**Weigh-ins**

* If weigh-ins were done before you get there make sure the weigh-in sheet is signed by a school administrator (not a coach).
* All wrestlers must weigh-in with a legal uniform on and no additional weight allowance is granted.
* No hair length rule – If you decide to wear a hair cover it needs to be secured to the headgear and presented at weigh-ins. A rubber band is legal.

**Skin Checks**

* Singlets on and straps up, sock length does not matter.
* If a wrestler has a skin issue, make sure coach gives them the sheet ahead of time (This must be the MSHSL form) check the date treatment started and when he can return to competition. Check at the bottom of the sheet for the timelines allowed for return to competition. If you see a kid with a skin sheet in line pay particular attention to the kids in front of him/her and directly behind him/her as that will be his /her work out partners most likely.

**Pre-Match Meeting with Coach and Team**

* Please verify that your wrestlers are properly equipped.
  + Shoelaces secured - Laces coming untied during the match will result in a stall call. A shoe coming off will result in a technical violation and injury time.
* Stress good sportsmanship should be observed throughout the match. It is the first 3 criteria used in breaking a tie.
* Designate one coach to check in your wrestlers throughout the dual, to minimize number of people going to the bench.
* Head/Neck/Cervical injury time out is separate from the 2 regular injury time outs. Health Care Professional will decide if they want 5 minutes to evaluate wrestler. They make the call if wrestler continues. H/N/C time is not negated because of bad time. If wrestler is injured because of illegal hold, UC, UR, they will get 2 minute of recovery time and not 5 minute H/N/C time.
* kids can shake hands at beginning of match and end of match but not required to. But do make sure to report back to center at end of match.
* Both wrestlers should make every effort to stay in bounds and continue wrestling. OOB stalling- when wrestling stops and we go out of bounds, referee has to decide 1 of 3 calls to make. Either stalling or Flee or action took the wrestling out of bounds. Officials should be looking at which wrestler is initiating action and who is avoiding it. Who is taking the action OOB and not circling back inside. Look for level changes, shot attempts. Make the call early to stop this from happening throughout the match, kids will adapt and work to stay in bounds. On the mat, is the top man working to the side or riding hips, is bottom man lying flat with his head on the mat?
* Once the 2 point stall call has been called, action will stop and the opponent will get choice on restart.
* Imminent scoring. If a wrestler is injured during an imminent scoring situation (Reversal, Escape, TD) and the referee feels the wrestler would have scored the referee can then award the points.
* **No touch officiating**, it is imperative that the wrestlers stop wrestling when the whistle is blown.

**Pre-Meet with Table Workers**

* Go over time for injury time (1:30 cumulative only 2 TO allowed) Blood time (5:00 cumulative) H/N/C (5 minutes cumulative) Let the table know when a wrestler is injured you will start injury time when the trainer gets on the mat, if the trainer would like to use H/N/C time, you will wipe away the injury time and go to H/N/C time.
* Make sure first point scored in each match is circled. Only check in the wrestlers in the order they are supposed to check in.

**Pre-Meet with Trainer**

* Let trainer know injury time will not start until they get on the mat.
* Go over H/N/C with the trainer so they understand how to ask for the 5 minute time and they have the final say if wrestler can continue.

**Pre-Match at Center of Mat**

* Gather coaches and captains and have the disk flip to determine who presents first for odd/even matches. Again, ask for good sportsmanship throughout the dual. Control your benches, verify the score is correct.

**Post-Match**

* The wrestlers will return to the center of the mat at the conclusion of the match where they can shake hands, fist bump or acknowledge each other. We will not raise the arm of the winning wrestler. Instead, will identify the winner by raising the arm with the color wrist band of the home (green) or visiting (red) team. At that time, the winning wrestler will raise their own arm.
* They may not go across to the other teams coaches and shake hands.