

## **CWOA Evaluation Reminders Checklist**

### **MECHANICS**

Positioning: Proper distance for situation; Neutral – Perpendicular, Mat – On the head, hands side

Movement: Move to improve position at all times; hustle

Anticipation: Know what the wrestlers are doing and where they are going; beat them to the final position

Match Procedure: Keep match moving

### **SIGNALS**

Visual: Points – high above head, held for 2 seconds; scoring – deliberate, clear, held for proper time

Verbal: Proper volume based on situation and environment; Don't yell at wrestlers

Demonstrative: NFHS approved signals with purpose

Whistle: Loud, clear, one-tweet

### **RULES APPLICATION**

Understanding: Knows rules and uses them correctly during match

Spirit of Rule: Enforce appropriately; sometimes ref down and up based on situation

### **JUDGMENT**

Determining Control: Call immediately once attained; show control

Consistency: Apply same criteria to each situation; call-to-call, match-to-match

Edge of Mat: Straddle line; watch for change and call immediately

### **STALLING**

Recognition: See it, call it; think it, call it

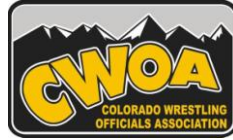
Consistency: Same situation from beginning of match to end

### **MATCH CONTROL**

Communication: Priority – wrestlers, table, teams, crowd

Poise: Uniform sharp; keep composure

Flow: Keep match moving



## Referee's Event Duties

### Pre-Meet Duties

- Check prior to arrival when the weigh-ins will be conducted.
- Dress appropriately (business casual recommended).
- Check your officiating gear for cleanliness and functionality.
- Arrive in time to conduct weigh-ins or competition start time.
- Meet with host coach on-site to locate locker room and where weigh-ins will be conducted.

### Weigh-Ins

- Conduct random draw prior to starting weigh-ins with visiting coach drawing weight class.
- Ensure scale(s) are in compliance.
- All competitors must be ready to weigh-in.
- Ask for and review all skin forms. Ensure they are valid.
- Check hair, skin and nails as the weigh-ins progress.

### Wrestling Area Inspection

- Prior to the meet starting, look over the wrestling area.
- Ensure benches and table area are the proper distances away from mat.
- Discuss with scorer and timekeeper with their duties. The better your relationship with them, the better the meet will proceed.
- Check for blood clean up equipment.

### Pre-Meet Meeting with Teams (if necessary)

- Introduce yourself to the team.
- Items you may cover (this is not all inclusive):
  - Special equipment, sportsmanship, new rules, rules interpretations, your expectations.
  - Ask head coach if the team is ready to wrestle.

### Coin Toss

- Meet with captains and head coach from both teams in the center of the mat
- Ask the visiting captain for choice of color (red/green), then flip the disk. Allow disk to fall to mat.
- Winner of disk flip chooses either odd or even matches. Winner's team reports first based on this choice.
- Start the meet.

### Post-Meet Duties

- Ensure the meet score is correct in the home team's scorebook.
- Sign this scorebook.
- Leave the wrestling area without unnecessary delay.