

Delaware River Wrestling League Ratings Guide

Rating = 1

- A wrestler rated a 1 is usually a first year wrestler. If you have never seen them wrestle outside of practice in a real match, you can't be sure of how they will perform. Therefore, rate them a 1 to start. After 2-3 weeks, if you see that they are slaughtering all of their 1 rated opponents and are also beating the occasional 2 rated wrestler they face, then they should be elevated to a 2. However, if they win half their matches against 1 rated wrestlers and lose to every 2 they face, then you should keep them at a 1.
- A rating 1 is not limited to first year wrestlers. Obviously, if a wrestler has never won a match and is in his 2nd year of wrestling, he should stay at 1.

Rating = 2

- A wrestler rated a 2 is usually a second year wrestler or as stated above they are a 1st year wrestler who is easily beating 1 rated wrestlers or they may have also beaten a 2 rated wrestler.
- They may have ended their first year as a 1 rated wrestler, but have improved after attending camps or clinics and the coach feels they are ready to move up. Move them up to a 2 and see how they do. If you were correct they should win close to half their matches vs 2 rated opponents.
- A 2 rated wrestler has a few moves which they are comfortable with. They tend to try to run these moves no matter what they are presented with. They do not improvise during a match based on what their opponent is doing.
- A 2 rated wrestler wins half the time against other 2 rated wrestlers. They are able to hold their own against a 3 but usually lose. They may beat a 3 rated wrestler once in 4-5 attempts.
- If a 2 rated wrestler is beating 3 rated wrestlers more than 30 % of the time they should be elevated to a level 3.

Rating = 3

- A 3 rated wrestler is one who has developed instinctive reactions. For example, they use a variety of set-ups to singles and doubles rather than relying entirely on speed or athletic ability. They are aware of what their strengths and weaknesses are. They are emotionally mature enough to continue wrestling hard when they are losing. They have come from behind to win a close match or even may have pinned an opponent that they were losing badly to at the time.
- Despite all of the above they will still win only half of their matches against 3 rated wrestlers.
- A 3 rated wrestler may get pinned by another 3 rated wrestler. It doesn't mean that the winner is rated too low.

- A 3 will rarely beat a 4. It is possible, but it would be an extremely close match. A 3 should never slaughter a 4.

Rating = 4

- A 4 rated wrestler usually has 4 or more years of experience. They may come from a “wrestling family” and have been around wrestling their entire lives. They wrestle year round and attend camps in the summer.
- Although they are successful, they are serious at practice. They want to become even better.
- They will almost always beat 3 rated wrestlers pretty handily.
- They are confident in their ability and will integrate new moves into their matches.
- They use a variety of moves and will improvise during a match in response to what their opponents present them.
- They are solid in all phases of wrestling. They can wrestle offensively or defensively on their feet.
- They are aware of where they are on the mat at all times. They know the rules of wrestling very well and know what they need to do to secure a takedown ruling from the ref in a questionable situation.

Rating = 5

- A 5 rated wrestler is usually a 7th or 8th grader who has been wrestling at the 4 level for 2-3 years.
- They can compete at the high school level.
- They are able to compete and place in regional or national tournaments.

Rating = 6

- A 6 rated wrestler is a phenomenal wrestler.
- They can compete and win at the high school level.
- They are able to win at the regional or national level.