

## Attention all New Mexico Girl wrestlers



Girls Team New Mexico (NMUSA) is looking to fill 2 High School, 1 middle and 1 elementary school team rosters to compete at this year's US Marine Corps. Girls Folkstyle National Championships in Colorado Springs, CO – 03/26/2020 – 03/29/2020 and possibly a few other events down the road.

The competition features girls from across the country competing in six different age groups: 8U, 10U, 12U, 14U, 16U and Junior (grades 9-12). The Girls Junior Folkstyle National Duals, featuring state-level dual meet teams, will also be held as part of the event.

A small group of coaches lead by Coach Lorenzo Martinez have taken a group of girls to Oklahoma City for the past 2 years to participate in this event. This is a great experience and will have a positive impact on your wrestling success. This year for the 1<sup>st</sup> time in 12 years this event will be held closer to home. We hope the change in location will encourage more wrestlers to attend.

We will need you to fill out the information below and email it back ASAP to be added to our contact list. The contact information will be used to communicate any arrangements or pass on updates. Make sure the information is up to date!

Wrestlers Name:

Parents Name:

Age:

Phone:

Phone:

Email:

Email:

Date of Birth:

Weight:

School/Hometown:

T-shirt Size:

Singlet Size:

Which option do you need?

**INFO:**

**Membership:**

This is a USA SANTIIONED event which means you will be required to create a free USA wrestling membership profile account at website <https://www.usawmembership.com/login> and purchase your own wrestling membership for \$45.00 as well as pay for your registration fee, Entry fee with hotel code from a host hotel is \$50. **IMPORTANT- We need to have commitments before we will send you the discount code, that includes if your planning to travel with family.**

**Transportation:**

Team New Mexico typically drives and/or rents vans for transportation

**Cost to go as a Team** - We have 2 options available:

**Option 1 - \$55:**

Meet at Colorado Springs, CO

NM Team Singlet

NM Team T-Shirt

No Transportation Provided

No Hotel/Lodging Provided

No Meals

**Option 2 - \$350:**

Transport (Bus/Van & Hotel Included)

NM Team Singlet

NM Team T-Shirt

No Meals

**Option 3 - \$100 each NON-Wrestler:**

Parent/Chaperone Option (Charter Bus Only)

Transportation and Hotel Included

**Additional team package supplied by Supreme Singlets**

***Gold Package \$159***

Fully Sublimated Singlet  
Fully Sublimated Fight Shorts  
Fully Sublimated Long Sleeve or Short Sleeve Dri-Fit Shirt  
Fully Sublimated 1/4 zip or full zip jacket  
Fully Sublimated Backpack  
\$10 each To Add Custom Names To Gear

***Silver Package \$129***

Fully Sublimated Singlet  
Fully Sublimated Fight Shorts  
Fully Sublimated Long Sleeve or Short Sleeve Dri-Fit Shirts  
Fully Sublimated Jacket  
Add Custom Names To Gear for \$10 each!

**If you are interested, please contact Coach Lorenzo Martinez at 505-453-0071  
and/or send your contact information to his email address:  
martinez\_21@yahoo.com**

**There will be an informational meeting at Atrisco Heritage Academy high school  
as we get closer.**

Event information:

For more details visit: [https://usawrestlingevents.com/national\\_regional](https://usawrestlingevents.com/national_regional)

## 2020 USAW Girls Folkstyle Nationals

**Colorado Springs, CO - 03/26/2020 - 03/29/2020**

USA Wrestling is excited to announce the 2020 Girls Folkstyle National Championships are moving to Colorado Springs. This event will take place alongside the Jr. Women Folkstyle Duals at the Broadmoor World Arena on March 26-29, 2020. This event showcases the quickly growing sport of girls Folkstyle on a national stage. Last year wrestlers from 46 states participated in the Girls Folkstyle Nationals, and we expect the tournament to continue to expand.

Make your spring break plans for Colorado and earn the right to call yourself a national champion!

