

Olympic League Middle School
Wrestling SOP's
Boys & Girls

Weight Classes:

1. The weight classes for middle school wrestling are:
58, 63, 67, 70, 74, 78, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 145, 154, 164, 175, 210, 275
2. There will not be a growth allowance.

Dual Match Weigh-in Procedure:

1. Weigh-in will take place before school on the morning of the scheduled match. All wrestlers must weigh-in to participate in the match. Wrestlers with an excused tardy must weigh-in before lunch. National Wrestling federation rules will apply for the weigh-in procedure.
2. The school's administrator or designee must certify the weigh-in. It is preferred that the administrator be present at the weigh-in.
3. Minimum weight for 78 lb. weight class is 64lbs. The minimum weight for 275 lb. weight class is 175lbs. Wrestlers must be within 30lbs. of each other.

Procedure:

1. By 9:00 AM on the day of a match, each head coach will provide the event manager with a list of participating wrestlers that includes the following information:
 - First and last name, grade, and weight class.
 - Experience level ranges include 1=beginner/no experience
2=intermediate/limited experience 3=Proficient/multiple years of experience
 - Based on the information provided from each coach, the event manager will place wrestlers into groups of 3 or 4. Individual members of group will wrestle each other member of the group (Round Robin Format).
2. Each wrestler is limited to a total of 4 matches for any given event.
3. National Wrestling Federation rules will apply.
4. Match length will be 3 rounds of 1.5 minutes.
5. Each school is responsible for providing a responsible and knowledgeable person(s) to score matches.

