

# Officiating Guide

## “Mechanics / Situations”

### Freestyle & Greco-Roman Wrestling



*“Never take a match lightly”*

*“Do your best every match”*



# PHILOSOPHIES / THOUGHTS

- ❑ “FIRST” and “FOREMOST” – “STOP” thinking like a Folkstyle Official.
  - Points are based on “CRITERIA”.
  - There is no reaction time in FS / GR Wrestling
  
- ❑ EXPAND YOUR GRAY AREA & BE FLEXIBLE
  - Things are not black and white like in Folkstyle
  - The broader your gray area, the better Referee you’ll become
  - Don’t be rigid. Be flexible and able to adapt to change
  - Need to be able to adjust during a Tournament or during a Match
  
- ❑ YOU ARE PART OF AN OFFICIATING “TEAM”
  - Do your job and let others do theirs
  - Points are “opinions” until they are confirmed by the team
  - Don’t get upset if your opinion is not confirmed
  
- ❑ MOST IMPORTANT THING ON THE MAT “Position”, “Position”, “Position”

This guide is a living document and complements the Rule & Guide book and is intended to provide a thought provoking foundation for a new Mat Official. It is not all encompassing. Additional resources of continued education are Regional/National Clinics, Officials Education Program (OEP), Senior Mat Official Mentoring, Online Education and Mat Time.

*Jim Pierson*

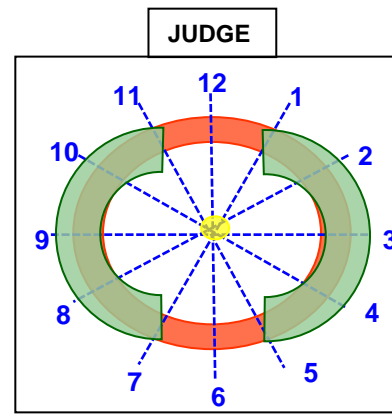
March 2014

# MAT POSITIONING

❑ **AS A REFEREE:** “You should feel like you’re pulling the action into you, not pushing the action away.” Chuck Alameda

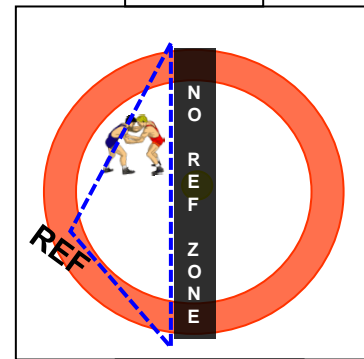
❑ **BREAK THE MAT INTO QUADRANTS “Clock Positions”**

❑ **REFEREE OUTSIDE-LOOKING IN (Protection Area/Zone)**



CHAIRMAN

JUDGE



CHAIRMAN

❑ **FORM A TRIANGLE WITH JUDGE & CHAIRMAN**

- Be aware of your position in relation to: Judge, Chairman & Wrestlers
  - ✓ DO NOT block view of the Judge / Chairman.
- Stay out of the “No-Ref Zone”
- Work for positions that keep wrestlers between you & the Judge
- Important to keep positions where the wrestlers between you and the Judge and you can maintain eye contact with the Judge
  - ✓ You and the Judge are a team and work together
  - ✓ The Judge is your first responder, not the Chairman

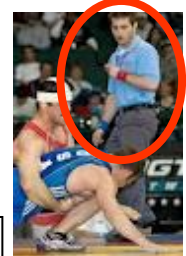
❑ **WHEN STARTING THE ACTION, ENSURE YOU CAN SEE BETWEEN THE WRESTLERS**

- Move in close so the wrestlers feel your presence.
- Watch for a head-butt, eye-gouge, punch, etc



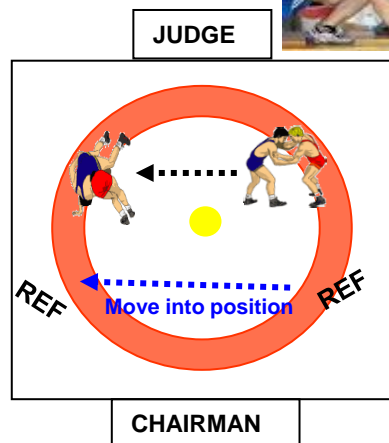
❑ **HOLD THE WHISTLE IN YOUR HAND, NOT IN YOUR MOUTH**

- This helps prevent an inadvertent whistle, especially at the edge of the mat



❑ **ANTICIPATE DIRECTION OF ACTION**

- Work the short-side of the mat
- Walk briskly...Never Run .... Cut off the mat
- When action quickly changes direction, lower your level



