

## HOTEL CONVENIENCES

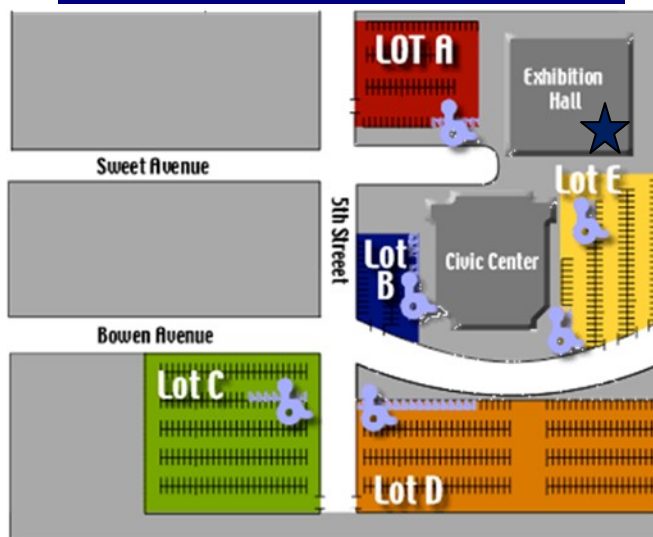
To ensure getting these rates ask for the ND State USA Folkstyle Wrestling Tournament rate.

Candlewood Suites	701-751-8901	\$89.99
Days Inn	701-223-9151	\$59.95 single \$69.95 double
Doublewood Inn	701-258-7000	\$73.00
Expressway Inn	701-222-2900	\$69.95
Expressway Suites	701-222-3311	\$79.95
Fairfield Inn North	701-223-9077	\$69.00 (2 queens) \$79.00 (1 king)
Fairfield Inn South	701-223-9293	\$69.00 (2 queens) \$79.00 (1 king)
Kelly Inn	701-223-8001	\$74.99 single \$79.99 double
Radisson Hotel	701-255-6000	\$91.00
Ramkota Hotel	701-258-7700	\$84.00
Select Inn	701-223-8060	\$59.99 (queen 2 ppl) \$65.99 (double 2 ppl)
Seven Seas Hotel & Waterpark	701-663-7401	\$79.00

## CONTACTS

Jeff Blee	701-220-7278
Chad Renner	701-400-4689
Dyke Boese	701-255-1057
Chad Nein	701-400-7884

## Bismarck Civic Center



**NO COOLERS ALLOWED  
IN THE CIVIC CENTER**



Tournament Host Team:



[www.matpacwrestling.org](http://www.matpacwrestling.org)

# 2010 ND USA KIDS FOLKSTYLE Duals



**STATE  
WRESTLING  
TOURNAMENT  
MARCH 26<sup>th</sup>**

**Civic Center Exhibition Hall  
315 South 5th St  
Bismarck, ND**

# 2010 State USA Folkstyle Dual Tournament

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## REGISTRATION / WEIGH-INS:

Skin checks and weigh-ins will take place Friday, March 26th from 12:00 to 3:00 pm at the Bismarck Civic Center Exhibition Hall. Weigh-ins for Duals will also be used for the Individuals tournament. Our goal is to finish the dual team tournament in a timely manner to allow the wrestlers an opportunity to get a good night's rest; therefore, weigh-in times will be strictly observed.

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## ENTRY FEE:

\$150 per team to be collected during registration (USA cards not required)

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## DOORS OPEN:

12:00 PM for weigh-ins and General Admission

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## DUAL TEAM WRESTLING WEIGHTS:

Weight classes will be determined based on weight and ages ranging from grades K-6<sup>th</sup>. This program has been successfully proven in terms of safely filling a team roster. The weights are as follows:  
**50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 112, 120 and 140 lbs (max).**

Participants shall have had no High School varsity experience/participation.

## AWARDS:

Will be given to all dual team participants that are on a team that places 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> within their respective divisions.

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## ADMISSION:

Adults - \$5.00

Students - \$3.00

5 and under - Free

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## COACHES:

Each head coach must submit, along with a list of dual team participants, names of coaches who intend to be at mat side. Floor passes will be given only to the coaches that are included in the list.

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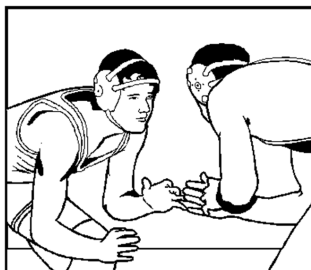
## SCHEDULE OF EVENTS:

Weigh-ins: 12:00 pm to 3:00 pm

Introductions: 4:15 pm

Wrestling: 4:30 pm

\*Seeded by top 4 finishers from 2009 State Folkstyle Dual Tournament.



## RULES:

1. Wrestlers cannot weigh in more than 10 lbs less than weight they intend to wrestle, or bump up more than one weight class.
2. Each team may have 3 alternates (no exhibition matches due to time constraints)
3. Each team may have a maximum of 3 coaches mat side
4. Period lengths: 1½, 1½, 1½ minutes
5. State Folkstyle Rules
6. Tie Breaker Criteria
  - A. Most Wins
  - B. Most Pins
  - C. Most Techs
  - D. Most Majors
  - E. Team Penalties
  - F. Most Forfeits
7. More than one dual team per class is allowed, If forming one dual team between two clubs, please first contact MATPAC for approval.
8. Folkstyle rules apply including coin toss for odds/evens. Please designate a captain to represent the team.
9. Depending on the number of teams, we will run the tournament in one of the following formats: Round Robin, Bracket, A & B Round Robin or A & B Brackets.

