



NATIONAL REFEREE EDUCATION PATHWAY AND COURSES



UNITED WORLD
WRESTLING

Overview

Referees are important for the development of wrestling within a Federation. The job of the referee can be very difficult and challenging. Without proper training and experience, it can be difficult to develop referees and help grow the Federation. A series of courses were developed to help aide National Federations with the training of referees in their country.

The goal of the programme is to prepare national referees to become licensed UWW referees. These interactive courses include theoretical and practical sessions to enhance the learning of the participant. These courses are not part of the UWW referee licensing system.

Only a certificate of completion will be issued to referees that successfully complete the course.





General Course Information:

Levels

There are three levels that begin with the basics and for entry level referees. The courses progress into more advanced topics and situations. The content for each course will be outlined below. The National Federation can choose which level of course is needed based on their level and experience.

Length

The courses are designed to be 3-4 days in length. Courses are tailored to the National Federation and their schedule. The content can be adapted to fit any length of time that is available for the course.

Course Structure

The schedule for the courses is very similar. It is recommended to have a theoretical session in the morning session. The practical session would be held in the afternoon. During the practice session, the referees would have the opportunity to referee simulated or actual bouts of wrestlers.

Collaboration

It is recommended that during the course that the referees and coaches work together during one session to better learn the rules and understand each other's roles.

Certification

The participants will receive a certificate of completion for successfully completing the course. These courses are not part of the UWW referee licensing system. They are to prepare referees to become a licensed UWW referee.

Assessment

The participants will be assessed throughout the course and provided individual feedback from the educator. Educators will evaluate the performance of the referees during the practical sessions. These are the times when the participants are practicing their refereeing skills. There will also be a video exam for each participant. For that assessment, they will watch actions and provide the correct score.





COURSE CONTENT BY LEVEL

Level 1 – Introduction to Refereeing

Goal: To provide a basic understanding of the job and role of referee within bouts. By the end of the course, the participant will be able to accurately score basis scoring situations and conduct a bout as the referee.

Content:

- Referee Team Duties
- UWW Vocabulary
- Basic Rules Review
- Safety of the Athletes
- Referee Position and Movement
- Starting and Ending Matches
- Using Paddles
- Completing the Bout Sheet
- Referee Mechanics/Communication

Competition: It is recommended to have a 1-day national competition at the end of the course. If it is not possible to have a competition, this course will still be successfully completed through simulated bouts during the practical sessions.

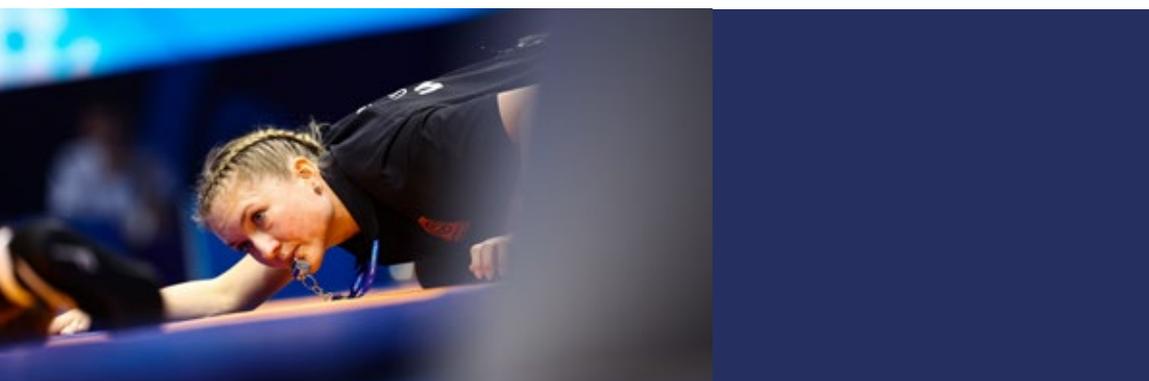
Level 2 – Referee Foundations

Goal: To provide the knowledge and skills to handle more challenging situations that occur during bouts, improve overall positioning while refereeing, and learn the basics of being a mat chairman. By the end of the course, the participant should be able to score more difficult scoring situations, handle unsporting behaviors, and improve position during bouts.

Content:

- Mat Chairman Training
- Unsporting Behaviors – Controlling the Bout
- Advanced Positioning – Anticipating Actions
- Clock and Time Management
- Advanced Rules Review
- Fleeing the Mat/Hold
- Risk vs No Risk Situations
- Attack vs Counter Attack
- Out of Bounds Situations

Competition: It is highly recommended to have a 1-day competition for the referees to practice their skills. The best way to train referees is through practice and experience. A competition provides the necessary experience for them to improve.



