

Team Sectional Reminders

1. Weigh Ins:
 - a. 15 minutes prior to weigh in gather coaches for random draw
 - b. After start weight is determined have teams line up
 - c. 5 minutes prior, make weigh in announcements and verify all wrestlers present
 - d. Teams wrestling in the first round weigh in on the same scale first
 - e. #1 and #2 seeds weigh in after seeds 3-6 weigh in
 - f. Each team may weigh in up to 28 wrestlers
 - g. Girls ARE allowed to weigh in and wrestle as part of the 28
 - h. No additional growth allowance if girls wrestled the night before

2. Coaches meeting:
 - a. Introduce officials (importance of ranking)
 - b. Explain schedule for the day (AR in Semis, Championship and Wrestleback)
 - c. Each round starting weight class moves up (ex. Rd 1 is 113, Rd 2 is 120, etc)
 - d. Introduce Athletic Trainer
 - e. Sportsmanship reminders
 - f. Bench Decorum (in the chair or behind the bench)
 - g. Cumulative penalties for the day(misconduct, unsportsmanlike, flagrant)
 - i. Flagrant -3 team points and removal
 - ii. Unsportsmanlike -1 team point on first offense, -2 team points and removal
 - iii. Misconduct (head coach only)- 1st offense warning, 2nd offense -1pt, third offense-2pt and removal
 - iv. Make sure to communicate with other officials and the coaches

3. Wrestling:
 - a. Make sure copies of weigh in sheets are available at each table
 - b. Official will check special equipment for their dual (questions involve head official)
 - c. Coaches will confirm wrestlers are legally/properly equipped.
 - d. Mat officials will meet with captains and coaches for sportsmanship reminder and flip
 - e. Team that has choice reports first, wrestler is considered checked in when official accepts the wrestler as eligible to compete at that weight class
 - f. Ties are broken using NFHS tie breaking procedure