

Dual Meets - How to Create and Maintain Control

Preparing for the meet

- E-mail the AD a few days ahead of the meet to communicate

Site Arrival

- Be on Time
 - Weigh-ins are 1 hour before the contracted start time
- Look and communicate professionalism.
 - Dress neatly and act responsibly
- Check facilities
 - Chairs, benches, head table, team areas, scales, etc...

Weigh-Ins

- Conduct Random draw for weight class
- Line up by weight, beginning with the randomly draw class
 - Athletes should be in suitable under garments and ankle socks/no socks
- Announce that athletes should have the following if applicable...
 - Medical Notes (only accept official NFHS form)
 - Mouth pieces (must have cover and have an inside channel for any orthodontia)
 - Hair Caps (unadorned and manufactured to attach to the headgear)
 - Special Equipment
- Check Skin, Hair and nails. Record any issues/concerns
- Record weights (this can be done by coaches). Sign the sheet when finished

Pre-Meet - Cover these items with each team prior to wrestling beginning.

- Sportsmanship is expected at all times from athletes and coaches
- Check in at table and then report directly to the center of the mat
- Explain expectations of the match
 - Stay center and work for points the entire match
 - Stalling: when either wrestler is preventing wrestling and scoring
 - Coaches should bring concerns to the table appropriately
- 3 favorite words - Action, Center, Improve
- Ask the team and coaches, "Do you have any questions?"
- Ask the coach, "Are your kids ready to wrestle?"

During the Meet

- Communicate your expectations to scorer and Timer
 - The better the teamwork, the smoother the match
- Call Captain to center to determine odd/even choices
 - Visiting team calls red or green while disc is in the air
 - Flip and allow disc to hit ground unimpeded
 - Winning color gets to select odd or even matches. This is the team who reports first in those bouts (Odd = 1st, 3rd, etc matches - Even = 2nd, 4th, etc matches)
- Stay Calm and focused during the match
- Use consistent and appropriate mechanics
- Award points clearly and show signals for 2-3 seconds
- Only address coaching concerns at the table
 - Be professional. Be firm. The rules are your armor, know your stuff!
 - Give warnings and misconduct when necessary
 - Be confident, not arrogant!
- Be consistent
 - Out of bounds calls
 - Near fall (is it breaking 45 degrees?)
 - Stalling

Post Meet

- Sign the book and record time after the last match
 - 30 minutes after conclusion to correct any fixable errors
- Send Reports to OHSAA (if applicable)
 - Concussion, Flagrant Misconduct, or any positive moments