



North Dakota



STATE

GRECO-ROMAN AND FREESTYLE

STATE

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

Greco & Freestyle 5:00 – 8:00pm

Newman Arena Foyer

Registration & Weigh-in Requirements:

1. Register & pay online for both styles 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** per style or **\$35.00** for both 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:

Greco – Saturday Morning:

8:00 am Doors Open
9:00 am National Anthem – AMVETS Honor Guard
9:30 am Start: 16U, 8U, 6U (All divisions will stay at mat side to completion).
Followed by: 10U, 12U, 14U, & Junior. (As mats open up)

Freestyle – Saturday Afternoon:

Starts 1 hour after Greco Tournament finishes
Start: 16U, 8U, 6U, & Juniors
(All divisions will stay at mat side to completion).
Start: 10U, 12U, & 14U (As mats open up).

Tournament Information:

Rules: F.I.L.A. with current USA Wrestling Modifications – Freestyle, Greco
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 by the Club Head Coach 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, 49, 53, 56, 62, 70, 85, 85+ (15 lbs max difference)	Two two-minute periods w/ 30 sec rest
8U	(2014 - 2015)	43, 45, 49, 53, 56, 62, 70, 85, 85+ (15 lbs max difference)	Two two-minute periods w/ 30 sec rest
10U	(2012 - 2013)	49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 120+ (20 lbs max diff.)	Two two-minute periods w/ 30 sec rest
12U	(2010 - 2011)	58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160, 160+ (25 lbs max diff.)	Two two-minute periods w/ 30 sec rest
14U	(2008 - 2009)	71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250	Two two-minute periods w/ 30 sec rest
16U	(2006 - 2007)	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285	Two two-minute periods w/ 30 sec rest
Juniors	(Born 9/1/2002 & after, plus enrolled in grades 9-12)	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285	Two three-minute periods w/ 30 sec rest

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