

## 2018-19 LOCKER ROOM TALK / RESPONSIBILITIES

(Keep brief / 7-8 minutes at the most)

### ▪ **Introductions**

- Introduce self to coaches & team
- Shake hands with coaches and captains / will meet you and coach at center mat
- Your expectations during the meet and match
- Your thoughts on sportsmanship and safety
- No post-match handshakes, only right-handed handshakes
- Encourage wrestlers to consider being a wrestling official

### ▪ **Inspection of contestants (quickly)**

- Coach must verify that wrestlers are in proper uniform, groomed / equipped / ready to wrestle
- Grooming / skin / hair cover / taping
- Face masks / pads / headgear – Make sure knee pads are proper length – no arm or leg sleeves
- Laces / jewelry / mouth guard – Any other Special Equipment?

### ▪ **Rule changes**

**NEW - interpretation of inbounds (2 supporting points) shall** stop when no action on the edge

**NEW - “cylinder rule”** in near fall situation, knees / butt may come off the mat

**NEW -** Backing off, pushing or pulling off the mat is always considered stalling

**NEW - nelson cradle / backbow are illegal**

- Reminder – suplay / salto / standing front flip or hurdle – Illegal last year
- Reminder – itis stalling if you do not a make genuine effort to return to mat in 5-7 seconds
- Reminder – be aware of alternative uniform requirements – always get it inspected by official

### ▪ **POE** (very brief – cut back as season progresses)

- Arm trap review
- Stalling thoughts / fleeing the mat
- Wrestlers and coaches must remain in or behind chairs at all times
- Wrestlers and coaches do not approach the mat until the match is over

### • **My mat communications** – Important!

- Listen to what I say!!
- Explain what are some phrases / comments you use on the mat (Ex: center / work in, work to improve, keep it legal/safe, easy down, let him breathe / etc.)

### ▪ **Questions or concerns??** Good Luck – have fun, and wrestle hard!

## IN THE GYM RESPONSIBILITIES

- Locate meet manager and introduce yourself (know where he / she will be for the entire contest)
- Meet with LAT if present – any questions / expectations / go over BT / IT / RT
- Examine facilities for safety – 5 feet of safety mats / mats properly secured – Blood materials / first aid in corners – Chairs / head table / bleachers at least 10' from the mat
- Meet with head scorer and timekeeper (explain your expectations)
- Review lineups, starting wt. class, and check weight eligibility (if time permits)
- Do not fraternize with coaching staff, spectators or athletes
- Meet with captains and coaches center mat for choice of odd or even matches, reminders about starting weight and displaying good sportsmanship both on and off the mat at all times.