



MN/USA Guidebook for Wrestling Club Leaders

Revision 1.6



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MN/USA Guidebook Wrestling for Club Leaders



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1 MN/USA Wrestling Club Leader Basics

1.1 How to become a Club Leader with MN/USA Wrestling

To become a club leader with MN/USA Wrestling, you need to obtain a Wrestling Leader membership card. To obtain a Wrestling Leader membership card you need to follow these steps.

- Go to <https://www.usawmembership.com> and login to your existing account
Note: If you do not have an existing account, click on the “CREATE FREE ACCOUNT” button.
- Once you are logged in, click on the “Manage” dropdown at the top of the page and select “Memberships”.
- Click on the “PURCHASE / RENEW MEMBERSHIPS” button
- Select the “PURCHASE/RENEW” button next to the “Wrestling Leader” option and then follow the prompts to complete your purchase.

1.2 How to Charter a Club with MN/USA Wrestling

1.2.1 Create a New Club Charter

- Only people with MN/USA Wrestling Leader Membership cards can charter a club.
 - Login in to <https://www.usawmembership.com>
 - Once you are logged in, click on the “Manage” dropdown at the top of the page and select “Clubs”.
 - Click “Charter your Club”
 - Proceed through the steps to register your new club with MN/USA.

Note: If your practice facility would like to be named on your insurance, you will need to create an “Additional Insured Entity”. There is a \$55 cost to add this additional insured entity.

1.2.2 Renew an Existing Charter

- Login into <https://www.usawmembership.com>
- Once you are logged in, click on the “Manage” dropdown at the top of the page and select “Clubs”.
- Your existing club should be there, click “Renew Now”
- Follow the prompts to renew your charter.

Note: If your practice facility would like to be named on your insurance, you will need to create an “Additional Insured Entity”. There is a \$55 cost to add this additional insured entity.

1.2.3 Transfer Club Leader for an Existing Club Charter

- Contact the MN/USA Membership Director, Amie Engels, aengels@mnusawrestling.org, so she can update your club information.

1.3 Getting Coaches, Athletes and Club Officials Registered with MN/USA Wrestling

1.3.1 Getting your Coaches Registered as a Wrestling Leader

- To participate in club practices or sit mat side at MN/USA events, your coaches will need to complete all these steps:



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- Sign-in to their MN/USA account (Or create one if they have never had one)
- Sign-up for a wrestling leader card (or just renew it if they have had one in the past) **(Takes approximately 15 minutes to complete)**
- Complete the background check **(Takes approximately 2 weeks to complete)**
- Complete the Safe Sport training **(Takes approximately 6 hours to complete)**
- Complete the Copper and/or the Bronze training **(Takes approximately 10 hours to complete)**

1.3.2 Getting your Athletes their MN/USA Card

- All athletes of a chartered club must have a MN/USA membership card. There are two ways for an athlete to get their MN/USA membership card:
 - The athlete's parents can create the athlete a MN/USA account and they can sign their child up for a MN/USA card.
 - The other option is for you, the club leader, to do a bulk purchase and upload all of your athletes' information. If you choose this route, contact the MN/USA Membership Director, Amie Engels, aengels@mnusawrestling.org, so he can walk you through those steps.
 - Please note: All profiles must have a photo uploaded to their account before they can print a membership card. The process for this can be found here: <https://youtu.be/GNuc7F6rrv0>

1.3.3 Getting your Club Officials Registered with MN/USA

- To make sure the sport of wrestling continues to have enough referees to cover all the tournaments across the state, MN/USA is working with the clubs to develop the future referees of our sport. To accomplish this task, MN/USA would like to see the following from each club:
 - For clubs with less than 20 wrestlers, MN/USA would like to see that they have at least one registered official in their club. For clubs with more than 20 wrestlers, MN/USA would like to see that they have at least two registered officials in their club.
 - Club officials should be versed in the application of Folkstyle rules as well as Freestyle and Greco rules.
- To learn more about registering officials, training officials, and finding opportunities to officiate across the state, contact the MN/USA Mat Officials Director, Tom Kuisle, tkuisle@mnusawrestling.org.

