



MINNESOTA/USA WRESTLING
2026 GIRLS TEAM FOLKSTYLE TOURNAMENT
Rochester Community and Technical College (RCTC)

THURSDAY, MARCH 12TH 2026

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

Katrina Eggum (Girls Director) keggum@mnusawrestling.org

Matt Njos (State Director) [mnjos@mnusawrestling.org](mailto:mnjios@mnusawrestling.org)

Location: Rochester Community and Technical College (RCTC)

Live Streaming: The tournament will be streamed live.

Divisions:

Girls Division: Wrestlers who are in Pre-K through 8th grade are eligible to compete in this division. There are 14 total weights, and each team is allowed to have 18 wrestlers on their roster. Teams will be selected by the tournament committee to create balanced teams based on wrestler registration.

Weight Classes:

Girls Weight Classes: 48, 52, 56, 60, 64, 68, 72, 76, 80, 84, 88, 92, 100, 115, 135, 215

Wrestlers are allowed to only wrestle up one weight class from that which they are qualified to wrestle at (e.g., a wrestler weighing in at 76.6 lbs is eligible for the 77 lbs weight class and the 84 lbs weight class if competing in the Elementary 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 5:00pm Monday, March 9, 2026**. The 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 9, 2026** (personal information from team roster sheet not included with posting of team rosters on MN/USA Wrestling website).

Participant Eligibility: For dual teams all wrestlers on each team must attend schools that feed into the high school program. If a wrestler's older siblings attend and are currently enrolled in a high school different than the school district they live in they would be eligible to compete with that team. If the wrestler attends a private school or is home schooled, then he/she is allowed to wrestle with the team that comes from the school district he/she lives in except if that private school is outside the district the wrestler lives in and is currently cooped with a high school program. If the school they attend outside the district they live in does not coop with any high school wrestling program, then the original rule will apply that they can compete with the team in the district in which they live. If a wrestler lives in one district and is home schooled or attends a private school in that district, but his/her sibling openly enrolls in another district, then the wrestler can wrestle with the team that is in the school district his/her siblings attend. If you have a question regarding wrestler eligibility on a team, ask yourself this question: If your youth wrestler was in high school right now, living at their current address and attending schools within that school district, (open enrollment not considered), what team would he/she be allowed to compete on under Minnesota State High School League rules? This is the case regardless if that high school team has a youth program or not. Also, if any wrestlers were on a Brawl roster, they are eligible.

Co-Op Teams: For the girls duals only, Co-Op teams consisting of no more than (2) school programs will be permitted. Co-Ops must be declared by the January 5th registration deadline and approved by the Tournament Director.

- The coach from each team is responsible to ensure that only wrestlers that are on the roster qualify under the preceding rule above. If any wrestler on the roster does not qualify, that team will be disqualified that year and the year following the infraction. Any questions regarding if a wrestler qualifies or is eligible to wrestle for a specific team, please contact keggum@mnusawrestling.org

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 10 paid teams in each division. Once your team payment has been received you will receive a confirmation email from the Tournament Director confirming your team 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 chartered club under USA Wrestling. **Clubs must be chartered by January 1st in order to remain eligible to participate.** All wrestlers MUST have a current (2026) 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
3752 Ridge Ave
Anoka, MN 55303

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.

Team Spectator Admission:

\$10.00 per adult, \$5.00 for Students (ages 5 – 17), Children under 5 free. Please note the admission covers the team tournament only, and is not good for admissions for 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.

Coaches:

All team coaches must be properly certified which consists of the following: (i) a **2025 USA Wrestling Leadership card with Copper Certification or higher; AND** (ii) **evidence of completion of concussion training** (*Note 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.**

Table workers:

Each team is required to provide one individual who will work the table in which your team is competing during all your team’s matches, and this worker will remain 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 the USA Bracketing matside controller for scoring. We will provide training on USA Bracketing matside controller for scoring and answer questions as needed. It is very similar to Trackwrestling.

Awards: Team Awards for 1st through 4th 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 minutes for both divisions. Teams are allowed to forfeit a weight in each 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, no further challenges can be made on behalf of this wrestler for the remainder of this match, and a coach is able to challenge again in subsequent matches. Each team will **ONLY** be allowed 3 challenge bricks per dual, no matter if you win or lose a challenge.

Uniforms:

Competition singlets with under briefs 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 flier.

The contestants will be weighed wearing their competition singlet or two-piece uniform, (with under briefs, 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 (e.g., a wrestler competing at 77 lbs must weigh-in at 77.0 lbs 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](#) 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: 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: @MNUSA <http://twitter.com/MNUSA>

YouTube: <http://www.youtube.com/user/mnusawrestling>

Instagram: <http://instagram.com/mnusawrestling>

2026 Girls State Team Folkstyle Tournament Schedule (tentative)

* CHANGES MAY NEED TO BE MADE BASED ON THE SIZE OF THE EVENT

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Thursday, March 13	
7:00 am – 8:00 am	Weigh-Ins for all Elementary Teams & Girls Teams Note: All athletes must weigh-in wearing a competition singlet.
8:15 am	Referee's Meeting
9:00 am – 10:30 am	Round 1: Girls Division
10:30 am – 12:00 pm	Round 2: Girls Division
12:00 pm – 1:30 pm	Round 3: Girls Division
1:30 pm – 2:30 pm	Break
2:30 pm – 4:00 pm	Round 4: Girls Division
4:00 pm – 5:30 pm	Round 5: Girls Division