

The Assistant Referee (AR):

(What they don't tell you!)

- The AR has only two signals; the “C” for caution/false start violations (Signal 15) or the interlocking hand violation signal (Signal 17). **Don't be that ref that signals or even talks when you aren't supposed to. You don't need to signal except FS or Cautions or Locking Hands. You can and should point out illegal and PD situations if the lead doesn't see it. Do NOT signal out of bounds! Talk with your lead ref and see exactly what they want/need from you.**
- Before the meet or individual match, the referee should clearly identify his/her expectations for the AR. **Make sure you and the Lead are on the same page. If you haven't ever worked with this ref introduce yourself and ask exactly what they need/want. Don't be shy!**
- The AR must be confident enough to point out when he/she disagrees with the HO, but passive enough to know the call is the ultimate responsibility of the HO. **There will be times where you do not agree with the call. You have the responsibility to voice your concern by saying, “Can we talk about this”? Be sure of what you saw and state your case, but understand it's the lead refs call.**
- The HO should always call the match as though he/she has no AR.
 - o The HO should not confer with the AR before the call.
 - o Make the call and confer with the AR for a second opinion.• Generally, a conference happens after a call, away from the coaches and wrestlers.
 - o The conference is brief and to the point.
 - o The match referee should consider the opinion of the AR then share his/her thoughts if necessary.
 - o Be brief but thorough.
 - o Your ultimate priority is to get it right, then follow procedure with respect to mechanics.
 - o If a disagreement exists, the HO makes a final decision, and the match moves forward. You will be called upon at times to give your opinion based on the rules and what you saw that the lead may not of.
- The AR should be opposite the referee unless the referee specifies otherwise. The lead has one view, you have another. **Usually, you will always be opposite the lead. Sometimes you will need to protect the wrestlers from an close out of bounds table etc.**
- The AR should always be in position to identify illegal holds, technical violations, potentially dangerous situations, and scoring maneuvers that go away from the HO. **Be ready to see what the lead does not or cannot see.**
- The AR should notify the HO immediately of illegal or unsafe situation. It is up to the HO to stop the match should it become necessary. **You cant stop the match per se but if it is a really bad and dangerous situation, step in and protect the wrestlers.**
- The AR is responsible for the timing and the clock.
 - o The AR should have a direct line to see the clock start and stop on the whistle.
 - o The AR should assist with any timing correction on the clock that is necessary.• The AR may count down four, three, two, one - time! (Especially if no tapper is present).
 - The AR must help “catch”/protect the wrestlers from injury, e.g., going into the table, clock tower, a wall/stage, etc. Note: The AR should not traverse across the center of the mat to get back into the action. Always use a circuitous route (around or near the boundary line). Anticipation is essential. The AR needs to know the time, position yourself so you can see the clock and count down from 4-3-2-1 TIME. Never start at 5! 5 can sound like TIME and it can cause a early stoppage which is never good.