

# RIVER FALLS BEGINNER FREESTYLE TOURNAMENT

Hosted by River Falls Wrestling Boosters

**SUNDAY,  
APRIL 13, 2025**

**8U THROUGH USA JUNIOR**

## SCHEDULE:

**Check-In:** 9:00 AM – 9:30 AM

**Freestyle Wrestling Clinic:** 9:30 AM – 10:15 AM

**Tournament Start:** Immediately following the clinic

## AGE GROUPS

**8U** (2017–2019)

**10U** (2015–2016)

**12U** (2013–2014)

**14U** (2011–2012)

**16U** (2009–2010)

**USA JUNIOR** Born on or after 9/1/2005 Must be in grades 9–12

## FREESTYLE WRESTLING CLINIC WITH TREVOR BRANDVOLD

Before the Tournament – Get Ready to Compete!

### FREESTYLE RULES & SCORING BASICS

**Step-Out Rule:** 1 point if your opponent steps out of bounds

**Exposure Points:** Roll your opponent onto their back for 2 or 4 points

**Takedowns:** 2 points for bringing your opponent to the mat

**Technical Fall:** Match ends when you have a 10-point lead

### ESSENTIAL TECHNIQUES

**Basic Takedowns:** Single-leg and double-leg drills

**Par Terre (Ground Wrestling):** Learn gut wrenches and leg laces to score big points

### HANDS-ON PRACTICE

Quick drills to apply techniques

Mock matches to build confidence before competing

**This 45-minute clinic is perfect for first-time Freestyle wrestlers! Don't miss your chance to learn the basics and compete with confidence.**

## Morning FREESTYLE CLINIC WITH TREVOR BRANDVOLD RIVER FALLS ALUMNI

**ENTRY FEE:** \$20 per wrestler

### REGISTRATION:

Register on the USA Wrestling website by

**Saturday, April 12, 2025, at 8:00 PM**

No walk-ins

### MATCH TIMES

**8U, 10U, 12U, 14U, 16U:** Two 2-minute periods

**USA Junior:** Two 3-minute periods

### BRACKETS:

Wrestlers will be placed in **3-4 person round-robin brackets, adjusted as necessary.**

Boys and Girls Divisions (will bracket together if no opponents are available)

### AWARDS:

**Individual Medals:** 1st–3rd places

### WEIGH-INS:

Honor system with random spot checks at check-in

Contact the tournament director for weight adjustments

Wrestlers may be challenged and disqualified if over the weight allowance

### ADMISSION & CONCESSIONS:

\$5 general admission

Free for kids 5 and under

Concessions available all day

### LOCATION:

River Falls High School

818 Cemetery Road, River Falls, WI 54022

### TOURNAMENT DIRECTOR:

**Contact:** River Falls Wrestling Boosters

**Email:** youth@rfwrestling.org