JUDGE

CHAIRMAN

# EVALUATING THE ACTION



## ❑ VERBAL & VISUAL COMMUNICATION

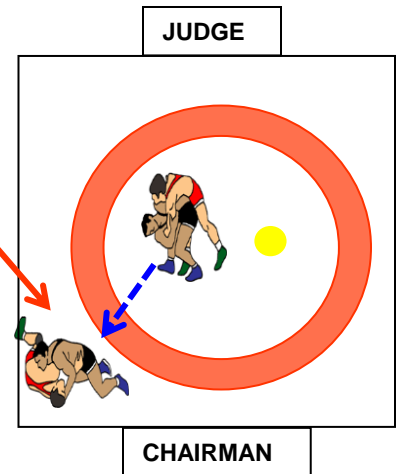
- Must be very Vocal; Use proper FILA Vocabulary
- Don't just blow the whistle, stop the action and walk back to the center
- When communicating with a wrestler or blowing the whistle, also use your hands to signal.
- Not everyone can hear what you are saying or may not understand why you stopped the action.
- Signaling with your hands visually lets everyone know who you speaking to or why you blew the Whistle stopping the action

## ❑ LET SITUATIONS DEVELOP

- Action that starts inbounds, can finish in the protection area
- Give the attacking wrestler a chance to execute a move
- Be patient when actions moves towards the edge
  - ✓ Don't blow your whistle too quickly

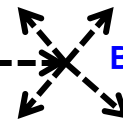
## ❑ AWARD POINTS FOR ALL "ACTIONS IN A SERIES"

- Award points as "YOU" see them
- Not just the final move like in Folkstyle
- Hold them higher & longer so mom in the stands can see what you scored
- *Points are OPINIONS until confirmed by the team!!!!*



## ❑ REWARD THE AGGRESSOR / RISK TAKER (Things to ask yourself)

- Who took the Risk? = **Red** or **Blue**
- Direction of the Attack? = **Red** ---> **Blue**
- Momentum of the Attack? = Blast Double
- Did the Counter-Attack change direction of initial attack? = **Red** ---> **Blue**



## ❑ TOTAL MATCH EVALUATION

- A Wrestler has been the "Aggressor", "Taken Risks" and "Scored Points" - Reward his efforts
- Towards the end of the period and points have been scored, IF the Aggressor slows down
  - ✓ Evaluate what he has done throughout the period/match
  - ✓ Don't just penalize him for lack of action. He's been the aggressor

## ❑ THREE PILLARS OF EVALUATION

- Wrestler must use a Variety of Holds to Score
- Wrestler must be Active
- Wrestler must take Risks

## ❑ WHEN TO BLOW THE WHISTLE AND STAND THEM UP?

- At The Right Time!
  - ✓ If Offensive Wrestler has worked hard to score a takedown, Give him some extra time
  - ✓ If Offensive Wrestler did not work hard, Give him less time

## MECHANICS - 2

### ❑ THROWS

- When a throw begins, lower your level so your eyes are even with the legs
- Watch the Beginning and Ending (how they land).
- Don't get caught watching the middle part of the throw.
- Attacker's knees can be on the mat
- In Greco, attacker **MUST** accompany his opponent to the mat.

### ❑ CORRECT THROW

- A Throw that takes one wrestler off his feet and moves him 180 degrees and does not score.
  - ✓ Head Lock, Arm Spin, Lateral Drop, etc
- You can have a correct throw in Freestyle.

### ❑ SLIP THROW

- Honest effort + Good technique (Must have a hold of something)
- If the Offensive Wrestler goes directly to his belly and the Defensive Wrestler does nothing to counter, it's a Slip Throw. Defensive Wrestler does not score.
- However, If the Defensive Wrestler "Catches" the Offensive wrestler in a counter-attack, then it is not a slip.
- If there is a Slip Throw, Get confirmation from the Judge or Chairman and stand them back up immediately.
- A "Desperation swing and miss" is not a slip. Typically, this occurs on the edge.

