

Wrestling SRI Bulletin January 2018-19

All,

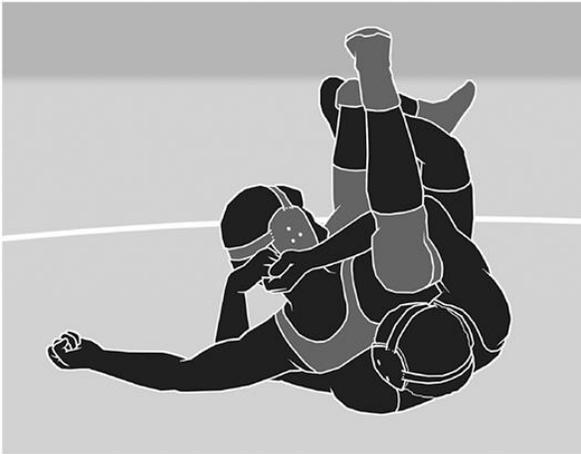
I hope all of you had a great holiday season and new year celebration.

Thanks to all of you for committing to the 2018-19 wrestling season. As always, no matter who you are or how long you have officiated, it is still imperative that you work to get better and help recruit and train our younger officials.

Thanks to all of you that have emailed and texted me questions.

Nelson Cradle

As we all know, wrestling continues to evolve. New holds are “invented” or recycled throughout seasons. The Nelson Cradle is now listed as an illegal hold.



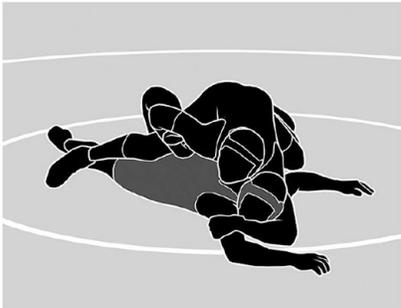
108. (7-1-5y) The new Nelson-Cradle is a combination made up of a Half-Nelson on one side with a locked cradle from around the neck with the far side knee. The back of the knee acts as the other arm (arm pit) to complete the Full-Nelson pressure on the neck and throat. Also, the action occurring on the lower spine as the knee is brought up near the head is dangerous. When the move is finished, the offensive wrestler can either roll it over or draw it backward.

7.1.5y. the Nelson-Cradle.

Back Bow

Another classic hold that is seeing a resurgence in use, is the back bow. The amount of pressure created on the lower spine causes this to be illegal by application. Do not give the offensive wrestler an “attempt” to use this maneuver. Once they reach back and grab the foot/ankle, stop the match and penalize immediately for illegal hold. Please recognize and understand the proper position the offensive wrestler must be in for this to meet back bow criteria.

Also, recognize that if the defensive wrestler is turned and in at least imminent nearfall criteria, and the offensive wrestler pulls the defensive wrestler’s foot to the defensive wrestler’s head, this is NOT a back bow. The pressure created on this maneuver is on the thigh/quad area. Not the spine. Caution the offensive wrestler to keep it legal. Stop the hold if it becomes punishing or beyond the range of movement.



83. (7-1-5q) The back bow is illegal as illustrated by application.

7.1.5q. back bow

Neutral Stalling Out of Bounds

I have noticed athletes wrestling on the mat more and coaches and fans telling them to “circle.” I appreciate the great job in working to enforce this rule. Remember, look at why the wrestlers went off the mat. Was it active wrestling? Or was the wrestler with his back to the out of bounds content to go backwards and not show you he wanted to stay on the mat? Or was the wrestler fighting/showing you he wanted to stay on the mat and being pushed off? Again, the whole goal is to have six minutes of wrestling with two quick choices for position. Not eight minutes, with a bunch of unnecessary neutral out of bounds restarts.

Use your voice. Tell the wrestler with his/her back to the out of bounds line to “center”, “circle”, “wrestle on the mat.” Keep your commands as neutral as possible to avoid any “coaching” of either athlete. Remember this is a “STAY ON THE MAT” rule.

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.

Copy and paste this link into your web browser to watch a short video of some examples of neutral out of bounds stalling. <https://youtu.be/D7T1BwH5FkQ>

Groom Check/Weigh Ins

Remember, boys shall groom check/weigh-in with a singlet straps down, or in compression shorts or wrestling shorts. Remind all athletes before groom check/weigh-ins start, that they need to wear a suitable undergarment that covers the groin and buttocks. Jock straps do not meet this definition. Girls have the option to weigh in with whatever LEGAL uniform combination they choose to wear. Remind them before groom check/weigh-ins start that they shall wear legal undergarments that cover the groin, buttocks and breasts.

