

High School Wrestle-off procedure

- A depth chart will be established each year at the Red / White Dual
- Wrestlers will establish a weight class based upon NSAA guidelines
- Wrestlers may challenge the wrestler directly above them in the depth chart, but they may not skip wrestlers to challenge
- Wrestlers may only challenge for one position movement per week
- Wrestlers need to inform the coach of the challenge the Friday before the week of the challenge
- Challenge matches will take place on a Monday or a Wednesday of the week challenged for (depending on the dual schedule for any given week)
- Challenge matches do not effect dual lineups
- Wrestlers will weigh-in before they wrestle and will weigh in shoulder to shoulder in front of a coach
- Wrestlers will have to be within 5 lbs of the weight they are challenging. (5.1 shall be considered over) One chance only for any weigh-in
- The wrestle-off match will be conducted during practice time as per direction from the coach
- Wrestle-off matches will be 2-2-2
- Wrestle-off officiating will be conducted by an authorized coach
- All wrestle off results will be final
- Not including the Red/White dual, parents are NOT invited to an individual wrestle-off
- Wrestle-off participants will not gain an advantage through coaching of any kind
- Wrestle-off opportunities will cease two weeks before districts
- In the case of a highly contested weight position, all evidence will be considered when determining the district representative. The coaches selection will be final