Level 3 – UWW Ready

Goal: To provide advanced training on most challenging areas of refereeing and prepare referees for UWW competitions. By the end of the course, the participants will know the passivity procedure and be able to implement it during bouts, explain the video review process, how to prepare themselves mentally for the stress of UWW competitions.

Content:

- Passivity Procedures
- Passivity vs Negative Wrestling
- Evaluating Complex Situations
- Video Review Procedure
- Mental Preparation/Preparing for UWW Competition/Do's and Don'ts
- Typical UWW Tournament Routine
- Understanding the UWW Levels
- Video Analysis of Performance

Competition: This course should have a 1-2 competition at the end of the course. For referees to improve and be evaluated, they must have actual matches to referee. A competition would allow them to get accurate feedback on their performance through observation and video analysis.



Beach Wrestling

This module can be added to any of the existing courses.

Goal: To provide a basic understanding of the rules of beach wrestling and the job of the referee. By the end of module, the participants would be able to accurately score beach wrestling actions and referee a beach wrestling bout.

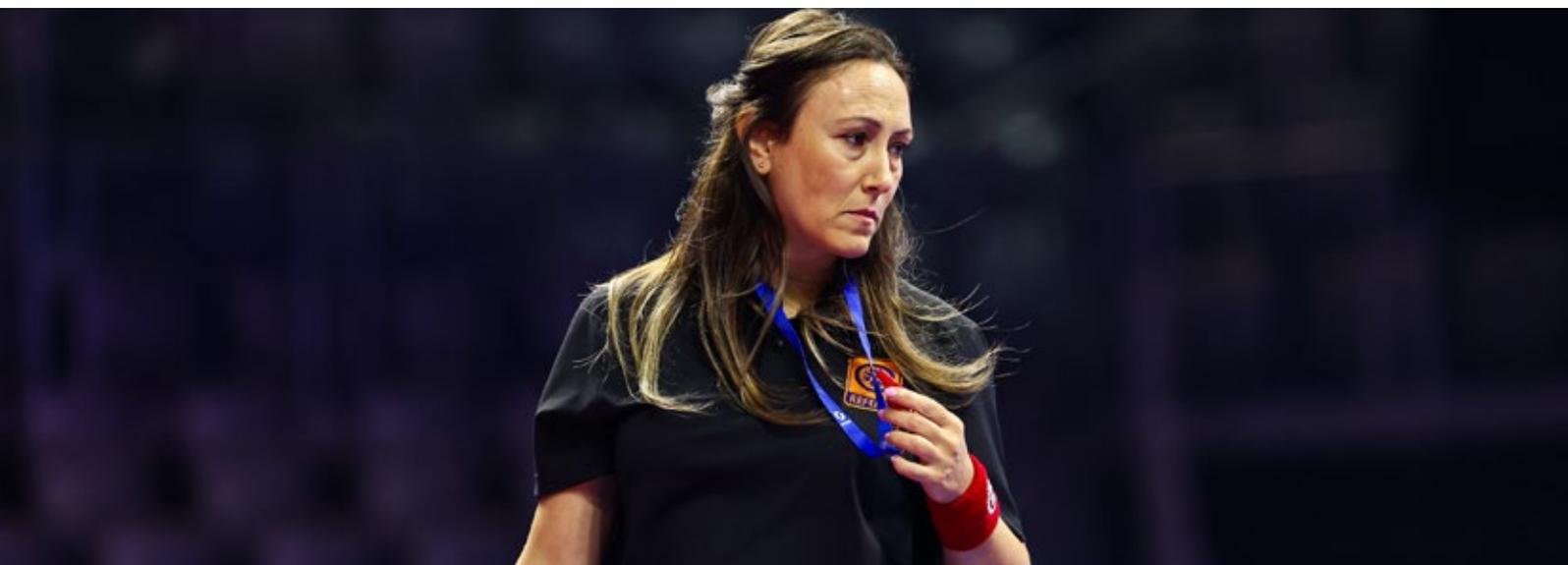
Content:

- Evaluation of Holds and Scoring
- Job of the Referee
- Differences between the Olympic Styles and Beach Wrestling

Competition: A beach wrestling competition is recommended at the end of the course but is not required. A competition would provide the participants real practical experience. It is possible to use simulated bouts for the practical sessions.

Recommended online courses:

- Ready to Wrestle
- Online Rules Test
- Introduction the Refereeing
- Evaluation of Holds
- Introduction to Beach Wrestling (if adding a BW module)
- Advanced Beach Wrestling Course: Rules-Training-Referees (if adding a BW module)





Appendix

Recommended Items for Course Preparation:

- Classroom suitable for theoretical sessions
- Wrestling mats for practical sessions
- Tables - seating four (4) participants per table
- Chairs
- Flip charts / paper pads with stands
- Markers
- Paper and pens for participants
- Scoring paddles (2-3 sets)
- Wrestlers, required to simulate matches during practical sessions