



Wrestling Rules Clinic

Stalling

1. Call stalling when recognized, if not I will be the wrong call 15 seconds later
2. " I have gotten into more trouble by not calling stalling, than when I called stalling" Dave Frisch, NCAA Official
3. Verbal tools to use: Contact, Center, Action
4. Remind them on restarts
5. When to use the stalemate call
6. Develop some markers to recognize stalling
7. Use the clock to help gauge, where you are in the match
8. Know the score
9. Know your warnings
10. Count shots right from the beginning
11. Use communication tools right from the start
12. Attack-counter-counter attack, recognize the difference
13. Be smarter than the wrestlers. They will work you, if you don't recognize and call staling when it occurs.

Neutral

1. What to look for: head down, head blocking on shoulder, hips back, arms blocking, square stance
2. Holds: 2 on 1 Russian tie up, under hooks, body locks, head ties-both wrestler
3. Stepping outside the circle, going toward the edge of the mat,

Offensive/Defensive Positions

1. Riding parallel
2. Picking ankles

3. Arm bars-no action
4. Leg riding-what to look for
5. Dropping to an ankle when defensive man stands
6. When bottom man stands and then top man puts a leg ride in
7. Bottom man, head down on mat, hips down, arms out or in blocking, holding onto the hands not trying to get away.

30 second ride outs or 30 second ultimate tie breakers

1. Purpose
2. When to call stalemate
3. When to call stalling
4. What to look for both situations