

PRE-MEET

I. SPORTSMANSHIP ABOVE ALL - SHAKE HANDS - MAINTAIN CONTROL

II. STAY CENTER - WRESTLE HARD - AGGRESSIVELY - UNDER CONTROL

III. PROPERLY EQUIPPED - LACES - SINGLET - HEADGEAR - SPECIAL EQUIP

IV. STARTING POSITION on BELLY / NO TIGHTWAIST

WEIGH-INS

I. FINGERNAILS

II. SKIN - ARMS OUT - OBSERVE SKIN - TURN STOP - OBSERVE BACK ~~HAIRLINE~~

III. SPECIAL EQ - HEAD COVER HEADGEAR - MOUTH PIECE

IV. SKIN LETTER - PROPERLY FILLED OUT

V. STEP ON SCALE