

## 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 NFHS materials.
- 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



Skin check is a separate procedure & should be performed with the straps up.

## 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 wrestler.

## 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

Officials should review and understand all new 2024-25 NFHS rules changes, especially w/respect to **in-bounds being 1 point of contact**, **Near fall scoring**, and **3 point takedowns**.