



"Be The Referee" is a series of one-minute messages designed to help educate people on the rules of different sports, to help them better understand the art of officiating, and to recruit officials. "Be The Referee" features MHSAA Assistant Director Mark Uyl's insights on officiating.

Wrestling Health Concerns

It's often been said that the toughest six minutes in all of sports can be found on a wrestling mat. The sport of high school wrestling can be one of the physically and mentally challenging endeavors that a young person can ever experience. However, the rewards that kids can find through the sport of wrestling can be some of the most rewarding experiences that someone can find anywhere.

The biggest challenge right now in keeping wrestling strong and growing, is the prevention of communicable disease. Staph infections such as MRSA are one of the key threats right now to wrestling; and schools, wrestlers and officials need to be diligent daily in keeping mats clean, and using good hygiene habits to prevent the spread of these skin-to-skin conditions.

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