2 Requesting to Host Tournament

2.1 Requesting to Host a Qualifier Tournament

If you are thinking about hosting a qualifying tournament, the first thing you must do is pick a date. As a tournament director, you can pick any date you want. You could pick Christmas Eve if you wanted. However, if you want to have the maximum participation and profitability at your tournament, you will want to avoid conflicts with other existing tournaments that are already on the calendar. Here is a link to the MN/USA Tournament Event Calendar:



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https://docs.google.com/spreadsheets/d/1GXShEUcOkShGrW-c0M_-zUNYqIWLpjHAHNrcbDc3xPg/edit?usp=sharing

Note: If this link is ever broken, just send an email to the Tournament Coordinator, Ian Glenn, at iglenn@mnusawrestling.org.

Once you have selected a date, click on the below link and fill out the MN/USA Tournament Sanction Request Form.

<https://docs.google.com/forms/d/e/1FAIpQLSdyXyou3N4NNyVZXwHVjXbj6PSXFcEZKnaL6e64zhe71wouOg/viewform>

(NOTE: A hard copy of the Tournament Sanction Request Form can be found in the appendix of this document.)

Send the completed MN/USA Tournament Sanction Request Form to the MN/USA Tournament Coordinator, Ian Glenn, at iglenn@mnusawrestling.org. The MN/USA Tournament Coordinator will then:

- Check that your club is chartered with MN/USA.
- Check your requested date against the event calendar to verify we are not over booking the date in the same region of the state.
- Add your event to the official calendar.
- Reply to your email confirming you have been approved to run a sanctioned MN/USA Qualifier Tournament.

2.2 Requesting to Host a Regional Tournament

All the same steps apply to host a Regional Tournament as a Qualifier Tournament (Refer to section 2.1). The main differences are that MN/USA needs to vet out your location to make sure you can house 6-8 full size mats. As well as make sure your club has the experience and team to run a smooth well-run tournament. MN/USA will also provide the Track expert and the awards. Another difference is that the regional will be held as one big session as opposed to the qualifiers that are broken down into four distinct sessions.

2.3 Requesting to Host an Open Freestyle or Greco Tournament

All the same steps apply to host an Open Freestyle/Greco Tournament as a Qualifier Tournament (Refer to section 2.1). The main difference is that MN/USA pays a stipend for referees.

3 Regional and State Tournament Qualifying Criteria for Folkstyle

3.1 Overview

To qualify for the state tournament, a wrestler must finish top 4 at Regionals. To qualify for Regionals, a wrestler must accumulate at least 30 points during the season from MN/USA qualifying tournaments.



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3.2 Scoring Points at MN/USA Qualifying Tournaments

Wrestlers score points by competing in MN/USA qualifying tournaments during the season. A wrestler will score 40 points for 1st place, 25 points for 2nd place, 10 points for 3rd place and 0 points for 4th place. The wrestler's points will be tracked and updated every week on the MN/USA website.

3.3 Regional Tournament Format

There will be 5 regional locations with tournaments held over a minimum of two weekends on dates and at locations determined by MN/USA Wrestling. Once a participant is eligible for inclusion in the Regional Tournaments, a participant may select to compete at any regional tournament they desire and may compete at more than one tournament provided they have not yet qualified for the State Tournament. The top 4 wrestlers at each region from each weight class will qualify for the State Tournament. Regions are to be conducted in a similar manner as the state tournament with paid officials, full mats etc. Regional tournament locations will need to demonstrate the ability to host a large tournament in a successful manner to be considered by MN/USA Wrestling. Participants must have met all qualification requirements for their division to participate at a regional tournament. Each competitor must make weight at a specified weight class. No allowance is to be given; however, any wrestler not making weight has the option to wrestle in a higher weight class (THIS ONLY APPLIES TO REGIONALS). Wrestlers must wrestle at the State Tournament at the weight in which they qualified, there are no exceptions. Once a wrestler qualifies for the State Tournament, they are prohibited from participating in any other Regional Tournament. They may not wrestle at a different tournament to qualify at a different weight.

A detailed breakdown of every age group qualification requirements can be found in the Appendix.

