MINNESOTA/USA WRESTLING
2022 KIDS ELEMENTARY & MIDDLE SCHOOL STATE TEAM FOLKSTYLE TOURNAMENT

MAYO CIVIC CENTER
30 Civic Center Drive SE
Rochester, Minnesota 55901

THURSDAY, MARCH 17TH THROUGH FRIDAY, MARCH 18TH 2022

Event Directors: Please feel free to reach out with any questions:

Nick Lyden (Chairman) nlyden@mnusawrestling.org
Matt Njos (State Director) mnjos@mnusawrestling.org

Location: Mayo Civic Center – 30 Civic Center Drive SE, Rochester, MN 55901

Live Streaming: The tournament will be streamed live via www.trackwrestling.com

Divisions:

**Elementary Division:** Wrestlers who are in Pre-K through 6th grade are eligible to compete in this division. There are 15 total weights and each team is allowed to have 20 wrestlers on their roster.

**Middle School Division:** Wrestlers who are in 6th grade through 8th grade are eligible to compete in this division. There are 11 total weights and each team is allowed to have 16 wrestlers on their roster.
Weight Classes:

**Elementary Weight Classes:** 45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, 215

**Middle School Weight Classes:** 75, 85, 95, 105, 115, 125, 135, 150, 160, 185, 250

Wrestlers are allowed to only wrestle up one weight class from that which they are qualified to wrestle at (for example a wrestler weighing in at 74.6 lbs. is eligible for the 75 pound weight class and then the 80 pound weight class if competing in the Elementary Division or the 85 pound weight class if competing in the Middle School Division.

Team Eligibility Requirements:

TEAM COACHES YOU ARE RESPONSIBLE FOR MAKING SURE ALL YOUR PARTICIPANTS COMPLY WITH ALL ELIGIBILITY REQUIREMENTS, ANY INDIVIDUALS SUBMITTED ON A TEAM ROSTER WHO DO NOT MEET THE REQUIREMENTS WILL DISQUALIFY THE TEAM FROM COMPETING AND NO REFUNDS WILL BE GIVEN.

Grade and Roster Confirmation: Coaches are required to obtain a current report card evidencing the current grade for each participant, which shall be submitted with the final roster sheet to the tournament director by 5:00 pm Monday, March 14, 2022. Tournament Director will provide each team with a roster sheet that must be completed with all relevant information for each participant (i.e. name, school, home address, parent contact number). Individual class grades may be redacted from any report cards. **Rosters for each team will be posted on MN/USA Wrestling Website on March 15, 2022** (personal information from team roster sheet not included with posting of team rosters on MN/USA Wrestling website).

Wrestlers are not allowed to compete on teams competing in both divisions (this only applies to 6th graders as their grade overlaps with both divisions, but they need to be placed on a single team). Nobody below 6th grade is allowed to compete in the Middle School Division for any reason.

**Participant Eligibility:** All wrestlers on each team must reside at an address which feeds into the high school program associated with their team based on the high school boundaries for that school without any consideration for open enrollment. All determinations are made based on where the participant resides and their future intent to go to another school, where their siblings currently attend school, or any other factors are irrelevant, the determining factor to consider is based on where the participant currently lives and if they were in high school right now what high school boundary would they fall within and thus attend based solely on their place of residence. Any high school’s recognized as a CO-OP by the MSHSL will be allowed to have individuals within those areas wrestle as one team.

Any questions regarding eligibility should be sent to the Tournament Director and all determinations by the Tournament Director with regards to eligibility are final.
Qualification:

There is no qualification process this year for the Team State Folkstyle tournament; however, registration will be limited to the first 16 paid teams in each division. Once your team payment has been received you will receive a confirmation email from the tournament director confirming your teams entry into the tournament.

Registration:

Entry: Entry fee of $350.00 per team (price includes team entry fee and 3 coaches, and tournament worker). All teams must be a registered MN/USA Wrestling club. All wrestlers MUST have a current (2021) USA Wrestling athlete’s card. And all team coaches must satisfy the coaching requirements identified below. THERE ARE NO REFUNDS IF YOUR TEAM IS NOT ABLE TO COMPETE FOR ANY REASON.

