

A GUIDELINE FOR WRESTLING OFFICIALS' PRE-MEET DUTIES

(Remember to conduct the pre-meet duties in a professional, cordial manner.)

- **Coach verifies all wrestlers will:**
 - ▶ Be properly groomed - hair, whiskers, skin, nails, greasy substances
 - ▶ Have legal equipment - check all special equipment, ie. tape, padding, supports, braces, mouth guards if wearing braces, hair coverings, face masks, socks, T-shirts, undergarments
 - ▶ Have shoe laces secured
 - ▶ Be ready to wrestle when reporting to the mat
- IHSAA Wrestling Skin Condition Report is the only acceptable form for wrestlers with suspect skin conditions
 - ▶ These form **MUST** be presented at weigh-ins and verified by the referee at the pre-meet, if the referee was not at weigh-ins
- Coach and captains are responsible for team sportsmanship
 - ▶ Remind all team personnel there is zero tolerance for unsportsmanlike conduct
 - ▶ Remind coaches about restriction to bench during the match
- Wrestlers are to report to the scorer's table ready to wrestle and go directly to the mat
 - ▶ Once the wrestler reports to the mat they cannot leave without referee's permission
 - ▶ Wrestlers receiving a forfeit must report ready to wrestle
- Discuss end of match protocol
- Proper starting positions - top and bottom
 - ▶ Defensive starting position – knees behind the line, hands in front of the line, get set
 - ▶ Offensive starting position – no sequence, don't bump the defensive wrestler, get set – both wrestlers wait for whistle to start
 - ▶ Optional starting position – fingers and thumbs touching, don't straddle opponent
 - ▶ Neutral choice by offensive wrestler at any time – notify referee before the defensive wrestler has been "set" by the referee
- Procedure for coaches to request conference with referee
- Require wrestlers to wrestle aggressively in the center of the mat to avoid a stalling call – use terms such as "center", "circle", "action", "improve"
- Choice of position – wrestlers should be ready to make choice

- Unnecessary roughness is NOT acceptable
- Stalemate when neither wrestler can improve his position
 - Repeatedly creating a stalemate is stalling
- Ask if coach has any questions or wants any clarifications
- Final reminder of sportsmanship being the top priority and the captain and head coach meeting in front of the scorer's table at dual meets for the disk toss

Meeting with Score keeper – extent of this meeting will be based on the experience of the personnel and your past experience with them

Use proper abbreviations

Record points in the sequence they are signaled

Circle first points scored

Record wrestler's choice and position at start of period and overtime

Importance of constantly keeping match and team scores up-to-date

Meeting with Time keeper – extent of this meeting will be based on the experience of the personnel and your past experience with them

Confirm with referee that table is ready for start of each match

Keeping overall time and being able to assist, when asked, if situation occurred before or after time expired

Notification of referee if there are clock or other table problems

Injury time - 1-1/2 minutes total - limit 2 injury time outs total per wrestler

Recovery time - 2 minutes total - no limit on number

Blood time - 5 minutes total - no limit on number of blood time outs

Record blood time and injury time separately

Check the mat area – this will be based on your past experience at the facility

Look for mat markings

Look for safety concerns

Check location of team benches

Check location of scorer's table and scoreboard

Meet with head coaches and captains from both teams before a dual meet

Have them introduce themselves

Toss the disk to determine choice of odd or even matches

Remind them what weight class the meet will start at – that match is odd even if neither team has a wrestler

Final reminder about good sportsmanship

(Adapted from information originally developed by Del Hughes & Eric Jobgen. Review pages 73-75 of the NFHS Wrestling Case Book for additional information.)