3.4 Registration and Regional Tournament Fees

A registration cap may be implemented at locations based on what MN/USA believes a site can accommodate in a reasonable time frame based on space, number of mats, etc. A \$40.00 entry fee will be charged for each participant. MN/USA collects \$30.00 from each participant fee and the host club is entitled to the remaining \$10.00. MN/USA will provide paid officials, awards, a Track Wrestling expert (Pairing Official), and all computers and equipment for running the tournament on TrackWrestling. Host club is expected to provide all necessary table workers and other personnel to run the tournament. Host club is entitled to keep all admissions and concessions fees collected. Admission fees may be set by the host club but shall be no higher than \$10.00 per adult and \$10.00 per child. All participants will be required to pre-register on Track Wrestling. All individuals with a current USA Wrestling Leadership Card are granted free admission.

Any clubs looking to host a regional tournament (must have space for a minimum of 6 full mats but preferably 8 full mats) or anyone with questions please reach out to MN/USA Wrestling Tournament Coordinator – Ian Glenn at iglenn@mnusawrestling.org.



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4 Pre-Tournament Checklist

4.1 Metro Tournaments vs Non-Metro Tournaments

MN/USA identifies a **Metro Tournament** as a tournament that traditionally has more than 150 wrestlers at their tournaments. Likewise, MN/USA identifies a **Non-Metro Tournament** as a tournament that traditionally has less than 150 wrestlers at their tournaments.

4.2 Six to Twelve Months Before Your Tournament

Now that you have been approved to run a MN/USA Sanctioned Open Tournament, let us get to planning:

4.2.1 Reserve your Gym

- o Gym space fills up fast. In most cases, gyms are booked about one year in advance, especially if it is a shared space. Contact your Athletic Director or Facilities Coordinator to reserve your Gym.

4.2.2 Find your Mats

- o Under our new format we suggest **Metro Tournaments** run four 90-minute sessions and they have 8 surfaces (4 full mats split in half). For **Non-Metro Tournaments** we suggest running one 120-minute session and that they have 6 surfaces (3 full mats split in half). **We are not doing quarter mats anymore.**

4.3 Three Months Before Your Tournament

4.3.1 Sanction your Tournament

- o You will need to sanction your tournament before you do anything else. Here is the Google Form to complete.

<https://docs.google.com/forms/d/e/1FAIpQLSdyXyou3N4NNyVZXwHVjXbj6PSXFcEZKnaL6e64zhe71wouOg/viewform>

4.3.2 Identify your Track Wrestling Expert

- o You are going to need a dedicated Track expert to sit at the head table and run the tournament. We recommend finding 1-2 people in your club that are willing to be trained in this skill. If you do not have an expert or you don't know where to look for one, send an email to the MN/USA Tournament Coordinator, Noah Glenn, at iglenn@mnusawrestling.org and he will help you find one. Hiring an expert from outside your club will most likely cost you \$200.

4.3.3 Start Planning for Awards

- o As the tournament director, you are responsible for ordering awards. We recommend you order from your local award shop. If you don't have one and don't know where to look for one, send an email to the MN/USA Tournament Coordinator, Ian Glenn, at iglenn@mnusawrestling.org and he will help you find one. Most tournaments have between 250-350 wrestlers at the event. Award lead time can be anywhere from 2-4 weeks and cost about \$500.



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4.4 One Month Before Your Tournament

4.4.1 Get Your Workers Lined Up

- It takes a small army of volunteers to run a tournament. You will need about 40 - 60 volunteers to run a smooth tournament with 8 surfaces.
 - **Example:** 8 surfaces = 8 Referees (each session), 16 Table workers (each session), 2 Security (each session), 2 Spot Check Weigh-in People (each session), 4 Concession People, 4 Admissions People, 3 Awards People, 2 Hospitality people, 1 Track Wrestling Head Table Person, 1 Tournament Director. In most cases, people will work multiple sessions.

4.4.2 Have a Team Meeting

- I know that everyone on your board agreed to host this tournament a year ago, but you need to remind them that it is coming up. You should cover all the things that are completed and all the things that need to be completed. Assign everyone a job. You do not need to run this thing by yourself.

4.4.3 Order Awards

- The lead time for awards may vary. You should probably get them on order. Worst case scenario, you get the awards in 7 days and they are sitting in your garage for 3 weeks. When the awards arrive, open the box, and take inventory. The last thing you want is to open the box on tournament day and realize you are missing awards.