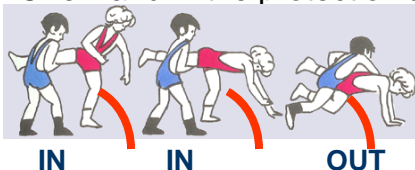
### ❑ FRONT HEAD LOCK

- Watch for the choke, go to side of arm lock.
- Look from the bottom-up, focusing on the throat (airway/artery)
- If you see a key lock, he's going for the choke
- If wrestler is just hanging on to the head lock and not trying to improve
  - ✓ Give them an "Action", "Action"
  - ✓ If no improvement, Stop the action



### ❑ OUT OF BOUNDS

- The boundary is **NOT** "your friend"
- Do not let the wrestlers hang out on the edge. You'll just get into trouble.
- He who steps out first.... is out-of-bounds (unless under attack)
- One Hand in the protection area is not out-of-bounds



- Par-Terre:

- ✓ Head & Shoulders in, Legs out = IN
- ✓ No action, 2 hands out or up-to-the-chest-line = OUT



# MECHANICS - 3

## ❑ GUT WRENCH / TURNS / TILTS

- Watch Attacking Wrestler's breathing
  - ✓ Action typically *begins*: "Sucks-air-in, Holds it , Attempts turn"
  - ✓ Action typically *ends*: "Big exhale, action is done"
- When the action begins, Lower your Level
- Be in position to see a fall. Attacker may pause in a bridge. (*Minnesota Gut*)
- Must come back to a defensible position to score more points.



## ❑ AUTO TOUCHE

- When the Offensive Wrestler begins a gut-wrench watch his head placement.
- If the Offensive Wrestlers head is off the mat and you can see both of his shoulders on the mat - Auto-Touche.
- The Auto-Touche is scored first, then the Offensive action is scored next.
- In the picture to the right, the scoring sequence would be
  - ✓ **Blue** – 1 pt for the Auto-Touche
  - ✓ **Red** – 1 or 2 pts for the turn
- The Offensive action is scored last, due to risk involved and if the bout should end in a tie, the offensive action would be the last points scored.



## ❑ IN PAR TERRE, WHEN HEAL COMES TO THE BUTT

- Move to the side the leg is being pressed to the butt
- Do not let the leg come to the outside and be used to pry the Defender over



## ❑ CALLING THE FALL

- **"CONTROL"** (Offensive Wrestler in control)
- **"COMPRESSION"** (Shoulders being compressed into the mat)
- **"INDENTATION"** (Shoulder indentation marks in the mat)
- If you see the fall, RELAX and signal the Chairman
- No rolling or touch falls
- NEVER, NEVER, NEVER call a Fall from your feet



## ❑ OFFENSIVE WRESTLER CANNOT PIN HIMSELF (No Folkstyle Defensive falls)

## ❑ HESITATE TAKING A WRESTLER OFF HIS BACK

- If a legal hold becomes illegal (*without possible injury*), tell the offensive wrestler to adjust
- Give them a chance to regain the legal position.
- If there is the potential for injury, stop the action immediately
  - ✓ Legal Headlock and arm slips out making it an Illegal Hold
    - ❖ **"Red Adjust"**, **"Red Adjust"**
    - ❖ If **Red** does not get the arm back, making it legal, Stop, Stand them back up

# POINT EVALUATION

❑ **POINTS** are based on “**CRITERIA**”. There is no reaction time in FS / GR Wrestling

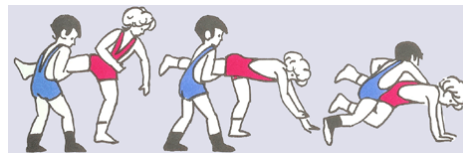
## ❑ **1 POINT** (*not all inclusive list*)

➤ Step Out, Correct Throw, Reversal, Hand-to-Hand Exposure, Cautions

## ❑ **2 POINTS** (*not all inclusive list*)

➤ Takedown (Criteria = 3 points of contact)

- ✓ Two arms and one knee
- ✓ Two knees and one arm or head
- ✓ Two arms and the head
- ✓ When the head is a point of contact, look for the forearms to be down



NO

NO

YES

➤ Merkel does not meet Takedown criteria until the leg comes out and wrestler goes behind.

➤ Gut-Wrench into Danger

## ❑ **4 POINTS** (*not all inclusive list*)

- Standing - feet to Danger
- Attackers knee(s) can be on the mat
- Greco Grand Amplitude not into Danger (Belly Down)



## ❑ **5 POINTS (GRAND AMPLITUDE)** “Arc through Space Landing in Danger”

- Only allowed in Greco
- A Lift above the hips defender land in Danger, think about offering a “5”
- Par-Terre, complete lift off the mat, executing grand amp into Danger



➤ The requirement for how spectacular a Grand Amplitude Throw is depends on “*Weight*”

✓ **Lighter Wrestlers** usually have Big Throws.

❖ Less weight to throw around.

✓ **Heavier Wrestlers** usually have Lower Throws.

