



# Juab Wrestling Club Three-Style Tournament



Friday, March 15th & Saturday, March 16th  
Juab High School  
802 N 650 E, Nephi UT

**Registration:** [www.trackwrestling.com](http://www.trackwrestling.com) or [www.wrestleutah.com](http://www.wrestleutah.com) -Must Pre-register before 4:30 pm MST on Thursday March 14th. -Must have current USA Full Athlete or High Performance Card. Purchase at [www.uaswmembership.com](http://www.uaswmembership.com).

**Styles:** Greco (Friday), Freestyle (Saturday), Folkstyle (Saturday)

**Cost:** \$12 for any 1 style \$24 for any 2 styles. \$24 for all 3 styles (3rd style is free)

**Weigh-ins:** Weigh-ins will be hosted by Chartered Clubs. Each club is responsible for posting their own weigh in time (at least a half an hour segment between 5:30 and 8:00 PM on Thursday night). Weigh in at Juab High Wrestling Room on Thursday night from 6:00-7:00p.

**Tournament Format:** We will follow the Madison Block 4-man round robin format. There will be no pre-determined weights. Wrestlers will be put into groups of 4 based upon their weight and division. Each group will be assigned a mat for the tournament and wrestle each other until the bracket is complete.

**Match/Period Times:**

Greco: Best 2 out of 3, two minute periods, 30 sec. rest between periods, all ages

Freestyle: Best 2 out of 3, two minute periods, 30 sec. rest between periods, all ages

Folkstyle: Fly, Bantam, Intermediate 1-1-1. Novice & Schoolboy 1.30-1.30-1.30, Cadet/Jr. 2-2-2

**Tournament Schedule:**

**Friday – Greco**

5:30pm-5:45pm – Coaches Meeting, Officials Meeting & Rules Clinic

6:00pm-7:30pm – Greco – Fly, Bantam, Intermediate & Schoolboy

7:30pm-Conclusion – Greco – Novice, Cadet, Junior & Open

**Saturday – Freestyle/Folkstyle**

8:00am-8:15am – Coaches Meeting, Officials Meeting & Rules Clinic

8:30am-11:00am – Freestyle/Folkstyle – Fly Bantam, Intermediate & Schoolboy

11:00am-Conclusion – Freestyle/Folkstyle – Novice, Cadet, Junior & Open

Folkstyle will start immediately after the Freestyle in each of the sessions when mats open up. Make sure you are there at the beginning of the appropriate session.

**Required:** Must have a Red and Blue Singlet for Greco and Freestyle. All Fly through Schoolboy must wear headgear. Wrestling shoes with laces secured are required.

**Tournament Director: Joel Holman**

[juabwrestlingclub@gmail.com](mailto:juabwrestlingclub@gmail.com)

801-598-6126