

# RIVER FALLS YOUTH & MIDDLE SCHOOL WRESTLING TEAM DUAL TOURNAMENT

Hosted by River Falls Wrestling Boosters

**SUNDAY,  
FEBRUARY 1, 2026**

## REGISTRATION

*ENTRY FEE: \$400 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](mailto:youth@rfwrestling.org)



## SCHEDULE

### All Divisions:

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

**Wrestling Starts:** 9:30 AM

**Middle School:** No weight allowance

### 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
- All wrestlers and coaches need USA Wrestling membership (checked at weigh-ins)
- Limit of 4 coaches per team mat-side

## AWARDS

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

