

Puyallup Falcons Ladder Challenge Procedures:

We will follow the below procedure

The current "pecking order" has been set by the coaching staff as a whole and is based on 5 factors

1. Wrestle-Off Results
2. Current season attendance
3. Current season Performance (at practice and in competition)
4. Skill level shown at practice and in competition
5. Past Experience

We will have stated "Challenge Nights" listed on the Calendar. CHALLENGES WILL OCCUR ON THESE NIGHTS ONLY and will begin at 6:15pm starting with the lowest weight class. On these nights, any wrestler (non-varsity) may challenge the varsity wrestler at the weight that they are currently assigned to.

If there is more than one challenge in the same weight group, there will be a wrestle off between the wrestlers that are wanting to challenge the varsity wrestler. This will be a single match. Three 1 minute rounds (or to a pin). The winner of this match, will have the opportunity to wrestle the varsity wrestler for their spot after a "period of reasonable rest".

The challenging wrestler will wrestle the varsity wrestler in three 1 minute rounds (or to a pin). If the challenging wrestler wins, they will wrestle a second match with "reasonable rest" on the same night. If the challenging wrestler loses, they will have to wait until the next "Challenge night" to try again. If the challenging wrestler wins a second time, they are now the varsity wrestler. If the challenging wrestler loses then they will have to wait until the next "Challenge night".

Once a challenging wrestler has lost to a higher ranked wrestler twice, they will not be granted another challenge opportunity.

We will begin the challenge night with the lowest ranked challenge.

If a wrestler is holding a Varsity spot, they are required to be in attendance and at or under weight at the Duals . An alternate wrestler is expected to be at this event as well, in the event that a Varsity wrestler is not there or does not make weight. If the Varsity wrestler misses a dual, their spot will be filled, and they will have to challenge to earn it back.

Varsity wrestlers are required to attend, at minimum 2 practices per week and must be in attendance on stated challenge nights or risk forfeit of their spot.

Challenges will be requested online, via the "challenge request" page only and must be submitted by **5:00pm** on the "Challenge Night".

The coaching staff has the right to alter the Varsity line ups in an effort to field the most competitive duel team.

Challenging for a Varsity spot is not for everyone and not a requirement of the team. If your wrestler is not ready for the commitment that comes with the position, there are still many opportunities for matches.

Our full team (regardless of pecking order) will compete at Turkey or Tough Guy and Holiday. The Exhibition wrestlers will compete at Rising Star, and there are a ton of USAW tournaments on Sundays for added mat time. If you have questions regarding the Challenge procedures, please ask Coach Steve.