Payment for the team tournaments must be done via check made payable to MN/USA Wrestling mailed to the following:

MN/USA Wrestling
Attn: Nicholas Lyden – Chairman
7157 208th Cove North
Forest Lake, MN 55025

Once payment is received and provided space is available in the tournament, the tournament director will send a confirmation email to your team contact confirming your team’s entry into the tournament. If the tournament is full, we will not deposit your team check and you will be informed that your team was not entered.

Spectator Admission:

$20.00 per adult, $5.00 for Students (ages 5 – 17), Children under 5 free. Please note the admission covers each day of the team tournament as well as each day of the individual tournament. Any athlete who is not competing in the team portion, but is competing in the individual portion is required to pay the student spectator admission fee for admittance to the team portion. Anyone who purchases a spectator pass for the team portion who will be coaching in the individual portion of the tournament will be granted a coaches pass at no additional charge for the individual portion of the tournament provided they still have their wristband on their wrist from the team portion and they are able to provide proof of all required coaches certifications.
Coaches:

All team coaches must be properly certified which consists of the following: (i) a **2022 USA Wrestling Leadership card with Copper Certification or higher; AND** (ii) evidence of completion of concussion training (**note this concussion training is not part of Copper or Bronze certification and requires a separate training.** The Heads Up Concussion Certification is incorporated into the USA Wrestling Membership system. To complete the training go to the USA Wrestling membership site and log-in using your leadership information, from the drop down menu titled “Manage” you will see a link titled “Heads Up Concussion” which will bring you to the test and once completed it will print “concussion” on your leadership card showing proof of completion). All team coaches will be verified prior to the start of the tournament, **there will be no exceptions to this certification policy. Each Team is limited to 3 coaches.**

Tableworkers:

Each team is required to provide one individual who will work the table in which your team is competing during all of your team’s matches, this worker would always stick with your team’s mat assignment. Admission for this table worker is included as part of the team fee. There are no certifications required for the table worker, however, the individual must be over the age of 18 and comfortable with running of Trackwrestling (we will provide a training on Trackwrestling and be able to answer question as well).

Awards: Team Awards for 1st through 6th places and individual medals for championship team members.

Rules:

The rules of Minnesota High School Wrestling with current USA Wrestling modifications where applicable will govern the event and the competition. All period lengths will be 1:30 for both divisions. Teams are allowed to forfeit a weight in a given match and are not required to forfeit any weights in subsequent matches. Only the coaches can present a wrestler to wrestle, it does not matter who runs onto the mat at any given time, when the coach notifies the table worker who is wrestling, that is considered the presentation of the wrestler.

**Challenges:** We will utilize a video challenge system for all divisions. Any coach desiring to challenge a call should throw their challenge block onto the mat to signal a challenge promptly after the scoring sequence is scored (generally 5-7 seconds after the scoring sequence is posted on the scoreboard). Any challenge which is which is not scored in favor of the challenging wrestler shall be considered a lost challenge which will result in one point being added to the score of the opposing wrestler and no further challenges can be made on behalf of this wrestler for the remainder of this match (a coach would be able to challenge again in subsequent matches).
Uniforms:

Competition singlets with underbriefs required for both girls and boys during competition and weigh-ins. Two-piece uniforms are also allowed (see below for guidelines on them). The use of headgear is required for all divisions. It is recommended that athletes with braces wear mouth guards. Athletes are required to wear white, black or no socks. Colored socks make it difficult for officials to identify the leg bands for correct scoring. **Note:** All athletes must weigh-in wearing a competition singlet. Any wrestler wearing a modified singlet will not be allowed to enter the weigh-in area.

**Guidelines for the two-piece uniforms are as follows:** wrestlers can wear compression or board shorts with a substantial elastic waistband and a tight fitting sleeveless, or short sleeve shirt. The shorts shall not be excessively baggy, have pockets, buttons, draw strings or snaps. A suitable compression undergarment must be worn under the shorts. If the athlete chooses to wear a two-piece uniform and enters the weigh-in area, the athlete must weigh-in with the complete two-piece uniform. There is no weight allowance for the singlet or uniform. Athletes, please be aware that the two-piece uniform is currently not legal at USAW regional and national Freestyle and Greco competitions.

