

A WRESTLING OFFICIAL'S TOP TEN LIST FOR SUCCESS

1. **PREPARATION:** A lifetime process to apply oneself to constantly learn and improve

- Be well conditioned: run, bike, swim, etc.
- Read, Read, Read. Rule book, case manual, all materials you can get your hands on
- Attend as many meetings and clinics as possible; listen, learn, discuss and network

2. **APPEARANCE**

- Dress appropriately to and from every event
- Proper officiating uniform clean, pressed and travel with an extra set
- Official's materials include a whistle, wrist bands, flip disc, random draw kit

3. **PRE-MATCH ADMINISTRATIVE DUTIES**

- The weigh-in process
- The health and safety inspection
- Inspect all special equipment; either approve or disapprove



4. **TABLE TEAM**

- Meet w/ table workers, explain signals and duties of each
- Timer: starts and stops the clock on official's whistle and simultaneous hand signal
- Scorer: records points earned, penalties and any blood, injury & recovery time used by each

5. **CLEAN CLEAR MECHANICS**

- Know and practice all 28 signals, and only approved signals shall be used
- Especially time yourself for the proper near fall five second count
- Be prepared to correct the score book with memory of sequence of the scoring events

6. STARTING POSITIONS

- Neutral starting position
- Referee's starting position
- Wrestlers always return to center from out-of-bounds to the same position as they went out

7. WRESTLING SKILL KNOWLEDGE

- Have a working knowledge of both offensive and defensive wrestling maneuvers and skills
- Have a sound understanding of body mechanics, how body parts bend and move
- Safe legal maneuvers and especially dangerous maneuvers



8. FLOW OF MATCH POSITIONING

- Neutral wrestling: the official should flow w/ match so as to always see between both wrestlers
- Mat wrestling: the official should stay around 12 o'clock to view wrestler's heads, arms and upper bodies
- Anticipation of wrestling skills to move into proper position promptly and smoothly
- Proper positioning is necessary to protect wrestlers, witness illegal and potentially dangerous



9. PROFESSIONALISM

- Meet and treat coaches and athletes and table workers respectfully
- Maintain poise and composure in difficult situations
- Handle the match in an unbiased manner
- An official should be Professional • Polite • Patient • Prompt • Decisive • Direct

10. CONTINUED SELF DEVELOPMENT

- Continue to read and re-read rule book and case manual
- It is important to know the rules, apply the rules & understand the intent of the rules
- Find a veteran official to be a mentor. A personal contact for discussion, travel and work together for the first several years.