



**MISSOURI USA GIRLS WRESTLING
2021-22 STATE FOLKSTYLE CHAMPIONSHIPS
SHOW ME CENTER
1333 N Sprigg St.
Cape Girardeau, MO 64102
MARCH 11th- 13th, 2022**

Friday, March 11th

Weigh-ins: 6:00-7:30 p.m. weigh-ins

Advance ticket sales and bracket books available.

Saturday, March 12th

Doors Open: 7:00 a.m.
Weigh-ins: 7:30-8:00 a.m. weigh-ins
Mats open for warm-ups: 7:30 a.m.
Opening Ceremonies 8:30 a.m.

SPLIT SESSION

10&UNDER AND 12&UNDER

Wrestling Begins: 9:30 a.m. (approx.)

8&UNDER AND 14&UNDER

Wrestling Begins: 2:00 p.m. (approx.)

Sunday, March 13th

Doors Open: 7:00 a.m.
Weigh-ins(2,3,4 man brackets) 8:00-8:30 a.m. weigh-ins
Mats open for warm-ups: 8:00 a.m.

Wrestlers only have to weigh-in one time for the entire tournament. Wrestler's in 2, 3, or 4 person brackets can weigh-in during any of the scheduled weigh-in times.

ALL AGE GROUPS (NO SPLIT SESSION ON DAY 2)

Semi-Consolations matches 9:00 a.m.
Fifth place matches 9:45 a.m. (approx)
Third place matches 10:15 a.m. (approx)
Finals presentation 11:30 p.m. (approx)
Championship Matches 12:30 p.m. (approx)
Awards Ceremony After Final Matches

ROUNDS TO BE WRESTLED ON SATURDAY

16-man brackets will wrestle rounds 1-2-3-4-5-6

ROUNDS TO BE WRESTLED ON SUNDAY

16-man brackets will wrestle rounds 7-8-9
4-man round robin will wrestle rounds 7-8-9
3-man round robin will wrestle rounds 7-8-9
2-man round robin will wrestle rounds 7-8-9

Admission:

Adults-\$15.00 per day
Children-\$10.00 per day (Children are 10 and under)
Children 3 under, Senior Citizen's, First Responders, Military Free



USA **wrestling**

Pre- Register Online: This is an Open tournament to Missouri Residents ONLY.

<https://www.trackwrestling.com/tw/opentournaments/VerifyPassword.jsp?tournamentId=655380132>

Girls Weight Classes:

8&Under: 40-45-50-55-60-65-70-75-80-85-90-100-115-130-145+

10&Under: 50-55-60-65-70-75-80-85-90-95-100-110-120-130-150-170-190-210+

12&Under: 60-65-70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-150-165-175-185-210-250+

14&Under: 70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-145-150-155-165-175-190-205-235-285

COACH BANDS ARE REQUIRED FOR FLOOR ACCESS:

All coaches that wish to gain access to the competition floor to coach athletes must be prepared to show their USA Wrestling Leader Card, with a profile picture on it, and have NCEP Bronze certification to receive coaches' band at registration. While on the competition floor coaches must have a coach's band and wear their membership card, displayed on a lanyard. Coaches must purchase an admission pass to enter Show Me Center

8&Under Mats 1-5

10&Under Mats 1-5

12&Under Mats 6-10

14&Under Mats 6-10

5th Place Matches (All Age Groups) Mats 1-10

3rd Place Matches (All Age Groups) Mats 1-10

Championship Matches (All Age Groups) Mats 1-10

Rules inside Show Me Center building are as follows;

No outside food or beverages may be brought into the arena

No video taping Mat side or in the coaches chair

People may video tape from their seats as long as it does not interfere with sightlines of others

Due to safety reasons no one may plug their battery chargers into building outlets

No weapons

No drugs

No Animals (Except service animals)

No bottles/cans

No coolers

Noise makers and glow sticks are permitted.

BANNERS ARE NOT ALLOWED TO BE HUNG INSIDE THE ARENA.

THERE WILL BE NO SAVING SEATS INSIDE THE ARENA!