
















# NFHS OFFICIAL WRESTLING SIGNALS

<b>1. Starting the Match</b> 	<b>2. Stopping the Match</b> 	<b>3. Time-Out</b> 	
<b>4. Start Injury Time</b> 	<b>5. Start Blood Time Out</b> 	<b>6. Start Recovery Time</b> 	
<b>7. Stop Blood/Injury/Recovery Time</b> 	<b>8. Neutral Position</b> 	<b>9. Indicates No Control</b> 	
<b>10. Out-of-Bounds</b> 	<b>11. Indicates Wrestler in Control – Left/Right Hand</b> 	<b>12. Defer Choice</b> 	<b>13. Potentially Dangerous – Left/Right Hand</b> 



## NFHS OFFICIAL WRESTLING SIGNALS

14. Stalemate



15. Caution – False Start or  
Incorrect Starting Procedure



16. Stalling – Left/Right Hand



17. Interlocking Hands or  
Grasping Clothing



18. Reversal



19. Technical Violation



20. Illegal Hold



21. Near-Fall



22. Awarding Points –  
Left/Right Hand



23. Unsportsmanlike  
Conduct – Left/  
Right Hand



24. Flagrant Misconduct  
– Left/Right Hand



25. Coach Misconduct  
– Left/Right Hand



26. Unnecessary  
Roughness – Left/  
Right Hand



27. Default Technical  
Fall Disqualification





## NFHS OFFICIAL WRESTLING SIGNALS

### SEQUENCING

The signals are easy enough to understand. Sequencing signals, in order, is imperative to make sure that your correct call is being communicated to the table, coaches, athletes and fans.

- 1. Starting the match**
  - As you approach the center of the mat, make sure the athletes are on the correct color
  - Step in between the wrestlers to avoid false starts, and protect the wrestlers.
  - Get out of their way by moving backwards in anticipation of their movement, as you simultaneously blow the whistle and use signal #1.
- 2. Stopping the match**
  - Be in position to prevent one wrestler from continuing after the whistle and showing the signal
  - Verbalize the command STOP after the whistle
  - Communicate if necessary, why the period was stopped
- 3. Time-Out**
  - Be in position to prevent one wrestler from continuing after the whistle and showing the signal.
  - Communicate why the time out- example-my time, coaches conference, fix the score or time, fix the mat, etc.
- 4. Start Injury Time**
  - Blow the whistle to stop action-use stop the match signal #2
  - Evaluate the mat position, next to another mat etc.
  - Protect the injured wrestler if necessary
  - Announce injury time for "Red" or Green"
  - Start the injury time immediately and show the signal
  - Get coach in the middle of the situation ASAP and then step back
  - Announce the time in increments of 15 seconds
  - Remind coach of the 1.5 minutes allotted for evaluation
  - If wrestling is to continue, make sure announce how much time was used and if this was the first or second injury timeout to the table and the coaches

- Last 15 seconds remind coaches they need to make a decision to continue or not
- Stop the injury time by announcing it and showing a chopping signal with your hands-see signal #7
- If the match cannot continue use signal #27 and announce the injury default and raise the other wrestlers hand as the winner.

#### **5. Start Blood Time**

- Blow the whistle to stop action-use stop the match signal #2
- Evaluate the mat position, next to another mat etc.
- Protect the injured wrestler if necessary
- Announce blood time for "Red" or Green"
- Start the blood time immediately and show the signal
- Get coach in the middle of the situation ASAP and then step back
- Coaches and wrestlers are responsible to clean up the blood area on the person and the mat.
- Remind them they have 5 minutes total for blood time
- If wrestling is to continue, make sure announce how much time was used to the table and the coaches
- If the 5 minutes time limit is getting close-make sure you give the coaches the countdown beginning in the last minute.
- Stop the blood time by announcing it and showing a chopping signal with your hands-see signal #7
- If the match cannot continue use signal #27 and announce the injury default and raise the other wrestlers hand as the winner.

#### **6. Start Recovery Time**

- Blow the whistle to stop action-use stop the match signal #2
- Evaluate the mat position, next to another mat etc.
- Protect the injured wrestler if necessary
- Score the 1 point for the offended wrestler
- Announce recovery time for "Red" or Green"
- Start the recovery time immediately, show the correct signal
- Get coach in the middle of the situation ASAP and then step back
- Remind them they have 2 minutes total for recovery time
- If wrestling is to continue, make sure announce how much time was used to the table and the coaches
- If the 2 minutes time limit is getting close-make sure you give the coaches the countdown beginning in the last minute.
- Stop the recovery time by announcing it and showing a chopping signal with your hands-see signal #7
- If the match cannot continue use signal #27 and announce the disqualification of the offending wrestler and raise the other wrestlers hand as the winner.