4.4.4 Start Planning for Concessions

- Now is the time that you need to figure out what you are doing for concessions. Are you doing hotdogs? Are you doing Pizza? Who is going to the store and buying the food? Who is paying for it? Who are your workers? These are the types of questions you need to figure out.

4.4.5 Start Planning for Computers and Score Clocks

- In 2018 MN/USA transitioned from running tournaments on paper to running all tournaments on computers using Track Wrestling. One of the many benefits of that change was the invention of virtual scoreboards. Virtual scoreboards plug directly into the computer and display all sorts of information like time, score, wrestler name, on-deck, and in-the-hole. You are more than welcome to use any type of scoring system you would like, but since you are required to have a computer at every table, we highly recommend that you consider using virtual scoreboards. To learn more about using virtual scoreboards, send an email to the MN/USA Tournament Coordinator, Ian Glenn, at iglenn@mnusawrestling.org and he will help you out. Renting mobile scoreboards will cost about \$500.



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4.5 Two Weeks Before Your Tournament

4.5.1 Open Pre-Registration

- Now that you have been advertising your tournament for months, it is time to let the wrestler's sign up. All registrations will be done via USA Wrestling pre-registration site. You will not accept walk-ins at the door. Opening and closing your pre-registration will all be done by the Operation Officials Director.

4.6 One Day Before Your Tournament

4.6.1 Setup Your Tournament

- Setup admissions, weight audits, skin checks, mats, awards, and concessions. Also, your Track expert will build the brackets. Make sure you have a printer and printer paper at the head table and at the awards stand.

4.6.2 Admissions

- Pick the right people to work admissions
 - Having a good admission will set the tone for the rest of the session. Get your signs, tables and ropes all set up. You want to make sure your guests know where to go and have a good experience. To do that you need motivated, overly friendly, technology competent people working at admissions.

Lessons Learned: With our new "Sessions" format, at least one person always needs to sit at the admissions table to check-in wrestlers that arrive at the tournament between scheduled session check-in times.

- Get your money boxes and credit card swipers ready
 - Even though you are not accepting wrestler registration money at your admissions gate, you are accepting spectator admissions. We recommend you have a credit card swiper and a cash box. However, it is your tournament, you can do what you want.
- Preparing the check-in sheets
 - In addition to collecting admissions money, your admissions workers will also need to check in every single wrestler that enters the building and they must send the correct wrestlers over to weight audits. **This is a very important job. If a wrestler gets past admissions without checking in, they will be removed from the tournament.** To accomplish this well, each of the admissions lines is going to need their own list, of every kid in the tournament, broken down by session on individual pages. The easiest way is to print out three "packets" and have them sitting on the tables waiting for tomorrow. Your Track expert should be able to easily print this out for you, but you need to do it the day before because it does take some time to do well.



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Lessons Learned: The only delay we experienced at the tournament was when we had to add wrestlers back into the tournament that had snuck past admission and gotten removed from their brackets. Always keep someone at Admissions and announce no shows to make sure they did not sneak past.

(NOTE: All individuals who show a current MN/USA Wrestling Leadership card shall receive free admission to all qualifiers and regionals.)

4.6.3 Skin Checks / Weight Audits

- Skin Checks
 - You should set up an area to do skin checks and weight audits. All athletes will be skin checked. Skin checks should have at least two lines to speed up the process. Your “skin checkers” should be somewhat knowledgeable about skin disease and looking for rashes and/or bumps on the face, hairline, torso, and extremities. Once the wrestler has completed skin checks, the “skin checker” will put a check mark on the wrestler’s hand with a marker indicating they have completed skin checks. If a wrestler fails skin checks, the wrestler will be removed from the tournament and **no refund will be given by MN/USA**. The host tournament may refund the wrestlers registration and guest admission fees on a case by case basis with cash from the admissions cash box.

(NOTE: Images of common skin diseases can be found in the appendix.)

