

RIVER FALLS YOUTH & MIDDLE SCHOOL WRESTLING TEAM DUAL TOURNAMENT

Hosted by River Falls Wrestling Boosters

**SUNDAY,
FEBRUARY 1, 2026**

REGISTRATION

ENTRY FEE: \$200 per team

- Complete registration on the USA Wrestling website by Saturday, January 31, 2026, at 8 PM
- No walk-in teams accepted
- Contact tournament director to reserve team spots

TEAMS & ELIGIBILITY

Division 1: Middle School (Grades 6-8)

Weight Classes: 73, 80, 87, 93, 100, 107, 114, 119, 125, 130, 140, 150, 165, 187, 250

Division 2: Youth (Grades 3-5)

Weight Classes: 55, 60, 65, 70, 75, 80, 85, 90, 95, 102, 115, 150

LOCATION & CONTACT

River Falls High School
818 Cemetery Road, River Falls, WI 54022

\$5 general admission
Free for kids 5 and under
Concessions available all day

Tournament Director:

River Falls Wrestling Boosters
Email: youth@rfwrestling.org



SCHEDULE

All Divisions:

Doors Open: 8:00 AM

Weigh-ins: 8:00 AM - 9:00 AM

Wrestling Starts: 9:30 AM

Round Schedule:

Round 1: 9:30 AM

Round 2: 10:30 AM

Round 3: 12:30 PM

Round 4: 1:45 PM

Round 5: 3:00 PM (if needed)

FORMAT

Weight Class:

- Starting weight will be determined at weigh-ins
- Each subsequent round will start up one weight from previous round

Match Periods:

Division 1: Middle School (Grades 6-8) - Three

90-second periods

Division 2: Youth (Grades 3-5) - Three 1-minute periods

RULES & SCORING

Competition Rules:

- WIAA Wrestling Rules will be used
- WIAA mouth guard rule for wrestlers with braces will be enforced
- Girls must wear a female cut singlet or wear an approved undergarment underneath their singlet
- Limit of 4 coaches per team mat-side

AWARDS

1st, 2nd, and 3rd place medals for each division

