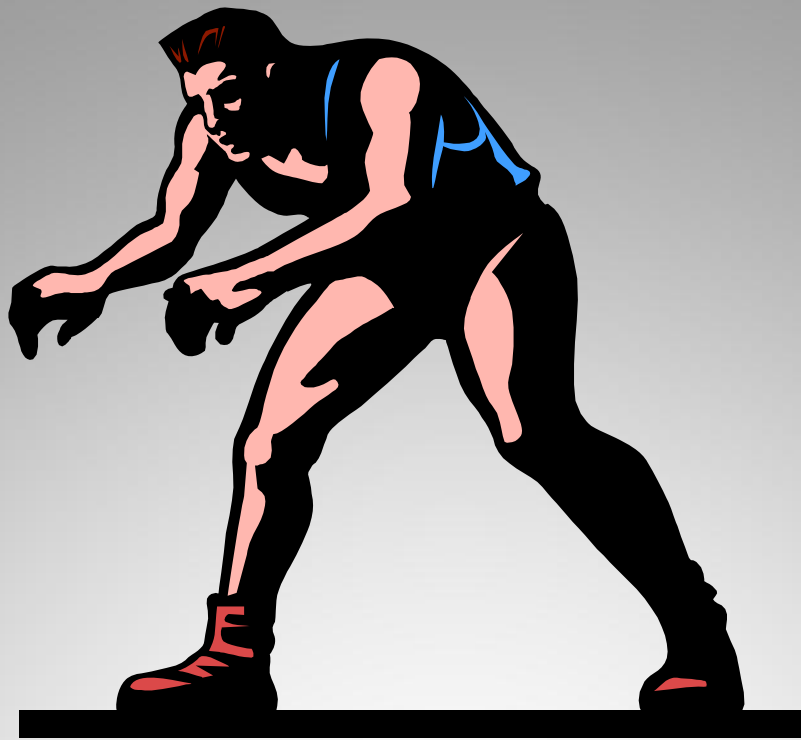


Arizona Wrestling  
Officials'  
Association

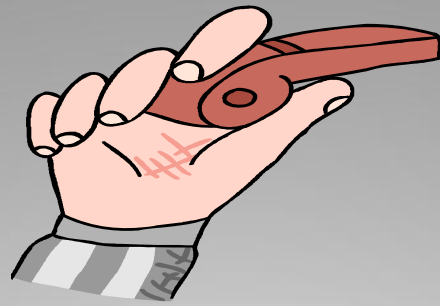
**STALLING**

**2 0 1 5**



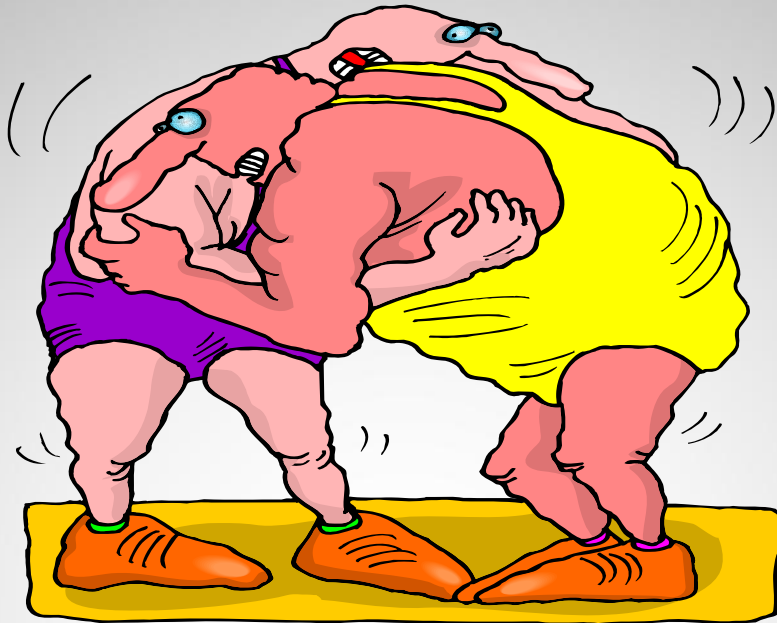
**Stalling Function:** Verb - to hold off, divert, or delay by evasion or deception

**Stalling:** In a timed game, refers to obstructing the flow of play while in the lead, in the hopes of maintaining it.



- Stalling is one of the most controversial and subjective calls made in the sport of wrestling.
- Everyone has an opinion and/or a philosophy on how to call stalling and when stalling should be called. The coaches, the fans, the wrestlers, and other officials.
- Our job is to be consistent during the match, dual, and throughout the course of a tournament. It is also important to be consistent with other officials, especially when working the same event.
- What would happen if we called stalling strictly by the book, Rules 5-25 and 7-6:
  1. Each wrestler is required to make an honest attempt to stay within the 10 foot circle and wrestle aggressively, regardless of the position or the time or score of the match."
  2. Both wrestlers are equally responsible for initiating action.
  3. When an official recognizes stalling occurring at any time and in any position, he/she shall penalize the offender...without hesitation.