Weigh-Ins:

All athletes must weigh-in wearing a competition singlet. Athletes need to be present at weigh-ins during their designated time as noted on the schedule at the end of this document. **All teams will weigh-in together as a team.** Only wrestlers, team coach and event staff will be allowed in the weigh-in area. No parents will be allowed in the medical check or weigh-in area. **Athletes should confirm their weight on the check scale prior to entering the weigh-in area, once a wrestler enters the weigh-in area, they will have a medical examination completed and proceed to have their weight taken and will not be allowed to leave and attempt to make weight at a later time. TEAM WEIGH-INS DO NOT COUNT FOR THE INDIVIDUAL TOURNAMENT,** any wrestler competing in the individual portion will be required to make weight at their respective time as noted in the individual tournament flyer.

**The contestants will be weighed wearing their competition singlet or two piece uniform,** (with underbriefs, and female athletes must wear age appropriate undergarment tops) after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. **For USAW competitions, the singlet worn to weigh-in must be an approved competition singlet/uniform without modification.** Contestants who choose to weigh-in in a two-piece uniform must weigh-in wearing shorts designed for wrestling, a suitable undergarment, and a tight fitting short sleeved shirt. Contestants may weigh-in wearing a legal singlet and then choose to wrestle in a legal two-piece uniform.

**No weight tolerance will be allowed for the singlet or two-piece uniform** (for example a wrestler competing at 75lbs. must weigh-in at 75.0 or less). Contestants must be in perfect physical condition, with their fingernails cut very short. When presented at the scale the wrestler has the right (after two (2) attempts at the first scale) each in turn, to attempt to weigh in on all the official weigh-in scales.
These attempts may be made one time only at each scale. No weight reduction methods of any kind can be made between attempts to make weight or in the weigh-in area, and once a wrestler enters the weigh-in area they are not allowed to leave and attempt to make weight at a later time.

**At all MN/USA Wrestling State Tournaments athletes must weigh at or below the listed weight class. NO ALLOWANCES are given.**

**Medical:** Please see the MN/USA Wrestling skin condition form (can be found on our website: www.mnusawrestling.org). Please note that a skin form signed by a physician can be overruled by the on-site tournament medical staff at the tournament based on disease activity.

**Concessions:** Concessions will be available during the duration of the tournament, food and drink will not be permitted to be brought into the building.

**MN/USA Wrestling Social Media:**
Facebook: http://facebook.com/mnusaw
Pictures: http://www.flickr.com/photos/mnusawrestling/sets
Twitter: @MNUSAwayne http://twitter.com/MNUSA
YouTube: http://www.youtube.com/user/mnusawrestling
Instagram: http://instagram.com/mnusawrestling

### 2022 State Team Folkstyle Tournament Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, March 17</td>
<td>7:00 am – 8:00 am</td>
<td>Weigh-Ins for all Elementary Division Teams.</td>
<td>Note: All athletes must weigh-in wearing a competition singlet.</td>
</tr>
<tr>
<td></td>
<td>8:00 am – 9:00 am</td>
<td>Weigh-Ins for all Middle School Division Teams.</td>
<td>Note: All athletes must weigh-in wearing a competition singlet.</td>
</tr>
<tr>
<td></td>
<td>8:15 am</td>
<td>Referee’s Meeting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00 am – 10:30 am</td>
<td>Round 1: Elementary Division Only</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30 am – 12:00 pm</td>
<td>Round 2: Elementary Division Only</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00 pm – 1:30 pm</td>
<td>Round 3: Elementary Division and Middle School Division</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:30 pm – 3:00 pm</td>
<td>Round 4: Elementary Division and Middle School Division</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:00 pm – 4:30 pm</td>
<td>Round 5: Middle School Division Only</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:30 pm – 6:00 pm</td>
<td>Round 6: Middle School Division Only</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00 pm – 7:30 pm</td>
<td>Round 7: Middle School Division Only</td>
<td></td>
</tr>
<tr>
<td>Friday, March 18</td>
<td>3:00 pm – 5:00 pm</td>
<td>Round 8: Placement Matches</td>
<td></td>
</tr>
</tbody>
</table>

* SEE BRACKETS ON FOLLOWING PAGES WHICH IDENTIFY ROUNDS FOR EACH DIVISION