

## **Referee Pre/post match responsibilities (dual meet)**

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 unless tights are worn)

- 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 and scorebook 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 regarding 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