

First Wrestling Tournament –What to Expect

What to Bring

Wrestling Shoes, Headgear, Singlet, water bottle, snack and camera.

Registration

You can register at the door for most tournaments. The cost is typically around \$12 per wrestler. You may also have to pay admission for non-wrestlers; this is typically between \$1 and \$5. You will fill out a slip of paper with your wrestler's name, age and/or grade, club name (Centennial Youth Wrestling), and possibly years of experience (you will take this with you to weigh-ins). We recommend not eating before weigh-ins. Most tournaments will have concessions available; however you can bring your own food also. It is a good idea to arrive at least 30 minutes prior to the end of weigh-ins.

Weigh-ins

After registering, you will need to take your child to the weigh-in area. Here they will be weighted, have their skin checked for any conditions, and have their fingernails checked for proper length. A fingernail clipper in your wrestling bag can be very handy. After weigh-ins you can find a spot in the bleachers before your child warms up. Try to find other Centennial Wrestling Parents!

Brackets

After all wrestlers are weighted, the tournament organizers will take an hour or so to create brackets. Most tournaments will match kids up by grade (or age) and weight. Most tournaments use 4-man brackets. In a round robin format, your child will wrestle each of the other kids in their bracket- 3 matches total.

Warm-up

As soon as your child has been weighted, they will be able to warm up on the wrestling mats. Look for other Centennial wrestlers/coaches to warm-up and drill with.

Staging

Prior to the start of wrestling, the kids will be called to a designated area where staging occurs. Here, the kids will be assembled in their 4-man bracket and led back out to the gym to wrestle. They will go directly to the mat they are assigned to, so if any friends or family are in the stands, make sure they are looking out for you (it also works to text them when you know what mat # you are on).

Wrestling

There may be one or two other brackets at your mat, so listen for the referee to call your child's name to start wrestling. You will stay by the mat until all of the matches in the bracket are completed.

Awards

After your child has wrestled all of their matches, they will be led (as a group) to the awards table. Most tournaments offer trophies or medals for 1st thru 4th. At this time, you are free to leave or can stay to cheer on your teammates.