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WHAT TO EXPECT ON TOURNAMENT DAY

Wrestling tournaments are one of the most exciting sports events you will ever attend! However, your first few tournaments may seem a bit overwhelming. While each tournament we attend is run slightly differently, there are many similarities. This sheet will give our new members some information to better prepare you, and your wrestler(s) for a successful tournament.

- **Arrival Time:** Each tournament posts their weigh-in and check-in times on their tournament flyers. We post these in our weekly emails as well as in the calendar events. Tournament weigh-in times can vary, so make sure to give yourself enough time to weigh in, find seating, eat something, and attend team warm-ups.
- **Weigh Ins:** Most tournaments now have remote weigh-ins conducted by the club. We will communicate the timing for these weigh-ins prior to each tournament. It's a good idea to bring your USAW Card to all Tournaments. Leadership will have printed copies they will distribute before the first tournament, and you can also print it yourself by logging into the [USA wrestling system](#) under the email you used at registration. This number also serves as your IKWF number.

Wrestlers must wear a singlet during weigh-ins. Tournament officials also check wrestlers' skin, hair, and fingernails. Please trim fingernails before you arrive. Any unusual skin conditions will require an IHSA skin condition form (available here: www.ikwf.org/forms/skinform.pdf) with a doctor's signature stating the condition is not communicable.

- **Seating:** Tournaments can get VERY crowded, so the earlier you arrive, the better chance you have of finding a good seat. We ask that club members try to sit together when possible. Seats higher in the stands have a better view. Wrestlers should wear a t-shirt and shorts (preferably in our team colors RED & BLACK) over their singlet. Parents: show your support by wearing your own BBWC gear or our team colors. Also, parents who arrive early – please try to save seating for other BBWC families, but be mindful of the need to share limited seating.

- **Team Warm-Ups:** We try to warm up as a team before all tournaments. Warmups usually start 30 minutes before the start of the session.
- **Typical Tournament Format:**
 - Age Groups: All tournaments separate wrestlers based on their “IKWF Age” which is their age as of December 31 of the season year). The age groups are:
 1. Tots: ages 6 and under
 2. Bantam: ages 6, 7 & 8
 3. Intermediate: ages 8, 9 & 10
 4. Novice: ages 10, 11 & 12
 5. Seniors: ages 12, 13 & 14
 - Weight Classes - There are two types of tournaments we attend:
 1. Blocked Weight Tournaments: most tournaments we attend are in this format. In blocked weight tournaments, there are no set weight classes, and thus **NO NEED TO ADJUST WEIGHT**. Wrestlers are grouped first by their IKWF age, then by weight. Tournament officials will take a group of kids all similar in weight and make a bracket with those kids.
 2. Weight Class Tournaments: Most of the post-season and elite tournaments require wrestlers to make a certain weight class. Each tournament will list the weight classes on their tournament flyer.

We recommend your wrestler have breakfast early, to feel ready-to-go when the tournament starts. Tournament directors group the kids based on their IKWF ages, weights, years of experience, and win/loss records.

Brackets are typically announced to be available by tournament directors, with match numbers and mat assignments. This is usually done with the [Track Wrestling](#) website.

PARENTS ARE NOT ALLOWED ON THE MATS. Viewing and watching should ideally be done from the stands, or off the mats if there is a viewing area. Failure to observe this rule can result in forfeits and sanctions at the Club level.

Finding your mat assignment. We typically don't know ahead of time which mat a wrestler will be assigned to. Our coaches monitor the mats on Track Wrestling to make sure each wrestler has a coach for the match. We will provide the best practice instructions for navigating a tournament on the site, and we ask parents to escort their wrestler to the correct mat once they are assigned.

After your wrestler's match is completed, they will return to their seat and wait for the next round of wrestling. The time between matches can be anywhere from 30-90 minutes. This is an excellent time for your wrestler to have a snack and recharge. All wrestlers will have at least two matches; many will have 3 matches. After your wrestler's final match, either tournament workers will escort their group to the awards table or parents can take their wrestler to the awards table to receive a performance award. This is a terrific opportunity for photographs!

Please do not leave until you have confirmed with the coaches that you are finished wrestling.

- **What to bring:**
 1. USAW Card – these were given to you by the BBWC or can be printed personally.
 2. Your wrestler's current win/loss record
 3. Wrestling shoes and headgear
 4. BBWC Singlet.
 5. Warm-up clothes: please wear the BBWC- provided T-shirt over your singlet when not wrestling. You may also want to bring shorts or sweatpants
 6. "Street" shoes to wear outside of the gym.
 7. Food/Drinks: While concessions are available, you may want to bring healthy snacks, breakfast, and lunch.
 8. Bring plenty of water and/or a sports drink.
 9. Something to occupy your wrestler between matches.
 10. Folding chairs and/or seat cushions.
 11. Any special medical items your wrestler requires (contact lenses, mouth guards, etc.
 12. A large duffel bag to keep your belongings organized (see below)

- **MARK YOUR BELONGINGS:** As mentioned above, the seating area gets VERY crowded. Please make sure to mark and keep track of all belongings. Most equipment (shoes, headgear, T-shirts, shorts, backpacks, pants, coats, etc.) looks similar and can easily get mixed up.

GO BRONCOS!!