



Louisiana's **TRUE** Middle School State Wrestling Tournament  
(4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> grades)  
Louisiana Elementary School State Wrestling Tournament  
(k-3<sup>rd</sup> grades)

February 02, 2019  
Holy Cross High School Student Center  
5500 Paris Ave. New Orleans, LA 70122

**Entry Fee \$15 per wrestler**

**ALL WRESTLERS:** Must have valid USA wrestling card and register through [www.trackwrestling.com](http://www.trackwrestling.com).  
Wrestlers are required to wear wrestling shoes. Shirt and shorts will be allowed but must be tucked in and tight fitting. Mouth guards are required for braces.

**Open to ALL Elementary and Middle School aged club wrestlers in LA!!!**

**No Cadets, Juniors, 7<sup>th</sup> graders, 8<sup>th</sup> graders, or birth dates before 2006 NO out-of-state entries.**

**Divisions and Weight Classes:**

(k-3<sup>rd</sup>): 40, 45, 50, 55, 60, 65, 70, 75, 85, HWT (100MAX)

(4-6<sup>th</sup>): 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 140, 160, HWT

\*Weight Classes may be combined to ensure wrestlers get the maximum number of matches. \*

**Format**

4-6-man round-robin brackets. With a true championship round to end the tournament. Finalist decided by the two best records at the end of round robin brackets. Criteria based on: (1) wins, (2) pins, (3) tech falls, then (4) point differentials.

Elementary: 3 - 1-minute periods.

Middle School: 3 - 1:30 minute periods.

**(NO DOUBLE BRACKETING)**

**Schedule: \*\***

Weigh-ins:

All ages from 8 AM-10 AM & 12 PM-1 PM in HC Wrestling room on 2<sup>nd</sup> floor of the Student Center (absolutely no satellite weigh-ins)

Wrestling Clinic: 1 PM-2 PM (Ryak Finch) with coaches meeting to follow (in HC Wrestling Room)

Wrestling to begin at 2:30 P.M. for Elementary and Middle School

***Championship Round: will be wrestled upon clearing of both mats and introduction of finalists***

**Admission**

\$5 Spectators (13 and up) Free (8 and under)

Concessions and Custom T-shirts will be available all day.

**!!!!!!ONLY Coaches with a valid USAW Coaches card to be mat side and on the floor!!!!!!**

**Please contact either Landon Williams, 563-340-8907, or Nick DiGerolamo, 504-339-9966 for any additional information or questions relating to this tournament.**