

ROCKY MOUNTAIN NATIONAL EVENTS
Rules Explanations – <https://www.rmnevents.com/officials>
READ & REVIEW ALL DOCUMENTS Posted on the RMN Site Before Every Event

- “Penalty Chart Mods” & “Rule Modifications” are specifically adapted for RMN events.
- “Officials Protocol” & “Rule Explanations” detail our unique perspective, philosophy, and principles.
- “Coach, Parent, & Wrestler Protocol” further explains our message and our approach.
- “Wrestling Officials Vocabulary” is for you to print out for reference during the tournament.

Mat Official Principles

1. **LEVEL:** Especially with younger & smaller competitors, be at their level starting and stopping action, as well as looking for potentially dangerous and illegal holds.
2. **ACTION:** Be consistent in calling stalling throughout the match. No 0-0 period should ever go without at least one warning or penalty. If the wrestlers are not creating action, it is your imperative to raise the bar.
3. **SAFETY:** Be in position to warn or stop potentially dangerous situations. Direct wrestlers toward center away from table, floor, and adjacent mats. Call for trainer when in doubt about a wrestler’s ability to continue and always consult the trainer with ANY head / neck / spine injury.
4. **COMMUNICATION WITH COACHES & ATHLETES –** As the competition increases, the reward for success and the pain of defeat raises the possibility of conflict. Listen first in coach conferences before responding. Defuse potentially explosive situations by warning or penalizing excessive force and holds designed more for punishment than for scoring. Be active in guiding the match toward its ultimate objective of the best-earned outcome.

RMN Modifications – Rules governed by NFHS with these exceptions.

1. **Match Times:** 8-Under and Younger = 1 min periods, 9 -Under through Open = 1.5 min periods.
2. **Match Wait Times:** same bracket (age/weight) - 15-minute wait (can override if both coaches agree). Double bracket (1 match rest).
3. **2 Coaches in Corner ONLY:** Two coaches with bands in the corner. Floor Access bands allow those individuals access to be on the floor but ONLY 2 per corner.
4. **Flagrant Misconduct (FM), Unsportsmanlike Conduct (UNC), and DQ.**
 - a. Mat Officials will handle all match calls. Before declaring a DQ for any reason, officials will discuss all FM, UNC, and DQ with the Head Official (HO) or Assistant Head Official (AHO).
 - b. **Biting:** must have 2nd review by POD, AHO, HO, or Tournament Director(s) before a decision is reached.

NOTE: RMN Tournament management (only) will decide whether or not the offender will be removed from the event after speaking to the wrestler, parents, and coach. *Direct all questions and issues to the Head Official before speaking with the tournament director(s).*

5. **Scoring Criteria:** Near Fall / Fall: RMN will modify the NFHS boundary rule 5-15-2c, to state:
Scoring Situations: points shall be earned while two supporting points of either wrestler are inside the boundary.
6. **Fall / Near Fall Situation:** If two supporting point heels of either or both wrestler(s) are in-bounds (down on or inside the line), near fall or fall CAN be earned. Knee placement is no longer applicable.
7. **Mouthpieces:** These are recommended for safety but not required.
8. **Headgear:** 13U and Under = Mandatory. 15U and Up = Optional
9. **Penalty Chart:** Please refer to the NFHS Penalty chart with RMN MODS located on the website.
10. **Injury Protocol:** Ask if a trainer is needed.
 - a. If YES: await trainer - start injury time when trainer arrives.
 - b. If NO: start injury time and allow the coach to check the wrestler. Whenever a match is stopped, there must be a reason. If the match is stopped to check on the wrestler because you're not sure if they are injured or not, injury time is still required, not the official's time.
11. **Concussion Protocol:** When the trainer starts to check for concussion, we will stop injury time and start Head, Neck, and Cervical (HNC) time (5 Min). RMN will allow concussion time to exceed 5 minutes if the trainer needs more time to ensure the safety of the wrestler.

RMN Emphases

- Safety: Verbally direct wrestling action to occur in the center of the mat. Size of the mat and the landing perimeter determine when and where you stop the action or allow it to continue.
- Positioning: Lower your level, especially with younger wrestlers – and where necessary close your distance – to better detect and deter illegal or potentially dangerous holds
- Conduct & Disqualification: In all situations regarding Unsportsmanlike Conduct (significant or repeated), Flagrant Misconduct, or Disqualification (for any reason), you must inform the Head Official prior to declaring your final decision and before the wrestlers have left the mat.
- Head/Assistant: Every championship final needs a pair of cooperating officials to ensure we get it right. Consult with each other throughout match. At end of day, pair up to support the best result.