**Situation 1: If a wrestler slams a wrestler, what is the sequence of calls?**

**Situation 2: If a wrestler illegally slams a wrestler that causes bleeding for the other wrestler-what is the sequence? What is the sequence when bleeding is stopped but the wrestler is still hurt?**

**7. Stop blood, injury or recovery time**

- Simultaneously show chopping signal and announce to stop the clock.
- Make sure the scorekeeper writes down the used time
- Verify with the coach that wrestler is ready to go
- Resume wrestling as from the position they were in before the stoppage.

**8. Neutral Position**

- **From standing position-out of bounds**
  - Blow the whistle, signal out of bounds signal #10, announce neutral
  - Hustle the wrestlers back to the center
- **Escape as they go out of bounds**
  - Score the one point, announce escape color
  - Blow the whistle, signal out of bounds signal #10, announce neutral
  - Hustle the wrestlers back to the center

**9. Indicate No Control**

- Arms out, palms down, safe signal, confident-focused, stand upright don't be a flying goose
- Relax arms after situation ends
- Use in a takedown scramble positioning
- No need to verbalize neutral or saying no control, your signal should be sufficient

**10. Out of bounds**

- Simultaneously use signal #2 stop the match, blow the whistle.
- Use out of bounds signal
- Announce to wrestlers and coaches
  - Neutral and use signal #8 or
  - Red or Green you are down-use your wristbands by pointing or
  - Red or Green you are on top-use your wristbands by pointing or
  - Use hand signals one down and one up

**11. Indicate Wrestlers who in Control**

- Use the correct wristlet color when indicating control, pumping-the hand is ok
- Use when a scramble is occurring
- Use when they are coming to their feet and time is coming in or out of bounds is near

**12. Defer Choice**

- Determine who has choice
- Ask what position the wrestler would like-top-bottom-neutral or defer

- The wrestler says defer
- Show defer signal like a safe signal with arms and verbalize-(red or green) defers choice
- Then give the other wrestler choice-top-bottom or neutral
- Visualize and announce choice
- Set the wrestlers and begin match

### 13. Potentially Dangerous

- Once recognized, simultaneously blow the whistle and show the signal and then verbalize the call, step in if necessary to protect the wrestlers
- Remind the offending wrestler to be careful
- Reset the wrestler in the position they were in before making the potentially dangerous situation

### 14. Stalemate

- Once recognized, simultaneously blow the whistle. Show stop the match signal #2 and show the signal and then verbalize the call
- Remind the wrestlers to improve their positions
- Reset the wrestler in the position they were in before making the stalemate call

### 15. Caution, False Start or Incorrect Starting position

- False start
  - Blow the whistle show stop match signal #2, announce false start (red or green)
  - Show "C" signal
  - Warn both wrestlers and tell them to watch your start signals #1
  - Reset wrestlers and restart match
- Incorrect Position
  - Bottom-after commanding to set and it is incorrect position-before you set the other wrestler- step in-announce "Caution" (red or green) and signify "C"
    - Tell the wrestler what was wrong
    - Reset bottom man
  - Top-after setting bottom man, command top man to cover, when incorrect step up, announce Caution (red or green) and signify "C"
    - Have top man step back and allow bottom man to reset
    - Remind top man what was wrong
    - Command top man to cover and begin match

### 16. Stalling-Use commands-Contact-Center-Action

- Neutral
  - Do not stop the match, announce (red or green) stalling and show the correct wristlet of stalling wrestler
  - If 2<sup>nd</sup> stalling call, do not stop the match, verbalize the call and show the signal as well as the 1 point
  - If out of bounds call, announce and signal (red or green) stalling, before they go out of bounds
    - When they go out of bounds, blow the whistle, show stop the match signal, announce out of bounds and show the out of bounds signal
- Top-not on their feet

- Stop the match, using correct signal #2, announce (red or green) stalling and show signal
- Reset wrestlers in the referee position they were prior to stopping the match
- Top-on their feet
  - Do not stop the match, announce (red or green) stalling and show the correct wristlet of the stalling wrestler
  - Be in front so both wrestlers can see and hear the call
  - If 2<sup>nd</sup> stalling call, do not stop the match, verbalize the call and show the signal as well as the 1 point
- Bottom wrestler
  - Do not stop the match, announce (red or green) stalling and show the correct wristlet of the stalling wrestler
  - Be in position so bottom wrestler can hear and see you
  - If 2<sup>nd</sup> stalling call, do not stop the match, verbalize the call and show the signal as well as the 1 point

