



# So You're Going to a Wrestling Tournament...



*Junior and Cadet Nationals in Fargo, ND*



# USA Wrestling

USA Wrestling hosts regional, national, and international tournaments across the country. Each state has a state association to help facilitate these events and membership. USA Wrestling will sanction local events hosted by clubs under the state's jurisdiction. Therefore, you may attend a "USA Wrestling" event that is not run by the national office.

Find A Club



## Who do I contact about an event?

In most cases, an event website or flyer will list an email address or phone number for a specific contact person.

Events							
In All States - Current Month							
Tournament Series		Category	Division	Style	State	October	2013
<a href="#">Sort Schedule</a>							
Date	Event	Age Groups/Styles	Location	Event Links			
10/01/2013	<b>Veterans World Championships</b> <i>Contact:</i>	Veteran <i>Style(s):</i> Freestyle Greco	Sarajevo, Bosnia,	<a href="#">[Results]</a> <a href="#">Event Info</a>			
10/03/2013	<b>FILA Junior Development Camp #1</b> <i>Contact: Terry Steiner</i> <i>Phone: (719) 598-8181</i>	FILA Junior <i>Style(s):</i> Freestyle	Colorado Springs, CO				
10/05/2013	<b>Tech Classic Wrestling Tournament</b> <i>Contact: Roberto Dixon</i> <i>Phone: (831) 883-9904</i>	Senior Junior Cadet Schoolboy/Girl Novice Intermediate Bantam Veteran <i>Style(s):</i> Folkstyle	Cupertino, CA				
10/05/2013	<b>CELEBRATE OLYMPIAN WRESTLING</b> <i>Contact: Rusty Davidson</i> <i>Phone: (505) 285-6344</i>	Senior University Junior FILA Junior FILA Cadet Cadet Schoolboy/Girl Novice Intermediate Bantam Veteran <i>Style(s):</i> Women Beach	ALBUQUERQUE, NM				

This is the person you should contact. The national office does not have access to registration systems for local tournaments, so questions should be directed to the local organizer.



## What is a USA Wrestling card?

A USA Wrestling card is proof of membership. All participants at USAW sanctioned events must have a current USAW membership. Athletes must purchase membership annually for insurance purposes. The membership year runs from September 1 to August 31. To renew or purchase membership, visit [www.usawmembership.com](http://www.usawmembership.com).

It is important to be consistent with the name you use for tournament registrations and the membership system. The systems do not know that Jesse D. Jenkins and Bubba Jenkins are the same person. This will affect Future Olympian Rankings points and Trackwrestling profiles.

## Coaching at USAW Events

Coaches must also purchase membership after passing a background check. Background checks must be done through USAW; it is illegal for other systems, such as a school district, to share such information. Please allow up to two weeks for the background check to be processed. Membership cannot be purchased until the background check is cleared through our system

Some events may require an education certification, such as a Bronze or Copper card. Unlike memberships, certifications never expire. See the Coaches Education section of our website for more information.

## Age and Weight Chart

USAW's age and weight chart is effective from September 1 to August 31 to coincide with the membership year. Age divisions are determined by birth year. Birth year does not change, so wrestlers do not move between age divisions throughout the season.

Wrestlers cannot compete in multiple age divisions. This is a liability. Wrestlers can only compete in the appropriate age division based on their birth year.

## What do I do when I get to the venue?

You should arrive at the venue at the time stated for registration. Hopefully you registered for the tournament online. In that case, you will need to pick up your weigh-in card. If you did not register online, you will need to fill out the on-site registration form and waiver. An adult must sign the on-site waiver. USAW cards will be checked at this time.

At a night-before weigh-in, you may also want to ask about picking up any pre-paid coaches passes or admissions tickets or purchasing those at this time to avoid lines before competition.

## How do weigh-ins work?

Wrestlers should be wearing a competition singlet and holding their weigh-in card while in line for weigh-ins. Parents, coaches, or any other non-athletes are not permitted in the weigh-in area.

If an athlete misses weight, he/she should immediately ask to try the challenge scale. Weights cannot be disputed after leaving the weigh-in area.

**Do NOT leave the weigh-in area with your weigh-in card.** The card stays with the official to be entered into the bracketing system. If you take your card, we will not know that you have weighed in and will delete you from the tournament.

## Public Decency

**It is never appropriate for a wrestler of either gender to change clothes in the registration area, weigh-in area, or any public place. If a singlet needs to be changed, that should be done in a locker room or restroom.**

# Diet and Nutrition

USA Wrestling prohibits rapid weight loss.

A healthy meal should be eaten after weigh-ins and prior to, but not immediately before, competition.

Products full of simple sugars, such as candy and pop, should not be consumed. Carbohydrates, such as pasta and whole grains, are best the night before competition. Fruit is a great snack throughout a tournament. Heavy dairy products should be avoided.

## What if my wrestler is not on the bracket?

Once the brackets for the tournament are posted, please check them immediately. Remember that nothing will be posted until after everyone has weighed-in and the pairers have had time to create the brackets.

If your wrestler's name is not on the bracket or is in the wrong weight class, go to the head table to discuss the issue.

If there is a misspelling, this can easily be changed after the tournament has started.

## Double Bracketing

USAW does not recommend wrestling in more than one weight class per tournament. This is specifically prohibited at some events.

