

NFHS  
WRESTLING  
“STALLING”

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# “STALLING”

- ▶ Stalling is high school wrestling’s most subjective call.
- ▶ Stalling can be one of the toughest calls if you are not prepared
- ▶ Coaches number one question is how are you going to call stalling-especially in close matches
- ▶ Stalling as a tactic, in the neutral, offensive or defensive position can be coached.
- ▶ Officials need to develop a philosophy of how they are to call stalling.

# “STALLING”

- ▶ Goal To develop a level of consistency so that coaches can go from mat to mat knowing how and when stalling will be called.
  - ▶ Be the first to call stalling-not the coach or fan
  - ▶ Generally speaking, there are specific objective criteria that can be applied by officials in making the stalling call.
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## STALLING


### DEFINITION; RULE 5-25 & 7-6

- ▶ “Each wrestler is required to make an honest attempt to stay within the 10 foot circle and wrestle aggressively, regardless of the position or the time or score of the match.”
- ▶ Both wrestlers are equally responsible for initiating action.
- ▶ When an official recognizes stalling occurring at any time and in any position, he/she shall penalize the offender...without hesitation.

# OFFICIALS AND STALLING

- ▶ It is the officials responsibility to call stalling when it is recognized.
- ▶ Stalling if not called at the right time/when recognized will be the wrong call if not made and/or applied at the wrong time.
- ▶ The official needs to use a stalling philosophy to recognize and apply immediately.

# OFFICIALS AND STALLING

- ▶ One action or lack of action by itself is not necessarily stalling-but it could be.
  - ▶ What position is it easier to call staling?
  - ▶ It is an expectation in some matches to call stalling-it is part of the competitive strategy
  - ▶ Understanding
    - ▶ Attack
    - ▶ Counter
    - ▶ Counter Attack
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# Develop a Philosophy to Identify Stalling

## Neutral Position

- ▶ Use the clock at approx. 1 minute scoring or solid scoring attempts should have occurred
- ▶ Count legitimate shots
- ▶ Hips back
- ▶ Head in the chest, blocking with arms, forearms
- ▶ Square stance
- ▶ Know who and **how many times they went out of bounds-playing** the edge
- ▶ Know who is chasing whom-creating angles for attacks

# Develop a Philosophy to Identify Stalling

## Defensive Position

- ▶ Head on mat
  - ▶ Looking at clock
  - ▶ Elbows tucked in
  - ▶ Not improving when pressure not applied
  - ▶ Working for a base
  - ▶ Not getting his hips up and out
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# Offensive Position

- ▶ Riding perpendicular
- ▶ Ankles only with no breakdown
- ▶ Hanging onto legs-not working up
- ▶ Spiral ride
- ▶ Leg riding –not rotating or driving across
- ▶ Leg riding on mat-not moving
- ▶ 1<sup>st</sup> time stalemate, 2<sup>nd</sup> warn, 3<sup>rd</sup> penalize

# Develop a Philosophy to Identify Stalling Tools

It should not be a surprise to a athlete-coaches or fans when a stalling call is made.

## VERBAL COMMANDS


**CENTER** (go to the center of mat and wrestle)

**CONTACT** (make contact with your opponent)

**ACTION** (create a scoring action)

# Develop a Philosophy to Identify Stalling


## VERBAL COMMANDS

- ▶ Be loud
  - ▶ Be demonstrative and direct
  - ▶ Don't indicate red or green Don't coach
  - ▶ Revelations should happen after verbalizing these commands
  - ▶ Revelations will definitely occur when you make the stalling call
  - ▶ You should feel confident and good knowing you are improving the action of the match
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# OFFICIALS AND STALLING

- ▶ When calling stalling, the official should be confident is making the call...we call it “selling the call” with a clear and commanding signal.
- ▶ There should be no doubt to the wrestlers and coaches that stalling has been called.
- ▶ Signals should be book and visual
- ▶ Communicate to bottom man especially
- ▶ Communicate to wrestler when time is out


# OFFICIALS AND STALLING

- ▶ Have the big picture of the match, how many shots, how many counter attacks, counters-have a feel for the entire match
  - ▶ Know the score
  - ▶ Know the time
  - ▶ Know how many penalties each wrestler has
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# STALLING IS STALLING

- ▶ Stalling is stalling, because of the action or lack of action, not just because of the score or time of match.
  - ▶ Maybe one action by itself wouldn't warrant a stalling call, but the action repeated later or coupled with another action later in the match would warrant a call.
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# EXCEPTIONS

- ▶ It is not stalling when a wrestler is being over powered by his opponent.
  - ▶ “Fleeing the mat” is not stalling, but a technical violation and should be penalized accordingly.
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# STALLING EXCEPTION

- ▶ Stalling shall be called consistently throughout the match including the Sudden Victory and for the two 30 second Tiebreakers (I and II).
- ▶ Stalling in the 30 second Ultimate Tiebreaker is the only exception to how you would call stalling, since the offensive wrestlers responsibility is controlled wrestling. Keep in mind, all cautions, warnings, penalty points, injury time, etc. all carry through the entire match.

# CONCLUSION

- ▶ In closing always be aware of what is going on or not going in the match from beginning to end.
  - ▶ Don't be caught off guard or get in a tough match and have no idea if stalling should be called and on whom.
  - ▶ Don't let the coaches or crowd steer your decisions
  - ▶ Know your philosophy, have reasons why you would call or not call stalling.
  - ▶ Don't let the coaches or athletes think they can get away with lazy wrestling and they need to be held accountable for action wrestling
  - ▶ Work at it ask, questions watch the veterans and ask them why they called stalling then.
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**Thank You**

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WRESTLING Stalling

