



First Practice: January 4, 2021
 Minimum Required Practice Days: 8
 Regular Season Contest Limit: 10 + Jamboree
 Individual Contest Limit: 22
 Starting Time (unless otherwise noted): 4:00pm
 Commissioner: Kyle Weakly

- [5] Blue Heron
- [4] Chimacum
- [1] Forks
- [3] Sequim
- [2] Stevens

2020 Olympic League MS Wrestling Schedule - DRAFT

Date	1/14/2021	1/20/2021	1/27/2021	2/3/2021	2/10/2021	2/17/2021
Wk Day	Thursday	Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
	Meet	Meet	Meet	Meet	Meet	League Tourn.
Host	Forks	Sequim	Stevens	Forks	Sequim	Stevens
Location	Forks Gym	Comm. Gym	Stevens Gym	Forks Gym	Comm. Gym	PAHS Gym
Visitor	Blue Heron	Stevens	Forks	Blue Heron	Stevens	Forks
Visitor	Sequim	Blue Heron	Blue Heron	Sequim	Blue Heron	Blue Heron
Visitor	Stevens	Sequim	Sequim	Stevens	Sequim	Sequim

First Practice: Jan. 6 2020

- *All wrestlers must have 8 practices prior to competing.
- *Each host must provide two mats.
- *Weights must be received by host no later than 9:00 am the day of the match.
- *League tournament host to provide medals.
- *All matches begin at 3:30 pm.
- *League Tournament host will have (2) meet during the season.

League Tournament Host History:

2012	Forks	2017	Sequim	2022	Sequim
2013	Sequim	2018	Stevens	2023	Blue Heron
2014	Stevens	2019	BH / SQ	2024	Forks
2015	Blue Heron	2020	Forks	2025	Sequim
2016	Forks	2021	Stevens	2026	Stevens

TOTAL SEASON LENGTH INCL PRACTICES: 12 WEEKS

MIN PRACTICE DAYS: 8

SEASON CONTEST LIMIT: 10 + JAMBOREE

INDIVIDUAL CONTEST LIMIT: 22

updated 5/10/20

Olympic League Middle School
Wrestling SOP's Boys & Girls

Weight Classes:

1. The weight classes for middle school wrestling are:
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. Upon arrival at the host school's gym, each head coach will provide the event manager with a 3x5 index card for each participating wrestler from their school. The index card will be formatted as follows:

First and Last Name	School
Weight Class	
Experience Level (1,2,3)	

2. Experience level ranges include **1**=beginner/no experience **2**=intermediate/limited experience **3**=Proficient/multiple years of experience
3. 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).
4. Each wrestler is limited to a total of 4 matches for any given event.
5. National Wrestling Federation rules will apply.
6. Match length will be 3 rounds of 1.5 minutes.

7. Each school is responsible for providing a responsible and knowledgeable person(s) to score matches.

Olympic League Middle Level

Round 1 = 1 vs 2 and 3 vs 4 Time_____

Round 2 = 1 vs 3 and 2 vs 4 Time_____

Group #_____

Round 3 = 1 vs 4 and 2 vs 3 Time_____

#1_____ | Signature_____

Round 1 pts	Round 2 pts	Round 3 pts	Total pts	Place
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#2_____ | Signature_____

Round 1 pts	Round 2 pts	Round 3 pts	Total pts	Place
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#3_____ | Signature_____

Round 1 pts	Round 2 pts	Round 3 pts	Total pts	Place
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#4_____ | Signature_____

Round 1 pts	Round 2 pts	Round 3 pts	Total pts	Place
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Bonus Points =

Win 1, Major 2, Tech. 2.5, Pin 3, Team Pts = 1st = 14, 2nd = 10, 3rd = 7, and 4th = 4.

Tie Criteria: Unsportsmanlike conduct moves to bottom, Bonus points listed above, total match points scored, fastest pins, stalling or other infractions.

Round #1 Group #_____

	1 st	2 nd	3 rd	Final Score
Name School				
Name School				

	1 st	2 nd	3 rd	Final Score
Name School				
Name School				

Round #2 Group #_____

	1 st	2 nd	3 rd	Final Score

Name School				
Name School				

	1st	2nd	3rd	Final Score
Name School				
Name School				

Round #3 Group # _____

	1st	2nd	3rd	Final Score
Name School				
Name School				

	1st	2nd	3rd	Final Score
Name School				
Name School				

Learning from the first event:

1. 3 mats would speed things up, along with instructing wrestler's on-deck to be ready to go.
2. The more accurate the information that coaches send, the faster the event can begin. Even a text/email en-route to the event helps the organizer have the groups prepared and ready for review when teams arrive.
3. Once groups are set, wrestlers should not be able to pull themselves out or decide not to wrestle against an opponent unless there are unforeseen circumstances, injury, emergency etc. Pulling kids out, or not allowing them to wrestle takes away an opportunity from other kids to get matches.
4. Have coaches go over the format and expectations with wrestlers prior to the event.
5. Coaches should go to the head table and not the individual match tables if there are questions about groups or potential change.
6. Go over the bout sheet format with table help and making sure bout sheets are returned to head table at the conclusion of each match.

Date	2/19/2020	1/22/2020	1/29/2020	2/5/2020	2/12/2020	2/26/2020
Wk Day	Wednesday	Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
	Meet	Meet	Meet	Meet	Meet	League Tourn.

Host	Sequim	Stevens	Forks	Sequim	Stevens	Forks
Location	Comm. Gym	Stevens Gym	Forks Gym	Comm. Gym	PAHS Gym	Forks Gym
Visitor	Stevens	Forks	Blue Heron	Stevens	Forks	Blue Heron
Visitor	Blue Heron	Blue Heron	Sequim	Blue Heron	Blue Heron	Sequim
Visitor	Sequim	Sequim	Stevens	Sequim	Sequim	Stevens