

MINNESOTA/USA KIDS STATE FOLKSTLYE TOURNAMENT 2010

R.C.T.C. UNIVERSITY CENTER FIELD HOUSE
851 30TH AVE. SE.
ROCHESTER MN. 55904

FRIDAY MARCH 12TH THRU SUNDAY MARCH 14TH 2010

Pre Registration

Entry: Entry fee of \$18.00 per wrestler. All wrestlers MUST have a current (2010) USA Wrestling athlete's card. All wrestlers MUST be pre-registered.

Admission Prices:

Adults - \$12 for all sessions, or \$6 – Friday, \$8 – Saturday, \$6 - Sunday

Students & Seniors - \$6 for all sessions, or \$3 – Friday, \$4 – Saturday, \$3 -Sunday

Coaches passes (\$10) will be sold at the Coaches Meetings Only – Friday at 3:30 pm, Saturday at 7:30 am and 1:30 pm

Individual Awards: Awards for 1st through 6th places

Rules: The rules of High School Wrestling with current USA Wrestling modifications where applicable will govern the event and the competition.

Uniforms: Singlets with underbriefs required, and the singlets should be predominantly one color. The use of headgear is **required** for Kids Divisions and permitted and encouraged for Cadets. All athletes with braces must wear mouth guards. Mouth guards are strongly recommended for all athletes.

Note: All athletes must weigh-in wearing a singlet.

Pairings: The top 10 Pee Wee, 20 Bantam, 25 Intermediate, 30 Novice and 3 Girls will be separated.

For Schoolboy and Cadets, we will have 3 levels of wrestlers that will be separated from each other, with priority going to Level 1, then Level 2 and then Level 3. All other wrestlers will fill in the blank spots in the bracket (randomly by the computer).

- Level 1 – wrestlers who placed 1st at the 2009 State Folkstyle Tournament in the same age group
- Level 2 - wrestlers who placed 2nd or 3rd at the 2009 State Folkstyle Tournament in the same age group
- Level 3 - wrestlers who placed 1st, 2nd or 3rd at the 2009 State Folkstyle Tournament in a different age group

All Age Groups: Wrestlers from the same **Sanctioned Clubs** will be separated from each other.

If you move up a weight from where you pre-registered at, you will lose your Level (you will not be separated).

Note: It may not always be possible to separate everyone in these criteria (depends on how many wrestlers are in the bracket).

Coaching: All Coaches must have a current (2010) USA Wrestling Coaches card. Coaches cards may be obtained through the MN/USA Wrestling website (www.mnusawrestling.org). Also, before you can get your Coaches Card, you must pass a background check (USA Wrestling policy). Please read the **new** [Coaching Etiquette at MN/USA State Tournaments](#) information located on the Coaches Corner page of our web site. Coaches passes (\$10) will be sold at the Coaches Meetings Only – Friday at 3:30 pm, Saturday at 7:30 am and 1:30 pm.

Medical: Please see the MN/USA Wrestling [skin condition form](#) (http://mnusa.wrestlingsystems.com/attachments/document/0004/0568/MN_USA_Wrestling_Skin_Form.pdf). Please note that a skin form signed by a physician can be overruled by the medical staff at the tournament based on disease activity.

Kids Director: Jen Pierce **Cadets Director:** Jim Moulsoff **Event Director:** Bill Hinchley

2010 State Folkstyle Tournament Schedule

Friday March 12	
2:45 pm	Pairing Clinic & Tournament Set-Up
3:00 pm – 3:30 pm	Pee Wee & Bantam Weigh-ins Note: All athletes must weigh-in wearing a singlet.
3:30 pm – 4:00 pm	Coaches Meeting
4:00 pm	Referee's Meeting
4:15 pm	Table Workers Clinic
4:30 pm	Parade of Champions
5:00 pm – 8:00 pm	Pee Wee & Bantam Competition (Pee Wees will finish, try to get through 4 rounds of Bantam, some groups may finish)
4:15 pm – 5:00 pm	Intermediate Weigh-ins Note: All athletes must weigh-in wearing a singlet.
4:30 pm – 5:00 pm	Novice Weigh-ins Note: All athletes must weigh-in wearing a singlet.
Saturday March 13	
7:30 am	Doors open
7:30 am – 8:00 am	Coaches Meeting
8:00 am	Referee's Meeting
8:00 am	Table Workers check-in at Head Table
8:30 am	Intermediate Competition begins (wrestle 2 rounds)
9:15 am	Novice Competition begins (wrestle 2 rounds)
10:00 am	Bantam Competition resumes
10:00 am – 2:00 pm	Cycle through Bantam, Intermediate and Novice age groups Bantams will finish this session
11:00 am - 12:00 pm	Schoolboys/Schoolgirls Weigh-ins Cadet Weigh-ins Note: All athletes must weigh-in wearing a singlet.
11:00 am – 11:30 am	Girls tournament Weigh-ins
1:30 pm – 2:00 pm	Coaches Meeting
2:00 pm – 3:00 pm	Break
3:00 pm	Schoolboy Competition begins (wrestle 2 rounds)
3:00 pm – Conclusion	Girls Competition begins – to conclusion
4:15 pm	Cadet Competition begins (wrestle 2 rounds)
5:15 pm – 7:30 pm	Cycle through Schoolboy and Cadet age groups
Sunday March 14	
7:30am	MNUSAW Membership meeting
8:15am	Referee's meeting
8:30am	Table Workers check-in at Head Table
9:00am - Conclusion	Intermediate, Novice, Schoolboy and Cadet competition to conclusion