❖ Requires a lot more effort to Lift the heavier weight & Throw

## ❑ **SEPARATE ACTION EVALUATION**

➤ Pay close attention, an action may appear to be a continuous action, yet is two separate actions

✓ **Blue** initiated a takedown and has **Red** sitting on his butt.

✓ **Red** posts a hand back to prevent being driven to the mat.

✓ A pause

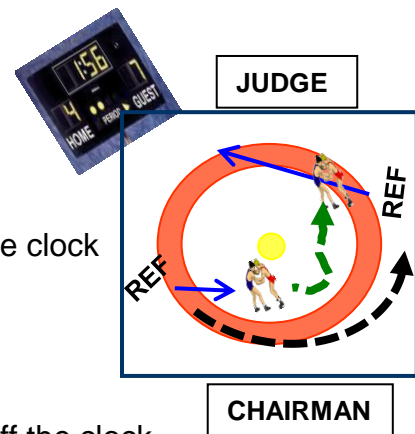
✓ **Red** then drops to an elbow.

✓ This could be Blue 1-pt, then 2-pts

Example



# CLOCK MANAGEMENT



## ❑ KNOW WHERE CLOCK IS LOCATED

## ❑ LOOKING AT THE CLOCK

- Move to a position so you are looking through the wrestlers at the clock
- Do not turn your head away from the action to see the clock

## ❑ USE THE CLOCK TO HELP MANAGE PERIOD/BOUT

- If ... (less than 10 seconds in the period) and a takedown occurs
  - ✓ Leave them down!!! Give a couple of Actions to bleed time off the clock
  - ✓ Nothing good will happen by bringing them back to their feet with just a few seconds on the clock. (running head butt, punch, elbow, etc)

## ❑ USE THE CLOCK TO HELP SET UP YOUR PASSIVITY CALLS

- Don't let time get away and jam yourself when no one has scored and you haven't made a passivity call.

# WARNINGS, FOULS & ILLEGAL HOLDS

## ❑ WARNINGS are not cautions.

- Warnings are information to the wrestlers so they can take corrective action
- To issue warnings, it is not required to stop the bout.

## ❑ FOULS

- Foul in the "**Same Direction**", let it go and see if he scores.
  - ✓ If yes, Technical Points + Caution + 1 pt
  - ✓ If no, Caution + 2 pts
- Foul that "**Change Direction**", stop the action
  - ✓ No score: Caution + 2 pts
  - ✓ Offensive wrestler cannot re-attack after the change of direction

## ❑ DEFENSIVE WRESTLER ILLEGAL HOLD

- Unless possible injury, let the action to continue, giving the Offensive Wrestler a chance to score
- If the Offensive Wrestler "**SCORES**" in spite of an illegal hold
  - ✓ If yes, Technical Points + Caution + 1 pt
- If the attacker "**DOES NOT SCORE**" due to an illegal hold
  - ✓ No score: Caution + 2 pts

## ❑ OFFENSIVE WRESTLER ILLEGAL HOLD

- Stop the action, Offensive Wrestler loses his position
- Offensive Wrestler cannot score using an illegal hold

## FLEEING the HOLD

### ➤ STANDING

- ✓ **Hanging** on to arm - **Burying** the head - **Blocking/Preventing** contact by pushing Attacker away and by circling and backing away

### ➤ PAR-TERRE

- ✓ **Refusing** to open - **Grabbing** hands - **Balling Up** - **Swimming** without attempting counter-attack

## FLEEING the MAT

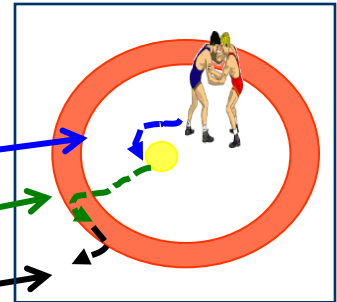
### ❑ “DEFENSIVE WRESTLER MUST DEFEND HIS POSITION”

- Look at the entire action sequence

- Common mistake “only” evaluating the last action (Folkstyle)

1. **Where** did the action begin?
2. **Who** was the aggressor?
3. **How** did they get to the edge? Direct Line Passivity?
4. **What** took them Out of Bounds?

- wrestler (Standing or Par-Terre) makes no attempt to stay on the mat, they are fleeing



### ❑ IN PAR-TERRE

- Did the defensive wrestler purposely place his head in the protection area?

