

# MINNESOTA/USA KIDS, CADETS & GIRLS STATE FOLKSTYLE TOURNAMENT 2020

R.C.T.C. UNIVERSITY CENTER FIELD HOUSE  
851 30<sup>TH</sup> AVE SE  
ROCHESTER MN 55904

FRIDAY MARCH 6<sup>TH</sup> THRU SUNDAY MARCH 8<sup>TH</sup> 2020

## Pre Registration

**Entry:** Entry fee of \$40.00 per wrestler. All wrestlers MUST have a current (2020) USA Wrestling athlete's card. All wrestlers MUST be pre-registered. **Registration Deadline:** Registration deadline is 10 pm on March 2<sup>nd</sup>.

**Absolutely no registrations will be accepted after 10 pm on March 2<sup>nd</sup>.** Registration can only be made Online via Track Wrestling. **No exceptions.**

## Admission Prices:

Adults - \$20 for all sessions, or \$10 – Friday, \$10 – Saturday, \$10 – Sunday

Students, Seniors & Military - \$10 for all sessions, or \$5 – Friday, \$5 – Saturday, \$5 – Sunday (Kids 5 & under free)

Coach's passes (\$10) will be sold at the Coaches Meetings Only – Friday at 12:15 pm, Friday at 7:15 pm and 10:45 am on Saturday.

**Individual Awards:** Awards for 1<sup>st</sup> through 6<sup>th</sup> places.

**Rules:** The rules of High School Wrestling with current USA Wrestling modifications where applicable will govern the event and the competition.

## Uniforms for MNUSA Wrestling state competitions:

A one-piece singlet shall be cut no lower than the level armpits in both the front and back and under the armpits no lower than ½ the distance between the armpit or belt line. The one-piece singlet may be worn and should be a predominant single solid color. Unadorned tights with stirrups may be worn in folkstyle competition only.

Wrestlers shall wear a suitable undergarment under a one-piece singlet, which covers the buttocks and groin area. If the undergarment extends beyond the inseam it shall be tight fitting, a single solid color, unadorned and not extend below the knee. Arm and leg "sleeves" are illegal unless they have a sewn in pad. Wrestlers shall not wear sweatbands.

**Note:** Female contestants wearing a one-piece singlet shall also wear an undergarment covering the breast when age and developmentally appropriate. An appropriate undergarment covering the buttocks and groin is also required for female wrestlers.

The two-piece uniforms shall be compression shorts or shorts designed for wrestling and shall have a minimum 4-inch inseam that does not extend below the knee. Shorts designed for wrestling shall have an elastic waist and drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have belt loops, zippers, snaps, buttons or pockets. Shorts designed for wrestling may be worn over a one-piece singlet or with a form fitting compression shirt. The form fitting compression shirt shall not cover or extend below the elbow and shall have a minimum of a 3-inch tail; the form-fitting compression shirt may be worn under a singlet, or with compression shorts or shorts designed for wrestling. Suitable undergarments as described in the first paragraph are required for male and female contestants wearing a two-piece uniform.

- Headgear are required for all wrestlers in age groups 14U (Schoolboy/Girl) and younger.
- It is recommended but not required wrestlers with braces wear mouthguards.
- Athletes must weigh-in wearing a competition singlet. There is no weight allowance for the singlet or uniform.
- Wrestlers shall wear white, black, or no socks.
- It is highly recommended in MNUSA Greco and Freestyle that competition singlet be predominantly red or blue. Two-piece uniforms should also have either a neutral top or bottom with a shirt or short that is predominantly red or blue.
- Athletes, please be aware that the two piece uniform is currently not legal at USAW regional and national Freestyle and Greco competitions.

The tournament head official shall determine the legality of all questionable competition uniforms and equipment.

### **Pairings:**

For the PeeWee **6U**, Bantam **8U**, and All **Girls** age groups, we will use the total of the following:

- Current Year Folkstyle Points total
- Previous Year's Folkstyle Points (State Qualifiers and State Tournament Only)
  - If you're in the same age group as last year, it will be the full points
  - If you're not in the same age group as last year, it will be half the points
- Using the total points as explained above, we will separate the top 36 Pee Wee **6U**, 44 Bantam **8U**, and 10 Girls.
- Wrestlers from the same Club will also be separated from each other when possible.

For the Intermediate **10U** and Novice **12U** age groups, we will do the following:

- Seed up to 8 wrestlers in each weight class. The Kids Director and Kids Coaches Council Advocate will select a group of parents for the Seeding Committee.
- Use the total of the following points to separate the top 36 Intermediate **10U** and 44 Novice **12U** wrestlers.
  - Current Year Folkstyle Points total
  - Previous Year's Folkstyle Points (State Qualifiers and State Tournament Only)
    - If you're in the same age group as last year, it will be the full points
    - If you're not in the same age group as last year, it will be half the points
- Wrestlers from the same Club will also be separated from each other when possible.

