

# 2025 ND USA STATE FOLKSTYLE BOYS AND GIRLS

## March 28/29 Bismarck, ND Event Center Main Arena

315 South 5th Street \* No Outside Food/Beverages Allowed

www.matpacwrestling.org | email: info@matpacwrestling.org

Hosted by:



**NO WALK-INS WILL BE ALLOWED, YOU MUST PREREGISTER ONLINE AT TRACKWRESTLING.COM**

- ALL PARTICIPANTS MUST REGISTER ON THE WEBSITE @ trackwrestling.com by MARCH 26, 2025 at 8 p.m.
- Entry fee is \$30 paid online at time of registration, No Refunds
- A 2025 USA Wrestling Card will be required to register on trackwrestling. Instructions at www.usawrestlingmembership.com
- Check-in & weigh-ins will take place at the Event Center on Friday, March 28 from 9 am-12 pm or 7-7:30 pm. Wrestlers must weigh-in with a singlet with a PRINTED USAW card with them
- If you do not make the weight you registered at, you will be moved into the appropriate weight class automatically
- Wrestlers must be a ND resident or a paid member of a ND Wrestling Club, & not wrestled in another 2025 USAW State Tournament
- Cadets & Juniors will wrestle Freestyle
- Check posted brackets prior to start of wrestling to ensure your child has been placed in the proper division and weight class
- All wrestlers be at the gym at least 30 minutes prior to starting time
- Admission: Adults \$12, Students \$6, ages 5 and under free
- **Coaching & Photographer requirements are the same as previous years: 1) Must be on list submitted by the head coach, 2) ALL coaches must have a current USAW Wrestling Leader Card & be COPPER Certified at the time the Head Coach submits his coaching list. This is a ND USAW Rule & it takes weeks to get certified so start NOW as you won't be allowed in without it. Coaches submit your list by filling out this form - <https://tinyurl.com/individual25> by TUESDAY March 25th.**
- No Floor passes will be sold, Coaches will NOT have free admission. 1 photographer per club, and must purchase an admission ticket.

**Head Coach must submit a list of 10 wrestlers & 3 alternate using the official form at the head table by 4pm on March 28 to be included in the "Team Points Competition". There must be at least 3 wrestlers in the weight group to score points. Boys or Girls can be included but NO JUNIORS or 16U as they are Freestyle.**

**Awards will be given to the top Two Teams:**

**Large Team (30+ wrestlers) Small Team (Less than 30 wrestlers)**

**Tournament website:**

<https://www.matpacwrestling.org/2025statetournament>

Color Guard Presentation 8:45 am Saturday

Individuals Start Time	Friday Only	Saturday Only
GIRLS ALL GROUPS	5:00 pm	
6U boys	6:00 pm	
Junior boys	6:30 pm	
14U boys		9:00 am
10U boys		9:00 am
8U boys		12:15 pm
12U boys		12:15 pm
16U boys		4:00 pm

### BOYS ONLY WEIGHTS — can be adjusted

**6U** (2019 & later) 35, 40, 43, 45, 49, 53, 56, 62, 70, 85 & 85+ (15 lbs. max)

**8U** (2017-2018) 40, 43, 45, 49, 53, 56, 62, 70, 85 & 85+ (15 lbs. max)

**10U** (2015-2016) 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 120+ (20 lbs. max)

**12U** (2013-2014) 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160 & 160+ (25 lbs. max)

**14U** (2011-2012) 75, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 126, 132, 140, 155, 175, 225, 225+

**16U** (2009-2010) 88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

**JUNIOR** (9/1/05 & after and Grades 9-12) 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

### GIRLS ONLY WEIGHTS = can be adjusted

**6U** (2019 & later) 35, 40, 43, 46, 50, 55, 62, 68, 78

**8U** (2017-2018) 40, 43, 46, 50, 55, 62, 68, 74 & 85

**10U** (2015-2016) 45, 49, 53, 57, 62, 67, 73, 80, 90, 100, 113

**12U** (2013-2014) 55, 59, 64, 69, 75, 81, 87, 94, 102, 112, 126, 140

**14U** (2011-2012) 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 150, 165, 180

**16U** (2009-2010) 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 207, 235

**JUNIOR** (9/1/05 & after & Grades 9-12) 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 207, 235

\* USA Wrestling Age, Group, Weights & time periods

\* [www.usawmembership.com/age\\_group\\_weight\\_chart](http://www.usawmembership.com/age_group_weight_chart)

~ **TROPHIES FOR 1st - 6th PLACE**