) supporting points, either of one wrestler, or one of each wrestler, are in bounds, on the mat.

The ONLY time feet are a supporting point is either in the neutral position or, of the offensive wrestler during an out of bounds pinning situation.

See diagram at end of bulletin for neutral supporting points. Below are listed the supporting points.

5.15.1 . . . Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines. (Photo 11)

5.15.2 . . . Supporting points are the parts of the body touching the wrestling area which may or may not bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

a. When down on the mat, the usual points of support are:

1. the knee(s);
2. the side of the thigh;
3. the buttocks;
4. the hand(s);
5. the head.

5.15.3... . Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat, the referee shall stop the match.

This rule change allows for more wrestling at the edge of the wrestling area. Because of this, and out of bounds near fall and falls, it is the officials obligation to ensure that there are approximately 5 feet of safety mat between the out of bounds line and the edge of the mat. Approximately means that the safety mat is closer to 5 feet than 4 feet in width.

If the safety mat DOES NOT meet the rule below, then wrestling SHALL NOT BE ALLOWED on that mat until the situation is corrected. There are no what ifs, buts, or well..... in this interpretation.

2.1.2 . . . The wrestling area of the mat shall be a circular area with a minimum of 28 feet in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

Neutral Position False Starts

In the neutral starting position, if a wrestler false starts and injures his/her opponent, the injured wrestler will be given two (2) minutes of recovery time. If he/she can not continue after using all the recovery time, the injured wrestler will be awarded the match by default. If the injured wrestler can continue, prior to using all the recovery time, their opponent will be assessed a false start prior to resuming wrestling.

As officials, we need to be proactive and mitigate false starts in the neutral position. Position yourself between the wrestlers, blow your whistle and back out. Realistically, we should never have a student athlete be injured by a neutral false start.

5.28.3 . . . Recovery time. If a contestant is injured as a result of an illegal hold/ maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance.

Ankle Socks for Weigh Ins

Short ankle socks may now be worn during weigh ins. This is to help reduce the possible transmission of foot fungus. Once the wrestler steps on the scale, he/she shall not remove or add the short ankle socks to lose or gain weight. Nor shall they be removed or added during a weight challenge process.

4.5.7 . . . All contestants shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.

Leg Sleeves

Leg sleeves are NOT part of a legal uniform and are NOT legal special equipment. A wrestler may wear a knee pad. A leg sleeve is not a knee pad. A wrestler shall NOT wear a knee pad, then cover it with a leg sleeve. Full length tights, with stirrups, shall be worn as intended by the manufacturer. Wrestlers shall not cut off one leg of the full length tights and wear it. This is NOT a legal uniform option.

4.1.5 . . . The uniform shall be worn as intended/ designed by the manufacturer.

Unsportsmanlike Conduct Reporting on Coaches

Starting this year, it is mandatory that you report any unsportsmanlike conduct penalties on coaches. You or your commissioner shall do this by going to the OSAA Central Hub, Wrestling, OSAA Forms and Fees on the left side of the page. OSAA will be tracking these reports and forwarding them to the athletic director of the offending coaches school.

Remember, once you penalize a coach for unsportsmanlike conduct you shall NOT rescind the penalty. Just because a coach doesn't like your call, does not give him/her the right to act in a disrespectful or unsportsmanlike manner.

7.5.3 . . . Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during or after a match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart

7.5.2 . . . Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers, or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area parallel to the bleachers. The coach may approach the scorer's table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match.

Know the difference between unsportsmanlike conduct and coaches misconduct. Utilize the proper procedure to address the coach. "Coach what is your question?" Time and scoring questions are not penalized unless the coach is repeatedly using these to get a break in the action. All other questions, clarifications, rulings, shall be penalized for coaches misconduct if you do not change your call. Coaches timeouts that disrupt the flow of the match shall be penalized for misconduct. Know and use the proper signals for misconduct and unsportsmanlike conduct.

7.5.4 . . . Coach Misconduct is called when a conference is requested with the referee at the scorer's table regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, a coach questions the judgment of the referee.

