

## ***Pre-Match Wrestlers***

- Reinforce proper sportsmanship
- ID team captain
- Inspect wrestler's appearance.
  - *(hair, nails, skin)*
- Special equipment:
  - hair cover /mouth guards
- Report to the table ready to wrestle
- Cover stalling/fleeing philosophy
  - 10 ft. circle (don't play the edge)
  - Wrestle aggressively
  - Don't back or push out of bounds
  - Shoe comes off or untied
- Discuss referee's position and announcing "set" prior to starting wrestling

**Wrestle until the whistle**

**3pt takedown**

**Any point of contact inbounds**

**2,3,4 point nearfall**

- Any questions?



## ***Pre-Match Coaches***

- Reinforce proper sportsmanship
- Cover stalling/fleeing philosophy
  - 10 ft. circle (don't play the edge)
  - Wrestle aggressively
  - Do not back or push out of bounds
  - Shoe comes off or untied
  - 2pt stall is stop of action and choice
  - Fleeing the mat
  - Imminent scoring
- Approaching the table during a timeout
  - Change the call
  - Coaches misconduct
- Conduct Random Draw for dual meets
- Any questions?
- Ask coach to verify that all wrestlers are properly equipped and ready to wrestle

**Out of Bounds**

**3pt takedown**

**Any point of contact inbounds**

**2,3,4 point nearfall**



## ***Wrestling Mat, Table & Workers***

### **Mat**

- Ensure table has match clock, blood clock & injury clock on hand
- Red & Green ankle bands
- Back-up method for end of period/match (towel)
- Blood clean-up supplies
- Check buzzer, mat, and general wrestling area
- Room for home and visiting scorekeeper to sit
- Team benches 10' from edge
- Check mat seams
- *ID any potential hazards*

### **Score Keeper & Timer**

- Record points only when shown or directed by me
- Circle first points scored
- Record choice of position in 2nd or 3rd period. Record odd & even matches for duals and point to the bench that has choice if I forget.
- Takedown/reversal to the back, I may count near fall first before signaling the TD or reversal. Possible delayed signal
- Choice for each weight; odd or even
- Pay attention to the match and my signals. Do not let coaches or fans talk to you. Don't get distracted. Stay off the cell phones and texting
- Alert me if you are unsure of my signals or score when there is no significant action
- Keep overall time of match. I may ask you if time expired prior to me awarding points so pay attention. Stay off the cell phones and texting
- Tapper comes out with 10 seconds left and counts out loud at 5 seconds to time. Tapper will not interfere with me
- If the match clock malfunctions, immediately start a stop watch and we will sort it out when there is no significant action. Don't hit the buzzer unless it is the end of a period (especially in OT or Tech Fall when action takes another wrestler to his back)