All athletes have the option to wear low cut socks during weigh-ins. Low cut means that they are cut by the manufacturer to be ankle height. Pushing calf length socks down to the ankle does not meet this definition.

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.

Weigh-In Exceptions and DR Notes

Brad Garrett and myself have granted some weigh-in exceptions to a few wrestlers across the state due to religious or modesty issues. The wrestler or the coach must present this OSAA documentation at the weigh-in procedure. If they have it in digital form that is acceptable as well.

I have seen a couple of instances where athletes have had notes on forms other than the OSAA approved Skin Lesion Form. Copy and paste this link to help educate coaches, athletes and parents. <http://www.osaa.org/docs/wre/skinlesionform.pdf> If an approved Skin Lesion Form is in digital form, picture on a phone or tablet, and is current, then this would be acceptable as well.

Situations involving bleeding due to a wrestler's menstrual cycle

We shall treat this just like any other blood related situation. We will assess 30 seconds of blood time and the wrestler shall be allowed to go to the locker room or bathroom to change their singlet. This shall be assessed as clean up time. Please be respectful and be aware of comments from other athletes, coaches or spectators.

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

8.2.7 . . . Any contestant who is bleeding will be charged with blood time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not stopped within a cumulative time of five minutes, the match shall be terminated and the opponent shall be awarded the match by default.

if bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of blood time, the injured wrestler will be the winner of the contest by default.

Any cleanup necessary after the bleeding has been stopped is not counted against the maximum time limit of 5 minutes.

Orthodontic Devices (mouthguard)

Again, we are starting to see a resurgence in the use of the “clip on” oral brace covers. By rule these are NOT allowed. Wrestlers have even went as far as getting a “DR note” from a dentist, saying this is ok to wear. Again this is NOT allowed.

4.2.6 . . . Each contestant who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector. **A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and cover the teeth and all areas of the braces or special orthodontic device with adequate thickness.** This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

- a. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
- b. Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.



Legal



Legal

Illegal (teeth not covered)



Please make sure that you are being proactive during weigh-ins and pre-meet talks in educating the athletes. We don't need a wrestler being penalized at regional or state tournaments for something that "I have used all year."

Awarding Points

I have seen a few instances where a takedown will occur straight into nearfall criteria and the referee will start his/her nearfall count. The proper sequence is to follow the progression, in order, of what occurs on the mat. A takedown, beyond reaction time, shall be awarded, visually and verbally, and then the referee will begin his/her visual and verbal nearfall count.

Since the rules require all takedowns be awarded only after control, beyond reaction time is established, then it is important to remember that near fall counts may not occur until immediately after the takedown is awarded. Control + Reaction Time = Takedown and now near fall swipes may be started. Understandably, these sequences often happen very quickly but this point of emphasis is to remind you that, per rule, you may not award near fall swipes before a confirmed takedown has occurred.

Shoe Laces



Sanitation Reasons



Illegal-

Illegal- Laces Not Taped to Shoe



Legal- Laces Secured by a Locking Device on Shoe



Legal-Laces Taped to Shoe

The shoe laces, by OSAA interpretation, need to be secured to the shoe. This is accomplished by taping the laces to the shoe around the ankle or using the locking device that is part of the shoe. Double knotted or tucking them in the shoe is not properly secured.

Supporting Points

Remember, that as long as two supporting points, one of each wrestler or two of one wrestler, are inbounds, wrestling shall continue. This rule change has allowed for more wrestling action to happen on the edge of the wrestling area. In doing this, we shall make sure that the safety mat from the edge of the mat to the out of bounds line, is approximately five feet.



I have added this still photo as a training tool. In the above photo, the offensive wrestler has one foot and one hand in bounds. The defensive wrestler is completely out of bounds with his foot inside the cylinder but off the mat. (A) In this situation, based on this photo, would you award a takedown? (B) If control has been established would you start a nearfall count if the defensive wrestler is in nearfall criteria? (C) If control is established, no nearfall criteria met, when would the wrestlers be out of bounds?