### Location:

#### The Broadmoor World Arena



### Accommodations:

In order to support hotels who are sponsors of the tournament, this event is becoming a Stay to Play event. Before registering for the tournament, you will need to make a reservation at a host hotel, then use your hotel name and registration code to be allowed access to discounted tournament registration. All reservations will be cross-checked before you arrive and if you don't have a valid

reservation at a host hotel, you will be responsible for paying the full tournament registration amount. You will NOT be allowed to wrestle if you have an outstanding balance.

**\*\*\*\*Please wait 24 hrs. after booking your room to register. The hotels will be sending me booking confirmation numbers daily which will be used to give you a discount on registration. \*\*\*\***

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### Host Hotel

#### Hotel Elegante: Conference & Event Center

2886 South Circle Drive  
Colorado Springs, CO 80906  
Phone: (719) 576-5900

[Click HERE to book](#)

Breakfast for 4 included  
Group Rate \$114 + tax a night  
0.5 miles to Broadmoor World Arena

Hotel will provide a free shuttle from the COS airport to the hotel and to and from the Venue

### Schedule:

#### Thursday, March 26th

*Registration & Weigh-in Card Pick-up – 16U  
@Broadmoor World Arena  
5:30 PM to 6:00 PM*

*Weigh-ins & Medical Checks – 16U  
@Broadmoor World Arena  
6:00 PM to 6:30 PM*

#### Friday, March 27th

\*16U (folkstyle) – Session I  
Preliminaries, and Consolation  
9:00 AM to 1:00 PM

\*16U (folkstyle) – Session II  
Medal Matches, and Awards  
2:00 PM to Conclusion

*Registration & Weigh-in Card Pick-up- USA Juniors  
@Broadmoor World Arena  
12:00 PM to 12:30 PM*

*Weigh-ins & Medical Checks - USA Junior  
@Broadmoor World Arena  
12:30 PM to 1:00 PM*

Juniors - Session I  
Preliminaries and Consolation  
5:00 PM to 8:00 PM

#### Saturday, March 28th

Juniors - Session II  
Preliminaries, & Consolations  
9:00 AM to 1:00 PM

*Registration & Weigh-in Card Pick-up- 8U, 10U, 12U, & 14U girls  
@Broadmoor World Arena  
10:00 AM to 10:30 AM*

*Weigh-ins & Medical Checks - 8U, 10U, 12U, & 14U girls  
@Broadmoor World Arena  
10:30 AM to 11:00 AM*

Juniors - Session III  
Consolations – If Needed  
2:00 PM to 3:00 PM

8U, 10U, 12U, & 14U girls  
All Rounds to Medals, and Awards  
2:00 PM to 6:00 PM

Juniors – Session  
Medal Matches, and Awards  
6:00 PM to Conclusion

*Girls Dual Team & High School Dual Teams  
Folkstyle Dual Team Registration & Coaches Meeting  
7:00 PM*

#### Sunday, March 29th

Girls Dual Team & High School Dual – Pool & Bracket  
9:00 AM to Conclusion

## **Divisions:**

FOLKSTYLE WEIGHT CLASSES ARE IN POUNDS.

**8U (Born 2012-2013):** 45, 50, 55, 60, 70, 85 lbs.

**10U (Born 2010-2011):** 50, 55, 60, 65, 70, 75, 80, 90, 100, 110 lbs.

**12U (Born 2008-2009):** 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 145 lbs.

**14U (2006-2007):** 72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136, 145, 185 lbs.

**16U (2004-2005):** 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200 lbs.

**USA Junior (Born September 1, 2000 and after PLUS currently enrolled in grades 9-12):** 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225 lbs.

### [USA Wrestling Age & Weight Divisions](#)

\*Regarding USA National & Regional Events, Athletes must compete in the age division, matching they're year of birth.

