

6. STARTING POSITIONS

- Neutral starting position
- Referee's starting position
- Wrestlers always return to center from out-of-bounds to the same position as they went out

7. WRESTLING SKILL KNOWLEDGE

- Have a working knowledge of both offensive and defensive wrestling maneuvers and skills
- Have a sound understanding of body mechanics, how body parts bend and move
- Safe legal maneuvers and especially dangerous maneuvers



8. FLOW OF MATCH POSITIONING

- Neutral wrestling: the official should flow w/ match so as to always see between both wrestlers
- Mat wrestling: the official should stay around the 12 o'clock position to view wrestler's heads, arms and upper bodies
- Anticipation of wrestling skills to move into proper position promptly and smoothly
- Proper positioning is necessary to protect wrestlers, witness illegal and potentially dangerous



9. PROFESSIONALISM

- Meet and treat coaches and athletes and table workers respectfully
- Maintain poise and composure in difficult situations
- Handle the match in an unbiased manner
- An official should be Professional • Polite • Patient • Prompt • Decisive • Direct

10. CONTINUED SELF DEVELOPMENT

- Continue to read and re-read rule book and case manual
- It is important to know the rules, apply the rules & understand the intent of the rules
- Find a veteran official to be a mentor. A personal contact for discussion, travel and work together for the first several years.