

Wrestle-Off Guidelines

Initial sign-ups for wrestle offs will be discussed for both leagues starting the first week of regular season practice.

Wrestle-offs will be conducted two times during the season. The first wrestle off will take place during the final week of November, while the second wrestle off will take place during the first week of January. Before a wrestler wrestles off, they must be within 1 pound of the certified weight for the weight class. In addition, each wrestler must attend all practices before each wrestle off.

Each weight class and each league will require a separate wrestle-off; *a wrestler may only wrestle-off for a single league and/or weight class in a given week unless coaches discretion is exercised*

NOTES:

1. Sign-ups will be posted in the wrestling room; wrestlers must sign-up the day prior to a wrestle-off; late sign-ups will be done at the discretion of the coaches.
2. No coaching or noise will be allowed during wrestle-offs.
3. Wrestle-offs will be conducted at the beginning of practice in the wrestling room unless noted otherwise.
4. A wrestler who wins a wrestle-off is guaranteed a league match in the particular league wrestled-off for; Coaches discretion will be exercised as to when.
5. Wrestle offs will be conducted as a best of three format unless otherwise noted by the coach.