



SRE Article #3
Control and Reaction Time
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As we embark on the second semester of NCAA Wrestling I want to take a moment to discuss the importance of adhering to the rules regarding control and reaction time.

Reaction time

There is currently not a definition of reaction time in the rules book. As the Secretary-Rules Editor, I have previously interpreted that each individual referee determines what reaction time is. In adherence to the rules book, it is important to note that reaction time is **not instantaneous**; it is a real amount of time.

- All takedowns, with the exception of the hand touch takedown, require the wrestler to secure control beyond reaction time.
- Reversals require a change of control beyond reaction time.
- Escapes require a loss of control beyond reaction time.

The hand touch takedown

It is critical to understand that a hand touch takedown requires **rear standing** neutral control before the hand touches the mat to qualify for this type of takedown. In other words, if there momentary neutral control down on the mat, you cannot apply the hand touch rule, you must wait for control beyond reaction time to award the takedown. See rule 4.2.2 to read the exact language.

Initiating near fall swipes

Since the rules require all non-hand touch takedowns be awarded only after control beyond reaction time is established, then it is important to remember that near fall swipes may not occur until immediately after the takedown is awarded.

Control + Reaction Time = Takedown and now near fall swipes may be started.

Understandably, these sequences often happen very quickly but this point of emphasis is to remind you that, per rule, you may not award near fall swipes before a confirmed takedown has occurred.

Neutral danger zone and reaction time

A wrestler must be in the neutral danger zone beyond reaction time **before** announcing the NDS.

Keep up the good work!

Chuck Barbee
Secretary-Rules Editor