

# ***General Meeting #2***



**10/15/2024**

# Agenda

- **Welcome**
  - **Dues & Financial Report**
  - **Kahoot Time**
  - **Evaluations**
  - **Rules & Casebook**
  - **On the Mat**
    - Potentially Dangerous and Illegal holds**
  - **Practice Test**
-

# Dues & Finances

John Mendoza

**\$50**



**Paid by October 29<sup>th</sup>  
or no 1<sup>st</sup> half assignments**



**Kahoot**

Dale Hanover

**Kahoot!**



# Training Hours

Chris Sortino

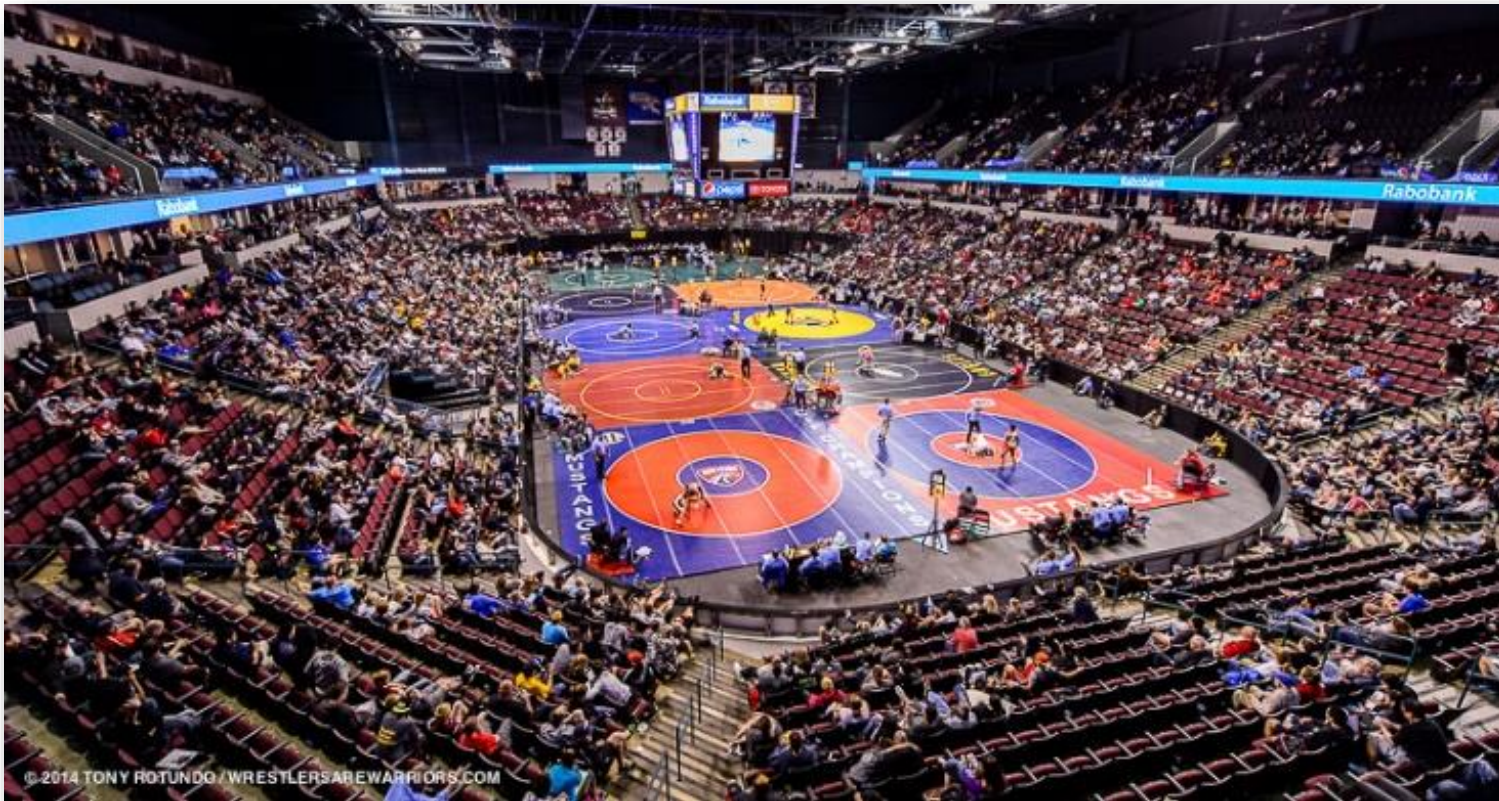
## 18 Total Hours



# Master & State Apps

Sergio Cortez

**Email to the SDCWOA Board by October 29<sup>th</sup>**



# Schedule

Rob Bowman

## General Meetings

**Oct 29<sup>th</sup>** 

**Nov 12<sup>th</sup>**

**Dec 10<sup>th</sup>**

**Jan. 7<sup>th</sup>**

**Jan 21<sup>st</sup>** 

**Feb. 4<sup>th</sup>**



# Safety First

Sergio Cortez

## Potentially Dangerous vs. Illegal Hold



**Safety of the Wrestlers and Officials is our Top Priority**





# Potentially Dangerous



## Potentially Dangerous Holds/Maneuvers (Rule 5, Section 20)

Potentially dangerous holds/maneuvers include any hold/maneuver which may cause injury when used illegally. Hold/maneuvers become potentially dangerous when a body part is forced to the limit or normal range of movement. The wrestler applying such a hold/maneuver shall be verbally cautioned against forcing it into an illegal position. If the offensive wrestler causes a potentially dangerous hold/maneuver to become illegal, the wrestler shall be penalized according to the Penalty Chart.

