



OFFICIALS RESOURCE SERIES

Wrestling Gear Guide

A practical checklist for arriving prepared, looking professional, and handling the assignment with confidence.

**THE
STANDARD**

Confirm every item against your state association, governing body, conference, and assigner requirements.

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Wrestling Assignment Checklist

Build your bag around reliability: the correct uniform, duplicate critical tools, comfort items, and protection for the conditions.

UNIFORM & PRESENTATION

- Approved gray or association-specific officiating shirt
- Black pants, black belt, black socks, and clean black shoes
- Red and green wristbands worn correctly
- Approved warm-up jacket for arrival if applicable

ESSENTIAL TOOLS

- Whistle plus backup
- Red/green flip disc or coin when required
- Match card, pencil, and tournament assignment information
- Hand sanitizer and personal hygiene supplies

SMART BAG EXTRAS

- Knee support or low-profile kneepad if permitted
- Towel, spare wristbands, socks, laces, and whistle
- Disinfectant wipes for personal gear; never substitute for venue mat protocol

Pack, Inspect, Perform

WHEN	WHAT TO DO
48-24 HOURS	Confirm venue, level, crew, uniform, arrival time, parking, payment process, and special instructions.
NIGHT BEFORE	Lay out the complete uniform. Charge devices. Test whistles/timers. Check weather and travel time.
ON ARRIVAL	Change or finish dressing privately. Inspect equipment. Meet the crew. Complete the required pregame.
AFTER GAME	Record game details, clean and dry gear, replace used supplies, and note anything needed before the next assignment.

AVOID THESE MISTAKES

- Jewelry or sharp accessories
- Worn shoes with poor mat grip
- Sharing whistles or personal hygiene items

Starter Budget Strategy

PRIORITY	BUY FIRST	UPGRADE LATER
1	Required uniform and footwear	Second full uniform set
2	Required tools and protection	Premium bag/organizer
3	Backup whistle/timer and basics	Weather-specific duplicates

Important: This guide provides general preparation recommendations, not a universal uniform rule. Requirements vary by sport, season, level, state, conference, and governing body.