**2024 Freestyle & Greco State Championship**

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|  | **Thompson Middle School** |

**100 Warrior Drive**

**Alabaster, Alabama 35007**

**Google Map**

**REQUIREMENTS**

**YOU MUST HAVE A FULL USA MEMBERSHIP TO REGISTER FOR THIS EVENT.**

**YOU MUST HAVE COMPETED IN 1 2024 USA AL EVENT PRIOR TO STATE**

**ALABAMA RESIDENT**

**COMPETITION TIMES HAVE CHANGED. SEE BLEOW FOR WRESSTLING TIMES**

**Its time to put all your hard work, sweat and tears on the mat for the Alabama Freestyle and Greco State Championship.**

**MANDATORY PRE-REGISTRATION**

Please note that wrestlers will need their [USA Card](https://www.usawmembership.com/login) to pre-register. Tournament Fee is paid online. **Each wrestler may compete in one weight class and only in one division**.

The wrestler **MUST BE A RESIDENT OF ALABAMA.**

Any wrestler who fails to pre-register will **NOT** be able to compete in the tournament.

**THERE WILL BE NO LATE REGISTRATIONS!**

Registration will cost $35.00 for one style and $55.00 for 2 styles

Normal Registration DEADLINE: Friday May 3rd at 5:00 pm CST

[Pre-Register Now!](https://www.google.com/maps/dir/Thompson+Middle+School,+100+Warrior+Dr,+Alabaster,+AL+35007/data=!4m6!4m5!1m1!4e2!1m2!1m1!1s0x888928a12e00dc81:0x79e390fa0e36af96?sa=X&ved=1t:57443&ictx=111)

**Weigh-ins**

**All wrestlers will get a 1 lbs. weight allowance**

**Friday night weigh-in 5:00pm – 7:00pm**

|  |  |
| --- | --- |
|  | Host Location |

**Saturday May 4th @ 7:30am - 9:00am**

Host Location

**\*\*\*\* Wrestlers must weigh-in ONCE before they wrestle \*\*\*\***

\*\* Wrestlers may not wrestle in the weight below what they weigh-in at. Actual weight

rounds UP to select a weight class (not the closest weight) during registration.

**Spectator Admissions**

Over 12 - $15

Under 12 - $10

Under 3 – Free

Coaches - $5

**Tournament Info**

Tournament T-Shirts will be available, Concessions will be available

No refunds, Coaches must have a valid USA Wrestling Leader’s Card

There is no seeding for this event. All brackets will be wrestled back to true second

**Age Groups, Weights, & Period Lengths**

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| --- | --- | --- | --- | --- |
| **AGE DIVISIONS** | **BIRTH DATES** | **FR/GR MATCH**  **TIME LIMITS** | **FOLKSTYLE MATCH**  **TIME LIMITS** | **WEIGHT CLASSES** |
| 6U | 2018 - 2019 | Two 2-minute  periods w/ 30 second  rest between periods | Championship and Consolation: 3 one-minute periods | 39, 43, 45, 49, 53, 56, 62 |
| 8U | 2016 - 2017 | Two 2-minute  periods w/ 30 second  rest between periods | Championship and Consolation: 3 one-minute periods | 40, 43, 45, 49, 53, 56, 62, 70, 85 |
| 10U | 2014-2015 | Two 2-minute  periods w/ 30 second rest between periods | Championship and Consolation: 3 one-minute periods | 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120 |
| 12U | 2012-2013 | Two 2-minute  periods w/ 30 second rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160 |
| 14U | 2010-2011 | Two 2-minute  periods w/ 30 second  rest between periods | Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods | 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250 |
| 16U | 2008–2009 | Two 2-minute  periods w/ 30 second rest between periods | Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods | 88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 |
| Junior | 9/1/2004 – 2007 | Two 3-minute  periods w/ 30 second rest between periods | Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods | 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 |

**USA WOMEN'S AGE DIVISIONS**

We are offering girls only brackets in Freestyle for this event.

**Event Schedule**

**Saturday May 4th**

**9:30 AM - 12:00 PM** Freestyle Tournament

**12:30 PM - Finish** Greco-Roman Tournament

\*\* Awards will be handed out as weight classes are completed (1st-4th) and placing to 6th \*\*

**Tournament Director** Brian Hoyt, [Brian.G.Hoyt@outlook.com](mailto:Brian.G.Hoyt@outlook.com)

**Important Information regarding AL National Teams**

Participation in the 2024 Alabama FS/GR State Championship will be required in order to qualify to participate with Team AL in National Team events (dual events as well as Fargo). In the event that injury or other circumstance arise which compromise a wrestler’s ability to compete, communication with Team AL **PRIOR** to the 2024 Alabama FS/GR State Championship will be used to determine whether or not an exception to this requirement is warranted. Written communication in this regard may be directed to National Teams Director, Jonathan Prince ([princejf256@gmail.com](about:blank)).

Placement in this event will be utilized to determine the 2024 Team Alabama National Team, including participation in Cadet (16U), and Junior Duals teams, as well as the FS/GR National Championships in Fargo, ND. Weight class champions will have the first right to a spot on the team; 2nd place will be the first alternate…and so on. Up to 3 wrestlers per weight class will be eligible to make the National Team and compete in Fargo. Team Alabama will have a sign-up table at the venue and will be taking applications IMMEDIATELY following the event finals. In order to secure your position on the duals team a deposit of 200.00 for gear is required.