- Close to edge, Watch the Defender's eyes. If he's glancing at the edge, he's looking for an out

### ❑ WATCH THE DEFENSIVE WRESTLERS

- **Hands** - Digging palms into the mat to stop forward motion or pulling forward to flee

- **Feet** - Digging toes/heals into the mat to stop forward motion or trying to push away

## PENALIZING FLEEING

### ❑ STANDING

- Caution + 1 point. Restart Standing

### ❑ PAR-TERRE

- Caution + 1 point. Restart Par-Terre

### ❑ IN THE LAST 30 SECONDS OF THE BOUT

- Give them an “Action or Contact”. If nothing happens

- Give them another “Action or Contact”. If nothing happens

- Stop the bout and ask for Caution + 1 point

- This will keep time on the clock and allow the offensive wrestler a chance to score

## PASSIVITY

- ❑ **TECHNICAL PASSIVITY** - “Looking really good but not scoring”

### ❑ IF A WRESTLER IS NOT SCORING, HE IS PASSIVE.

- If you call “Red Action” and Red does something, Then you call “Blue Action” and Blue does something. And then have to go back to Red or Blue. They are both being passive.

# PASSIVITY

## ❑ TIMING IS VERY IMPORTANT WHEN CALLING PASSIVITY

- Manage the clock. Do not let time slip away from you.
- Set up your Passivity Calls by being very vocal. Use FILA Vocabulary.
- If you are asking for Passivity and a scoring action occurs. Stop asking. You have a score.

## ❑ THINGS TO OBSERVE & THINK ABOUT

- Head Position Down / Blocking
- Forearm Position? – Blocking
- Hand Position? – Blocking
- Torso/Hip Position (Greco)? – Back and away
- Grabbing a Wrist? - Hanging on
- Hanging on a Russian and Not improving
- Giving up mat position? – Backing away – Not attacking
- Gaining mat position? – Attacking – Center Mat Dominance

## GRECO PASSIVITY PROCEDURE

### ❑ 1<sup>st</sup> OFFENSE = *Verbal Warning*.

- W** - Must get Confirmation from either Chairman or Judge
- Do not stop the Bout, “*Attention Blue/Red Passivity*”

### ❑ 2<sup>nd</sup> OFFENSE = *Caution + No Point*.

- O** - Must get Confirmation from both Chairman and Judge
- Stop the Bout, Aggressor gets choice, Standing or Par-Terre

### ❑ 3<sup>rd</sup> OFFENSE = *Caution + 1 Point*.

- O + 1** - Must get Confirmation from both Chairman and Judge
- Stop the Bout Aggressor gets choice, Standing or Par-Terre

### ❑ 4<sup>th</sup> OFFENSE = *Caution + 1 Point*.

- O + 1** - Must get Confirmation from both Chairman and Judge
- Stop the Bout, Bout ends in a Fall

## FREESTYLE PASSIVITY PROCEDURE

### ❑ 1<sup>st</sup> OFFENSE = *Verbal Warning*

- W** - Must get Confirmation from either Chairman or Judge
- Stop the Bout, Attention “*Blue/Red Passivity*”

### ❑ 2<sup>nd</sup> OFFENSE = *30 second penalty Period*

- Must get Confirmation from both Chairman and Judge
- Stop the Bout, Tell the Passive Wrestler they are on the 30 second clock
- If points are scored during the penalty period. The penalty period ends and action continues. DO NOT STOP THE BOUT.
- Scoring actions MUST BE COMPLETED prior to the end of the 30 sec period.

- (P) + 1** - If there is no score at the end of the penalty period, blow the whistle and stop the Bout. Even if there is an action in progress. It does not score. Award a Caution and 1 pt.

# GRECO LEG FOULS

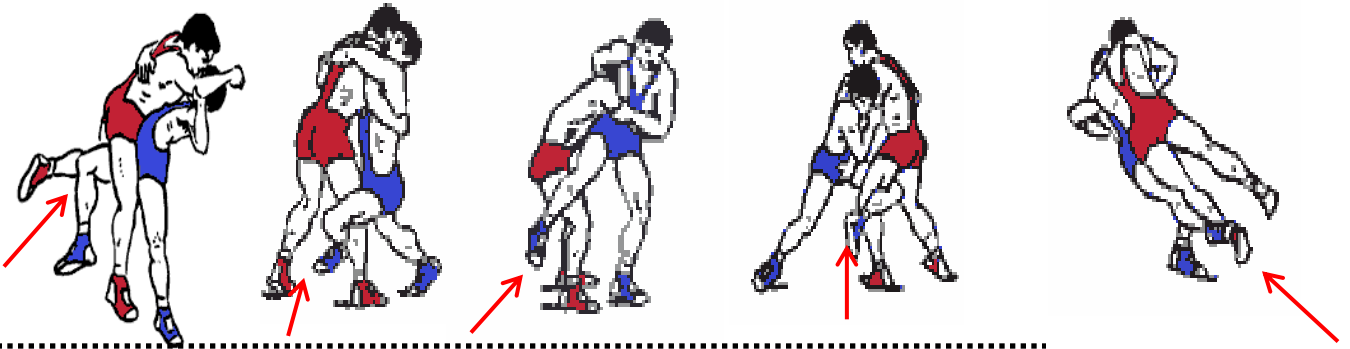
- ❑ **LEGS ARE GOING TO TOUCH** – DID HE ACTIVELY USE THE LEG (Straight or Bent)
  - Point to the foul and ask for a CAUTION
  - Before blowing the whistle, GET CONFIRMATION for an Offensive or Defensive leg foul
- ❑ **WHEN THE THROW BEGINS, LOWER YOUR LEVEL**
  - Watch the legs throughout the entire execution of the throw

