



2024 Wrestling Bulletin

Division	Birth Dates	Notes
6U	Born 2018-2019	Must be 5 as of 9/1/23
8U	Born 2016-2017	None
10U	Born 2014-2015	None
12U	Born 2012-2013	None
14U	Born 2010-2011	8 th graders with birthdates between 6/1/08 and 8/31/08 will be allowed to participate in our program.

Open Option: All participants, boys or girls, will compete according to weight, age, ability, and experience.

Girls' Option: Girls will compete against girls per weight, age, ability and experience.

CALENDAR OF EVENTS

December 13 th :	Pre-Season Rosters Due
December 11 th :	6:00pm - Rules / Scheduling Meeting at Lynnhurst Park
January 13th:	Longfellow Tournament
January 17th:	Season Matches Begin
January 21 st :	Final Rosters Due
February 18 th :	Team Photos submitted to League Director
Feb. 26 th -Mar. 1 st :	Citywide Tournament Weigh-Ins
March 6 th :	Coaches Seeding Meeting
March 9 th :	Citywide Tournament

Administrative Rules:

1. Coaches must wear **MPRB ID badge** at all MPRB matches and tournaments. Once certified, full-time recreation staff will create a badge for each MPRB coach.
2. National Federation of State High School Association rules shall govern all matches except as modified:
 - a. No injury time will be kept. An injured wrestler may not continue without permission of official or trainer on duty.
 - b. Prescribed medications will only be allowed when properly administered.
3. 80% of the team roster must live within the Minneapolis city limits.
4. Teams outside of Minneapolis will be charged \$25.00 per final rostered wrestler.
5. Contests will be based on as many weight divisions as can be matched by two coaches' prior agreement.



6. Coaches should weigh wrestlers regularly throughout the season, to ensure they have accurate weights for pairings during regular season meets and tournaments.
7. Jewelry Rule: Officials will strictly enforce the Minnesota State High School rule regarding jewelry.
 - a. All players must remove all jewelry before participating. **Please note: hard items worn on the head such as beads, barrettes and bobby pins are prohibited.**
8. **If a participant's hair is too long, they are required to have it covered with a prescribed hair covering** (similar to a nylon swim cap). Skull caps are not permitted. Braids must be covered.
9. Participants with braces are required to wear top & bottom mouth guards while wrestling.
10. Suggested weights are as follows: These are suggested weights only. Other weights may be used by agreement among coaches, staying within safe limits and with intent to match wrestlers of approximately the same weight and age. A wrestler may only wrestle up a maximum of one age division.

6U, 8U and 10U – 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 116, 135, 145 and unlimited.

12U and 14U - 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 140, 148, 158, 170, 180 and unlimited.

Weigh In Procedures:

1. **IMPORTANT:** Wrestlers may not participate in a meet until they have been weighed in by MPRB staff. Teams using wrestlers that have not been weighed in will forfeit all meets the wrestler participated in.
2. In addition to the pre-season weigh in, all participants are required to weigh in at each Saturday tournament and the Citywide Tournament.
3. Wrestlers must be weighed with the following minimum clothing articles:
 - a. Boys: Singlet or gym shorts (players are not allowed to be weighed in their underwear)
 - b. Girls: Singlet or gym shorts and t-shirt (players are not allowed to be weighed in their underwear)

Team Rosters & Eligibility:

1. All participants who take part in the Citywide Tournament must be listed on the team's roster. Team rosters that are not submitted will not be eligible to participate in the Citywide Wrestling Tournament.
2. Wrestlers must have attended a **minimum of 3 matches** during the season in order to be eligible for the Citywide Wrestling Tournament.



Protective Equipment & Uniforms:

1. For sanitizing the mats, A-33 or A-36 Dry Tablets are available at each park. Mats should be cleaned before each use with the A-33 or A-36 solution.
2. Team uniforms are required. Uniforms consist of a wrestling singlet and/or wrestling compression shirt and shorts.
3. It is highly recommended that all wrestlers wear headgear.

Weekday Meets: **6:15pm Check-in / match-ups / 6:45pm Start Time**
Teams must submit their participants & weights to the “host” park & MPRB league director 2 days prior to the scheduled meet.

Sat. Tournaments: **7:30am Check-in / 9:30am Start Time** (WEIGH-IN’S WILL END PROMPTLY AT 8:15 am)
Complete match set-up by 9 am.

Match Specifications:

Length of periods:

6U Division	Three 1-minute periods.
8U Division	Three 1-minute periods.
10U Division	Three 1 minute periods.
12U Division	Three 1-1/2 minute periods.
14U Division	Three 1-1/2 minute periods.

City Tournament:

2024 City Wrestling Tournament will be held on Saturday, March 9th

- South High School: 3131 S 19th Ave. Minneapolis, MN 55407 - Door# 1
- Check-in w/ skin checks: 7:30am
- Tournament begins: 9:30am

City Tournament Weigh-ins: February 26th – March 1st

- Dates/times will be set by each center. A full schedule will be emailed the week before.

City Seeding Meeting: Wednesday, March 10, 6:00pm

- Location TBD

Coaches Contact List:

A detailed **“Coach Phone/Email List”** will be updated and sent to all wrestling coaches and center directors. We will compile the list by using the information from this year’s wrestling roster. Please make sure this information includes: home/cell/work phone number(s) and an updated email address.