POSITIONING

When, where, and why

Anticipate the action. Always be in position for the action to come to you. Credibility of rulings increases from optimum, stationary positions

**Start of match**

• Eye contact with timer

• Start in close

• Back out quick – Be prepared for a quick shot

**Neutral Position**

• Centered looking between wrestlers

• Position yourself different for middle of mat versus line calls

**2nd Period - 3rd Period**

• Flip and let the disk hit – Don’t catch it, center of mat

**Bottom Position**

* Front of wrestler at all times- locking hands, crossfaces, stalling either position
* Pinning situations- not so close to action, looking between legs, hands to face, pulling singlet

**Out of Bounds/Line Calls**

• Be there ahead of the action. Much easier to sell a call when you are in the proper position.

• One of the worst times to be “late” in getting into position.

• Focus first on supporting points

Feet will move, control will not disappear

• Keep wrestlers in view coming back

**End of Match Procedures**

* Keep Both Wrestlers in View
* Hesitate a bit before going to table if alone
* Assistant to top of mat

**MISC**

* Blood time, injury time
* Talking at table with coach

**Summary**

* Anticipate the action
* Know what’s coming
* Arrive ahead of the action
* Know where to be

CLEAR rulings, from GOOD POSITIONS, compliment the credibility of all calls.

Rulings from poor positions, or delays, as you “chase” the action, compromise the credibility of correct calls.