

PRE-MEET DUTIES

It is the official's responsibility to arrive at the school at least 30 minutes prior to the start of the match to quickly dress and attend to the following:

PREMATCH LOCKERROOM:

1. Ask coach if all are properly equipped & **READY** to wrestle. -- Have head coach verify that all wrestlers will be properly equipped and ready to wrestle *unsportsmanlike conduct on coach if they report to the mat not ready.
2. **NO BOXERS** or **BIKE SHORTS** reminder nothing can come out from under the uniform.
3. Introduce yourself and ask wrestlers to line up for skin, hair, and nail check wrestler's singlet straps pulled down and legs exposed- ask coach if any of his wrestlers have any skin problems requiring physician's letter and ask to see those letters (dated & **NOT** contagious). Loose pads secured. -- Check tape jobs *shoelaces must be taped or secured properly before reporting to mat
4. Remind wrestlers to report to scorer's table: give name, wt. class---then go **DIRECTLY** to the mat—tell scorer to circle first score during the match.
5. Go over any particular issues that you feel are important [for example, you should mention to the wrestlers that you may talk to them at times during the match and that they should not stop wrestling in those instances unless they hear your whistle; explain that match is not stopped in neutral for warning or penalizing for stalling; another example would be explaining to them that you plan to start them from different angles and that they should be prepared to go on the sound of the whistle as soon as they are in position (limit your conversation to main issues)].
6. Remind coaches and captains that they are responsible for ensuring that good sportsmanship is displayed throughout the match
7. 5 minutes bleeding time. 1 1/2 minutes injury time w/no more than 2 time outs. Choice of position after 2nd time out to other wrestler.

8. Actual Weight Sheet at Head Scorer's table. Scorers circle first scores in each match.

9. Review starting position *remind wrestlers to be ready to give choice at beginning of second or third period ** if using optional start, give indicator to official before he sets the bottom man.

10. Ask the wrestlers and coach if they have any questions about rules or interpretations. If none, just tell them to wrestle aggressively, good luck and get out of the room [you should not have to conduct a rules clinic in the locker room – that's the coach's job].

REMEMBER:

YOUR JURISDICTION STARTS WHEN YOU WALK IN THE DOOR; SHOW ALL CONCERNED THAT YOU ARE A PROFESSIONAL RIGHT FROM THE START; AND A SUCCESSFUL MATCH STARTS WITH A WORTHWHILE PRE-MEET PROCEDURE. TAKE CARE OF INSPECTING NAILS, BEARDS & SKIN IN THE LOCKEROOM; NOT AT MAT-SIDE. IT'S NOT A VERY APPEALING PART OF PRE-MEET RITUALS AND THERE IS NO NEED FOR THE SPECTATORS TO WITNESS IT.