Hands to the Face

Hands to the face in the neutral position is becoming a concern. If a wrestler chooses to intentionally puts his/her hand on the face of the their opponent and an eye poke/jab occurs, an illegal hold shall be called. Remember, you can not call something you did not see. Just like a bite, make sure you see an illegal finger/hand poke to the eye. Wrestlers will also try to "game" this by faking an eye injury as well. If so, it would be unsportsmanlike conduct.

We have been too lenient on this in the past by calling a referees timeout. It is an illegal hold, the offender shall be penalized and if the offended wrestler can not immediately continue, recovery time shall be applied.

Be proactive and caution the wrestlers to "keep it legal" if they choose to put their hand on the forehead or face of their opponent.

7.1.5t. hand(s) in the eye(s) or raking the eye(s);

Also, remember how to call hands to the face in a pinning situation.

5.14.2 SITUATION B:From the neutral position, Wrestler B uses a legal headlock to bring Wrestler A to the mat and is awarded two points for a takedown. B maintains the hold and places A in a pinning situation. In order to avoid being pinned, A places a hand over the nose and mouth of B to force B's head backwards. The referee pushes the hand of A away. Shortly thereafter, A is successful in turning and avoiding the fall.

RULING: As soon as the pinning situation ends, the referee will stop the match in order to penalize A for the illegal hold/maneuver. The referee will award B any points for a near fall and, in addition, a point for the illegal hold/maneuver by A. (8-1-2)

5.14.2 SITUATION C:In a pinning situation, the defensive wrestler reaches up and pushes against the face with the hands over the mouth and nose of the offensive wrestler. The referee moves the hands of the defensive wrestler away, and shortly thereafter, the defensive wrestler does the same thing.

RULING: This is an illegal hold/maneuver for both incidents and both would be penalized. The rules state that any hold/maneuver where pressure is exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal. The penalty for this infraction is not administered until the situation has ended. By doing so, the referee would give an advantage to the defensive wrestler. Therefore, when the situation has concluded the referee would stop the match and indicate penalties for both occurrences. (8-1-2)

7.1.5v. any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation;

Uniforms

Please read and understand what the LEGAL definition of the school issued uniforms shall be. Undergarments shall meet the required NFHS rules for both male and female competitors.

LEGAL UNIFORM COMBINATIONS MALE AND FEMALE

ALL CONTESTANTS SHALL WEAR LEGAL UNDERGARMENTS

1. Singlet
2. Singlet with LEGAL Full Length Tights(stirrups)
3. Singlet with Compression Shorts
4. Singlet, Compression Shorts and Wrestling Shorts
5. Singlet, Full Length Tights and Wrestling Shorts
6. Singlet, Compression Shorts, Full Length Tights, and Wrestling Shorts
7. Singlet, Compression Shorts, Full Length Tights, Wrestling Shorts AND Compression Shirt **UNDER** the Singlet.

ILLEGAL UNIFORM COMBINATIONS MALE AND FEMALE

1. Compression Shirt **OVER** the Singlet

2. Compression Shirt NOT TUCKED INTO Wrestling Shorts or Compression Shorts

Basically, all singlet, compression short, wrestling short, full length tights with stirrups combinations are LEGAL. The compression shirt must be form fitting and be worn under the singlet. If the compression shirt is worn without the singlet, it must be tucked into the compression shorts or wrestling shorts. If the compression shirt comes untucked during wrestling, it shall be treated as earguards coming undone.

Weigh In Times

There have been some questions as to why we can't weigh in the wrestlers in the morning for an evening dual, at our school before we travel, the night before the second day of the tournament etc etc.

4.5.1 . . . Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

4.5.2 . . . Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

4.5.3 . . . For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the Page 19 2017-18 NFHS Wrestling Rules Rule 4-5 highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

Neutral Starting Position

From the neutral position, can a wrestler put his/her hand on the mat, in front of the starting line?

5.19.4 . . . Neutral Starting Position. The neutral starting position requires both contestants to be stationary and opposite each other with one foot on the green or red area of the starting lines and the other foot on the line or the line extended, or behind the foot on the line with **no part** of the body touching the mat in front of the lead foot.

