

Hosted by:



2025 ND USA STATE FOLKSTYLE DUALS

www.matpacwrestling.org
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March 28TH BISMARCK EVENT CENTER MAIN ARENA
315 South 5th Street * NO COOLERS, OUTSIDE FOOD, OR BEVERAGES ALLOWED

- **Teams must email info@matpacwrestling.org by Sunday, March 16th, specifying which Group (Group 1, 2 or 3) you plan to enter (I don't need the rosters just what group).** Class A schools must enter in Group 1 if you plan to enter Group 2 with your extra kids. Login information for Trackwrestling will be sent by March 24TH.
- **Groups are limited to the first 16 teams. 1 Team per Group**
- **Dual teams must be entered on trackwrestling.com by March 26, 2025 at 8:00 pm.**
- **Skin checks/weigh-ins Friday, March 28th from 9am-12pm, Wrestlers must have USAW card or name printed with DOB & must weigh-in with a singlet.** Dual weights will be used for the Individual Tournament also.
- **Doors will open at 9:00 am for weigh-ins & general admission at 11:30am (enter at the main front door)**
- **Introductions and duals will begin at 1:15 pm**
- **Entry fee is \$200 per team to be collected during registration (USA Cards not required for duals only)**
- **Admission: Adults \$12, Students \$6, ages 5 and under free**
- **Awards will be given to all dual team participants that place 1st-4th in Group 1, 2, and 3**
- **Teams will be seeded by top 4 finishers from the 2024 State Folkstyle Dual Tournaments**
- **Each Dual Team entered is required to provide 2 TRAINED AND EXPERIENCED Table Workers**
- **The head coach must submit list of coaches by filling out the Dual Team form at <https://tinyurl.com/duals25> by TUESDAY March 25th. Coaches must have a current USA Coaches Card (copper certified) prior to submitting the form as they will be verified. Coaches will NOT have free admission, they must purchase an admission ticket. No other Floor Passes will be sold. One photographer pass per club, and must purchase an admission ticket. Name must be submitted along with the coaches in the form.**

DUAL RULES

1. Wrestlers cannot bump up more than one weight class.
2. Each team may have 3 alternates from their club (**NO** exhibition matches due to time)
3. Each team may have a maximum of 3 coaches mat side
4. Period lengths: 1.5, 1.5, 1.5 minutes
5. State folkstyle rules apply
6. Tie breaker criteria
 - Least Team Penalty Points
 - Least Individual Penalty Points
 - Most Individual Match Wins
 - Most Pins, Techs, Defaults, Forfeits, DQs
 - Most Wins by Forfeit
 - Most Technical Falls
 - Most Major Decisions
 - Most First Points Total
 - Most Near Fall Points, Most Takedown Points, Most Reversal Points, Most Escape Points, Least Stall Penalties, Least Stall Warnings
7. Depending on the number of teams, we will run the tournament in one of the following formats: round robin, bracket, A & B round robin or A & B brackets.

All team members must be paid members of the N.D. Club & registered under the same team in the individual state tournament they are wrestling for in the state dual.

Weight classes are determined based on weight and ages ranging from K-6th grade. A limit of 3 alternates will be allowed per team.

GROUP 1 - Large Teams

55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 115, 125 & 155 lbs (max)

(* Wrestlers can NOT wrestle in Group 2 also)

GROUP 2 - Small Teams

55, 60, 65, 70, 77, 85, 95, 105, 125, & 155lbs (max) (* Wrestlers can NOT wrestle in Group 1 also)

GROUP 3 - PRE K-3RD Grade

45, 50, 55, 60, 65, 70, 75, 80, 85, 100 lbs (max)

* Wrestler can also wrestle in other groups but we will not hold up a dual if they a wrestling at the same time

Email: info@matpacwrestling.org
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Tournament website:
<https://www.matpacwrestling.org/2025statetournament>