



MANDAN WRESTLING CLUB Youth Duals



March 20, 2020

Weigh-ins and Skin Checks at 4pm
Tournament starts at 6pm

Mandan Middle School
2901 12th Ave NW

Please arrive together as a team for weigh-ins.
1 coach pass per 5 wrestlers
*Please add coaches to official roster
*Please submit official roster by March 13
with final roster updates March 19.
Email: James_E_Porter@hotmail.com

Entry Fee: \$125 per team
NON REFUNDABLE

State Folkstyle Rules

with current USA wrestling card

Periods: 1.5, 1.5, 1.5

Please Designate a Team Captain

Weight Classes:

50,55,60,65,70,75,80,85,90,95,
100,106,113,125,HWT (max 160)
Grades: k-6

Dual Rules:

Wrestlers cannot weigh-in more than 10 less
the weight they intend to wrestle or bump up
more than one weight class

Each team may have 1 alternates from their club

Tie Breaker Criteria:

1. Most points, tech falls, forfeits and wins.
2. Total match points
3. Most four pointers
4. Most three pointers
5. Most two pointers
6. Most single points
7. First match won by forfeit

Admission: \$8 for adults
\$4 for students
5 years and younger free

Contacts: Taylor Hellman (701) 214-3365 or James Porter (701) 260-6900

Concessions Available!