### **17. Interlocking Hands or Grabbing Clothing**

- Top man around body or legs
  - Immediately show locking hands signal-keep the signal visible, if there is action or scramble going on delay blowing the whistle
  - Once scrambles finishes with no points or no action occurs blow the whistle, show stop match signal #2, award 1 point to the bottom man and show signal #19 Technical violation, announce top man locking hands.
  - Reset in position
- Top man around body or legs and defensive scoring occurs
  - Immediately show locking hands signal-keep the signal visible, if there is action or scramble going on, delay blowing the whistle
  - If bottom man escapes or reverses, award the 1point escape show neutral signal or 2 pt. reversal show #18 reversal signal , then announce 1 point (red or green) and show the technical violation #19 signal, showing locking hands signal locking hands or grabbing clothes-Do Not Stop the Match.
- Situation:  
In a scrambling referees position, top man locks around the waist of bottom wrestler. Wrestler b continues to scramble and ends up on his back. Should near fall pts be scored?

### **18. Reversal**

- When reversal occurs, score 2 points announce the points (red or green) and simultaneously show reversal signal. (no need to show the points again after the reversal signal)

### **19. Technical Violation**

- When occurs score the point first, then show technical violation signal announce the violation.
- Locking hands, fleeing the mat, locking hands, leaving the mat without permission, reporting to the score table not ready to wrestle.

## **20. Illegal Hold**

- Blow the whistle to stop action-use stop the match signal #2
- Evaluate the mat position, next to another mat etc.
- Protect the injured wrestler if necessary
- Score the 1 point for the offended wrestler, announce illegal hold, announce what it was
- If an injury occurs, announce injury time for "Red" or Green" and show the signal #4
- If wrestling is to continue, make sure announce how much time was used to the table and the coaches
- If the 1.5 minutes time limit is getting close-make sure you give the coaches the countdown beginning in the last minute.
- Stop the injury time by announcing it and showing a chopping signal with your hands-see signal #7
- If the match cannot continue use signal #27 and announce the disqualification of the offending wrestler and raise the other wrestlers hand as the winner.

## **21. Near Fall**

- Once the near fall situation has ended, simultaneously verbalize the near falls points with the correct arm (red or green), while showing the signal to your shoulder.

## **22. Awarding points**

- Score the points first, while verbalizing what they are for
- Rotate your signals and make sure you hold them up long enough for all to see most importantly the scorer
- Keep the match score in your head at all times

## **23. Unsportsmanlike Conduct**

- Stop the match, using the top the match signal #2
- Award the point first, simultaneously show the signal for the offending wrestler (red or green) and announce unsportsmanlike conduct.
- Announce what the unsportsmanlike conduct was.
- Verbally warn the wrestler or have the coach communicate to the wrestler, what was wrong and that it cannot happen again.
- Reset the wrestlers in the position they were in, prior to the unsportsmanlike conduct

## **24. Flagrant Misconduct**

- Stop the match, using the top the match signal #2
- Award the point first, simultaneously show the signal for the offending wrestler (red or green) and announce flagrant misconduct.
- Announce what the flagrant misconduct was.
- Show signal #27 disqualification signal
- Raise the other wrestlers hand
- Take extra precaution make sure of wrestlers safety. Escort the offending wrestler off the mat and tell coach he is removed from the tournament



- Make sure head table is aware that this is a 3 point deduction from the offending wrestlers team, and the wrestler is removed from the tournament.

#### **25. Coaches Misconduct**

- When coach wants a conference, grant it when appropriate.
- Remind wrestlers to say in the middle of the mat, on their colors
- After the conference, if the coach is questioning your judgement-step back and announce that the (red or green) coach has a coaches misconduct for the head coach
- Reset the wrestlers in the position, they were in prior to the conference.

#### **26. Unnecessary Roughness**

- Stop the match, using the top the match signal #2
- Award the point first, simultaneously show the signal for the offending wrestler (red or green) and announce unnecessary roughness
- Announce what the unnecessary roughness was.
- Verbally warn the wrestler or have the coach communicate to the wrestler, what was wrong and that it cannot happen again.
- Reset the wrestlers in the position they were in, prior to the unnecessary roughness.

#### **27. Default, Technical Fall, Disqualification**

- Stop the match, using the top the match signal #2
- Announce what has happened and show the signal
- Raise the winner wrestlers hand
- Do end of match procedure.