Duals: Girls & Junior/16U

### **Divisions & Weight Classes:**

#### **Girls: Born 2009– 2006**

Wts: 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 127, 136, 145, 185

#### **JR/16U: Born 2005-2000**

Wts: 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225

## **Weigh in / Medical:**

Athletes must be present in a COMPETITION SINGLET and must submit to a skin disease screening prior to weigh-in. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete.

In the event of injury or illness, NO contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.

For Athletes wrestling in the Girls Folkstyle National tournament, the following weigh in protocol has been put in place.

### Registration & Weigh-in Procedures:

1. Wrestlers must pick up their weigh in card and proceed to the weigh-in line. A current USAW card needs to be shown at check-in.

2. Wrestlers must be in line at the beginning of weigh-ins.

3. Wrestlers should only have a competition singlet on when entering the weigh-in area. They must submit to a skin disease screening prior to weigh-in. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete. Parents/coaches cannot accompany the wrestlers. They will not be allowed to carry additional clothing or anything other than the weigh-in card with them during weigh-ins.

4. Weigh-in cards must be left in the weigh-in area. Do NOT leave the weigh-in area with your weigh-in card

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### Transgender Policy

USA Wrestling deems it necessary to ensure, insofar as possible, that transgender athletes are not excluded from the opportunity to participate in wrestling competitions. As such, USA Wrestling's Gender Policy is based on the results and guidelines of the IOC actions.

Please read the transgender policy [document](#) in its entirety in order to understand the guidelines USA Wrestling follows in regards to transgender athletes competing at USA Wrestling events.

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### CONCUSSION MANAGEMENT and UNCONSCIOUSNESS of COMPETITOR

USA WRESTLING NATIONAL EVENTS COORDINATOR will appoint a designated Medical Services Coordinator and/or Tournament Medical Director for each USA Wrestling International, National and Regional Event. This must be a medical professional licensed or Certified Health Care Provider. All on-site medical decisions by the Tournament Medical Coordinator/Physician Director are not subject to appeal or protest and are made in the best interest of the health and well being of the wrestler.

All competitors in a USA Wrestling International, National and Regional event must receive a copy of the rule related to Medical Coordinator/Physician Director and Concussion Management Protocol prior to competition.

### USA WRESTLING CONCUSSION MANAGEMENT PROTOCOL

If a wrestler becomes unconscious or referee, coach, athlete or medical provider suspects a wrestler may have received a concussion; the match must be stopped and a tournament medical staff person will assess the wrestler. The tournament medical staff will have unlimited time to determine if the wrestler can continue. (Change from USA Rules to UWW rules).

If the wrestler is allowed to continue the match; after completion of the match the wrestler must be escorted to the Medical area and must be given a recognized concussion evaluation which is documented by tournament medical staff. The tournament medical staff will complete a YELLOW Medical Alert and until the wrestler is granted GREEN Alert by tournament medical staff the wrestler is on a Medical Hold.

If the Tournament Medical staff determine the wrestler has a concussion or was determined unconscious by the Tournament Medical Staff on the Mat or post match the following procedure must be followed:

1. RED Alert is completed and Medical Staff submit to Pairings Official
2. Tournament Medical Staff will provide written documentation of findings of Standardized Concussion evaluation and signs and symptoms of wrestler.
3. Tournament Medical Staff will determine specific acute care plan. If wrestler is under the age of 18, the coach or club representative will notify parent/legal guardian as soon as possible of incident.
4. If Tournament Medical Staff does not send wrestler to Hospital via EMS; Tournament Medical Staff will provide parent, coach and club representative with USA Wrestling Post Concussion Care Recommendation. Prior to release of wrestler the Tournament Medical Staff will complete a serial evaluation process and upon release a final symptom checklist. Under no circumstance does the Medical Staff release a concussed wrestler without transfer of care to a responsible adult with specific instructions. All minor age wrestlers with a concussion must be released to the designated adult assigned by parent/legal Guardian.
5. No concussed wrestler will return to competition without a written return to play document from a trained concussion medical professional (as identified by State Law) excluding a parent of the wrestler and cannot return for a minimum of 24 hours ( unless State Law requires longer recovery period). Ideally USA Wrestling recommends a multi-step and multiple discipline return to play procedure. See Post Concussion Instructions.
6. If a wrestler is choked out and rendered unconscious during competition the Tournament Medical Staff will determine return to play and written documentation of signs and symptoms must be submitted to National Events Director. If choked out wrestler is not permitted to return to competition; a standardized Concussion test must be administered and findings submitted; a RED Alert is completed and submitted to Pairings. A YELLOW Alert or RED Alert does not remove a wrestler from tournament but does not allow wrestler to compete in tournament.
7. Once Tournament is completed, Pairings Official submits all RED Alerts to National Events Director and is available to the Medical Staff of the Next National Events.
8. A wrestler that has RED Alert from a USA Wrestling International, National or Regional Event must present a Return to Play Form from a Physician (MD or DO) to USA Wrestling Tournament Medical Check to be cleared for the next USA Wrestling tournament. The National Events Director must maintain a list of all RED Alerts issued at International, National and Regional event hosted by USA Wrestling.

## **Rules:**

National Federation of State High School Association scoring rules will govern the competition for the 8U, 10U, 12U, 14U, 16U, and Junior divisions.

### **8U, 10U, 12U, and 14U**

Double-elimination line-bracketing with complete wrestle-backs to eighth (8th) place. **NO** True 2nd place matches will be contested. Wrestlers from the same state, club, or school will also be separated. Modified rule - 15 minutes minimum between matches.

### **16U and Juniors**

Double-elimination line-bracketing with complete wrestle-backs to eighth (8th) place. There is **NO** true 2nd place match for 16U or Juniors. When possible, wrestlers from the same state, club, or school will also be separated. Modified rule - 15 minutes minimum between matches.

All separation criteria **MUST** be verified prior to weigh-ins. The highest criteria is printed on weigh in card under the "Separation Criteria" field at bottom of athletes' respective weigh in card. If you think you have criteria that is left off please contact Head Pairer at head table.



Once weigh-ins close separation cannot be changed.

**Separation Criteria for 8U, 10U, 12U, and 14U Girls Folkstyle Nationals**

**Level 1-** Previous 2 years USAW Girl Folkstyle National Champion

**Level 2-** Previous 2 years USAW Girl Folkstyle All American

**Separation Criteria for 16U Girls FOLKSTYLE Nationals**

**Level 1** - UWW 16U Women's World Medalist OR Junior and or Cadet Women's Folkstyle National Champion

**Level 2** - 16U Women's National Folkstyle 2nd-4th placer OR UWW Cadet Freestyle Women's Champion OR Junior Women's Folkstyle National 2nd - 4th placer OR 16U Women's Freestyle Champion OR Junior Women's Freestyle Champion

**Level 3** - 16U Women's National Freestyle 2nd - 4th placer OR UWW Cadet Women's Freestyle 2nd - 4th placer OR Junior Women's Freestyle National 2nd - 4th placer OR 16U Women's National Folkstyle 5th-8th , Junior Women's National Folkstyle 5th-8th,

**Level 4** - 14U Folkstyle Nationals 1st - 3rd

**Level 5** - By Individuals Home State

**Separation Criteria for JUNIOR Girls FOLKSTYLE Nationals**

**Level 1** - UWW Cadet/Junior Women's World Medalist OR Junior Women's Folkstyle National Champion

**Level 2** - 16U Women's Folkstyle National Champion OR Junior Women's Folkstyle National 2nd - 4th placer

**Level 3** - 16U Women's National Folkstyle 2nd-4th placer OR Junior Women's National Folkstyle 5th-8th placer OR UWW Cadet Women's Freestyle National Champion OR UWW JUNIOR Women's National Freestyle Champion OR Junior Women's Freestyle National Champion OR 16U Women's Freestyle National Champion