- It's hard to be consistent in an inconsistent sport
- Every match is different. The 119 pounders use different wrestling techniques than the 215 pounders. However, both weight classes are required to wrestle aggressively not matter their weight.



- There are several degrees/level of matches
- There are also several degrees/level of stalling
- There are many matches where stalling is easily recognized and easy to call. While there are others situations where stalling is deciphered by years of experience.
- How do we improve our knowledge and develop techniques to become more consistent?
 

■ Speak to other officials	Breakdown videos
■ Observe other officials	Ask questions
■ More mat time	Go to practices
■ Research	Be confident
■ Learn wrestling techniques	Want to get better

# Stalling Overview

- Stalling calls are the most difficult and controversial call for a wrestling official to make. AWOC has established criteria to assist in recognizing stalling situations and to create consistency among Arizona officials. This workshop examines stalling in the neutral position, during mat wrestling (offensive and defensive), as well as stalling considerations for the heavier weights
- In order for any criteria to be effective, the official must be intimately involved in the match. He must observe what actions are occurring on the mat and then combine these with his experience as a wrestler and his knowledge of the rules to make an accurate assessment of whether stalling is occurring.
- Although coaches and fans feel stalling is a very subjective call, stalling can be less subjective if given criteria is consistently used by officials.

# Officials and Stalling

- It is important to understand that the burden for eliminating stalling does not belong to the official, but with coaches and coaching philosophies, techniques and strategies.... Understand that everyone is looking for a competitive edge.
- Even so, it is the official's responsibility to call stalling when it is recognized.
- It is important to realize that a successful official must develop a "Mental Attitude" for identifying and calling stalling.
- Each official needs to develop a pattern of consistency from match to match and meet to meet. In other words, an official can not simply "feel" that there is stalling. Instead there must draw upon their wrestling experience and apply criteria which allows them to make stalling calls that are consistent throughout the season.

# Officials and Stalling

- When calling stalling, the official should be confident in making the call. "Sell the Call" with a clear signal and commanding voice.
- There should be no doubt among the wrestlers and coaches that stalling has been called.
- Stalling should be called in the same manner throughout the match.
- Avoid coaching the wrestlers to wrestle aggressively by not directing your calls for action to a specific wrestler. Use words such as "center", "action" or "contact".

# Stalling

## Neutral Position

Focus on the number of legitimate attempts at takedown.

- If one wrestler attempts three legitimate takedowns, and the other wrestler only counters defensively, stalling must be called.
- If there has been very little action, stalling may occur after one wrestler attempts 2 legitimate takedowns, and the other wrestler has done nothing but counter defensively
- An effective official is prepared to call stalling. The official has kept track of the legitimate attempts and calls stalling once the third legitimate attempt has been initiated. The official should not hesitate or wait to see whether the move is successful.
- NOTE: If a wrestler attempts takedown after takedown and the other wrestler always *counter attacks*, he is not stalling. A legitimate counter attack occurs when a wrestler uses his opponent's initiation of action to negate that action and is followed by his own offensive action.



# Stalling Mat Wrestling Advantage Position

Once a wrestler is awarded a takedown, it does not mean the action stops. Each wrestler must continue to wrestle aggressively. The top wrestler must begin to start working for a pinning situations (nearfall) and/or a fall.

Stalling is broken down into 3 areas

- 1) stalling in the neutral position
- 2) stalling in the advantage position
- 3) stalling in the defensive position

Once the offensive wrestler attains the takedown he must begin to work for a Near fall and/or a pin in order to do that two appreciable actions must occur;

- Come off the hips
- Work for nearfall & pinning combination

# Coming off the hips is the first appreciable action!

- When the offensive wrestler is content to hold his opponent on the mat without moving to a perpendicular position and work for a fall, he is stalling
- How long do we let him ride the hips?
- Use approximately 20/25 seconds

# Must work for a pin

- The second appreciable action is genuinely/effectively working for a pin
- Officials must decide what is an effective attempt!  
When using a half nelson or arm bar use 90\* as your measure of effectively working for a pin.

Using 90\* as your measure of effectively working for a pin does not mean points only an adequate measure of effectiveness. .

If the wrestler is only able to turn his opponent 45\* even if he is working hard– consider calling stalling.

NOTE: Is this not the same basic criteria as - Always using a cross body ride and not getting close to pin.

