

PREMATCH DUTIES: 2009-10 SEASON

- Ask home school coach if the school has designated physician on site to deal with skin issues. If so, ask to have physician in locker room during pre-match discussions with wrestlers (this applies if official was not present at weigh in).
- Ask head coach to verify that all wrestlers will be properly equipped and ready to wrestle.
- Once in locker room, introduce yourself to wrestlers and ask them to line up for pre-match check, i.e. skin lesions and hair and nail length. If any wrestlers have any skin problems requiring physician's approval, ask to see the official form filled out by the attending physician. Form should include location of skin lesion, date treated and date wrestler is no longer contagious and can resume participation. If anyone already has been taped, have it removed to verify that there is no skin lesion under the taping.
- Ask to see and inspect for legality all special equipment, i.e. headgears with facemasks, knee and elbow braces, soft hand splints, tee shirts under singlet, hair coverings, mouthpieces covering braces (if braces are on top and bottom, a mouthpiece is needed to cover both). Caution wrestlers that they will be asked to remove normal knee pads that do not remain in place during wrestling.
- Remind wrestlers that shoelaces must be secured, i.e. taped or lace guard. Emphasize that any undergarment worn under the singlet must be tight fitting Advise against wearing boxer shorts as they are going to be penalized if loose fitting and extend beyond bottom of singlet during wrestling.
- Cover injury time, blood time and recovery time with wrestlers. Be especially clear on the consequences of multiple injury timeouts.
- Cover the new starting sequence from the referees position – knees and feet set, hand on navel, head in middle of back, palm to back of nearside elbow, referee will pause, say “set” and then blow whistle.
- Remind wrestlers to report to scorer's table: give name and weight class to scorekeepers. Once acknowledged, go directly to their designated spot inside the 10 foot circle and immediately be ready to wrestle.
- Ask the wrestlers and coach if they have any questions about rules or interpretations, and answer those in straightforward manner. Remind wrestlers to wrestle aggressively. Cover what you will be looking for regarding stalling.
- Remind coaches and captains that they are responsible for ensuring that good sportsmanship is displayed throughout the match. Wish the team good luck and leave the locker room promptly.
- Meet with timekeepers and scorers and cover their duties. Timekeeper should be reminded not to hit the buzzer or horn during wrestling when there is 15 point difference in the match or because a coach approaches the table demanding a

conference with the official. Explain the time differences among injury time, blood time and recovery time. Scorers should be reminded to circle the first score of the match and note the difference between match point unsportsmanlike conduct and other penalty points. The proper unsportsmanlike conduct notation in the book is UCM1.

- Check mats and wrestling areas for safety issues: proper distance between mats, scoring tables and benches (where physically possible); appropriate safety mats; and proper taping.
- Avoid to the extent possible unnecessary discussions with coaches and parents of wrestlers prior to wrestling beginning.