



North Dakota



STATE

FREESTYLE

STATE

GIRLS USA Wrestling Tournament

April 30, 2022

Junior & 16U North Dakota Team National Qualifier



Harold Newman Arena, University of Jamestown

*Concessions will be provided by the Jamestown Wrestling Association

* No outside coolers or food may be brought into the arena.

14U & below must be a ND resident or ND club member

16U and Juniors from out of state may compete.

Weigh-in Friday, April 29th CST

Freestyle 5:00 – 8:00pm

Newman Arena Foyer

Registration & Weigh-in Requirements:

1. Register & pay online for Freestyle at www.trackwrestling.com (NO ON-SITE REGISTRATION)
2. Online registration begins April 6th and closes April 28th @ 11:59pm.
3. Registration will be **\$20.00** and wrestlers must have a current USA card.
4. **NO** Saturday Weigh-ins.
5. Weigh-ins are with singlets. Skin-checks will be done simultaneously.
6. One time weigh-in. You may challenge other scales, but you cannot leave to cut weight.

Wrestling:

Freestyle – Saturday Afternoon:

Starts 1 hour after Greco Tournament finishes

Start: 10U, 8U, 6U, & Juniors

(All divisions will stay at mat side to completion).

Start: 12U, 14U, & 16U (As mats open up).

Tournament Information:

Rules: F.I.L.A. with current USA Wrestling Modifications – Freestyle

Gate: **\$9.00 Adult** **\$6.00 Children** 5 & under free

Headgear is optional for all divisions but strongly recommended.

Coach's Passes: Coach list to be provided ahead of time TO THE LINK BELOW.

Coaches must hold USA card & provide proof of copper certification.

*** CLUB HEAD COACH: *A list of your # of wrestlers, coaches and table workers needs to be sent by April 29th to this link: <https://forms.gle/KrmJAHbtYNUXXSv59>**

***One photographer pass per club. Photographers will be required to pay admission.**

Weight classes and length of matches:

6U	(2016 or later)	37, 40, 43, 45, 50, 55, 60, 70, 85, 85+ (15 lbs max difference)	Two two-minute periods w/ 30 sec rest
8U	(2014 – 2015)	45, 50, 55, 60, 70, 85, 85+ (15 lbs max difference)	Two two-minute periods w/ 30 sec rest
10U	(2012 - 2013)	50, 55, 60, 65, 70, 75, 80, 90, 100, 110, 110+ (20 lbs max diff.)	Two two-minute periods w/ 30 sec rest
12U	(2010 - 2011)	65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 145, 145+ (25 lbs max diff.)	Two two-minute periods w/ 30 sec rest
14U	(2008 - 2009)	72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136, 145, 185, 185+	Two two-minute periods w/ 30 sec rest
16U	(2006 - 2007)	94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 200+	Two two-minute periods w/ 30 sec rest
Juniors	(Born 9/1/2002 & after, plus enrolled in grades 9-12)	100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225, 225+	Two three-minute periods with 30 sec rest

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