



**Montana Girls State Wrestling Championships
March 7, 2020**

**Host Club – Darkhorse Wrestling Club
Billings Senior High School
425 Grand Ave., Billings, MT**

(please park and enter on the north side of the building)

Very Important AAU Card Info: ALL COACHES and ATHLETES must go ONLINE and purchase your AAU Cards BEFORE the tournament!! You must have your card with you at the time of registration. Go to aausports.org to purchase your card. All Montana AAU standing rules apply. (5-2015) All teams must be licensed as a club by Feb. 15, 2020 to be eligible for team awards. **At the state tournament you must wrestle under the club you are sanctioned with on your AAU card.**

Wrestling Style: Modified Folkstyle wrestling. This will incorporate the 1-pt. push-out rule from the international styles of wrestling. In addition, all three periods of the match will begin from the Neutral starting position.



Special Feature: The tournament will be featuring 2X Senior World Bronze medalist, speaker, and coach Katie Kriebel, representing the “Wrestle Like a Girl” organization. She will be conducting a coaches’ clinic on Friday evening and a presentation / mini-clinic for the girls on Saturday morning.

Times:	Friday, March 6 th	4:30 – 7:00 p.m.	Wrestler Check-in / Weigh-ins / Registration
	Friday, March 6 th	7:00 – 8:00 p.m.	“Wrestle Like a Girl” coaches’ clinic
	<i>(optional Spaghetti Dinner will be available onsite for the coaches, immediately preceding the coaches’ clinic; no additional cost for this, as it will be included in your Coach Pass fee)</i>		
	Saturday, March 7 th	8:30 a.m.	Table workers meeting
	Saturday, March 7 th	9:00 – 9:30 a.m.	“Wrestle Like a Girl” motivational speech / mini clinic
	Saturday, March 7 th	9:30 a.m.	Wrestling begins

Registration: It is encouraged that you register and pay online at www.trackwrestling.com. Online registration will close one week prior to the tournament, on Tuesday, March 3, 2020 at 10:00 pm. Onsite registration will be available for an additional \$20.00 if needed. If you have any questions about the registration process, please contact Lisa Gorder at gorder@midrivers.com or (406) 480-3193 or Amanda Cortez at cortez2013@gmail.com or (406) 794-1223.

Entry Fee: \$15.00 per wrestler, when registered on www.trackwrestling.com. Onsite registration per wrestler is \$35.00. Copy of birth certificate and current AAU card are required for ALL wrestlers for age and division verification. No Club checks will be accepted.

Wrestler Check-In/Weigh-Ins/Registration: Friday, March 6th 4:30 – 7:00 p.m.
(No Saturday morning weigh-ins or registration.)

The ½ pound rule will apply for all weigh-ins. This means that if you are ½ pound or less over, you will be allowed to lose this weight and weigh again. If you are over ½ pound above the weight class, you will not be allowed to weigh again. You will be allowed to challenge on one other scale. There will not be an additional charge if wrestlers do not make weight; the wrestler will automatically be moved to the next weight class. ****Wrestlers MUST weigh in with a singlet.**

Ages Divisions: Tot – Elite

Awards: Medals 1st – 6th place
Large, Medium, Small Team Trophies
Scoring for team trophies will follow the Montana State AAU Standing Rules.

Admission: Adults - \$7.00 / Students - \$5.00 / 5 & Under - Free

Concessions: Available on site – No coolers please!

COACHES: Coaches' passes will be handed out Friday evening and Saturday morning. Coaches' passes are \$10.00. The pass will give you access to the floor and hospitality room, and cover the Friday night spaghetti dinner before the Coaches' Clinic. Each coach must have and present a current AAU non-athlete card and must have taken the MTWOA Rules Clinic given at various locations across the state. There will be an onsite MTWOA Clinic, for those who need it, held Friday evening after the completion of the "Wrestle Like a Girl" Coaches' Clinic (approximately 8:00 p.m.); the cost is \$10.00. The anticipated duration of this MTWOA Rules Clinic is around 20 minutes. ONLY Jeremy Shields will be able to approve the coaches' credentials. He and Doug Johnston will hand out coaches' passes upon approval. Please contact Jeremy Shields at (406) 595-0672 (Jeremyw.shields@gmail.com) if you have any questions regarding the clinic or coaches' passes.

Coaches, staff members, and volunteers will not use or be under the influence of alcohol, tobacco, or illegal drugs while performing their duties.

TABLE WORKERS: Clock / Trackwrestling workers Each club with 10 or more wrestlers will be required to run one table. We will need 1 experienced Trackwrestling worker and 1 camera operator per table. If you have designated individuals who meet this criteria and plan to work a table, please contact Amanda Cortez (Montana AAU Head Pairings Official) at 406-794-1223 or cortez2013@gmail.com no later than Wednesday, March 4th. **NOTE:** All Trackwrestling workers must have a current AAU Non-Athlete Card to work a table at the State Tournament. Camera operators do not need to have a card.

NOTE: *Live streaming of tournament matches will be available on Trackwrestling.com for \$9.99.*

This tournament is a qualifier for the AAU National Middle School Girls Duals and High School Girls Duals. The placing at the tournament will determine eligibility and priority positions for this team. For more details contact AAU Wrestling Chairman at gorder@midrivers.com.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry free to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

For more information contact:

Tournament Directors – Josh Beeman beemanj@billingssschools.org (406) 671-1466 or Cody Turnquist cody.turnquist@fib.com (406) 670-6298



A special "Thank You" for helping us bring Wrestle Like A Girl to Montana!