

## Wrestle Offs

Wrestle offs will be conducted in a tournament format in each weight class in preparation for the first dual meet. It must be noted that the results of these wrestle offs are used as a guideline or tool for the coaches to use when compiling the rosters for the upcoming dual meets. The coaching staff will have the final decision on the Varsity/Junior Varsity roster. Differences between the results of the wrestle offs and the dual meet roster may be necessary for disciplinary reasons, strategic reasons, or simply to give another wrestler an opportunity. Again, this will be up to the coach's discretion.

### **Brackets:**

The first wrestle off of the season will resemble a tournament format with brackets for each individual weight class. Previous year's Varsity wrestlers will have preference in the seeding of the wrestle off brackets. If no wrestlers have previous varsity experience then wrestler's names are simply drawn at random to complete the wrestle off bracket. The outcome from this tournament style bracket will determine the 'rungs on the ladder' with the highest 'rung' being the Varsity wrestler, the second 'rung' being the JV wrestler and so on.

### **Communication:**

The date of the wrestle offs will be communicated to the wrestlers and parents as early as possible. Ideally, this will be done at the start-of-season orientation meeting and followed up with details at least 1 week prior to the first dual meet.

After the initial wrestle offs have been completed, either the individual wrestlers or the coaches can initiate subsequent wrestle offs. The wrestlers effected by the wrestle off will be notified at least 1 practice/match before the actual wrestle off.

### **Challenges:**

All wrestlers can 'challenge' another wrestler in the next higher rung simply by notifying one of the coaches. After notifying the challenged wrestler, the coach will then arrange for, and set up the wrestle off as soon as possible (the next practice). Keep in mind, challenges can only be made against the wrestler that lies in the next rung up from the challenger. That is, a third string wrestler must challenge the JV wrestler (and win) before challenging the Varsity wrestler.

Challenges can only be made after a dual meet has been completed. At that time, any wrestler can challenge the next rung. If the challenger wins this wrestle off, they are entitled to continue challenging the wrestler from the next rung until he either loses or obtains a Varsity spot.

Challenges may be conducted throughout the season up to the last dual meet. After the final dual meet, no more challenges will be accepted.

East Penn 50/50 rule applies – if a wrestler has wrestled more than 50% of his matches at Varsity no matter what weight, he can not wrestle in the JV tournament if he loses the wrestle-off.

Ultimately, it is the Coaches discretion to allow a wrestle-off.

**Note: The Head Coach will have a meeting with 3-4 other tenured coaches to determine how to use these "guidelines", and not be called to upon to make this decision on his own without the backing of the majority.**

### **Varsity/Junior Varsity wrestler status:**

A wrestler obtains official 'Varsity' or 'Junior Varsity' status after winning 2 consecutive matches over his challenger. If 2 wrestlers continue to challenge one another week after week alternating winners, neither wrestler is considered the official 'Varsity' or 'Junior Varsity' wrestler. Not until one of these wrestlers wins 2 matches in a row is that wrestler considered incumbent. From this point forward, the Varsity (or

Junior Varsity) wrestler must be defeated twice in one challenge 'period' (time between dual meets) in order to be dethroned.