

Officials Pre-Meet Duties

NFHS Wrestling Rules Meeting

October 1, 2003

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Pre-meet Duties During Weigh-ins

- Arrive early enough to dress and introduce yourself to both coaches and game administrator.
- Clarify new rule changes and rules upon request.
- Handle weigh-ins per NHFS procedures.
 - Announce that all participants of the same gender must be in the weigh-in area.
 - Once the weigh-in starts no one may leave the area until weigh-ins are concluded.
 - All wrestlers must address the scale when their weight class is called.
 - Check hair, fingernails, and skin conditions.

Pre-meet Duties During Weigh-ins

- If there is a wrestler of the opposite gender make sure there is an area and weigh master to weigh that wrestler in. Instruct the weigh master on the weigh-in procedures (check for skin conditions, hair, nails and the rules for weighing in.)
- Determine the random order of matches with coaches present.

Pre-meet Duties Prior to Competition

Whether or not you conduct weigh-ins, it is imperative to visit each locker room prior to competition and proceed in a business like manner. This shows coaches and contestants the efficiency which you will administer the rules on the mat. The visits to the locker rooms are an important part of preventive officiating.

- Ask coach to verify that the team is groomed, properly equipped, and ready to wrestle. (Penalty is unsportsmanlike conduct.)
- Clarify new rule changes and rule interpretations.

Pre-meet Duties Prior to Competition

- Remind coaches they are restricted to the team bench during the match, except during a charged time out, at the end of a match, or a conference with official at the head table.
- Remind Coaches they are to approach the head table if they desire a conference with the official.
 - If they question a ruling, there is one of two things will happen:
 - 1) Change the call
 - 2) Warn them for misconduct.
 - If they question a judgment call they will receive a warning for misconduct.

Pre-meet Duties Prior to Competition

- Stress sportsmanship and end of match handshake to coaches and wrestlers.
- Remind wrestlers and coaches of the procedure for reporting to head table when called by the official.
- Inform coaches and wrestlers how you call things, such as: stalling, starting procedures, fleeing the mat, out of bounds situations, etc.

Pre-meet Duties Prior to Competition

- Check wrestlers for:
 - Presence of oils or greasy substances.
 - Improper clothing or uniform (t-shirts, tights without stirrups, Bermuda length shorts, etc.)
 - Questionable padding.
 - Jewelry
 - Grooming (facial hair, hair length, fingernails) if not done during weigh-ins.
 - Skin conditions.
 - Shoe laces are secured.

Pre-meet Duties Prior to Competition

- Check all equipment to make sure it is legal.
 - Supplementary equipment worn by wrestlers.
 - Inspect mat area (proper size, markings, safety area)
- Review signals and procedures to be used with scorer and timer and their responsibilities.
- Introduce yourself to game administration.
- Do not visit with spectators. Conduct yourself in a business-like manner.

