

Dress Professionally: Correct attire and how it's worn will improve respect.

Timeliness: Arrive on site 15 minutes early, earlier if unsure of where school is located.

When arriving on site:

- Introduce yourself to the coaches; let them know what you'll be expecting of them.
- Ask them if they have any questions for you at that time.
- Locate both team locker-rooms so that you can do your pre-meet talk / inspection.
- Fill out the school's billing information so that you may be paid. This is usually found at either the score table or at the cashiers table upon entering the gymnasium.

Pre-meet talk:

- Visit one team at a time and check their finger nails, hair, and any equipment or special devices that will need your approval prior to their wrestling. Any conditions that require addressing must be performed prior to wrestling and the offending wrestler must report back to you with the questionable problem addressed or they forfeit the match.
- Talk to the wrestlers about your expectations and what they can expect from you. Discuss with them new rules or changes, edge of the mat calls, hustling back after going out-of-bounds, and what you're looking at when considering stalling.

Talk to the table help:

- Go over what you expect from the table help.
- Talk with the score keeper and make sure they understand the proper signs and points.
- Talk with the time keeper making sure they know the importance of the clock.
- Find out who is cleaning up blood.
- Most important! There should be no friends or distractions at the scorers table.
- **Review the Roster(s) and check them against the Weigh-In Alpha List**, no wrestler may wrestle unless they are on this list and approved for that weight.

Positioning:

- Always stay in good position to see the action when on the mat, stay to their heads.
- When at the edge of the mat, straddle the line and look for supporting points.
- Know what moves are being performed and anticipate direction and flow so that you can be in the right position to make the call.
- Always back up two to three steps further than you are, whether on your feet or down looking for a fall as this will allow you a better vantage point to see the action.

Know the rules:

- Know the rules and be sure of your calls. Sell the calls you make to the coach & fans.
- Be confident; hold your signals high so that everyone can see them, especially the table.
- Use good loud, verbal communication to sell your calls.

During the match:

- When starting the match, face the table and clock. If this is not possible keep a silent count until you can circle around and see that the clocks have started appropriately.
- When in the neutral position keep both wrestlers in front of you to monitor the action.
- Keep several feet distance between you and the wrestlers so as to not interfere with the action and to also see the action clearly. Pinning situations require enough distance to avoid contact but close enough to see clearly whether a pin has occurred.
- Respect the coaches by accepting a conference if they request one, but do so at the table, with your back toward the table and watching the wrestlers. Only stop the match for a conference when action allows you to do so, never stop while action is underway.
- **Important!** Listen to the coach, do not interrupt. Let the coach explain his point and his interpretation of the rule or situation. Explain your opinion, use NFHS rules, and then continue wrestling. Learn to balance the flow of the match with appropriate communication. You control the match however be respectful of the coach.
- Give respect but demand respect in return. If the coach or wrestlers demonstrate disrespect then professionally control the situation by penalizing for misconduct or unsportsmanlike behavior and continue the match.

Post match:

- Sign the score book and document time for future reference or dispute.
- Shake hands with both coaches. New officials are often told by veteran officials that not all calls will be agreed upon. Don't be afraid to approach the coaches and ask them how you could improve. Be cautious of angry coaches or fans who may want to vent their frustrations. Remember that by asking for criticism you may get it. Don't comment, listen to what they have to say, you'll know if what they are saying has value by whether you hear from others as well. Take advantage of their knowledge and point of view to become a better official.
- Be polite, you're an invited guest and representative of the UWOA / UHSAA.