



November 6th and 7th, 2021
Brought to you by MN/USA Wrestling

Anoka High School

3939 7th Ave

Anoka, MN 55303

Enter through the Field House Doors

Registration Entry: Entry fee of \$50.00 per wrestler. All wrestlers MUST have a current (2022) USA Wrestling athlete's card. All wrestlers MUST be pre-registered.

Registration: Registration can only be made Online via TrackWrestling @ <https://www.trackwrestling.com/tw/opentournaments/VerifyPassword.jsp?tournamentId=631640132> **No exceptions will be made.** Registration will close at 8:00pm on November 3rd. When registering your child, it is your obligation to confirm all information is correct and accurate. **NO REFUNDS WILL BE GIVEN FOR ANY REASON.**

Admission: Admissions will be taken at the door and will be \$10.00 per person per day and \$5.00 per student per day with kids 5 and under being free. Coaches band's will be \$10.00 and be good for both days of wrestling.

Event Schedule and Weigh-In Times:

Weigh-ins are from 7-8am on Saturday November 6th for the 8U, 10U, 12U, 14U divisions with wrestling starting at 9:30am

Weight ins are from 7-8am on Sunday November 7th for the Girls K-6th and Girls High School as well as the Boys High School Division, wrestling starting at 9:30am

Matside Coaches:

In order to sit in the coaches matside chair or to have any engagement with referees, SafeSport and USA Wrestling requires all individuals to be properly certified. Coaches bands will be available at the coaches check in table for \$10.00 for 2 days and for any individual who has all the following: (i) a **2022 USA Wrestling Leadership card**; **AND** (ii) **evidence of completion of concussion training** (*note this concussion training is not part of Copper or Bronze certification and requires a separate training.) This is a requirement under Minnesota state law for coaching. The Heads-Up Concussion Certification is incorporated into the USA Wrestling Membership system. To complete the training go to the USA Wrestling membership site and log-in using your

leadership information, from the drop-down menu titled “Manage” you will see a link titled “Heads Up Concussion” which will bring you to the test and once completed it will print “concussion” on your leadership card showing proof of completion. Also have a copy of it printed out or picture of completion on your phone just in case. Any parent without a coach’s band will NOT be allowed to interact with the table or referees in any manner.

Weight Classes: These will be as follows:

8U Division: 41, 43, 45, 47, 49, 51, 53, 56, 61, 68, 83, 95, 105, 120

10U Division: 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 140

12U Division: 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160, 190

14U Division: 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250

High School 7-12 Grade: 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Girls K-6th Grade: 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 100, 110, 120, 127

Girls High School 7-12 Grade: 95, 102, 110, 119, 128, 138, 148, 165, 185, 215

Age Groups:

8U Division: Birth Years 2014 & 2015

10U Division: Birth Years 2012 & 2013

12U Division: Birth Years 2010 & 2011

14U Division: Birth Years: 2008 & 2009

High School Divisions: Enrolled in 7th – 12 Grade

Girls K-6th Grade: Enrolled in K – 6th Grade

Girls High School: Enrolled in 7th – 12th Grade

Individual Awards: Awards for 1st through 6th places. Champions will receive large 18” tall acrylic trophy. 2nd and 3rd receive trophies and 4th-6th place receive medals

Period Times: All High School divisions will be 2:00 periods, all other divisions will be 1:30 per period.

Vendors: We will have a clothing and wrestling apparel vendor on site for both days please reach out prior to tournament for any of your wrestling supply needs. Visit jrwrestling or at jeff.lathrop@championshipprods.com

Concessions: There will be concessions available all day both days to purchase.

Uniforms:

Competition singlets with underbriefs required for both girls and boys during competition and weigh-ins, and the singlets should be predominantly one color. Two-piece uniforms are also allowed (see below for guidelines on them). The use of headgear is **required** for all divisions and recommended for the High School age groups. It is recommended that athletes with braces wear mouth guards. Athletes are required to wear white, black or no socks. Colored socks make it difficult for officials to identify the leg bands for correct scoring. **Note:** All athletes must weigh-in wearing a competition singlet. Any wrestler wearing a modified singlet will not be allowed to enter the weigh-in area.

Guidelines for the two-piece uniforms are as follows:

Wrestlers can wear compression or board shorts with a substantial elastic waistband and a tight fitting sleeveless, or short sleeve shirt. The shorts shall not be excessively baggy, have pockets, buttons, draw strings or snaps. A suitable compression undergarment must be worn under the shorts. If the athlete chooses to wear a two-piece uniform and enters the weigh-in area, the athlete must weigh-in with the complete two-piece uniform. There is no weight allowance for the singlet or uniform.

Weigh-Ins:

All athletes must weigh-in wearing a competition singlet. Athletes need to be present at weigh-ins during their designated weigh in time. **Any wrestler wrestling both days will need to weigh in both days. i.e. (for instance, a girl wrestling in the 12U division on Saturday and then wrestling K-6th Grade Sunday or a 14U boy wrestling Saturday in 14U and then again Sunday in boys High School division.)** The athlete will be able to enter the weigh-in staging area where a changing area and check scale will be located. Only wrestlers and event staff will be allowed in the weigh-in area, parents are to remain in the weigh-in staging area however, they will be able to visually see their wrestlers in the weigh-in area. No Coaches or parents will be allowed in the medical check or weigh-in area. Athletes should confirm their weight on the check scale prior to entering the weigh-in area, once a wrestler enters the weigh-in area they will have a medical examination completed and proceed to have their weight taken and will not be allowed to leave and attempt to make weight at a later time.

The contestants will be weighed wearing their competition singlet or two piece uniform, (with under-briefs, and female athletes must wear age appropriate undergarment tops) after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. ***For USAW competitions, the singlet worn to weigh-in must be an approved competition singlet/uniform without modification.***

Contestants who choose to weigh-in in a two-piece uniform must weigh-in wearing shorts designed for wrestling, a suitable undergarment, and a tight fitting short sleeved

shirt. Contestants may weigh-in wearing a legal singlet and then choose to wrestle in a legal two-piece uniform.

No weight tolerance will be allowed for the singlet or two-piece uniform (for example a wrestler competing at 10U 77 lbs. must weigh-in at 77.0 or less). Contestants must be in perfect physical condition, with their fingernails cut very short. When presented at the scale the wrestler has the right (after two (2) attempts at the first scale) each in turn, to attempt to weigh in on all the official weigh-in scales. These attempts may be made one time only at each scale. No weight reduction methods of any kind can be made between attempts to make weight or in the weigh-in area, and once a wrestler enters the weigh-in area they are not allowed to leave and attempt to make weight at a later time.

Medical: Please see the MN/USA Wrestling skin condition form (can be found on our website: www.mnusawrestling.org). Please note that a skin form signed by a physician can be overruled by the on-site tournament medical staff at the tournament based on disease activity.

Contact Information

Tournament Director - Matt Njos, mijos@mnusawrestling.org, 612-481-7634

Last Updated 10-3-2021