For the Schoolboy **14U** age group, we will do the following:

- Seed up to 8 wrestlers in each weight class. The Kids Director and Kids Coaches Council Advocate will select a group of parents for the Seeding Committee.
- Wrestlers from the same Club will also be separated from each other when possible.

For the Cadet **16U** age group, we will do the following:

- Wrestlers from the same Club will be separated from each other when possible.

**Note:** It may not always be possible to separate everyone in these criteria (it depends on how many wrestlers are in the bracket).

**Weight Classes:** The Pee Wee **6U** and Bantam **8U** age groups will use scratch weights (Grouping wrestlers within 5 lbs or 10% body weight starting from the lightest wrestler in the age group and moving up. Exception being heavy weights where USA Wrestling has defined weight classes that exceed the 10% rule.). We will try to make up to 16-man brackets in the Pee Wee **6U** division and up to 32-man brackets in the Bantam **8U** division. The Intermediate **10U**, Novice **12U**, Schoolboy **14U**, and Cadet **16U** age groups will use the USA Wrestling weight classes (see the 2020 MN/USA Age/Weight Chart on our website). The Girls will use USA Girls Age/Weight Divisions where possible.

**Coaching:** All Coaches must have a current (2020) USA Wrestling Coach's card. Coach's cards may be obtained through the USA Wrestling membership website ([www.usawmembership.com](http://www.usawmembership.com)). Please see the Coaching Requirements for MNUSA State Tournaments on the Coaches Corner of our website for all the details: <https://www.mnusawrestling.org/page/show/30722-coaches-corner> Before you can get a Coach's pass, you must attend a pre-tournament clinic or pass an online test. Coach's passes (\$10) will be sold at the Coaches Meetings Only – Friday at 12:15 pm, Friday at 7:15 pm and 10:45 am on Saturday.

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

**MN/USA Wrestling Social Media:**

Web: <http://mnusawrestling.org>  
Facebook: @MNUSA <http://facebook.com/mnusaw>  
Pictures: <http://www.flickr.com/photos/mnusawrestling/sets>  
Twitter: @MNUSA <http://twitter.com/MNUSA>  
YouTube: <http://www.youtube.com/user/mnusawrestling>  
Instagram: <http://instagram.com/mnusawrestling>

**Event Director:** Dale Schmitz

**Kids Director:** Brett Batholomaus

**Cadet Director:** Matt Njos

**Girls Director:** Chad Shilson

## 2020 State Folkstyle Tournament Schedule

<b>Thursday March 5</b>	
12:00 pm (noon)	Technology, clock and mat set up, MNUSA board members and Age Group directors must attend.
<b>Friday March 6</b>	
	<b>Note:</b> All athletes must weigh-in wearing a competition singlet.
8:00 am	Weigh-in area Set-Up
10:15 am	Pairing Clinic & Tournament Set-Up
10:30 am – 11:00 am	Pee Wee 6U, Bantam 8U & ALL Girls Weigh-ins <b>ONLY</b> in the field house
11:00 am – 11:30 am	Intermediate 10U and Novice 12U Weigh-ins <b>ONLY</b> in the field house
	<b>Note:</b> All athletes must weigh-in wearing a competition singlet.
11:45 am	Coaches Meeting in the performance court (Basketball gym)
12:30 pm	Referee's Meeting
12:30 pm	Table Workers Clinic
1:00 pm	Parade of Champions
1:30 pm – 8:00 pm	Pee Wee 6U, Bantam 8U & Girls Competition (All brackets should finish this session)
6:30 pm – 7:00 pm	Intermediate 10U and Novice 12U Weigh-ins, Wrestling Room
	<b>Note:</b> All athletes must weigh-in wearing a competition singlet
7:15 pm	Coaches Meeting, Wrestling Room
<b>Saturday March 7</b>	
7:30 am	Doors open
8:00 am	Referee's Meeting
8:00 am	Table Workers check-in at the Head Table
8:30 am – 11:45 am	Intermediate 10U Competition
10:00 am – 10:30 am	Schoolboy 14U Weigh-ins <b>Location To Be Determined</b>
	<b>Note:</b> All athletes must weigh-in wearing a competition singlet.
10:45 am	Coaches Meeting Wrestling Room
11:45 am – 12:15 pm	Break
12:15 pm – 3:30 pm	Novice 12U Competition
3:30 pm – 4:00 pm	Break
4:00 pm – 7:00 pm	Schoolboy 14U Competition
<b>Sunday March 8</b>	
7:30 am	MN/USA Wrestling Membership meeting
8:00 am – 8:30 am	Cadet 16U Weigh-ins, Performance court
8:15 am	Referee's meeting
8:30 am	Table Workers check-in at the Head Table Middle School & Elementary Dual Team Information Meeting
9:00 am – Conclusion	Intermediate 10U, Novice 12U and Schoolboy 14U competition to conclusion
10:00 am – Conclusion	Cadet 16U competition begins – to conclusion
	At conclusion MNUSA BOD and Age group directors help with tournament tear down.