



North Dakota



Greco-Roman and Freestyle
STATE

USA Wrestling Tournament

April 27, 2024

Junior & 16U North Dakota Team National Qualifier



Newman Arena - University of Jamestown

*Concessions will be provided

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

Wrestlers must be a ND resident or a paid member of a ND Wrestling Club

Weigh-in Friday, April 26th CST

5:00 – 8:00pm

Newman Arena

Registration & Weigh-in Requirements:

1. Register & pay online for both styles at www.trackwrestling.com (NO ON-SITE REGISTRATION)
2. Online registration begins April 1st and closes April 25^h @ 11:59pm.
3. Registration will be **\$25.00** per style 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)
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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: **\$10.00 Adult** **\$5.00 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 a USA card & provide proof of copper certification.

Coaches will be required to pay admission

*** CLUB HEAD COACH: *A list of your # of wrestlers, coaches and table workers needs to be sent by April 25th to this link:**

<https://forms.gle/RwQw8boMzJYuoW8x9>

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

Boys - Weight classes and length of matches:

6U	(2018 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	(2016 - 2017)	40, 43, 45, 49, 53, 56, 62, 70, 85, 85+ (15 lbs max difference)	Two two-minute periods w/ 30 sec rest
10U	(2014 - 2015)	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	(2012 - 2013)	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	(2010 - 2011)	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	(2008 - 2009)	88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285	Two two-minute periods w/ 30 sec rest
Juniors	(Born 9/1/2004 & after, plus enrolled in grades 9-12)	100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285	Two three-minute periods w/ 30 sec rest

16U and Juniors will have a 3+ weight allowance

Girls - Weight classes and length of matches:

6U	(2018 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	(2016 - 2017)	45, 50, 55, 60, 70, 85, 85+ (15 lbs max difference)	Two two-minute periods w/ 30 sec rest
10U	(2014 - 2015)	50, 55, 60, 65, 70, 75, 80, 90, 100, 110, 110+ (20 lbs max diff.)	Two two-minute periods w/ 30 sec rest
12U	(2012 - 2013)	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	(2010 - 2011)	72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136, 145, 185, 185+	Two two-minute periods w/ 30 sec rest
16U	(2008 - 2009)	88, 94, 100, 106, 112, 118, 124, 130, 136, 142, 148, 155, 170, 190, 235	Two two-minute periods w/ 30 sec rest
Juniors	(Born 9/1/2004 & after, plus enrolled in grades 9-12)	95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235	Two three-minute periods with 30 sec rest

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