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❑ **INCIDENTAL LEG CONTACT,** NO FOUL

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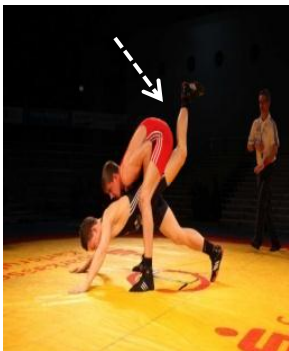
❑ **OFFENSIVE LEG FOUL** (Stop Action, No score, Stand them up)



❑ **DEFENSIVE LEG FOUL** (Attempts to block an offensive score)



❑ **PAR-TERRE LEG FOULS**



# CHAIRMAN CONFERENCE

- ❑ **ASK YOURSELF** “*Why is the Chairman asking me this?*”
- ❑ **CHAIRMAN HAS AN AGENDA**
  - He may be appeasing a coach
  - He may want to clarify what happened
  - He may have seen something from his angle
- ❑ **WAYS A CHAIRMAN MAY ASK A QUESTION**
  - Where did the action start/finish?
  - What did you see?
  - What was your call?
  - Is it possible Red/Blue did something?
- ❑ **LISTEN CAREFULLY and ANSWER ONLY THE QUESTION ASKED**
  - Response should be short to the point
- ❑ **BE VERY OPEN MINDED!!! DON'T BE RIGID!!!!**
- ❑ **DON'T GIVE YOUR OPINION DURING A CONFERENCE**
  - Don't start your answer with “I think” OR “In my opinion”
  - Tell the Chairman “*WHAT YOU SAW*” and that's it!

## SITTING AS JUDGE

- ❑ **A “GOOD” or “WEAK” JUDGE** can “Make” or “Break” the Officiating Team
- ❑ **NEVER ADDRESS A COACH.** That's the Chairman's job
- ❑ **CAN INITIATE POINTS, CAUTIONS, ATTENTIONS**
  - If you see a foul, Signal Caution, get the Chairman's attention. Don't just sit there
  - You're not required to agree with the Referee, Call your own match
- ❑ **USING THE PADDLES**
  - Don't have your hands on a paddle anticipating an action, keep them away from the paddles. Coaches are watching you:
    - ✓ A savvy coach could notice your hand movements AND accuse you of influencing the referee's decisions
  - Action occurs, Raise the Paddle, hold it, set it down, mark the score card, watch the action.
  - Sit emotionless, no facial expressions or excessive movements.
    - ✓ Don't draw attention to yourself

# SUBTLE TECHNIQUES

## ❑ FLORIDA ROLL “Single-Leg Situation”

- **Red** shoots a Single Leg Takedown and gets trapped underneath
  - **Blue**'s left hand grabs **Red's** right ankle & right arm has a tight waist
  - **Blue** then rolls Scoring = 2-pts
- 

## ❑ NEW JERSEY STEP “Gut wrench Situation”

- **Blue** on bottom. With right foot, cross-steps underneath and hooks **Red's** left ankle
  - **Blue** pushes into **Red**, causing **Red** to expose his back
  - **Red** will come back up on top
  - Score = **Blue** 2-pts **Red** 1-pt
    - ✓ Watch the entire sequence of action (start-to-finish) - This is **Blue's** move
    - ✓ If not paying attention, move will appear **Red** caused the action
- 

## ❑ WISCONSIN HEAD-LOCK FAKE to ARM THROW

- In the neutral position
  - **Blue** appears to attempt a Head Lock
  - Slides arm over/past the head and locks the far arm (arm around the waist)
  - Continues to turn, hiping **Red** to the mat for a 4-pt throw
  - **Red** will more than likely end up back on top for 1-pt
  - Score = **Blue** 4-pts, **Red** 1-pt
    - ✓ Watch very closely as this has the appearance of a slip throw
- 

