

Wrestle Off Criteria / Guidelines

The Head Coach will set clear guidelines for wrestle-offs and has the authority to exclude any wrestler from competing for disciplinary or attendance infractions.

A wrestler will be denied the opportunity to wrestle off for any misconduct or bad behavior.

A wrestler can be denied the opportunity to wrestle off for missing any practice during the week before the wrestle off at the coach's discretion.

- There will be no coaching or cheering for either wrestler by any coach teammate or any other person during wrestle offs. If a problem arises, the head coach has the right to clear the gym of all persons not involved in the wrestle off at his discretion. This includes parents and other coaches. There must be at least one other coach present and an official score and timekeeper.
- The First line up will be determined by a wrestle off. A wrestler should be allowed to challenge at any weight as long as he is within the one pound of the weight class. NO wrestler will be permitted to advance or reduce more than two weight classes for safety reasons.
- Wrestle offs will continue every other week for the duration of the season unless the match schedule does not allow. In this case the wrestlers will be informed in advance what the current wrestle off schedule will be.
- A wrestler who loses a wrestle off at one weight can challenge at another weight during the initial wrestle off. After the initial wrestle off, wrestlers may only challenge at one weight class per wrestle off sign up.
- Example: Wrestler A and Wrestler B wrestle off for 100lbs during the initial wrestle off. Wrestler A wins. Wrestler B wrestles off Wrestler C for 106lbs. Wrestlers C wins. Two weeks later at the next wrestle off wrestler B may wrestle off again, but he /she can only challenge at one weight class of their choice.
- In the event of multiple challenges: At the third wrestle off of the season a wrestler must decide where he will wrestle for the remainder of the season. He may challenge at that weight for the entire season, but will not be allowed to move up or down in weight class unless there is no other wrestler at that weight class.
- After the third wrestle off of the season a wrestler who has won two of the first three wrestle offs will be considered the established wrestler at his weight class. All other wrestlers will be considered challengers.
- After the third wrestle off, the challenger must win two out of three matches to take the spot from the established wrestler. These matches must take place in the same week and may take place in the same day if schedule does not allow it to be the next day.
- If a wrestler misses a wrestle off without good cause and is the Varsity wrestler, than that wrestler "may" be disqualified from wrestling in that coming match or until a wrestle off can take place.

- If the established varsity wrestler cannot make wrestle offs for any reason, the coaches must be notified. It will be up to the coaches' discretion whether or not that wrestler's spot will be open for challenge. This is to deter any wrestler from skipping a wrestle off in order to keep his/her spot.