

SCWOA—Situations -- week 2; rule 3 and 5 from the Rule Book & Case Manual

Answer the following questions and bring the answers to the next meeting noting Rule, Section, and Article.

Rule Book, Rule 3

- 1) In order of importance, 1 being most important, 6 being least important, rank the 6 pre-meet dual duties outlined in Rule 3, Section 1, Article 4.
 - 1)
 - 2)
 - 3)
 - 4)
 - 5)
 - 6)
- 2) When possible, what is the sequence for making calls on the edge of the mat during an out of bounds situation?
 - 1)
 - 2)
 - 3)
 - 4)
- 3) Give an example where you have used Rule 3, Section 1, Article 13
- 4) Where should the referee be during an injury, blood or recovery time out?
- 5) In the above time out situations, when should the referee communicate the time left to the affected coach & wrestler?
- 6) On the NFHS Official Wrestling Signals page near the back of the rule book, what are the number quadrants that correspond to:
 - start injury time?
 - start recovery time?
 - start blood time out?Practice using all 27 NFHS Official Wrestling Signals

- 7) During any of the 3 time outs above, what needs to be done immediately once the coach notifies you the wrestler is ready to wrestle?
- 8) What is the only signal allowed to be used by the assistant referee?
- 9) If there is a point of disagreement to be discussed between the head referee & assistant referee, where and how should this discussion take place?
- 10) What is the main reason to utilize an assistant referee?

Rule Book, Rule 5

- 11) What is the definition of bad time?
- 12) Define coach misconduct
- 13) Who is charged with a coach misconduct penalty?
- 14) Coach misconduct results in the following:
 - 1st offense –
 - 2nd offense –
 - 3rd offense –
- 15) Regarding the section on control, what are the 2 key words proving that a wrestler has control over the opponent?
- 16) What criteria must happen for an escape to be awarded?
 - 1)
 - 2)
 - 3)
- 17) We see the phrase “beyond reaction time” mentioned often in the rule book. What does this phrase mean and how long is reaction time? Hint: Google or www.wrestlingref.com

18) What are the 4 criteria for a near fall?

- 1)
- 2)
- 3)
- 4)

19) Explain the criteria and proper points awarded for an imminent near fall situation

20) How do you differentiate stopping the match for a “potentially dangerous” hold instead of awarding points for an “imminent near fall” situation when the offensive wrestler is cranking on the defensive wrestler with a power half nelson?

21) On the NFHS Official Wrestling Signals Page near the back of the rule book, what quadrant is the only signal we use for 3 different situations?

22) What is the definition of a flagrant misconduct on a contestant?

23) Name 6 of the most common acts that are considered to be flagrant by a wrestler

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

24) Define being inbounds

25) When down on the mat, the usual points of support are?

- 1)
- 2)
- 3)
- 4)
- 5)

26) True or False in reference to an “Inbounds” scenario?

The defensive wrestler is on their back while the supporting points of the offensive wrestler are out of bounds. In this situation, the defensive wrestler has 1% of his scapula/shoulders inbounds and 99% of his scapula out of bounds, can a fall or near fall be earned?

What if 100% of the scapula are out of bounds?

27) Under the heading of “Positions” in rule 5, “The position of advantage is a situation in which a contestant is in control and maintaining _____ over an opponent.”

Please fill in the 2 missing words

28) The defensive starting position requires what?

29) The offensive starting position requires what?

30) True or False? In the neutral starting position, is it OK to have a hand on the mat?

31) True or False? Prior to assuming the offensive starting position, the offensive wrestler may signal to the referee the neutral starting position?

32) Explain the procedure for the “optional offensive starting position”

33) True or False? The referee should always verbally speak to the wrestler against forcing a potentially dangerous hold into an illegal position?

34) Explain the stalemate procedure

35) Read Section 24 regarding stalling. Do you call stalling when the defensive wrestler is being overpowered?

36) True or False? A takedown should be called when only 1 knee of the defensive wrestler touches the mat beyond reaction time?

37) Name the 5 types of Technical Violations

- 1)
- 2)
- 3)
- 4)
- 5)

38) Explain the difference between injury, recovery and blood time

39) What quadrant is the signal in for unnecessary roughness? Practice this signal

40) What is the definition of unsportsmanlike conduct on a contestant?

Case Manual, Rule 3

41) During a dual meet, the coach receives a flagrant misconduct. What is the proper procedure for this penalty and does a report need to be filed?

Case Manual, Rule 5

42) Bad Time – Is there bad time when an official does not give the opponent their choice of position on the next restart after awarding a 2 point stalling penalty?

43) Near Fall – Can a near fall be scored when the offensive wrestler is out of bounds and the defensive wrestler has $\frac{1}{2}$ his scapula out and $\frac{1}{2}$ his scapula on the line?

44) Technical Fall – Wrestler A is winning 14-1 and takes down the opponent to a near fall criteria, thus has earned over 15 points. Do you stop the match and award a technical fall?

45) Illegal Holds/Maneuvers - Wrestler A has a legal headlock and as A continues pressure with the headlock, breathing or circulation for wrestler B is restricted. What is the call?

- 46) Inbounds -With the new rule this year regarding falls and near falls, how do we call the scenario described in the Case Manual 5-15-2B?
- 47) Starting Positions – When the defensive wrestler is cautioned or penalized for a false start, is it permissible for the offensive wrestler to change his or her starting position?
- 48) Reversals – Can a reversal ever be awarded to the defensive wrestler when the offensive wrestler keeps the cradle locked?
- 49) Takedowns - Prior to control being established, if a knee touches out of bounds, but the feet/toes are still inbounds, can a wrestler then move up to gain control and score a 2 point takedown?
- 50) On page 32 of the Case Manual, please read 5-25-1 Situation E. Now refer back to the Rule Book under the “Illustrations” pages beginning on page 61, what 2 quadrants show this exact scenario?
- 51) Default -After a coach or wrestler verbally defaults, can they change their mind and allow wrestling to continue?
- 52) Escape – Wrestler is attempting a reversal and just before gaining control, both wrestlers go out of bounds. What is the proper call?
- 53) On page 24, please read 5.10 Situation A. As for the Ruling, which of the 3 scenarios are the toughest one to call?