## ❑ MINNESOTA GUT

- Attacker Gut Wrenches defender to the bridge position
  - Attacker Pauses in the bridge position
  - Then drives the defender towards his head
  - Planting the defenders shoulders into the mat.
- 

## ❑ MISSOURI WHIZZER KICK OVER

- **Red** initiates a Low Single Leg Takedown below **Blue's** right knee
  - **Blue** (with is right arm) drops in a whizzer and grabs his own ankle, locking the **Red's** left arm
  - **Blue** then pushes back into **Red** and with is left leg, steps back over **Red's** leg.
  - Similar to a granby roll, as **Red** rolls to is back, with is left hand, **Blue** grabs **Red's** left wrist.
  - Once locked up, **Red** will be held in danger.
- 

## ❑ ILLINOIS HAIR CUT

- **Red** steps to side of **Blue**, Blocking the leg
- **Red's** Hand hooks the Neck, Other Hand on **Blue's** Upper Pec/Shoulder
- **Red** pulls with neck hand/pushes with shoulder hand causing **Blue** to be ripped across the leg.
  - ✓ Watch **Red's** leg very closely
  - ✓ IF **Red** has established position and then executed the move, good move.
  - ✓ IF **Red's** leg is not established and moving, Offensive Leg Foul
  
- ✓ **Red** is attempting to knock **Blue** off-balance for a follow-on attack



# GRECO SITUATIONS - 1

- **Red's** back is to the Protection Area
  - **Blue** initiates a high crotch to a single and lifts **Red**
  - **Blue** touches the Protection Area first.
    - ✓ How do you score the action?
- 

- **Red's** back is too the Protection Area
  - **Blue** has **Red** in a Bear Hug
  - **Red** double over-hooks **Blue**
  - **Blue** hooks **Red's** leg and drives **Red** onto the mat out of bounds
    - ✓ How do you score the action?
- 

- In Par Terre, **Blue** has initiated a Reversal
  - **Red** grabs Blue's hip to stop the counter-attack
  - **Blue** completes the reversal, but you quickly blow the whistle stopping the action before **Blue** had a chance to score additional points in Par Terre.
    - ✓ How do you score the action?...AND...What position do you restart them?
- 

- **Blue** initiates a Gut Wrench. **Red** leg fouls **Blue**
  - As the Referee is asking for a leg foul, **Blue** completes a 2<sup>nd</sup> Gut Wrench.
  - The Chairman confirms the leg foul
    - ✓ How do you score this action?
- 

- 20 seconds into the 1<sup>st</sup> Period.
  - **Blue** body-locks **Red**, steps to the side, sets his feet, lifts and throw **Red** over his right leg.
  - The legs touch during the action
  - **Red** lands in danger.
  - **Red coach** immediately throws in the challenge block
  - **Red** remains in danger the entire period.
    - ✓ If the video review show a leg foul, points are removed and the period would end 0-0.  
What is the corrective action?
      - ❖ Re-wrestle the entire period?
      - ❖ Go back to the point of the fouls and re-wrestle from that point?
-

# FREESTYLE SITUATIONS - 1

- **Red** scores a takedown
  - **Blue** stands up and begins to defend.
  - **Red** takes **Blue** back to the mat
    - ✓ How do you score the action?
- 

- **Red** scores a takedown
  - **Blue** stands up
  - **Red** pushes **Blue** out of bounds
    - ✓ How do you score the action?
- 

- **Blue** initiates a Single Leg Takedown on **Red**
  - Action goes to the mat, **Red** landing in Danger
  - **Red** counter-attacks (kicks over) from his own back causing **Blue** to go out of bounds
    - ✓ How do you score the action?
- 

- **Blue** initiates a Single Leg Takedown on **Red's** right leg
  - Action goes to the mat
  - **Blue** is flat on his stomach and still has **Red's** leg locked
  - **Red** has stepped over and locked **Blue's** right leg, has control of **Blue's** left leg and is working on a cross face.
    - ✓ How do you score the action?
- 

- **Red** initiates a Throw
  - As they land on the mat, **Blue** cries out in pain
  - You blow the whistle
    - ✓ How do you score the action?
- 

- **Red** initiates a Gut Wrench
  - As **Blue** goes into Danger, **Red** pauses in Danger (Auto-Touche)
  - Referee tells **Red** to "Adjust"
  - **Red** quickly regroups and completes the move
    - ✓ How do you score the action?
- 

- **Red** initiates a Gut Wrench
  - As **Blue** goes into Danger, **Blue** posts an arm or leg
  - This causes the action to stop, **Red** pauses in Danger
  - **Red** quickly regroups and completes the move
    - ✓ How do you score the action?
- 

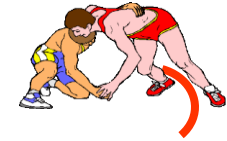
- **Red** has initiated a (Belly-to-Belly) body-lock. **Red** is moving/loading to throw
- At the edge, **Red** throws **Blue**.
- **Red** lands out first, Then **Blue** lands into the chairs.
- **Red** is unable to complete the throw.
  - ✓ How do you score the action?

