

## **WRESTLE OFF RULES**

1. The team will be picked by a wrestle off system. You must win two out of three to win the spot.
2. You can challenge for any weight class you are certified for. You must beat the challenged wrestler two times. He has to beat you once to defend his spot.
3. You do not lose your spot due to illness or injury.
4. Junior Varsity does not automatically move up to varsity if an opening occurs at that weight class. The coaching staff will evaluate the wrestlers and fill the varsity spot until a wrestle off is done. It will be best two out of three.
5. The coaching staff reserves the right to move the line-up around, if in their opinion it will help win a match.