

What Should You Expect at a Youth Wrestling Tournament

Remember to bring:

- Wrestling Shoes
- Headgear (normally only required @ MN USA State Tournament)
- Singlet
- Water bottle & snacks/fruit (most tournaments will have concessions)

Registration

You will not be able to register at the door for most tournaments this year (all MNUSA sanctioned events register online). To do this you will go to www.trackwrestling.com and click on events on the top of the screen. Then you can search for the tournament you are looking for and follow the prompts to register. Registrations will typically open one week prior to the tournament. The cost is usually \$17 per wrestler and there will be an admission fee for spectators. MN/USA cards are required in order to wrestle at tournaments. It is your responsibility to make sure you hold on to it and bring it with you to tournaments (or a picture of it).

There will be some "open" tournaments where you can just show up and register on site. "Open" tournaments will have a flyer that will give you registration and time details. Again, all MNUSA tournaments will require you to register online in advance.

Weigh-ins

There will not be weigh-ins at most MN/USA qualifiers this year. MN/USA will be doing "weight audits" which means they will be doing random weight checks during check in. The honor system will be used with parents to make sure they correctly select their wrestler's weight. If audited, the wrestler's weight must be within 3% of what they were registered at or they will not be allowed to compete. There will still be skin checks where they will check fingernails to ensure they have been trimmed and look over their exposed skin. A finger nail clipper in your wrestling bag is very handy.

Warm-ups

Once your wrestler has been skin checked (and weighed-in if necessary), they will be able to go to the gym and warm up on the wrestling mats. Look for other St. Francis families and teammates (we normally sit and warm up together).

Bracketing

Brackets will be made prior to the tournament. These can be viewed on the track wrestling website. Most tournaments match kids up by grades (or age) and weight; most tournaments use 4- man brackets. In a round robin format, your child will wrestle each of the other kids in their bracket (3 matches total in a 4-man bracket). Here are the age breakdowns for this year:

6U Pee Wee: Birth years 2018 & 2019

8U Bantam: Birth years 2016 & 2017

10U Intermediate: Birth years 2014 & 2015

12U Novice: Birth years 2012 & 2013

14U Schoolboy/girl: Birth years 2010 & 2011

Staging

Prior to the start of wrestling, wrestlers will be asked to clear the mats. After the National Anthem they will begin calling the wrestlers to the staging area, normally starting with pre-k or kindergarten. When your child's age group is called, they should go to the designated staging area where they will be grouped with the other wrestlers in their bracket. One or two brackets will usually be grouped together and led to a mat. Wrestlers need to stay near this mat until they have completed all of their matches.

Wrestling

Depending on where the tournament is, there may or may not be a St. Francis coach attending. Normally, St. Francis coaches will let the wrestlers know where they will be the following weekend (Team App will have this information). Please remember - we may have several kids at a tournament with multiple kids wrestling at the same time, so a coach may not be available for each match, or may show up after a match has started.

Awards

After you child has wrestled all of their matches, they will be led as a group to the awards table. Most open and MN/USA tournaments will provide awards/trophies for wrestlers achieving 1st, 2nd, 3rd, and 4th place. You are free to leave after receiving your medal.

State Tournament

MN/USA Kids Folkstyle State is a tournament that your wrestler will have to qualify for. For 6U Pee-wee and 8U Bantam wrestlers they will need to accumulate 30 points from MN/USA qualifiers during the current season in order to go to state. 10U Intermediate and 12U Novice wrestlers will need to accumulate 30 points from MN/USA qualifiers during the current season AND need to place in the top 3 at their designated age group and weight class at a MN/USA Regional tournament in order to qualify for State. Once that wrestler qualifies they are prohibited from wrestling at any other Regional tournaments and can only wrestle at State at that weight class they qualified at. 14U Schoolboy/girl and 16U Cadet wrestlers do not need to earn any points at qualifying tournaments but will need to place top 3 in their designated age group and weight class in order to qualify for State.

To earn Points: These points are earned at all MN/USA qualifying tournaments. 1st place earns 40 points, 2nd place earns 25 points, 3rd place earns 10 points, and 4th place earns 0 points.

Regional Tournament format: There will be 5 regional tournaments hosted by MN/USA around the state. Wrestlers can choose to participate at any of these tournaments. Once they qualify (by placing in the top 3) they will not be eligible to wrestle at one of the other Regionals. Visit MNUSAwrestling.org to see the calendar of regional tournaments.