## FREESTYLE SITUATIONS - 2



- In Par-Terre, **Blue** has **Red** in a Front Head Lock
- **Blue** drives into **Red** and initiates a turn
- As the turn begins, **Red** comes off his knees and stands up
- **Blue** continues and takes **Red** into Danger.  
✓ How do you score the action?

- In Par-Terre, **Blue** is completely in bounds
- **Red** has a Front Headlock on **Blue**,
- **Red's** knees are on the mat in bounds, feet are in the Protection Area
- **Blue** moves to his knees forcing **Red** to his feet in the Protection Area.  
✓ How do you score the action?



- In Par-Terre, **Red** is completely inbounds
- **Blue's** has a front head-lock, knees are on the mat in bounds, feet are in the Protection Area
- **Blue** initiates a move by raising his knees off the mat (now on his feet) and spins behind **Red**  
✓ How do you score the action?



- On the edge. **Blue** has a Whizzer, **Red's** arm is around **Blue's** waist
- Both sets of feet are in bounds
- **Blue** hips **Red** and both wrestlers land out of bounds
- **Blue's** shoulder hits first, then **Red's** head hits the protection area  
✓ How do you score the action?

- On the edge. **Blue** has a Whizzer, **Red's** arm is around **Blue's** waist
- Both sets of feet are in bounds
- **Blue** hips **Red** and both wrestlers land out of bounds
- **Blue's** hand hits first, then **Red's** foot hits the protection area
- No feet nor heads touch the mat.  
✓ How do you score the action?

- **Blue** initiates a Double Leg Takedown driving **Red** to his butt
- **Blue's** head is to the side and has both of **Red's** legs & hips covered
- **Red**, sitting on his butt, is leaning forward and has both arms wrapped around **Blue's** waist - Preventing exposure
- **Blue** lifts **Red's** legs, exposing **Red's** back.
- **Red** does not post a hand, nor does he go into danger.  
✓ How do you score the action?

- **Blue** initiates a Double Leg Takedown driving **Red** into Danger
- Using **Blue's** momentum, **Red** counter-attacks and puts **Blue** in Danger
- **Blue** then re-rolls **Red** and returns back on top  
✓ How do you score the action?

## FREESTYLE SITUATIONS - 3

- **Blue** initiates a Double Leg Takedown driving **Red** to his butt
- **Blue's** head is to the side and has both of **Red's** legs & hips covered
- **Red**, sitting on his butt, is leaning forward and has both arms wrapped around **Blue's** waist - Preventing exposure
- **Blue** lifts **Red's** legs,
- **Red** reaches back and quickly posts a hand
  - ✓ How do you score the action?

- 
- **Blue** initiates a Double-Leg Takedown on **Red**
  - Action goes to the mat, **Red** landing in Danger
  - **Red** counter-attacks (kicks over) from his own back placing **Blue** in Danger.
  - **Blue** kicks back over keeping **Red** in Danger and continues with a hold down
    - ✓ How do you score this sequence?

- 
- **Red's** back is too the Protection Area.
  - **Blue** has initiated a Double Leg. As they go out of bounds
  - **Red** jumps in the air.
  - **Blue** steps out first and finishes the double-leg.
    - ✓ How do you score the action?

- 
- **Blue** initiates a Double-Leg Takedown on **Red**
  - **Blue** lifts **Red** up on his shoulder.
  - **Blue** flips **Red** over his shoulder and **Red** lands on his feet.
    - ✓ How do you score the action?

- 
- **Blue** initiates a Single Leg Takedown on **Red**
  - **Red** turns to break away. Both **Red's** knees and one hand quickly touch the mat.
  - **Red** immediately turns back to counter the takedown.
    - ✓ How do you score the action?

- 
- **Blue** initiated a Takedown and has **Red** sitting on his butt.
  - **Red** posts a hand back to prevent being driven to the mat.
  - A short pause
  - **Red** then drops to an elbow.
    - ✓ How do you score the action?
-

