



Proper Mechanics

When you watch the very best wrestling officials be it high school or college you will see proper mechanics in use from the first match to the last. It does not matter if it is a regular season sub-varsity match or the last competition of the championship finals; the best officials are consistent in their practice of proper mechanics.

How do the best officials attain and maintain their status? They referee each match as though it is the match that is being evaluated that can lead them to an invitation to work the wrestling Finals. In their minds, there is always that single person in the crowd who is responsible for selecting who will get to the ultimate level high school wrestling officiating.

The best work at and keep the same tempo throughout the match or tournament. A consistent tempo is a greater likelihood if the official is in the best shape to perform at the level that the athletes deserve and that the official should want to provide. Officials cannot represent the sport effectively and maintain their focus and consistency if they are not physically prepared to do what is required of them.

Physical fitness provides the required foundation to function properly on the mats, to perform at the best level requires the uppermost official mechanics and those do not just happen; they have to be

learned and repeatedly practiced for consistency.

To assist every level wrestling official become the best and most consistent official possible, the leaders of each wrestling officials association and the MHSAA have developed the Bluebook of Mechanics and Procedures. [CLICK HERE](#).

Put the Bluebook in your toolbox and reference it often to become a better and ultimately one of the best wrestling officials who other wrestling officials admire and want to emulate.

Reminder

“The degree of consistency in the administration of rules from match to match is especially important. Signals are the chief means of communication between referees and the scorers, timers, wrestlers and spectators, and thus it is absolutely imperative that the referee use only the authorized NFHS signals found in the rules book”.

Tip for the Week

Errors by the timekeeper, scorer or referee must be corrected prior to the offended wrestler leaving the mat area if additional wrestling is necessary.

Rules Review: Wrestler A has control of a single leg of Wrestler B in the air. While still in this position, Wrestler B intentionally goes out of bounds. What’s the call?

Ruling: This is fleeing, a technical violation since the wrestler intentionally went out of bounds during an imminent score situation. Wrestler B is penalized one point for the violation.