



Idaho State Championships for Freestyle and Greco

and National Team Qualifier

April 19-20, 2024

Twin Falls High School - 1615 Filer Ave E, Twin Falls, ID 83301

Sunday, April 14

- early registration ends (april 14), \$80 for both styles after
- \$100 on-site for both styles

Friday, April 19 (Greco- Roman)

- 3:00pm- 4:30pm Athlete Skin Check & weigh in for all divisions (Greco)
- 5:00pm Officials Meeting (all officials please plan to attend)
- 5pm Coaches Meeting – following the officials meeting (Rule's review)
- 5:30pm Wrestling begins for 6u, 8u, 10u, 12u & 14u - Boys & Girls (Greco Roman)
- 7:30pm Wrestling begins for 16u and Junior div - Boys & Girls (Greco Roman)
- 6:00pm – 8:00pm – Athlete Skin check & weigh-in for Freestyle- open to wrestlers from any division

***If you register, weigh in & wrestle in Greco on Friday you do not need to weigh in again on Saturday**

Saturday, April 20 (Freestyle)

- 7:00- 7:30am Athlete skin check & weigh in for 6u - 14u (Boys & Girls)
- 8:30am Officials and Coaches Meeting
- 9:00am Wrestling begins for 6u - 14u (Boys & Girls)
- 11:00- 11:30am skin check & weigh in for 16U / JR's (Boys & Girls)
- *Short Break for lunch when finished with morning session
- 1:00pm (approx.) Wrestling begins for 16U / JR's (Boys & Girls)

Tournament Director(s)

Chris Owens christopherowens85@gmail.com

Fred Bartlett fbartlett1980@icloud.com

Entry Fees:

- \$60 for both styles before 4/15
- \$80 on 4/15 and after
- \$100 on-site
- \$5 off per style for the first 100 registered
- enter coupon code: EARLYBIRD
- all caps and no space

registration link:

- We reserve the right to combine weights if needed
- All participants are required to have a Full Athlete Membership with USA Wrestling and must be a resident of Idaho according to the USA Wrestling Membership System

Memberships can be purchased here: www.usawmembership.com

Weigh-ins will be on-site only: please see the schedule below. If you register, weigh-in & wrestle in Greco State on Friday, you do not need to weigh-in again on Saturday.

All wrestlers should weigh-in with singlet and bring a copy of their usaw card for proof of age

Schedule wrestlers should arrive 1 hour before their start time

weigh-in protocol

- all wrestlers are required to weigh-in on-site (no exceptions)
- all wrestlers need to weigh-in with singlet
- please bring a copy of usaw card for all wrestlers

Rules of Engagement

*Wrestlers can double bracket, but 2nd division must be up a division. (12u and 14u cannot qualify for the National Dual Teams if wrestling up a division - if there is a wrestler entered in the bracket that is wrestling up they will not take a national team spot away from anyone- the top wrestler within that age division will be the qualifier)

*16U can wrestle in both the 16U and Junior Division but an 8th grader in the 16U cannot wrestle in the Junior Division

*If you register and weigh in for Greco on Friday you do not need to weigh in again on Saturday

Bracketing

*Weights with 6 or fewer round robin, 7 or more will be line bracketed with true 2nd for National Team placing

Divisions & Weight Classes

All weight classes are in pounds

6U Boys Freestyle and Greco: Born 2018 and after

Weight classes: 38, 41, 44, 48, 48+

8U Boys Freestyle and Greco: Born 2016 - 17

Weight classes: 40, 43, 45, 49, 53, 56, 62, 70, 85

10U Boys Freestyle and Greco: Born 2014 - 15

Weight classes: 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120

12U Boys Freestyle and Greco: Born 2012 - 13

Weight classes: 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160

14U Boys Freestyle and Greco: Born 2010 - 11

Weight classes: 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250

16U Boys (Men's Freestyle and Greco): Born 2008 - 09

Weight classes: 88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Junior Boys (Men's Freestyle and Greco): Born 9/1/2004 and after, plus enrolled in grades 9th - 12th

Weight classes: 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

girls 6u (born 2018 and after)

50, 50+

girls 8u & 10u (born 2014 - 17)

50, 55, 60, 65, 65+

girls 12u & 14u (born 2010 - 13)

65, 70, 75, 81, 87, 96, 106, 116, 126, 140, 140+

girls 16U/Junior (born 2003-2008)

95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

weights may be combined as needed to provide matches

Match lengths:

Junior Divisions (boys & girls)

Two three-minute periods with 30 seconds rest between periods for all matches

All other Divisions (6u - 16U boys and girls)

Two two-minute periods with 30 seconds rest between periods for all matches

Awards

Awards and recognition for the Top 6 placers in each weight. Team points will be calculated for Freestyle and Greco (combined) to determine the Club Championship- top 3 teams will receive Team Awards.

Mats - All rounds will be run on full mats with adult officials

Facilities and Floor Access

Admission: \$5 per day or \$10 for both day (5 and under free)

spectators, please stay off the main gym floor. Wrestlers and coaches only on the floor, 2 coaches allowed in the corner. Coaches will need to check in to get their coaches wristbands, coaches with a USA Wrestling Leaders Card will receive a coach's band & do not pay admission. **You must show a copy of your Wrestling Leaders membership to get a coaches band**

Floor pass can be purchased for \$20; this gives you access to the floor only when your wrestler is up or on deck

NATIONAL TEAM QUALIFICATION

All wrestlers in all divisions qualify automatically for the Western Regional Championships in Farmington, Utah in May. Wrestlers can wrestle any weight class they would like at West Regionals. They can wrestle lower or higher than what they wrestled at State.

This tournament is also the official qualifying event for the USA Wrestling 16U & Junior Individual National Championships in Fargo in July. Wrestlers must qualify at the weight at which they intend to compete at the 16U & Junior National Championships in Fargo. Junior division champions win the right to represent Team Idaho at the Turf War Duals. Only the top 3 placers in the 16U and Junior divisions gain automatic qualifying spots for Fargo (there are other ways to qualify for Fargo so even if you don't place in the top 3 you will most likely be able to attend Fargo if you want to). In the event that any of the top three placers for Fargo do not have their National Team deposit paid online by the national team deposit deadline, any open

spots on the national team will be open to the next highest placer in the weight class and available to next in line after

This tournament is the qualifier for the Junior, 16U & 14U National Duals Championships. Top placers (both styles considered) will earn the spot for the National Dual Championships. Additional wrestlers will be added as needed to be determined by the coaches & director of wrestling operations. The final lineup per dual meet is up to the coaches and director of wrestling operations.- if you are one of the top wrestlers in Idaho - we want you to make plans to be part of the national dual teams which includes attending FS/GR state at your best weight and put together your top performance. Also- worth mentioning that national duals is a way for Idaho to have best performance at Fargo- please don't pursue a spot on a national dual team if you don't intend making the commitment for fargo.

Idaho will be taking the following teams to the Turf Wars in Farmington, UT in June for the following divisions: 12U, 14U, High School & Girls 14U & Girls High School Divisions. Team placement and invites will be determined by results at freestyle & greco state for teams / divisions - if your wrestler is not the top qualifier it's still a good idea to ask how they can still wrestle on one of our National Teams- we have have opportunities for many wrestlers to get mat time throughout the summer

Tournament Director(s)

Chris Owens christopherowens85@gmail.com

Fred Bartlett fbartlett1980@icloud.com