**Level 4** - 16U Women's National Freestyle 2nd - 4th placer OR UWW Cadet Women's Freestyle 2nd - 4th placer OR UWW Junior Women's Freestyle 2nd – 4th OR Junior Women's Freestyle National 2nd - 4th placer OR 16U Women's National Folkstyle 5th-8th

**Level 5** - By Individuals Home State

**BRACKET CHANGES WILL BE MADE UP UNTIL 1 HOUR PRIOR TO THE START OF THE WRESTLING SESSION.**

**Please contact the tournament director with any issues (ie: wrestler missing from bracket or incorrect weight) by email at least 2 HOURS PRIOR to the start of the wrestling session or please come to the head table.**

**Awards:**

**INDIVIDUAL AWARDS**

Awards will be given to the top 8 individuals in each weight class in the 8U, 10U, 12U, 14U, 16U, and Junior divisions.

**TEAM AWARDS:**

Awards will be given to the top two (2) clubs in each 8U, 10U, 12U and 14U.

## **OUTSTANDING WRESTLER:**

There will also be an Outstanding Wrestler award for each of the standard USA Wrestling divisions. Outstanding Wrestler is determined by the tournament committee and based on a combination of bracket size, # of seeded wrestlers in the bracket, and win types (falls, tech falls, majors, points given up, etc.).

To be eligible, the club **MUST** be sanctioned by USA Wrestling.

## **FUTURE OLYMPIAN RANKINGS:**

14U, 16U and Juniors are eligible to earn points.

## **Admission:**

### **Event Passes**

Online All Session Adults : **\$20.00**

Online All Session Children (12 & Under): **\$10.00**

On-site All Session Adults : **\$30.00**

On-site All Session Children (12 & Under): \$15.00

## **FLOOR PASS IS \$15 - Can purchase online or on-site**

All coaches that wish to gain access to the competition floor to coach athletes must have a current USA Wrestling Coaches Card. All USA Wrestling Coaches Membership Cards **MUST** be attained prior to the event, due to mandatory background checking. For a Coaches Membership Card, please click [HERE](#). **PLEASE ALLOW UP TO 30 DAYS FOR COMPLETION OF USAW COACHES MEMBERSHIP/BACKGROUND CHECK PROCESS.**

**8U, 10U, 12U, and 14U:** Floor passes will only be issued to those individuals with a current USAW Coaches Membership Card and are a minimum USAW NCEP **COPPER CERTIFIED** (photo I.D. required).

**16U and Juniors:** floor passes will only be issued to those individuals with a current USAW Coaches Membership Card and are a minimum USAW NCEP **BRONZE CERTIFIED** (photo I.D. required). Two certified coaches maximum allowed in each competitor's corner. To videotape any match at mat side, the operator must be one of the two certified coaches in the corner.

## **Registration:**

**You must book your hotel 1st to receive a discount. THIS IS A STAY TO PLAY EVENT.**

In order to receive your discounted entry fee you must register at one of the host hotels, this event is a Stay to Play event. Before registering for the tournament, you will need to make a reservation at a host hotel, then ask the hotel for your registration code this will allow you access to discounted tournament registration. All reservations will be cross-checked before you arrive and if you don't have a valid reservation at a host hotel, you will be responsible for paying the full tournament registration amount. You will NOT be allowed to wrestle if you have an outstanding balance.

**ONLINE REGISTRATION (Credit Card only):**

**Registration will close on Wednesday March 25th at 11:59 PM (MT).**

No prequalification required.

**Online Entry Fees:**

Entry fee with hotel code from a host hotel is \$50.

Entry fee without hotel code is \$90.

**On-site Entry Fees:**

Entry fee with hotel code from a host hotel is \$85.

Entry fee without hotel code is \$120.

On site registration will occur at the designated times as indicated on the [event schedule](#).

**NO REGISTRATION BY MAIL WILL BE ACCEPTED! THERE ARE NO REFUNDS FOR FAILURE TO COMPETE!**