

# 2020 Rec League Nationals

Monday, December 21, 2020  
The Legacy Events Center  
151 South 1100 West Farmington, Utah

**Tournament will cap at 600 wrestlers so register today!**

**All states are welcome to attend the Rec League Nationals**

**Rec League Nationals is for wrestlers with two seasons of experience or less. That means they can not have competed in more than 1 season prior to this season. A "Season" goes from Sept. 1-August 31st. If you are unsure if you qualify then please reach out to Jeff Newby at [Jeffreynewby@hotmail.com](mailto:Jeffreynewby@hotmail.com). If you are found to have more than 2 seasons of experience then you will be disqualified without a refund.**

**Registration/Admission:** Registration is \$25 and wrestlers must be registered by December 17 at 6:00pm. Admission will be free for all but you must have a USA Coaches Card to get on the floor or you will need to pay \$10 for a floor pass.

## **Tentative Schedule: (schedule may shift a little based on numbers)**



1:00pm until conclusion	PreK-K
2:00pm until conclusion	1 <sup>st</sup> -2 <sup>nd</sup> Grade
3:45pm until conclusion	3 <sup>rd</sup> -4 <sup>th</sup> Grade & 1 <sup>st</sup> -3 <sup>rd</sup> grade girls
5:15pm until conclusion	5 <sup>th</sup> -6 <sup>th</sup> Grade & 4 <sup>th</sup> -6 <sup>th</sup> grade girls
6:45pm until conclusion	7 <sup>th</sup> -9 <sup>th</sup> Grade & 7 <sup>th</sup> -9 <sup>th</sup> grade girls

## **Weigh INS:**

- Weigh ins should take place on Wednesday, December 16 or Thursday, December 17
- Each club, school, or rec league coach is responsible to hold a satellite weigh in for his or her qualified wrestlers and enter weights into trackwrestling no later than 9pm on December 17. Any questions please direct to Jeff Newby at [Jeffreynewby@hotmail.com](mailto:Jeffreynewby@hotmail.com). There is no weight allowance.

**Membership:** Participants must have an active USA Wrestling Membership (which can be purchased at [usawmembership.com](http://usawmembership.com)).

**Format:** Double Elimination. There will be no true second, and we will place the top 6 wrestlers in each division.

**Seeding:** Trackwrestling seeding will be used

## **Division and Weights Classes:**

- PreK-K 36, 39, 42, 44, 46, 48, 51, 51+
- 1<sup>st</sup>-2<sup>nd</sup> 42, 46, 50, 53, 57, 61, 67, 75, 75+
- 3<sup>rd</sup>-4<sup>th</sup> 51, 55, 60, 65, 70, 75, 80, 87, 95, 105, 105+
- 5<sup>th</sup>-6<sup>th</sup> 65, 70, 75, 80, 85, 90, 96, 105, 115, 125, 145, 145+
- 7<sup>th</sup>-9<sup>th</sup> 76, 82, 88, 95, 101, 107, 115, 125, 135, 150, 175, 200, 285

Girls Divisions: Girls will be paired based on weight within the division. If there are 5 or more girls at a weight then they will do a line bracket, otherwise they will compete in a round robin. Girls may register in both the girls and boys divisions but must pay for 2 entry fees. Boys can not wrestle in the Girls division.

Girls Division: 1<sup>st</sup>-3<sup>rd</sup> Grades

Girls Division: 4<sup>th</sup>-6<sup>th</sup> Grades

Girls Division Jr High: 7<sup>th</sup>-9<sup>th</sup> Grades

**Awards:** Trophies will be given to the top 6 finishers in each weight class. The Champion in each weight class will receive a custom Rec League Champion singlet. Each participant that does not receive a trophy can pick up a rec league state participation medal at the awards area.

**Coaches:** Coaches with an active USA Coaches Membership will be granted floor access free of charge. Coaches without a USA Coaches Membership will need to buy a floor pass for \$10.

## **Additional Rules and Regulations:**

1. USAUW, National Federation, and UHSAA rules will govern all matches except the following:
  - a. PreK-4<sup>th</sup> Grade bouts will consist of 3 periods of 1,1,1.
  - b. 5<sup>th</sup>-9<sup>th</sup> Grade will consist of 3 periods of 1 min 15 seconds
  - c. All consolation matches will consist of 3 periods of 1,1,1.
  - d. Overtime to be a 1-minute sudden death followed by (1) 30-second ride out period.

**Tournament Director:** Jeff Newby – [Jeffreynewby@hotmail.com](mailto:Jeffreynewby@hotmail.com)