

Tournament Info for First Time Participants

Boys & girls will wear singlets, wrestling shoes and head gear at tournaments. If your wrestler has long hair, you may need to use a hair cap under their headgear. Their shoes need to have the laces taped with the medical tape used with gauze. We'll have extra if you forget. Some newer shoes do have a "lace garage" and tape is not needed, however, the wrestler's opponent can be awarded a penalty point if the shoe laces become untied in a match for any reason. They do not need a cup. Mouth guard is not required but usually a good idea.

Weigh ins are done the night before or the morning before the tournament. Don't be late – they don't accept late weigh ins. In regular tournaments they will typically let a kid wrestle even if he weighs a little more than the weight group he registered for. However, they do have the option of not letting him wrestle. After regular tournaments are the tournaments to qualify for state (Districts which are the local clubs and Regionals which are the clubs in ¼ of the state). Kids who do not make weight at Districts, Regionals or State will not be allowed to wrestle. So, if your child is close you may want to register him for a higher weight group. When they weigh they strip down to their singlet and socks and have them pull their singlet down to their waist to check for skin conditions. Any child with a potentially contagious skin disease will not be able to wrestle. If your wrestler has a non contagious skin problem please pick up a skin condition report and have your Dr. fill it out. They will also check nails so no one gets scratched so cut them the day before.

There is an hour wait between weigh in's and when wrestling starts. This allows them to adjust the brackets based on kids who registered and didn't come or who weighed way outside their weight bracket and need to be placed in a different bracket. You are free to leave the building (get breakfast or whatever) but be back by 9:00.

At 9:00 they'll start wrestling. Usually they call 6 & Unders to the "bullpen" which is just a room next to the gym. Try and locate it prior to the start of wrestling and try to figure out where they'll come out of this room. This isn't a big deal but if your child is younger and can see you in the stand when he comes out of the room it'll help him get oriented better. While in the bullpen the kids are matched with their competitor, they are given a card and told which mat they'll wrestle on (usually 8 mats in the gym). One, some or all of the 6 & Unders will come back to the bleachers because they have a "bye" (they don't wrestle this time around). When the match gets ready to start a CWC coach will come matside and coach during the match. While the 6 & Unders are wrestling the process starts with the 8 & Unders, and repeats with the 10 \$ Unders then 12 & Unders, once the 14 & Unders wrestle they start over with the 6 & Unders. Sometimes your son may only wrestle a couple of times and sometimes he'll wrestle 4 or 5 times. It all depends on how many kids are in his bracket and what type of bracket it is. This all appears to be total chaos but it amazingly organized behind the scenes. If your wrestler isn't where he is supposed to be he won't forfeit the match. They'll look for him and announce his name on the loudspeaker. If he gets lost or loses his partner just have him come back to where we're sitting and we can go to the head table and find out where he's supposed to be.

They typically do 4 man round robin brackets. So they'll have 4 kids in a bracket and they'll all wrestle each other. Whoever wins the most takes 1st. For the younger kids they usually give

everyone a medal. Sometimes they do 6-8 man brackets and they don't wrestle everyone in their brackets. After the first match winners wrestle winners and losers wrestle losers.

Matches consist of three 1 minute periods for 6&U and 8&U, 10&U through 14&U wrestler three 90 second periods. They will be stopped immediately if a wrestler pins his opponent or is winning by 15 points. 3 minutes isn't long but sometimes it seems forever and it's pretty intense for the wrestler because he's alone out there. Often when a wrestler loses he'll cry. It's a big stress relief valve for them and they're usually fine afterward.

We'll sit together in the gym so when you get there look for us.

The brackets will be posted in a common area. However, they often change after they are first posted so wait a little while to check or check later in the day for changes.

Please use the Tournament Results Tracker ([link this](#)) to keep track of the match results, including scores and names of the kids your son\daughter wrestles against. You will want to submit that file to CWCResults@gmail.com following the tournament. Also, he or she will probably wrestle them in a future tournament so you can remind him\her how the competitor wrestled the last time, it will help your wrestler going into it.

Check the flyers for food info. They have concession stands and sometimes they allow coolers in the building so you can bring your own food and drinks, sometimes not. It's a little difficult to leave once wrestling starts to go grab lunch outside of the facilities.

There is lots of down time so have the boys bring something to do (Gameboys, iPads, etc. are very popular), encourage them to watch their team mates wrestle, and you may want to bring something along for your self to do. No matter how cold it is outside don't wear heavy clothes. They gym will get very hot.

The tournaments usually end around 3:00. Sometimes the younger ones get out earlier, sometimes they give them byes the first round or two so that all of the wrestlers leave at about the same time. They usually have medals for the first 3 or 4 places.

All in all it is a very exciting day. There's usually 400 wrestlers and at least that many fans all packed into a gym. Lots of activity going on at all times.