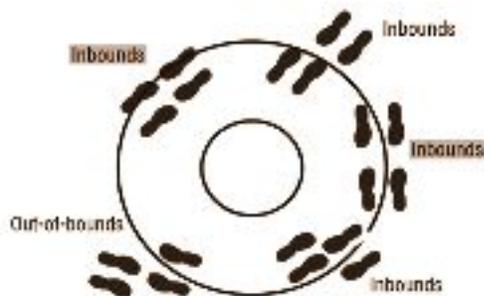
Dual Tournament Weigh Ins

11.1.4 . . . In a team advancement tournament that does not evolve into an individually bracketed tournament and/or does not reward individual accomplishments, more than one wrestler in a weight class may be weighed in by a team and substitutions from one dual meet to the next are permissible and/or a wrestler who weighs in for one weight class may be shifted to the next higher weight class, provided it is not more than one weight class above that for which the actual weight qualifies that wrestler.

NOTE: All wrestlers must weigh-in **each day** of the multiple-day event and they must weigh-in at the **same weight class each day** of the event. A wrestler is only eligible for two weight classes during a multiple-day, team-advancement tournament, and those two weight classes are **determined at the first day** weigh-in and **cannot change** during the remainder of the event.

Neutral Out of Bounds

Wrestler A has Wrestler B in a high single, in the neutral position. Wrestler A, while attempting to takedown wrestler B, walks backwards so that both his/her feet are completely out of bounds. Wrestler B is still in bounds, with only one of his/her feet on the mat.



11. (5-15-1) Contestants are considered to be inbounds if the supporting points of either wrestler are inside or on the boundary lines.

In the above scenario, wrestler B has only one foot on the mat. There is no "cylinder" rule for takedowns. The ONLY time the "cylinder" rule comes into effect is during an out of bounds pinning situation or a takedown by the offensive wrestler "toes in" on the edge of the mat (pg. 68 in rule book). By rule, in the above situation, the wrestlers are out of bounds.

Please know and use only the NFHS approved wrestling signals. The biggest complaint I hear from coaches is consistency. As a group we ALL can use only the approved signals from the rules book. Help each other out when observing and evaluating at duals and tournaments. It's about being able to do everything the right way, because if you can't do the little things right, then how can you do the big things?

I appreciate all of you that are continuing to improve your officiating skills and knowledge. I would appreciate it that you please email or text me your questions. I use a lot of your questions for future SRI bulletins.

It is up to all of us to continue to recruit and retain new officials. Most of us are not getting any younger. We all need to continue to make sure we keep up these efforts.

Have a great season and keep up the good work.

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OSAA 2018-19 Weigh-in Procedures

Starting in 2018-19 the OSAA has adopted a revision to NFHS Wrestling Rule 4-5-7 related to weigh-ins for both initial assessment to determine a body fat percentage used to calculate the minimum wrestling weight and for regular and post season competition weigh-ins.

NFHS Wrestling Rule 4-5-7 has been adjusted to read as outlined below:

ART. 7 . . . All contestants shall weigh in wearing a **legal competition uniform, without modifications, and without shoes and ear guards.** suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.

Note: Low-cut socks may be worn during regular season and post season weigh-ins but will not be allowed during the assessment to determine a body fat percentage.

Q: What is the definition of a legal competition uniform?

A: NFHS Wrestling Rule 4-1-1 outlines the specifics regarding legal competition uniform. A one-piece singlet or two-piece uniform that meets the specifications outline in Rule 4-1-1 would be considered legal.

Q: Do wrestlers get an additional weight allowance because they are now required to wear a legal competition singlet during the assessment and regular/post season weigh-in process?

A: No

Q: Under this new policy where should weigh-ins take place?

A: Weigh-ins shall now take place in a common public space. Since no wrestler will be removing any part of their clothing, all wrestlers, regardless of gender or gender identification, will be weighed-in in the same location, unless special circumstances dictate otherwise.

Q: What will be the process to complete the required skin disease evaluation?

A: All wrestlers will participate in the required skin disease evaluation wearing a legal competition uniform. All male wrestlers will remove their straps or compression tops while female wrestlers will remain in full uniform. Wrestlers will not be allowed to add or remove additional clothing once weigh-in begins.

NFHS Wrestling Rule 4-1-1

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

c. a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. (Photo 1)

NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable undergarment that covers their breasts.

Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting and shall not extend below the knee.