### **Rule 7, Section 2: Art 1-3 ... Potentially Dangerous Holds/Maneuvers**

**Rule 7, Section 2, Art 4 ...** No contestant should ever be put in a position where they must forfeit a neutral position, a position of advantage or a fall because of an injury or danger to life or limb. The referee shall promptly stop any and all holds/maneuvers which are being used for punishment. If a legitimate hold/maneuver is forced to such an extent as to endanger a contestant, or if it becomes a punishing hold/maneuver, the referee shall stop the match in order to require the hold/maneuver to be broken. The match shall be restarted a following out of bounds.

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# Potentially Dangerous



Emphasis is on maintaining [Wrestler Safety](#)

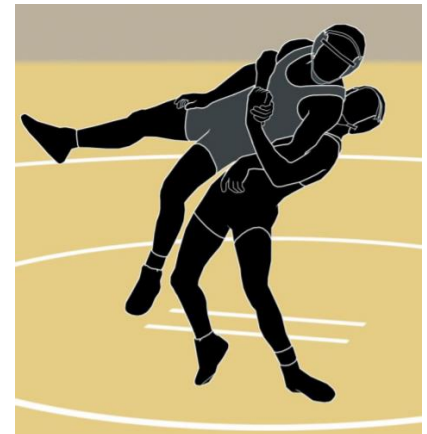
Keep in mind that in some instances the degree to which an official responds to a Potentially Dangerous situation may (and should) vary based on wrestling level, action throughout the match, or even the official's experience.

Example:

*Situation:* Standing Rear Control with Arm Trapped

*Novice:* Stop Action for PD right away

*High Level:* "Keep It Legal" and allow wrestlers to continue if self-correcting



# Potentially Dangerous



Situation	What to Watch For	Position	Official's Actions
Front Bridge (over extended back bridge)			
Standing Rear Control with Defensive Wrestler's Arm(s) Trapped			
Defensive Wrestler stands supporting all of Offensive Wrestler's weight			
Arm Bar			
Chicken Wing			
Leg Ride with Half or other twisting maneuver trying to turn defensive wrestler			
Guillotine...			
Toeholds			
Front Headlock or any headlock with arm or leg encircled			
Anytime pressure going against the natural movement of a joint			

# Potentially Dangerous



Review **Illustrations** section in **back of Rule Book** for other situation to be aware of for both Potentially Dangerous and Illegal Holds.

## **Officials' Responsibilities –**

*Monitor action in such a way as to be able to **identify** and **correct/stop** any Potentially Dangerous hold/maneuver before it either becomes illegal or causes injury to a wrestler.*

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# Illegal Hold



## Illegal Holds/Maneuvers (Rule 5, Section 14)

**ART 1...** Any hold/maneuver used in such a way as to endanger life and limb is illegal. Holds/maneuvers are illegal when a body part is forced beyond the limit of normal range of movement or when unnecessary force is applied to an opponent (7-1).

**ART 2...** Any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal.

Remember there are Holds/Maneuvers that are **Illegal by application** (NO Potentially Dangerous warning) and the official should go straight to Illegal Hold) per Rule 7, Section 1

7.1.1 ... Slam

7.1.2 ... Full Straight-back Suplay

7.1.3 ... Intentional Drill/forceful fall-back

7.1.4 ... Pulling back opponents thumb (or 1, 2, or 3 fingers)

7.1.5 ... other illegal holds/maneuvers per Rule 7.1.5a-y

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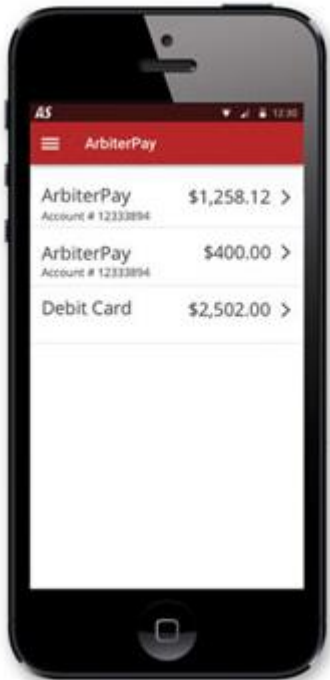
**Arbiter**

Mark Dexter

**ArbiterSports™**

**ArbiterMobile™**

**ArbiterPay®**



## Stalling

**Rule Book page 42**

**Case Book page 52**

## Takedowns

**Rule Book page 30**

**Case Book page 32**



# Reminder

- **Dues by October 29<sup>th</sup>**
  - **Next Meeting Oct. 29<sup>th</sup> via Zoom**
    - **Online Test due by Nov. 4th**
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**5 Minute Break**

**Meet in Wrestling Room**

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# Questions?

