



STARTING POSITIONS STATE TOURNAMENT BAD AND GOOD FILM CLIPS

- 1. Poor offensive start**
- 2. Bottom guy lifting knee**
- 3. Starting guys with back to the table & not in between wrestlers**
- 4. Hands and knees way too close**
- 5. Same thing only gets closer on the restart**
- 6. Head over midline too far**
- 7. Head over midline too far**
- 8. Hands and knees too close**
- 9. Straddling**
- 10. Head over midline and straddling**
- 11. Head not over midline – palm probably not on elbo**
- 12. Start with back to the table**
- 13. Feet of offensive wrestler in front of hands**
- 14. Head over the midline**
- 15. Hand not coming to a stop**
- 16. Good job of cautioning and restarting**



17. **Good job of “choosing neutral” mechanics and signals**
18. **Good job of “not cautioning” in a big match**
19. **Good “optional start” mechanic**
20. **Good “choosing neutral” mechanic**
21. **Same match – different mechanic**
22. **Same match – correct mechanic but down on knees**
23. **Good “deferral” mechanics and signals**
24. **Good hustle on restart**
25. **Good preventative officiating – ushering**
26. **Good job of getting them on the lines and starting**
27. **Good hustle**
28. **Good mechanics and signals on “deferral”**