

Rick Wallace - State Wrestling Interpreter Bulletin – Jan 2010

1. Teams weighing in at home before traveling. This is not allowed by rule. If you show up at a match and a team or teams indicate they weighed at home, they are to be told it is not allowed and they will have to weigh in again. This may mean wrestlers do not make their desired weight but an on site weigh in is required. Brad will be sending something out to all schools reminding them of this rule.

2. Short-sleeved undershirts. Short sleeved undershirts are allowed by rule. They must be tight-fitting, short-sleeved of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference and worn under the singlet. The undershirt is allowed if the referee determines there is sufficient reason to wear the shirt. This may be for religious purposes, modesty, severe acne, etc. Referees are asked to be lenient in their determination of sufficient reason.

3. Application of an illegal hold during an imminent takedown. This came up recently in a match and the situation was allowed to continue as it was not going to cause injury to the wrestler. In this case, a wrestler about to be taken down applied an illegal head scissors. **This is not allowed in high school wrestling.** An illegal hold is to be stopped immediately and penalized. I

4. Mat Starting Lines. Mats are to be marked with red and green starting lines. They are red and green for a reason. **The red wrestler is to start on the red line and the green wrestler is to start on the green line.** Some officials are allowing wrestlers to start on either line thus allowing the first wrestler to the center to take the closest line. This is not to be allowed.

5. Blood Time and Cleanup. The 5 minute time limit for bleeding is for controlling bleeding. Once the bleeding has been stopped, the blood time clock is to be stopped. Any cleanup time after the bleeding has been curtailed is not counted against the 5 minute time limit. Referees should allow as many timeouts as necessary to control or stop the bleeding. If bleeding has been controlled, the blood clock stopped, and bleeding begins again, the blood clock should be restarted.

6. Coaching of Wrestlers. I have received a couple of calls regarding this issue. Referees are cautioned to say anything which is directed at only one wrestler. When wrestling moves towards the out of bounds, comments such as "circle in" "work center" or "center up" are appropriate. Never say "circle in red" or "center up green". In potentially dangerous situations, we need to be very careful what we are instructing the wrestlers. Some officials are saying "don't go above 90 degrees" or "don't take the wing forward" or "don't take the arm off the back". This is coaching the wrestler. The only thing I would recommend saying in these situations is "keep it legal". That puts the onus on the wrestler to do what is legal and is not coaching the wrestler on what he can or can not do.

7. Skin Lesion Form. There is only one form allowed in Oregon for skin lesions. It is the approved form on the OSAA website. Some schools apparently are not aware of this which is hard to believe since this has been around for several years. Brad will be sending a reminder out to all schools of this requirement. Anyone showing up without the approved form is not to be allowed to wrestle.

I appreciate all of you who are bringing situations to my attention. Please continue to call or email me if you have particular issues you would like me to address. Thanks.

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