

Hosted by:



USAwrestling

2019 ND USA STATE FOLKSTYLE DUALS

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WRESTLING TOURNAMENT

March 22nd BISMARCK EVENT CENTER MAIN ARENA

315 South 5th Street * NO COOLERS, OUTSIDE FOOD, OR BEVERAGES ALLOWED

- Teams must email info@matpacwrestling.org by Friday, March 15, specifying which Group (Group 1, 2 or 3) you plan to enter. Class A schools must enter at least one team in Group 1 if you plan to enter Group 2. You will then be emailed your login information for Trackwrestling.
- Dual teams must be entered on trackwrestling.com by March 20, 2019 at 10:00 pm.
- Skin checks and weigh-ins Friday, March 22nd from 11 am-2 pm at the Bismarck Event Center Main Arena. Wrestlers must weigh-in with a singlet. Dual weights will be used for the Individual Tournament.
- Doors will open at 11:00 am for weigh-ins and general admission (enter at the main front door)
- Introductions at 3:15 pm and wrestling begins at 3:30 pm
- Entry fee is \$150 per team to be collected during registration (USA Cards not required)
- Admission: Adults \$10, Students \$5, ages 5 and under free
- Awards will be given to all dual team participants that place 1st-4th in Group 1, 2, and 3
- Teams will be seeded by top 4 finishers from 2018 State Folkstyle Dual Tournament
- Each Dual Team entered is required to provide 2 Table Workers
- The head coach must email a list of coaches to misti.boese@outlook.com by Wed. March 20. The coaches must have a current USA Coaches Card (copper certified) prior to emailing the list. Coaches will NOT have free admission, they must purchase an admission ticket. No other Floor Passes will be sold. One photographer pass per club, and must purchase an admission ticket.

Official Tournament Hotel: Quality Inn
1030 E. Interstate Ave Phone: 701-223-1911

All team members must be paid members of the N.D. Club they are wrestling for. Teams may have alternates from other clubs, but their points will not count.

DUAL RULES

1. Wrestlers cannot weigh-in more than 10 pounds less the weight they intend to wrestle or bump up more than one weight class.
2. Each team may have 3 alternates from their club (no exhibition matches due to time)
3. Each team may have a maximum of 3 coaches mat side
4. Period lengths: 1.5, 1.5, 1.5 minutes
5. State folkstyle rules apply
6. Tie breaker criteria
 - A. Most pins, tech falls, forfeits, and wins
 - B. Total match points
 - C. Most four pointers
 - D. Most three pointers
 - E. Most two pointers
 - F. Most one points
 - G. First match won by forfeit
7. Folkstyle rules apply including coin toss for odds/evens.

Please designate a captain to represent the team

8. Depending on the number of teams, we will run the tournament in one of the following formats: round robin, bracket, A & B round robin or A & B brackets

Weight classes are determined based on weight and ages ranging from K-6th grade. A limit of 3 alternates will be allowed per team. The weights are as follows:

GROUP 1 - Large Temas

50, 55, 60, 65, 70, 75, 80, 88, 95, 105, 115, 125 and 140 lbs (max)

GROUP 2 - Small Teams

50, 55, 60, 65, 70, 77, 85, 95, 105, and 120 lbs (max)

GROUP 3 - PRE K-3RD Grade

45, 50, 55, 60, 65, 70, 75, 80, 85, 100 lbs (max)

*Can also wrestle in other groups

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