

# BASO/PSI Wrestling

## Dual Meet

### Pre-Meet Checklist

1. 2-3 days before your dual contact the AD to confirm date-time-site
2. If there are major changes or concerns, please contact Duane Morgan to resolve any issues
3. Arrive 30 minutes before the dual meet
4. Introduce yourself to both coaches
5. Ask if there is an assigned home medical person available for the dual meet (this is for possible head-neck-cervical injury time)
6. Check for legality of mats and protection surfaces, dimensions and taped.
7. Make sure the coaches chairs are with the team chairs-not in the corners.
8. Retrieve the pre-match weighin forms from each coach.
9. Take the visiting team and coach, into the locker room for wrestlers groom checks. Using the pre-match weigh in form and having Straps up, check fingernail length, facial hair and skin issues.
10. If there is a questionable skin condition, ask the coach for a CIF skin form describing the skin condition. No form and you are not sure-no wrestling for the wrestler.
11. Do the same thing for the home team.
12. Visit with head table. Confirm their knowledge and timeframe for varsity and non-varsity dual.
13. Confirm that the head scorer and that they have the lineups.
14. Call the head coaches and captain(s) to the front of the scoring table. (Not in the center of the mat)
15. Introduce yourself and have them introduce themselves to each other.
16. Confirm colors for the dual meet.
17. Confirm the weight class they will be starting at. If they have not determined this, then you do a draw for the first weight class to wrestle.
18. Remind them that all wrestlers must check in at the head table prior to them going to the center of the mat.
19. Remind them that good sportsmanship is the only acceptable behavior.
20. Ask them if they have any questions.
21. Pull your disk out to flip to determine who has choice odd or even matches.
22. Once this is determined have them shake hands and return to their benches.
23. Tell the scorer who has choice in the 2<sup>nd</sup> period, based on the coin toss. Mark it in the score book-so there is no confusion, later in the dual.

24. Call the first weight class to the table and go to the center of the mat to begin the dual meet.
25. Remember to sign the scorebook after you finish.