

# **MN/USA Wrestling R.E.P.S. Information**

**R.E.P.S. stands for Recognizing Excellence through Points System**

MN/USA Wrestling is proud to recognize the outstanding achievements of our membership athletes through R.E.P.S. Wrestlers in age groups 6U, 8U, 10U, 12U, 14U, 16U, and Juniors can accumulate points throughout the season based on their performances in Folkstyle, Freestyle, and Greco-Roman events at select MN/USA and USA Wrestling competitions. This system highlights skill, effort, and dedication over the course of the season.

R.E.P.S. points are used to celebrate season-long performance and recognize top wrestlers at the end-of-year awards banquet. While MN/USA tournaments such as NorthStar, State, and Folkstyle Regionals use the USA Wrestling PIN Index for tournament separation, R.E.P.S. gives athletes a chance to track their progress and be acknowledged for consistent excellence across the season.

## **A FEW BASICS ABOUT THE POINT SYSTEM**

1. R.E.P.S. will automatically accumulate throughout the MN/USA Wrestling season. Standings can be viewed at [mnusawrestling.org](http://mnusawrestling.org) under the Home tab by selecting Points List.
2. Participating in a co-ed Folkstyle Qualifier Tournament, wrestlers earn both Qualification Points and R.E.P.S. Points : 1st place = 40 pts, 2nd place = 25 pts, 3rd place = 10 pts.
  - \*No points are awarded at Beginner Tournaments
  - \*\*Some tournaments offer Double Points - which is both qualification and R.E.P.S.
  - \*\*\*Girls opens award R.E.P.S points, but no regional or state qualification points.
3. The highest-performing wrestlers in the Girls, Youth (6U–12U combined), 14U, 16U, and Junior divisions will be honored with a special R.E.P.S Top 10 Award.



# STATE FOLKSTYLE QUALIFICATION

	6U & 8U	10U & 12U	14U	16U	GIRLS
Needs 30 points accumulated from Qualifying Tournaments (6U & 8U qualify for State with 30 points. 10U & 12U must attend a Regional)	YES	YES	NO	NO	NO *
Must register, compete and place top 4 at a Regional to qualify for State.	NO	YES	YES	NO	NO *

\*Any girl wanting to wrestle in the co-ed age group will need to go through the regional process.

## mn/USA Wrestling R.E.P.S. tournament points awarded

### MINNESOTA/USA EVENTS

- *FOLKSTYLE QUALIFIER*
- *GIRLS OPEN*
- *FREESTYLE/GRECO OPEN*

1ST PLACE = 40 POINTS  
 2ND PLACE = 25 POINTS  
 3RD PLACE = 10 POINTS

### MN/USA FOLKSTYLE REGIONAL QUALIFIER

1ST PLACE = 70 POINTS  
 2ND PLACE = 50 POINTS  
 3RD PLACE = 30 POINTS  
 4TH PLACE = 10 POINTS

### NORTHSTAR TOURNAMENT MN/USA STATE CHAMPIONSHIPS NORTHERN PLAINS REGIONAL

1ST PLACE = 200 POINTS  
 2ND PLACE = 180 POINTS  
 3RD PLACE = 150 POINTS  
 4TH PLACE = 120 POINTS  
 5TH PLACE = 100 POINTS  
 6TH PLACE = 80 POINTS

### USA & UWW NATIONAL PLACEMENTS IN FOLKSTYLE, FREESTYLE, & GRECO

1ST PLACE = 400 POINTS  
 2ND PLACE = 360 POINTS  
 3RD PLACE = 300 POINTS  
 4TH PLACE = 240 POINTS  
 5TH PLACE = 200 POINTS  
 6TH PLACE = 170 POINTS  
 7TH PLACE = 135 POINTS  
 8TH PLACE = 110 POINTS

# *Athletes have the opportunity to accumulate R.E.P.S points at each of the following events*

## **6U Age Division**

- All MN/USA Wrestling Folkstyle Qualifier events
- All MN/USA Wrestling Freestyle and Greco open events
- MN/USA Wrestling Folkstyle, Freestyle and Greco State Championships

## **8U Age Division**

- The MN/USA NorthStar Tournament
- All MN/USA Wrestling Folkstyle Qualifier events
- All MN/USA Wrestling Freestyle and Greco open events
- MN/USA Wrestling Folkstyle, Freestyle and Greco State Championships
- USA Wrestling Folkstyle Post Season National Championships
- USA Wrestling Northern Plains Freestyle and Greco Regional Championships
- USA Wrestling Kids Freestyle and Greco National Championships

## **10U, 12U, 14U, and Girls Division (all ages)**

- The MN/USA NorthStar Tournament
- All MN/USA Wrestling Folkstyle Qualifier and Regional events
- All MN/USA Wrestling Freestyle and Greco open events
- MN/USA Wrestling Folkstyle, Freestyle and Greco State Championships
- USA Wrestling Folkstyle Post Season National Championships
- USA Wrestling Northern Plains Freestyle and Greco Regional Championships
- USA Wrestling Kids Freestyle and Greco National Championships
- USA Wrestling UWW U15 Events Men's and Women's

## **16U Age Division**

- The MN/USA NorthStar Tournament
- All MN/USA Wrestling Freestyle and Greco open events
- MN/USA Wrestling Folkstyle, Freestyle and Greco State Championships
- USA Wrestling Folkstyle Post Season National Championships
- USA Wrestling Northern Plains Freestyle and Greco Regional Championships
- USA Wrestling 16U/Junior Freestyle and Greco National Championships in Fargo
- USA Wrestling UWW U15/U17 Events Men's and Women's

## **Junior Age Division**

- The MN/USA NorthStar Tournament
- All MN/USA Wrestling Freestyle and Greco open events
- MN/USA Wrestling Freestyle and Greco State Championships
- USA Wrestling Folkstyle Post Season National Championships
- USA Wrestling Northern Plains Freestyle and Greco Regional Championships
- USA Wrestling 16U/Junior Freestyle and Greco National Championships in Fargo
- USA Wrestling UWW U17/U20 Events Men's and Women's