RMN Rule Explanations

- Rule 3.1.13: “The referee has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.” (NFHS Rule Book)
1. VERBAL COMMUNICATION: With youth, you are both an educator and an enforcer of the rules. ACTION – WORK – IMPROVE – CENTER – STAY IN – KEEP WRESTLING – KEEP IT LEGAL.
 2. POTENTIALLY DANGEROUS: Our competitors come from a great variety of wrestling backgrounds, levels of experience, and differences in physical attributes, as well as diverse areas of the country where rule interpretations may differ from our own. Therefore, it is of primary importance that officials check – and double-check – any hold involving a limb or head. Lower your level, verbally warning the hold bearer to keep it safe; where necessary, be in position to stop a hold prior to it being pushed to the point of injury or illegality.
 3. NEAR FALL 5.11.2: “The offending wrestler shall not be allowed to profit from illegal action.” (NFHS) If the defensive wrestler commits a foul while in a pinning situation, the referee will allow action to continue (brush off hold where possible). Once the situation ends, the referee will award an additional near fall point (an imminent NF becomes a ‘2’; a ‘2’ becomes 3; a ‘3’ becomes a ‘4’) + 1 penalty point for EACH foul committed. (Potentially a total of ‘5’ points.)
 4. IN-BOUNDS SCORING:
 - If two supporting points from either or both wrestlers are down on the mat in-bounds, criteria has been met and a near fall or fall can be earned.
 - If feet of the offensive wrestler are down on the mat in-bounds, with knees outside the boundary, near fall or fall can be earned. The position of the knees no longer applies.
 5. INJURY / BLOOD / RECOVERY TIME: time for injury (1:30), recovery (2:00), and blood (5:00) are viewed as much as guidelines as they are limitations. Be as flexible as the situation may warrant.
 - When a young wrestler cries out during a nearfall situation, it is within the official’s judgment to assess whether it is a safety concern.
 - If wrestling is stopped when criteria is met, an additional point will be granted in addition to earned nearfall points, unless stopped for a potentially dangerous or offensive illegal hold.
 - Monitor injury and blood time within the principle of returning the wrestler to action as soon as safely possible, while limiting the possibility of further injury or action stoppage.
 - Where a trainer’s assistance is required, do not begin the injury/blood clock until the trainer arrives. Once the trainer has arrived at the scene, restart the appropriate clock.
 - Coaches clean up the blood and body fluids of their wrestler. Stop blood time when bleeding has ceased and wrestler/mat are being cleaned.
 - If you take a “crying/screaming” athlete off his/her back but find there is no apparent injury, score the back points earned, plus ‘1’ for unsportsmanlike conduct. Rule 5-11-2-i.
 - Imminent Scoring: “When a match is stopped for an injury during a scoring situation, the official makes the determination that the scoring would have been successful had the action continued. The referee charges the injured wrestler an injury time-out and awards the applicable points to the opponent.” Award the points earned prior to the time-out.

6. HEAD-NECK-CERVICAL PROTOCOL: In the event of an evident head injury or the signs/symptoms of a concussion (even if you did not observe an injury):
STOP ACTION IMMEDIATELY. START & STOP INJURY TIME UNTIL TRAINER ARRIVES.
- For safety, call for a trainer to make a determination before wrestling is allowed to continue.
 - When trainer arrives, begin time. Exceptions: blood & recovery take precedence over HNC.
 - If a trainer asks for a concussion evaluation, a separate 5-minute HNC time will be in effect
 - RMN allows more than 5 minutes is allowed, if necessary, to make a full assessment.
 - The trainer's "return to action" decision is FINAL.
 - If no trainer is available, consult with the Head or Asst. Head Official to make a decision.
 - The official and/or coach may still terminate a contest if there are continuing concerns.
7. BOUNDARIES: (see new boundary guidelines under RMN Modifications above)
- SAFETY: Only allow action to continue if it does not put wrestlers at risk of injury. No action: return to center. Score (or not score) any action prior to calling it out-of-bounds.
 - Be verbal: ACTION – WORK – IMPROVE – CENTER – STAY IN – KEEP WRESTLING – KEEP IT LEGAL.
 - CONTINUE: Allow potentially scoring actions to continue as long as two points of support remain in-bounds, barring any interference, safety concerns, or until the period ends.
 - STOP & RESTART IN MIDDLE: If wrestlers on one mat are on their feet, and they are near two mat wrestlers on the adjacent surface, blow the whistle early to return to the center.
 - STOP TO PROTECT: If the wrestlers' actions are carrying them toward the mat table or floor, blow the whistle soon enough for the wrestlers to stop before encountering an obstacle.
8. STALLING: Not attempting to score or repeatedly preventing scoring without an offensive move are the antithesis of active wrestling. With the brief youth periods, stimulate action more frequently.
9. FLEEING: Leaving the wrestling area under attack without an attempt to circle or stay on the mat. Fleeing can also be called at the boundary line for pushing an opponent off the mat or not returning him from the feet.
10. BITING: *Confer with Head or Asst. Head Official prior to deciding on disqualification.*
- Considerations: (if "no," then no bite)
 - Did the official see the bite occur?
 - Did the bitten wrestler react immediately?
 - Are there distinct top AND bottom teeth marks?
11. CHALLENGED ATHLETES: Before you start the match for those who are blind, deaf, missing a limb, or otherwise challenged physically or emotionally, emphasize to both competitors that they have an obligation to wrestle actively and aggressively throughout the match. Verbally call out avoidance of contact and unwillingness to engage. Failure of either opponent to follow these guidelines will result in a stalling call.
- STARTS, STOPS, & ACTION need to be modified accordingly by the referee:
- i. Blind: wrestlers start palm-to-palm in neutral; be verbal and safety-conscious near boundaries; if wrestler starts or stops due to another whistle, blow yours as well and restart; where needed, accompany a whistle with a touch; lead blind wrestler back to center following any stoppage and to the coaches after the match.
 - ii. Deaf: wrestler needs you to make eye contact, especially on stops and starts (which may require you to lower your level); any whistle needs to be accompanied by a touch; if wrestler responds to another whistle, blow yours as well and restart.
 - iii. Disability: a wrestler missing a limb or who is otherwise physically challenged may need an accommodated starting position in neutral and on the mat.
 - iv. Emotionally or Mentally Challenged: establish and maintain a fair environment which respects each athlete; the referee will need to be diligent, sensitive, and patient.