Signals

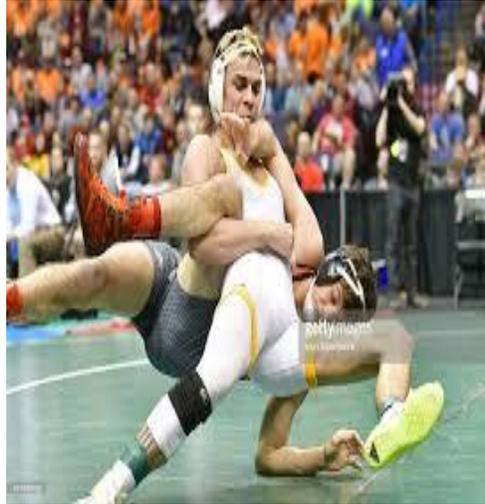
Please make sure we are using only the NFHS approved signals. The number one thing I hear from the coaches is “consistency.” Using the proper signal is not a judgement call. Every official shall use only the approved NFHS signals. This is one area where we can all be consistent. Please train your younger officials to use only the proper signals. Starting them out properly will avoid having to break bad habits in the future. Veteran officials lead by example. If you, as an official, cannot use the simple proper signal, then how can the coach trust you to make a tough judgement call on a takedown?

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Knee Pad/Leg Sleeve



Legal (knee pad is sewn into material)



Illegal (leg sleeve, has no knee pad sewn into material)

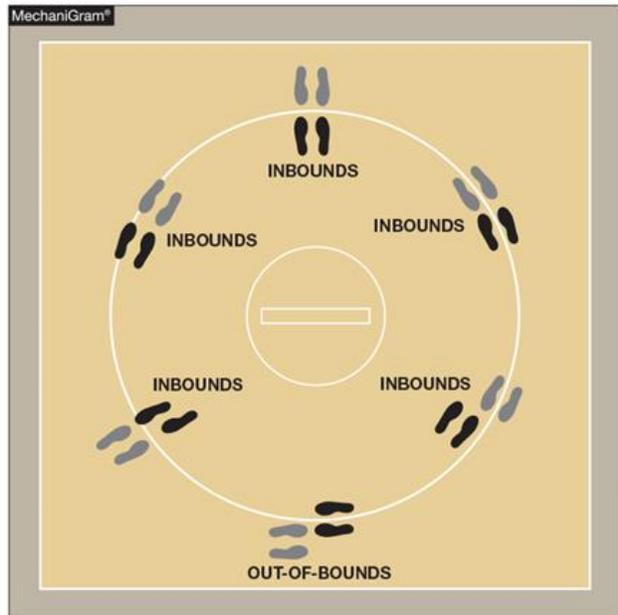
A wrestler can not wear a leg sleeve, right picture, or wear a separate knee pad over it. The knee pad must be sewn into the material as designed by the manufacturer, as in the example in the left picture.

Hands to the Face

It is good to see that we have been making this call during neutral wrestling. If a wrestler, in the neutral position, puts his/her hand(s) on the face of the opponent, verbally caution them to keep it "legal." The whole goal of this is to avoid hands or fingers in the eyes of the opponent. If the wrestler repeatedly continues to put hand(s) onto the face of the opponent and you have verbalized to him/her to stop, then you may penalize them. Also, realize that a forceful jab to the head or a club to the back of the head is not wrestling. This shall be penalized immediately as unnecessary roughness.

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

Supporting Points In Bounds



I have had some questions about in or out of bounds in regard to supporting points and the out of bounds line. In the above picture, the INBOUNDS situation at 7 o'clock, is INBOUNDS. Just because part of the darker right foot, is beyond the out of bounds line, does not mean the supporting point is out. By rule, the out of bounds line is INBOUNDS. As long as PART of a supporting point is on the mat, INBOUNDS, that supporting point is INBOUNDS.

Regional Tournaments

State qualifying tournaments begin in less than a month. Please be proactive in educating the wrestlers and coaches about rules regarding uniforms, weigh-in procedures, hair, hair covers, shoe laces, oral brace covers, special equipment, skin lesion proper form, and other rule requirements that sometimes get overlooked. We do not need any athlete or coach telling us at the regional or state tournaments that "they have been allowed all season."

Unsportsmanlike Conduct Reporting

I appreciate all of you that have worked to enforce good sportsmanship and conduct this season. Please remember that when filling out the unsportsmanlike conduct report, be as descriptive as possible. Document exactly what was said or done prior to the unsportsmanlike conduct penalty being assessed.

Remember, just because a coach or athlete disagrees with the call, it does not give them the right to act in an unsportsmanlike manner towards the official. The coach has a process to call a timeout and properly question the call. If this process happens and you do not change your call, the coach shall be assessed a misconduct penalty.

Thanks, and keep up the good work!!

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