- Weight Audits
 - We recommend auditing 25% of wrestlers attending. You can accomplish this by highlighting every 4th wrestler on your check in sheets. . The wrestler must be within 3% of the weight that their parents signed them up at (**not 3% of the max weight in their bracket**). If the wrestler fails weigh-ins, he should be brought to the head table immediately. The wrestler will then be removed from the tournament. **No refund will be given by MN/USA**. At the conclusion of the tournament, the tournament director shall send an email to the MN/USA Tournament Coordinator, Ian Glenn, at iglenn@mnusawrestling.org and he will keep track of all the kids that miss weight across the state and see if there are patterns that may need to be addressed.

4.6.4 Mats

- Every wrestling mat should have working ankle bands, wristbands, whistle, computer, computer mouse, a scoreboard and power. Make sure all computers are connected to the internet. All mats should be clearly numbered.

4.6.5 Awards

- Pick the right people to work awards



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- Just like how admissions set the tone for how your session will be run, awards will set the tone for how your session will be remembered. Again, you want to make sure your guests know where to go and have a good experience. To do that, you need motivated, overly friendly, technology competent people working at awards. Have at least 2 people, one person printing out brackets, one person managing the line and handing out awards,

Lessons Learned: Have a printer at awards.

4.6.6 Concessions

- Get all the food
 - It is a good idea to set up your concessions the night before. You should also confirm any vendor or hot food delivery times.
- Concessions stand workers
 - We recommend you have four to five people in the concession stand with at least one adult, one money box and one credit card swiper.

5 Tournament Day

5.1 Sample Schedule

Metro Tournament Schedule (Greater Than 150 Wrestlers)

<u>Agenda</u>	<u>Time</u>	<u>Age Group</u>
Session 1 Check In:	7:50am – 8:20am	(Bantam – 8U), Birth Year 2016-2017
Session 1 Wrestling:	8:30am – 10:00am	(Bantam – 8U), Birth Year 2016-2017
Session 2 Check In:	9:30am – 9:50am	(Intermediate – 10U), Birth Year 2014-2015
Session 2 Wrestling:	10:00am – 11:30am	(Intermediate – 10U), Birth Year 2014-2015
Session 3 Check In:	11:00am – 11:20am	(Novice – 12U), Birth Year 2012-2013
Session 3 Wrestling:	11:30am – 1:00pm	(Novice – 12U), Birth Year 2012-2013
Session 4 Check In:	12:30 pm – 12:50pm	(Peewee – 6U), Birth Year 2018-2019
	12:30 pm – 12:50pm	(School Boy/Girl – 14U), Birth Year 2010-2011
Session 4 Wrestling:	1:00pm – 2:30pm	(Peewee – 6U), Birth Year 2018-2019
	1:00pm – 2:30pm	(School Boy/Girl – 14U), Birth Year 2010-2011

Non-Metro Tournament Schedule (Less Than 150 Wrestlers)

<u>Agenda</u>	<u>Time</u>	<u>Age Group</u>
Session 1 Check In:	9:00 am – 9:50am	All Age Groups
Session 1 Wrestling:	10:00am – 12:00am	All Age Groups

Lesson Learned: Print out a bunch of schedules and put them everywhere. All your stations and mats should have a schedule.



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5.2 Train Your Workers

- You are going to have to train all your workers. Make sure your admissions and concessions know how to use a money box and run a credit card swiper. Make sure the internet is working. Make sure the printer at both the awards stand and the head table are working. Make sure all your table workers showed up. Your Track expert will make sure all the computers are powered up and logged into the tournament. They will also train all your table workers. Make sure your admissions know what wrestlers they need to send to weight audits. Make sure weight audits are ready to receive the wrestlers. Now that that is all done, it is time to open the doors.

5.3 Checking Wrestlers in at Admissions

- As wrestlers check in, admissions should check their names off the list, so you know that they are in the building. Additionally, admissions should be sending the selected wrestlers over to have a weight audit. After the session check-in and weight audit is complete, admissions needs to make a single “Master List” and get it to the head table so the Track expert can remove all the no-shows and prepare to start the session.

Lesson Learned: Check in all wrestlers that enter the building even if they are not wrestling until a later session.

5.4 Brackets & Track Wrestling

- MN/USA will create your tournament on TrackWrestling for you. MN/USA will provide your Track expert with login information. **Your Track expert will not have to change any settings in the tournament.** Your tournament registration will close at 8pm the night before your tournament. Once registration has closed, The Track expert will just need to clean the data in pre-registration, import the wrestlers in to the tournament, build the brackets, load the mats, and number the matches. Before the session starts, they will also have to “Bye” out the no shows.