Basic rule of thumb; If it is not working you must move to something else otherwise you are stalling!

# Stalling

## Defensive Position

- Remaining on all fours in a basic start.
- Content to just lie on the mat in a belly-down position (camping out) .
- Grasping the opponent's hands or an arm and just holding on to them.
- Lying on the mat with elbows held in close to the body.
- Not making any real attempt to escape or reverse. Remember, any escape or reverse begins with movement.
- Defensively countering the top man's actions instead of counter attacking.
- Use time as a measure to gauge the length of time the defensive wrestler remains inactive. 20-25 seconds is sufficient for any wrestler to initiate action from the bottom.

# Stalling Heavier Weights Overview

- Experienced officials realize that heavyweights do not normally use the same offensive techniques that lighter weights use, i.e., single leg, double legs, etc.
- They also recognize that there are effective techniques that can be used by heavyweights that are aggressive and advance our sport.
- Learn to recognize these techniques!

# Stalling Heavier Weights

The following are not aggressive moves:

- Pummeling.
  - Pushing with the body.
  - Constantly attempting the inside tie up.
  - Using the tie up with the arm blocking the clavicle.
  - Simply pulling or pushing an opponent around, unless it leads to some sort of set up.
  - Using the head as a battering ram.
- 
- If a heavier wrestler attempts single legs, double legs, or other techniques commonly used by lighter weights, reward him by penalizing the other wrestler for stalling, (if that opponent is not being aggressive.)

# Stalling

## Heavier weights

### In the neutral position:

- The official should focus on the number of legitimate takedown attempts.

### Effective techniques:

- Arm drag, Duck Under, Russian 2 on 1;
- Bear hug, body lock, body shucks, head shucks;
- Leg trips, hip throws, arm throws, and head locks.



# Stalling

## Heavier weights

### In the defensive position:

- As there may be as many of 96 pounds between wrestlers in the 285 pound weight class, the official may consider if the weight difference is contributing to the bottom wrestler being overpowered.
- A wrestler who is being overpowered is not stalling.

# Other Common Stalling Tactics

Delaying of the match

Here are some common techniques that are used to delay the progress of the match. Each occurs after the match has been stopped and prior to or during the restart. A wrestler is usually delaying the match trying to gain a breather or to get additional coaching from the corner.

- Straggling back from out of bounds.
- Does not assume the starting position when asked by the official.
- Excessively adjusting headgear or adjusting when not needed.
- Excessively adjusting his position when assuming the starting position.

# Exceptions

- It is not stalling when a wrestler is being over powered by his opponent.
- "Fleeing the mat" is not stalling, but a technical violation and should be penalized accordingly.
- Fleeing the mat occurs when a wrestler has not made every attempt to stay in bounds. Essentially, a wrestler has the obligation to try to stay on the mat. If a wrestler does not make an honest attempt to wrestle inbounds, then call the flee.

# Stalling Exception

- Stalling shall be called consistently throughout the match including the Sudden Victory and for the two 30 second Tiebreakers (I and II).
- The only exception to how stalling is called is in the 30 second Ultimate Tiebreaker. It is the offensive wrestler's responsibility to control his opponent for 30 seconds. He does not need to try to pin his opponent, nor does he, in fact, even need to score. He earns 1 point by controlling his opponent for 30 seconds.
- Therefore, the first obvious stall call on the top wrestler will be called a stalemate. If this is repeated, the next call will be called stalling. Keep in mind, all cautions, warnings, penalty points, injury time, etc. all carry through the entire match.
- Stalling is interpreted as "shutting down all the action". Burying your head and holding onto one ankle is not controlling your opponent. Think of control as countering the escape and reversal attempts, not preventing action.

# Calling stalling at the end of the match:

Care must be taken to not call stalling if you have not made any stalling calls during the match, do not make your first stalling call late in the third period (20-30 seconds left in the match). It will not change the outcome of the match because it is only a warning. You will have the additional consequence of angering the coach who probably thinks you should have called stalling much earlier. It makes you appear inconsistent because it is only now that you are willing to make the call.

However based on the action if you would truly be willing to make successive stalling calls within 15 seconds or less, then it would be appropriate to make the stalling call late in the third period. It would also be acceptable in situations where it is obvious one wrestler is avoiding contact while the other is attacking.

To call stalling late in the third period because neither wrestler is being aggressive would not be appropriate.



Some officials do not like the stalling criteria;  
"You are taking the decision away from the official" or the official may simply not want any guidance.

Some just do not want to call stalling.

Some think they already call stalling well!

Officials....Stalling is the bane of our existence it is difficult to call and yes it makes coaches and parents angry but by using the criteria, you/we will attain consistency. We can help to eliminate stalling from wrestling.