If double bracketing is not specifically prohibited, the registrant assumes the risk of competing in two weight classes. USAW has a minimum rest time within a weight, but not between weights. Matches will not be held to allow a wrestler to compete in multiple brackets. A double bracketed wrestler may be competing on one mat and called to wrestle on another mat. This will result in a forfeit.

## Addressing the Head Table

If you have a question at any point, approach the head table to address someone. There may be a line, particularly at the beginning of the day. When someone asks what they can help you with, include the age division and weight class in your response. You may be directed to someone who is specifically handling that division.

Example: “I have a question about the Novice 100 bracket.”

## How will I know when my wrestler is up?

### Basics

- Some tournaments will assign weight classes/divisions to a certain mat for the whole day. This will be marked on the bracket or communicated in an announcement.
- Some tournaments will utilize all mats across the entire tournament.

### Specifics

- On the bracket, there should be a bout number next to each match-up. When possible, these numbers will be displayed on the matside clocks, on a flip chart, or through some other display method. Follow the bout numbers.

## How will I know when my wrestler is up?

### Specifics continued

- The tournament may use a video board or screen to project a call to mat display. This will list mat assignments for upcoming matches. If a Trackwrestling display is being used, the matches in green are on the mat, the matches in yellow are on deck, and the matches in white are in the hole. Look for your bout number and name.
- If no displays are being used and mats are not assigned for the day, listen to mat assignments from the announcer. These may be incorporated even if another method is used.

## Reporting to the Mat

When a wrestler sees his/her name on the bout board or is called to the mat, he/she should go there to warm-up and be ready. If mats are assigned for the whole day, wrestlers should stay around their specific mat.

When the match is up, the two wrestlers report to the scoring table in appropriate dress and give their names. In folkstyle, they will be assigned either red or green ankle bands. In freestyle or Greco-Roman, the wrestler on the top of the bracket always wears red.

Wrestlers who do not report as scheduled will be called to the mat three times. After the third and final call over the PA system, they will forfeit the match.

## Addressing Officials

Parents should not address officials regarding calls. One designated coach (out of the two per corner) may approach the scoring table and ask the official to join him/her for discussion. The coach should phrase his/her concern as a question to the official.

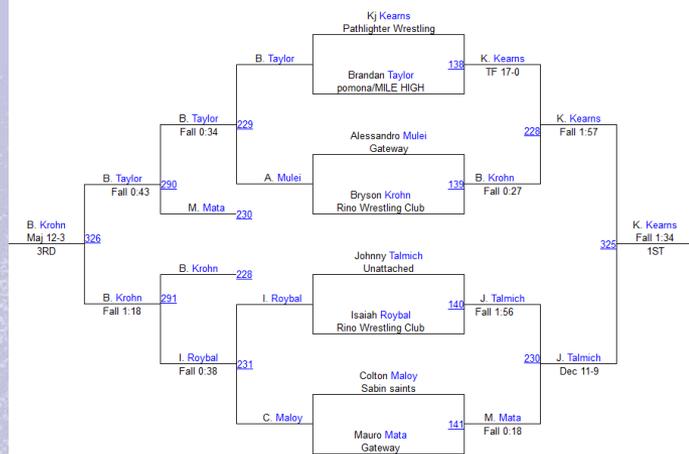
DO: Can you explain why the red wrestler was not awarded a reversal at the edge of the mat?

DON'T: That was a terrible call! My wrestler should have gotten two points there!

# When am I done wrestling?

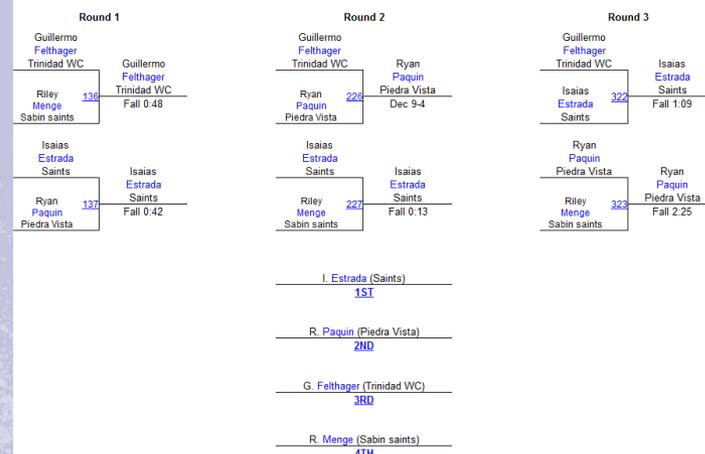
This depends on the type of bracket. In a line bracket, someone is generally out of the tournament after two losses, unless they have made it far enough to qualify for a placement match. Round robins are not affected by losses. Check the bracket to see if your name will advance. If you are uncertain, it is better to ask the head table about your status than to leave and forfeit matches or wait around unnecessarily.

**Wicked Elephant Stampede Tournament Middle School 6-8 95**



8-man line bracket to 3<sup>rd</sup> place

**Wicked Elephant Stampede Tournament Middle School 6-8 85**



4-man round robin

## Awards

Typically, a weight class will be called to the awards area when it is completed. At the end of the day, there may be a wait time for awards since so many brackets are finishing at the same time.

Sometimes, awards are distributed matside by the officials.

If there is ever a problem with your award (perhaps it was mixed up with a different weight class), be sure to give the tournament director your name, age division, weight class, place, and mailing address.



For More Information

Please visit

**USA** wrestling **EVENTS.COM**