Lesson Learned: Do not delete “no show” wrestlers from the tournament. Change their name to a “bye” on their bracket. This way you can easily put them back in the tournament when they magically show up.

5.5 Now That the Train is Moving...

- Now that the train is moving you just need to keep it moving. In every session you are going to want to announce to people that the brackets can be viewed on Track Wrestling. Check on your table workers, check on your concessions, check on your money boxes. Enjoy the ride!



6 Appendix

6.1 Sample Profit & Loss Statement

MN/USA Youth Wrestling Profit and Loss Statement (300 Wrestler Tournament)

Income	Total
	\$5,100.0
Wrestler Registration (@\$17 / Wrestler)	0
	\$1,500.0
Admissions (@\$5/ Adult)	0
	\$1,500.0
Concessions	0
Apparel Vendor (% of Sales)	-
Additional Food Vendor (% of Sales)	-
	\$8,100.0
Total Income	0
Expenses	
* Track Tournament Fee	\$50.00
* Track Credit Card Transaction (3% or Registrations)	\$153.00
* Insurance (\$3 / Wrestler)	\$900.00
* Event Sanction & Additional Insured Certificate	\$100.00
* Guillotine Advertisement	\$40.00
Track Expert	\$200.00
Mobile Scoreboard Rental	\$500.00
Awards	\$500.00
Concession Food	\$500.00
Hospitality Room	\$300.00
Referee (\$150/ Professional Referee)	-
Site Rental	-
	\$3,243.0
Total Expense	0
	\$4,857.0
Net Income	0

(NOTE: The * expenses are paid by MN/USA out of registrations. MN/USA sends the remaining registration proceeds back to the club via check.)

The categories that are different at every site are: Vendors, Referees and Site Rental Fees. Some clubs use high school wrestlers as referees and some clubs hire professional referees. Some clubs invite vendors, some do not. Some clubs have site rental fees, some do not. All these categories greatly vary and are up to you on how you want to handle them.



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6.2 Sample Volunteer Sign-up Sheet

	Computer Worker	Tapper	Referee
Mat 1 (Session 1, 7:30am -10:00am)			
Mat 1 (Session 2, 9:45am - 11:45am)			
Mat 1 (Session 3, 11:15am - 1:15pm)			
Mat 1 (Session 4, 12:45pm - 2:45pm)			
Mat 2 (Session 1, 7:30am -10:00am)			
Mat 2 (Session 2, 9:45am - 11:45am)			
Mat 2 (Session 3, 11:15am - 1:15pm)			
Mat 2 (Session 4, 12:45pm - 2:45pm)			
Mat 3 (Session 1, 7:30am -10:00am)			
Mat 3 (Session 2, 9:45am - 11:45am)			
Mat 3 (Session 3, 11:15am - 1:15pm)			
Mat 3 (Session 4, 12:45pm - 2:45pm)			
Mat 4 (Session 1, 7:30am -10:00am)			
Mat 4 (Session 2, 9:45am - 11:45am)			
Mat 4 (Session 3, 11:15am - 1:15pm)			
Mat 4 (Session 4, 12:45pm - 2:45pm)			
Mat 5 (Session 1, 7:30am -10:00am)			
Mat 5 (Session 2, 9:45am - 11:45am)			
Mat 5 (Session 3, 11:15am - 1:15pm)			
Mat 5 (Session 4, 12:45pm - 2:45pm)			
Mat 6 (Session 1, 7:30am -10:00am)			
Mat 6 (Session 2, 9:45am - 11:45am)			
Mat 6 (Session 3, 11:15am - 1:15pm)			
Mat 6 (Session 4, 12:45pm - 2:45pm)			
Mat 7 (Session 1, 7:30am -10:00am)			
Mat 7 (Session 2, 9:45am - 11:45am)			
Mat 7 (Session 3, 11:15am - 1:15pm)			
Mat 7 (Session 4, 12:45pm - 2:45pm)			
Mat 8 (Session 1, 7:30am -10:00am)			
Mat 8 (Session 2, 9:45am - 11:45am)			
Mat 8 (Session 3, 11:15am - 1:15pm)			
Mat 8 (Session 4, 12:45pm - 2:45pm)			
Admissions			
Concessions			
Weight Audit / Skin Checks			
Awards			
Security			
Hospitality			
Track Expert			
Tourn. Director			



6.3 4-Man Round Robin - Mats vs Wrestlers vs Hours Graph

This graph is important because you want to give wrestlers a little break between their matches. If you have too many surfaces, a wrestler may finish a match and be up again right away. In the youth level, we recommend at least a five-minute break between watches.

