

Referee Instructions

Rules - Bouts are to be conducted in accordance with the Official High School Wrestling Rules with the exceptions listed on the attached/back of this sheet. If you are unsure of the rules, check with the Tournament Director or the NVWF Commissioner (if present).

Be in Charge - You are responsible for the smooth functioning and conduct of the match and for the calls that are made. Use your authority as the referee to control the flow of the match. Encourage aggressive but safe wrestling. Keep your mind on the match. Stop the match if there are unauthorized people on the mat. **DON'T BE INFLUENCED BY THE SIDELINES.**

You Should Have a Whistle - If you don't have one, see if you can get one. Use it! When you can, use both your whistle and a visual hand signal to indicate the start of wrestling, out-of-bounds, the end of wrestling, etc. If you don't have a whistle, use verbal signals such as "Ready... Wrestle" instead. Remember that there will be many matches going on at the same time so that you must focus the sound of your calls towards the match and your scoring table.

Start Each Match with each wrestler standing in position in the center of your area. Each wrestler should then step forward, shake hands with his opponent, and then step back to the starting position. Signal the start of the match with the whistle and with a hand signal.

Get Into Position to make the call. Move around the mat to be in position to see what is happening. Use your wrestling knowledge and experience to try to anticipate the movement of the wrestlers. It's hard to call a pin or near fall points while you are standing. Get down on the mat where you can see what is going on to make the call.

Control Your Match and Keep it Separate From Other Matches - In these scrimmages, there are often several matches occurring on a single mat. Be sure that your calls are made toward your scoring table to prevent confusion. If two matches get too close or are moving that way, stop the match and resume wrestling in the center of your wrestling area. Try to keep yourself positioned between the wrestlers and any potential source of injury (floor, scoring table, etc.)

Help Prevent Injuries - Don't be afraid to stop a match if there is the possibility of injury. "Potentially Dangerous Hold" is a legitimate call that no one should disagree with. These boys have many years of wrestling ahead of them. Let's not ruin it for them because of an avoidable injury.

Signal All Calls with both a verbal call and hand signal. Speak clearly and to the scoring table if possible. Remember that each wrestler is designated as the red or the green (this may be blue) wrestler and identified by a colored anklet. To avoid confusion, signal the points with the appropriately colored arm, and designate the wrestler awarded the points. For example: "2 points red" or "3 green". This is especially important since the scorers are often parents who do not have wrestling experience. It is also a good idea to review with your scorers how you will signal calls and what you expect from them (how long rounds are to be for the current age group, annotating the first points scored in the match, keeping track of who had first choice of position, not to reset the clock until pin time is recorded, etc.) Accomplish this review with each new set of volunteers assigned to your table.

Sign and Validate the Bout Sheet – Insure the name of the winner is recorded in the place for it, the winner is circled, the loser crossed out, and the score entered correctly. There should be a pin time or decision score, **NOT BOTH**. Pin times should reflect the total elapse match time, not the time within the round.

If You Have a Question or Problem with a call, call time out as soon as it is appropriate and contact the Tournament Director or designated Head Referee. If there is a question about scoring, or when several points are scored in a short period of time, and you don't think the scorer has it right, call time out at the first available opportunity and review the scoring with the scorer. The sooner you straighten out the situation, the less confusion there will be. If present, the NVWF Commissioner is Chief Referee.