

# PNWOWA Training

## Verbalizing

# Training Program for 2008 - 2009

October 27      Professionalism

November 10    Verbalizing

November 24    Mat Mechanics

December 15    Violations

January 12      Situation Round Robin

January 26      Tournament Procedures

# Apprentice Training Program for 2008 - 2009

November 3      Officiating Basics

November 10     Rules Familiarization + Event Mechanics

November 17     Mat Mechanics + Detailed Rules Training

November 24     Rules Situations

# Definition



## ***Verbalizing:***

To express oneself in words.

***When does verbalizing cross the line into excessive, or even worse, coaching?***

# NFHS Rules Book



<b>Rule</b>	<b>What it says</b>
<b>3-1-4</b>	<b>Pre-meet discussions</b>
<b>3-1-6</b>	<b>Awarding points</b>
<b>3-2-2</b>	<b>Verbal communication between referee &amp; assistant</b>
<b>5-21</b> <b>7-2-2</b>	<b>Verbally cautioning during potentially dangerous hold</b>

# NFHS Case Manual



<b>Section/ Page</b>	<b>What it says</b>
<b>Case 7.1.5G Page 45</b>	<ul style="list-style-type: none"><li>• <b>Guillotine: Referee may notify when coming out of criteria.</b></li></ul>
<b>1.7 Page 68</b>	<ul style="list-style-type: none"><li>• <b>In general, avoid talking to wrestlers.</b></li><li>• <b>May promote activity via “center, action and contact”.</b></li><li>• <b>No coaching by referee.</b></li><li>• <b>Direct comments toward both wrestlers.</b></li></ul>
<b>1.8 Page 69</b>	<ul style="list-style-type: none"><li>• <b>No communication between assistant referee and coaches.</b></li><li>• <b>Only the referee should hear comments of the assistant.</b></li></ul>
<b>3.2 Page 75</b>	<ul style="list-style-type: none"><li>• <b>Avoid miscommunication (e.g., verbalize choice of position as Top, Bottom, Neutral or Defer).</b></li></ul>

# Characteristics of Verbalizing vs Coaching

## Verbalizing

Minimal  
Essential  
Neutral to competitive balance  
Not expressly prohibited

**Gray Area**

## Coaching

Touches on strategy or tactics  
Superfluous  
Impacts competitive balance  
Unsupported by NFHS

# Guidelines for Verbalizing

- Know what NFHS promotes
- Inform wrestlers during pre-meet what to expect
- Have a bias for saying less, not more
- Use the “Gray Area” in the best interests of the sport
- Get in the habit of using the subject “Wrestlers”
- Verbatim from the Rule Book tends to steer you clear from “coaching”



# Situations – Appropriate Verbalization or Not?

1. Action carries out of bounds for the 3<sup>rd</sup> time, with Red being the one backing out. *“Red – one more time and it’s stalling.”*
2. Green has Red in a tight, but legal head and arm pinning combination. *“Make sure he can breath Green.”*
3. Green is set in the defensive starting position. *“Red, take your position. Knee...belly...elbow.”*
4. Green has a leg ride applied and is riding Red without turning him into near fall criteria. *“Green, use it or lose it.”*
5. Action is heading toward the boundary line for the 3<sup>rd</sup> time. *“Wrestlers, work in the 10 foot circle.”*

# Situations – Appropriate Verbalization or Not?

6. The wrestlers are on their feet, circling but not initiating a takedown. *“Action!”*
7. Red is riding Green near the boundary line. *“Wrestlers make every effort to remain inbounds.”*
8. Green carelessly flails his elbows during a sit out and is penalized for unnecessary roughness. As you return to the center for the restart, *“Green, watch those elbows!”*
9. Red has Green in a guillotine in near fall criteria and legal headlock applied without the arm encircled. Green squirms so his shoulders are now slightly more than 45 degrees from the mat. *“Red, he’s not in criteria.”*
10. Green puts Red into near fall criteria. The official swings his arm in a visual count and says *“Thousand-one, Thousand-two....”*
11. Green has Red in near fall criteria using a cheap tilt. Red states “I can’t breathe.” The official, confused, inquires, *“You can’t see???”*

# Situations – Suggested Answers

1. Action carries out of bounds for the 3<sup>rd</sup> time, with Red being the one backing out. *“Red – one more time and it’s stalling.”* Coaching
2. Green has Red in a tight, but legal head and arm pinning combination. *“Make sure he can breath Green.”* OK
3. Green is set in the defensive starting position. *“Red, take your position. Knee...belly...elbow.”* Coaching
4. Green has a leg ride applied and is riding Red without turning him into near fall criteria. *“Green, use it or lose it.”* Coaching
5. Action is heading toward the boundary line for the 3<sup>rd</sup> time. *“Wrestlers, work in the 10 foot circle.”* OK
6. The wrestlers are on their feet, circling but not initiating a takedown. *“Action!”* OK
7. Red is riding Green near the boundary line. *“Wrestlers make every effort to remain inbounds.”* Gray Area
8. Green carelessly flails his elbows during a sit out and is penalized for unnecessary roughness. As you return to the center for the restart, *“Green, watch those elbows!”* OK
9. Red has Green in a guillotine in near fall criteria and legal headlock applied without the arm encircled. Green squirms so his shoulders are now slightly more than 45 degrees from the mat. *“Red, he’s not in criteria.”* OK
10. Green puts Red into near fall criteria. The official swings his arm in a visual count and says *“Thousand-one, Thousand-two....”* OK
11. Green has Red in near fall criteria using a cheap tilt. Red states “I can’t breathe.” The official, confused, inquires, *“You can’t see???”* Puhleeeeze!