

2019 Rec League State

Friday, December 13, 2019
The Legacy Events Center
151 South 1100 West Farmington, Utah

Tournament will cap at 650 wrestlers so register today!

Rec League state is for wrestlers with two seasons of experience or less. That means they can not have competed in more than 1 season prior to this season. If you are unsure if you qualify then please reach out to Raider Lofthouse at raiderlofthouse@gmail.com. If you are found to have more than 2 seasons of experience then you will be disqualified without a refund.

Registration/Admission:

Registration is \$25 and wrestlers must be registered by December 12 at 6:00pm. Admission will be free for all but you must have a USA Coaches Card to get on the floor or you will need to pay \$10 for a floor pass.

Schedule:

⚡ 12:30pm until conclusion	PreK-K & Prek-k Girls
⚡ 1:45pm until conclusion	1 st -2 nd Grade
⚡ 3:15pm until conclusion	3 rd -4 th Grade & 1 st -3 rd grade girls
⚡ 4:45pm until conclusion	5 th -6 th Grade & 4 th -6 th grade girls
⚡ 6:00pm until conclusion	7 th -9 th Grade & 7 th -9 th grade girls & High school girls

Weigh INS:

- ⚡ Weigh ins should take place on Wednesday, December 11th or Thursday, December 12th
- ⚡ Each club, school, or rec league coach is responsible to hold a satellite weigh in for his or her qualified wrestlers and enter weights into trackwrestling no later than 9pm on December 12. Any questions please direct to Raider Lofthouse at raiderlofthouse@gmail.com. There is no weight allowance.

Membership:

Participants must be full time Utah residents and have an active USA Wrestling Membership (which can be purchased at usawmembership.com). Wrestlers can only wrestle in one weight and age division.

Format:

Double Elimination. There will be no true second, and we will place the top 6 wrestlers in each division.

Seeding:

Trackwrestling seeding will be used

Division and Weights Classes:

Boys Divisions:

PreK-K	36, 38, 40, 43, 46, 49, 49+ (7)
1 st -2 nd	42, 46, 49, 51, 54, 57, 61, 67, 75, 75+ (10)
3 rd -4 th	50, 55, 58, 62, 66, 70, 75, 80, 87, 95, 105, 105+ (12)
5 th -6 th	60, 65, 70, 75, 79, 84, 90, 96, 102, 110, 125, 145, 145+ (13)
7 th -9 th	75, 82, 88, 95, 102, 110, 118, 126, 135, 150, 175, 200, 285 (13)

Girls Divisions: Girls will be paired based on weight within the division. If there are 5 or more girls at a weight then they will do a line bracket, otherwise they will compete in a round robin. Girls may register in both the girls and boys divisions but must pay for 2 entry fees. Boys can not wrestle in the Girls division.

Girls Division: Prek-k

Girls Division: 1st-3rd Grades

Girls Division: 4th-6th Grades

Girls Division Jr High: 7th-9th Grades

Girls Division High School (10th-12th grade)

Awards:

Trophies will be given to the top 6 finishers in each weight class. The Champion in each weight class will receive a custom Rec League State Champion singlet. Each participant that does not receive a trophy can pick up a rec league state participation medal at the awards area.

Coaches:

Coaches with an active USA Coaches Membership will be granted floor access free of charge.

Coaches without a USA Coaches Membership will need to buy a floor pass for \$10.

Additional Rules and Regulations:

1. A wrestler cannot wrestle outside his/her school class; unless he/she weighs more than the heaviest weight class in his/her school class.
2. USAWU, National Federation, and UHSAA rules will govern all matches except the following:
 - a. PreK-4th Grade bouts will consist of 3 periods of 1,1,1.
 - b. 5th-9th Grade will consist of 3 periods of 1 min 15 seconds
 - c. All consolation matches will consist of 3 periods of 1,1,1.
 - d. Overtime to be a 1-minute sudden death followed by (1) 30-second ride out period.
3. Mouth Guards are recommended for participants with braces.

Tournament Director:

Raider Lofthouse – raiderlofthouse@gmail.com 435-770-2112