



## United World Wrestling Referee Education Pathway Introduction to Refereeing

Purpose – Provide an introductory course to National Federations that are looking to improve their referees. The course will focus on the basics and will have a built in practical application with national athletes wrestling simulated matches. The participants will be evaluated based on participation and will be given a participation certificate after the course is completed. This course is not intended to provide a referee with a UWW license but to help provide a foundation to apply for a UWW referee license in the future.

### Items needed for the course:

- iPad or tablet – ideally 2 would be good
- Arena Scoring System on a computer or scoring software
- Display for scoring software – TV or computer monitor
- Dry Erase Boards – small that can be used for each group of 3
- Easel Paper Pads or Large Post It Notes (tape)
- Sharpie/Markers
- Dry Erase Markers
- Decks of Playing Cards – one set per group of 3
- Whistles
- Arm Bands
- Black polo shirts
- AV Equipment – projector, power
- Small notepad for each participant
- National Wrestlers – 6-8 around the same size to simulate matches during practical sessions

### Educator beginning notes:

- Must be able adapt to changing circumstances – adjust presentation around to cover all the parts and still reach goals
- Make contact with NF's before attending course to see what logistical concerns will come up
- Courses can be given in the language that works best for NF's – show both English and additional language – this may need to be done before attending the course

### Course Competencies – areas of focus

1. Unbiased Judging – being fair when refereeing
2. Safety of the Athletes – identifying dangerous situations and the applying the proper procedure
3. Evaluation of Holds – understanding the basic scoring of points and identifying illegal holds
4. Proper Referee Mechanics – using the correct vocabulary and hand signals
5. Appearance and Mobility – what a good referee looks like and how they move
6. Controlling of the Match – starting and ending bouts and when to interrupt the bout



7. Referee Team Duties – knowing the position of each member on the referee team
8. Tournament Protocol – actively participating in meetings, reflecting on matches, and pairing

## Course Plan

### General:

1. Each day participants will be divided into groups of 3. Educator will determine how that is done.
2. Videos from each practical session should be loaded into the presentation to be used during the next classroom session

### Session 1 (2-hour session)

1. Cover the goals of the program
2. Come up with the rules that will be followed during the course (Tournament Protocol Competency)
3. Get to know you activity – M&M Activity – everyone shares something about them
4. What does a good referee look like – Activity – drawing the traits of good referees
5. Cover the Core Competencies for the Course – 8 – one slide for each
6. Scoring Review – go through a number of situations and have them work together in their groups to score the situations – write it on the dry erase boards and discuss situations
7. Use of Journal and Reflection (Tournament Protocol Competency)

### Session 2 (2-hour session) – Practical on the Mat Situations

1. Discuss Safety of the Athletes (Protection of Athletes Competency and Control of Match Competency)
  - a. Show situations – front headlock, going outside of joint motion
  - b. Position and Mechanics (Proper Referee Mechanics Competency)
2. Starting and Ending of match procedures (Control of Match Competency)
  - a. Participants will demonstrate how they start matches
  - b. Educator will give feedback and corrections
  - c. Participants will demonstrate again
  - d. Participants will demonstrate end of match procedures
  - e. Educators will give feedback and correction
  - f. Participants will demonstrate again
  - g. Participants will referee 1-minute matches and will rotate every position of the referee team (Evaluation of Holds Competency)
  - h. Matches will be recorded via iPads
  - i. Referee Teams will analyze their matches in their journals once all referees have rotated through each position
  - j. Educators will meet with each of the groups to hear their reflections and provide feedback

### Session 3 (3-hour session)

1. Show matches from earlier practical session and point out good examples
2. Teamwork Activity – House of Cards



3. Discuss Referee Team Duties (Referee Team Duties Competency)
  - a. Referee
  - b. Judge
  - c. Mat Chairman
4. Discuss Evaluation of Holds – point scoring areas for both GR and FS/FW (Evaluation of Holds Competency)
  - a. Show examples of point scoring for basic situations
  - b. Have participants explain why
5. Correct use of Paddles and filling out Bout Sheets (Referee Team Duties Competency)
  - a. Learn the proper way to use paddles
  - b. Discuss victories and who wins in tied matches
  - c. Evaluate matches using paddles and filling out the bout sheets

## Session 4 (2-hour session) – Practical on the Mat Situations

1. Discuss Referee Mechanics and Positioning (Proper Referee Mechanics Competency)
  - a. Hand signals and use of hands to communicate – scoring points, passivity, cautions, etc...
  - b. Discuss Movement of the Referee – positioning around the athletes
  - c. Athletes will perform actions and referees will score the actions while moving around a mat in a circle – practice scoring and changing levels
2. Par Terre Re-starts (Control of the Match)
  - a. Participants will demonstrate par terre restarts
  - b. Educator will provide feedback
  - c. Participants will again demonstrate the starting position
  - d. Discuss when situations have to re-start in par terre (Evaluation of Holds Competency)
3. Athletes will wrestle 1-minute matches
  - a. Referee team will work all 3 positions
  - b. Matches will be recorded
  - c. Referee Team will analyze the matches and do a reflection in their journal (Tournament Protocol Competency)

## Session 5 (2-hour session)

1. Analysis of Practical Session – show videos if time to load them – focus on positive feedback
2. Risk vs No Risk Situations (Evaluation of Holds Competency)
  - a. Discuss differences
  - b. Show situations – group must decide if risk or no risk
3. Control of Bout (Control of Bout Competency)
  - a. Injuries (Safety of Wrestler Competency)
  - b. Brutality (Evaluation of Holds Competency)
  - c. Procedure for handling both situations
4. Watch a match and look for what the referee does well
  - a. Good review on position



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- b. Good review on control of bout
- c. Good review on scoring of correct points

### Session 6 (3-hour session)

1. Review Situations on Controlling the Bout (Control of Bout Competency)
  - a. Identify Situations
  - b. Proper procedure
2. Review previous topics – Educator discretion – have participants demonstrate
  - a. Starting and Ending of Matches
  - b. Par Terre Restarts
  - c. Point scoring
  - d. Walking wrestlers back to the center
3. Athletes will wrestle 1-minute matches (Review of all Competencies)
  - a. Referee Team will work all 3 positions
  - b. Matches will be recorded
  - c. Referee Team will analyze matches and do a reflection in their journal
  - d. Educator will meet with groups and provide feedback
  - e. Should be able to do 2-3 matches per group

### Session 7 (2-hour session)

1. Analysis of Practical Session
2. Introduction to Pairing (Tournament Protocol Competency)
  - a. Nordic System
  - b. Bracket System
    - i. Do a sample bracket and determine results
    - ii. Rock, Paper, Scissors Activity – competition between participants in a game – same bracket system used in wrestling competitions

### Session 8 (2-hour session) – Practical on the Mat

1. Review any question from the participants
2. Final Evaluations (Reviews all Competencies)
  - a. Athletes will wrestle 1-minute matches
  - b. Matches will be recorded
  - c. Referee Team will analyze the matches
3. Educator will meet with each referee individually to give them final feedback on the practical exam

### Session 9 (2-hour session)

1. Analysis of Practical Session
2. Pairing Exam – simple bracket and determine the top 6 (Tournament Protocol Competency)
3. Video Exam – (Evaluation of Holds Competency)
4. Final Comments – where to go for additional training

**United World Wrestling**

Rue du Château, 6, 1804 Corsier-sur-Vevey, Switzerland  
T. 0041 21 312 84 26 F. 0041 21 323 60 73