Junior High rules and regs … junior high wrestlers also get the two pound growth allowance after Dec. 25th. Although they do not have a weight management assessment, or a daily timeline to reach a lowest minimum weight class, this simply means their two pound growth allowance is not tied to any other requirement. With the junior high growth allowance wrestlers get new maximum weight classes which become scratch plus two. The junior high overtime procedure is as follows; at the conclusion of a tie match there is a one minute sudden death overtime period which starts in the neutral position. If a tie match still remains a thirty sec. (:30) ultimate tie breaker period will end he match. The wrestler who scored first in the regulation match will have choice of offensive or defensive position, although that individual will forfeit the choice if he/she had been penalized for unsportsmanlike conduct.

Be Professional * Polite * Prompt * Direct * Decisive

Recently, I visited the Medina Invitational Tournament (MIT). As I sat at each scoring table to observe and listen to the team of officials discuss the issues on their minds, one of our experienced state officials shared what he felt was his most defining moment as an official. He stated he was a third year official and had the opportunity to officiate the MIT with many of Ohio’s very best officials. That was not only one of his best moments as a wrestling official, but he looks back and realizes how much he learned about being a wrestling official from the men he worked with during that weekend. Russ Brode credits that weekend as the turning point in his officiating career … he learned how to be an official.

Russ Brode:
- has been an OHSAA wrestling official for 28 years
- he is a member of Western Reserve WR Off Asn, and
- a member Steel Valley Area WR Off Asn
- Russ has been the vice president and presently the rule interpreter of his WRWOA for 15 yrs.
- Russ has also been the WRWOA first instructor when the training program started in 2003
- he is still active with the official’s classes and mentoring new officials.
- he has officiated over 20 sectionals & 20 district tournaments
- Russ has worked 10 state tournaments and has been a team captain numerous times.
- Russ was selected the 2015 NFHS Officials Association - Ohio Official of the Year
- Russ continues to lead by example as he learned years ago

The message for all new officials just becoming a class one referee is that … experience is your best teacher … experience takes time … and time can’t be rushed. Learn from watching and being around the best. Study the skills, techniques and mechanics of the veterans who are the best.

Any of our senior officials would welcome an opportunity to mentor a young official just embarking on an officiating career. Remember the best way to say thank you to all those you have
helped you along your path is to pay it forward. Do for someone else that which was done for you.

**A huge thank you goes out to the entire team of observers.** For seven years they have built the observation program bysteadily attending wrestling events and sharing their knowledge of wrestling officiating with all of Ohio. They have very unselfishly traveled and given back to Ohio officiating exactly what was done for them. That is, help each improve one referee at a time. These observers are; Terry Armelli, Paul Basinger, Jack Beard, Gary Berkowitz, Tony Campolo, Rick Crislip, Jeff Crosby, Toby Dunlap, Ralph Farmer, Tim Gilmore, Steve Kish, Steve long, Larry Saxton and Rich Zippert. These colleagues truly have paid it forward.

**LEARN TO DO IT RIGHT**