

Referee Pre/post match responsibilities

Arrive at gym - locate home team coach and introduce yourself if needed

If weigh-ins have not been started, perform skin checks prior to wrestler getting on scale (have random draw kit available if needed). Prior to commencing skin checks, ask coaches if they have any skin forms.

Skin checks (straps can stay up, legs must be visible)

Skin (wrestlers should not be taped prior to skin checks)

Nails

Jewelry

Mouth piece

Special equipment

Locker room speech (no more than 2 minutes)

Introduce yourself

Safety

Start and stop on the whistle

Listen to referee instructions during match

Slams, aggressive cross face, collar ties etc.

Potentially dangerous situations

Sportsmanship

Read Sportsmanship card

Respect opponent and referee

Pre and post match handshake

General

Stalling

Wrestle in center of mat

Work for takedowns, pin or reversal

Check in at table prior to match ready to wrestle

Head gear, straps up, shoes tied securely, mouth piece

Starting positions

Answer any rules questions

Head table

Introduce yourself to official scorer and time keeper

Certified weight sheet for both teams at table

Circle first points scored (ultimate tie-breaker)

Timer for Blood, Injury or Recovery (only referee can start and stop time)

Record time on bout sheet

Give countdown update

Confirm blood cleanup supplies and garbage pail

Discuss scoring, hand signals and clock issues (didn't start or stop)

How to get my attention (stoppage in action)

Red and green anklets

Trainer

- Introduce yourself
- Confirm that they will be assisting both teams (important for HNC time)
- Discuss Head, Neck and Cervical time

Mat

- Inspect mat and mat area

Captains

- Call captains from both teams to the mat
- Handshakes and introductions
- Remind captains sportsmanship
- Determine and announce which team will be red/green
- Flip disc (let drop to mat)
- Team winning the toss selects odd or even bouts
- Captains shake hands again and return to bench
- Inform head table and both coaches who has choice and red/green for match

Conclusion of match

- Confirm final score with both team scorers
- Sign books and record time of day
- Thank the table workers and trainer