From the FOA Handbook (online):

11. Sight Reading Procedures for District and State Level

- A. Upon entering the Sight Reading room the judge will give the score to be sight read to the Director.
- B. The judge will then ask the students to place their folders under their seats as he/she explains the Sight Reading procedures to the orchestra. The Sight Reading envelopes will also be passed out to the orchestra.
- C. When all envelopes are handed out, the judge will indicate to the Director that he/she has five (5) minutes to study and discuss the music with the orchestra. The Director may do anything except demonstrate any part of the music on an instrument, or have the students play their parts. The judge will notify the Director when one (1) minute is left and will call time after the five (5) minutes have elapsed.
- D. Once the orchestra begins playing, the Director can only use his/her hands or baton to give meaningful conducting gestures. (Note: The Director cannot sing, whistle, tap on the stand, yell out rehearsal marks, or call out any other instructions during the performance.)
- E. The judge will then instruct the orchestra members to pass in the Sight Reading envelopes. Once it is verified that all music has been retrieved the orchestra will be dismissed from the Sight Reading room. (Unless the orchestra has a Student Conductor)