Assistant Referee Overview

First on / last off - tuck away whistle
Let HR check in wrestles – AR on far side of 28 foot circle (180 to table)
**Almost always** 180 degrees apart / often on or near 28 ft. circle / the big picture – you must hustle to be in position (jog perimeter if need be)
Watch clock on starts and stops / awareness of time
End of period view clock through wrestlers if possible
Never show disk / never use any signal / never count NF
Make sure points scored are put on scoreboard
Awareness of bad time
Count silently NF in case HR is out of position
Never call cautions, inform HR of concern prior to next restart
Awareness of ITO / penalty and stalling sequence / restart choice
Stalling – quietly say “Red” / “Green”
Only signal locked hands, grasping of clothing or headgear
**Communicate all other violations – must talk!!**
Let's talk / walk byes
For a let's talk - stop match at appropriate time but ASAP / discuss
Discuss away from coaches / wrestlers
“Let's talk” **MUST BE BRIEF** - agree to disagree
Importance of random communication
**COMMUNICATION / COMMUNICATION / COMMUNICATION!!!**
HR may approach AR for opinion
HR may use hand gesture to get AR attention / opinion – if necessary ask, **“what did you see?”**
Close down on line calls / buzzer calls / scrambles / end of period – **TALK!**
AR does not communicate with coaches / avoid communication with wrestlers
Tapper should be an official if available
Out official / tapper enters mat area with 15 seconds left
AR should inform HR when 10 seconds are left in each period
Tappers will approach HR and count down the last 4 seconds
He will loudly say “**time**” and extend hands upward (get big) to HR uniformity of AR mechanics on all mats - no variations
Look / Act / be professional at all times!
GET THE CALL RIGHT! YOU ARE A TEAM!
**PUT YOUR EGO ASIDE! RESPECT AR OPINION!!**