



### Emotions and Ejections

Sports competition is a powerfully evocative, emotional experience ranging from the roller coaster high that comes with the thrill of victory to the crushing agony of defeat. Consequently, the effect of winning or losing frequently generates powerful waves of emotions in athletes, their parents, their coaches and of course, let us not forget the sports fan. Most athletes, parents and coaches have learned to navigate the strong emotional currents of athletic competition. As a result, their behaviors in response to them are both effective and appropriate. On the other hand, some athletes, parents or coaches get completely overwhelmed by these emotional waves and as a consequence, their behaviors are ineffective, inappropriate and, at times, quite infantile. The fact of the matter is that our emotions influence the way we act. When we are in control of these emotions, our actions are timely, classy and thoughtful. However, when our emotions control us, our actions are clumsy, tacky and not at all burdened by logic or intelligent thinking.

The simple fact is that when we allow these strong emotions to sail our ship, we will usually end up in deep and troubled waters.

When athletes, coaches or spectators lose control of their emotions, the safety of the participants, both physically and mentally, is at stake and must be checked by the official. When emotions get in the way, the behavior generally is addressed by some sort of a disqualification/ejection which creates a need for the official to file an Officials Report.

No official wants to eject anyone from an athletic event, but when you do, there are some simple rules to follow in order to

file a clear, concise, and accurate report:

File the report while the events are fresh in your head. Do the report that day/night

- ✓ Use simple language.
- ✓ Write in properly formed paragraphs.
- ✓ Quote what you heard.
- ✓ Open with basic facts.
- ✓ Describe what happened.
- ✓ Accurately report your role.
- ✓ Include information presented to you.
- ✓ Proofread your report.

For more details on writing an Official's Report, go to [www.mhsaa.com/Officials](http://www.mhsaa.com/Officials) and click on the download for [Officials Report Writing Guide](#).

**Remember:** Your report is designed to lead people through the information in a structured way and to enable them to find the information that they need quickly and easily.

**Tip of the Day:** If it is not relevant, leave it out!

**Something to Consider:** Does the report fulfill its purpose? Only if the answer is a resounding "yes" should you send it off to the intended recipient.

**What Your Call?:** Wrestler A has wrestler B's right arm trapped from a rear standing position. The question is "When does this become a potentially dangerous situation that needs to be stopped?"

The key here is that with one arm trapped, wrestler B cannot reasonably protect him/herself on that side. Whenever wrestler A makes a movement that would put wrestler B in peril on the right side, we should call Potentially Dangerous and stop the action. For instance, if wrestler A were to start to move to wrestler B's right side—perhaps to attempt a trip—stop the action. If wrestler A were to move to wrestler B's left side, however; action could continue. If wrestler A were to start an attempt a lift on wrestler B—regardless of the side—this action should be stopped immediately.