		WRESTLERS						
		100	150	200	250	300	350	400
MATS	12	1.0	1.6	2.1	2.6	3.1	3.6	4.2
	11	1.1	1.7	2.3	2.8	3.4	4.0	4.5
	10	1.3	1.9	2.5	3.1	3.8	4.4	5.0
	9	1.4	2.1	2.8	3.5	4.2	4.9	5.6
	8	1.6	2.3	3.1	3.9	4.7	5.5	6.3
	7	1.8	2.7	3.6	4.5	5.4	6.3	7.1
	6	2.1	3.1	4.2	5.2	6.3	7.3	8.3
	5	2.5	3.8	5.0	6.3	7.5	8.8	10.0
	4	3.1	4.7	6.3	7.8	9.4	10.9	12.5
	3	4.2	6.3	8.3	10.4	12.5	14.6	16.7
	2	6.3	9.4	12.5	15.6	18.8	21.9	25.0
	1	12.5	18.8	25.0	31.3	37.5	43.8	50.0
		HOURS						

*The assumptions are that each mat can wrestle 12 matches/hour and each wrestler gets 3 matches.

6.4 MN/USA Tournament Sanction Request Form

The Tournament Sanction Request Form is now online. You can access here:

<https://docs.google.com/forms/d/e/1FAIpQLSdyXyou3N4NNyVZXwHVjXbj6PSXFcEZKnaL6e64zhe71wouOg/viewform>



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6.5 Region and State Tournament Qualifications Broken Down by Age Group

Pee-Wee (6U) & Bantam (8U)

A participant will need to accumulate 30 points from MN/USA Qualifying tournaments during the current season to qualify for the State Tournament. Individuals in these divisions will not be participating in the Regional Qualification process. Competitors at State will be placed in brackets no larger than 16 based on scratch weight grouping wrestlers within 5 lbs or 10% body weight starting from the lightest wrestler in the age group and moving up. Exception being heavy weights where USA Wrestling has defined weight classes that exceed the 10% rule.

Intermediate (10U) & Novice (12U)

A participant will need to accumulate 30 points from MN/USA Qualifying tournaments during the current season to qualify for inclusion in the Regional Tournaments. A participant will need to place in the top 3 (or top 4 if participating at the wild card region) at their designated age group and weight class to qualify for the State Tournament. Once a participant qualifies for the State Tournament, they are prohibited from participating in another Regional Tournament and the participant is only allowed to wrestle at the State Tournament at the weight class in which the wrestler qualified. No weight changes are allowed under any circumstances.

Schoolboy/Schoolgirl (14U)

A participant does not need any points from MN/USA Qualifying tournaments during the current season to qualify for inclusion in the Regional Tournaments. A participant will need to place in the top 3 (or top 4 if participating at the wild card region) at their designated age group and weight class to qualify for the State Tournament. Once a participant qualifies for the State Tournament, they are prohibited from participating in another Regional Tournament and the participant is only allowed to wrestle at the State Tournament at the weight class in which the wrestler qualified. No weight changes are allowed under any circumstances.

Cadets (16U)

A participant does not need any points from MN/USA Qualifying tournaments during the current season and does not participate at the Regional Tournaments to qualify for this division. Participation at the State Tournament for this age group is limited to the first 16 individuals at a weight class. No weight changes are allowed under any circumstances.

Girls Division

A participant does not need any points from MN/USA Qualifying tournaments during the current season and does not participate at the Regional Tournaments to qualify for this division. Participation at the State Tournament for this age group is limited to the first 16 individuals at a weight class. No weight changes are allowed under any circumstances. Any female athlete that is competing in the boy's division is required to comply with any qualification procedures for that division to participate.



6.6 Skin Disease Reference Images

