

## Weekly Keystone League Match Procedures

### Check In

Typically, an adult admission fee of \$5.00 is charged, wrestlers are free, and other children are free or at least a lesser rate. Upon arriving at the school, you must check in at the Connellsville table. A Connellsville representative will pull the wrestler's card from the stack of cards and check his/her name off noting their presence. Please verify the information on the card. Your child's age on the card will be his age as of 12/31/2023. **This is a very important step because if you do not check in at the table your child will not be paired up for matches.**

### Skin Check

After check in, there will be skin checks conducted by either our coaches or a representative from the host school. If your child has any skin condition, please have a skin form signed by your doctor. Also, try to make sure your child's fingernails are trimmed for safety reasons.

### Warm Ups

Following the skin check, we ask that all wrestlers go to the mat and warm up. They should stretch out and practice moves with each other until the mats are cleared for wrestling.

### Pairings

Two coaches from each attending team will take the cards from the signups to a room where the wrestlers are matched up. The league uses a "Star Rating" to get the best match-ups possible. Bout sheets are filled out and sent out to the announcers.

\*\*\*At the beginning of the season, we as an organization, record all wrestlers' name, age, and weight. Our coaches assign each wrestler a "rank" based on experience, aggressiveness, and general athletic ability. The rankings (skill level) COMBINED with the wrestler's age and weight are used at the Keystone Tournaments to match our wrestlers to other wrestlers with similar abilities.

**Ex.** Tom is a 1- year wrestler who is 7 years old, weighs 63.2#, and ranked as a 0 star. He will match up with an opponent that is his skill level (0 star), age 7/8, and +/- 5 pounds of his weight given that there is a match for him. Ex: London is a 10-year old, fifth year wrestler who placed at states and is a 6 star. She would match up with someone her age, weight, and closest highest star. 6 is the highest star rating earned by a state placement. **Weight brackets are only of concern at the end of the year for the Keystone Finals Tournament.**

### Staging

There are usually 3-5 matches going on at a time. Please listen for your child's name and/or weight and age and send him to the staging area. The staging area is a pre-defined area of the gym where the wrestlers report and are paired up with another wrestler to wait their turn to wrestle on the assigned mat.

### Matches

Always be sure your wrestler has a Connellsville coach at his mat before he/she begins a match. If a coach is not present, the announcer will ask for a coach to come to that mat, however, please DO NOT start without a coach. Your wrestler will have at least **2 matches**. Make sure to check with the head coach before you leave to verify your wrestler is done for the day.