

## **Key Tournament Information and Reminders for Wrestlers:**

Singlet, wrestling shoes, headgear, nails trimmed, all are required.

The kids should feel no pressure. This should be fun, especially when it's early in the season. It is extra important for rookies to not worry about match outcomes. We will continue to grow skills and build on what has been learned.

NO MATTER WHAT, our wrestlers must display good sportsmanship. Win or lose: shake hands, shake opponent's coach's hand, get ready for the next match. No complaining, no boasting. Represent yourself, your family, your town and the team the right way, be an example to the other clubs.

Arrive during your weigh-in time. Please refer to tournament flyer for details. Weigh-in in singlet only. Have fingernails trimmed short before you approach the scale.

Bring your own healthy food, snacks, and water. Best to not depend on what is offered at the concession stand.

After you have weighed-in and eaten, wrestlers should relax in the stands. Please sit together with the other Cedar Park wrestlers and parents.

Once the tournament begins, your wrestler should report to his mat table 2-3 bouts before his match. You will need to know your wrestler's mat number and bout numbers in advance. If the technology is working properly, you can follow things on your electronic device via TrackWrestling.com. Your wrestler can report to the table without a coach, **but they should not begin their match without a coach**. If coaches are busy coaching others, they should tell the table/official that their coach will be there shortly. We'll get there ASAP.

## **WEIGH-IN PROCEDURES**

- Singlets to be worn at all weigh-ins. No weight allowance for the singlet
- Officials or referees will inspect for skin disorders & a fingernail check
- You weigh in just wearing a singlet (no shoes, socks, shirt...)

## **Wrestler Checklist for Tournament**

- **Finger Nails: MUST be trimmed**
- Wrestling Shoes, Headgear, Singlet
- Team Shirt or tee shirt
- Team Sweatshirt or something to keep the body from cooling off
- Wrestlers should keep shirt/sweats on over singlet until their match is next
- Water Bottle
- Healthy Snack – don't count on food served at tournaments to be healthy
- A few bucks (just in case)
- Book, phone, tablet or video games...
- Medical Requirements – Inhaler, etc...

## General Tournament Information

Tournament competition has 3 important labels:

1. **Experience classification** (Rookie, Novice, Open)
2. **Age division** (Tot, D-1, D-2, D-3, D-4, D-5)
3. **Weight Class**

Q. Do I need to buy a singlet for my son or daughter?

- No, but if you would like to you can. We sell CPW singlets for \$60 or you can use a Cedar Park Wrestling team singlet, by providing CPW with a \$60 deposit.

**\*\*SINGLETS MUST TO BE RETURNED BY FIRST WEEK IN MARCH OTHERWISE IT WILL BE ASSUMED YOU ARE FORFEITING ANY REFUND IN EXCHANGE YOU ARE KEEPING THE SINGLET\*\***

**SINGLET SIZE CHART**  
YOUTH

SIZE	LBS.	LENGTH	CHEST	WAIST	INSEAM
YXXS	35-40 LBS.	21"-24"	18.5"-21.5"	16.5"-19.5"	3.5"
YXS	40-45 LBS.	21.5"-24.5"	20"-23"	18.5"-21.5"	4.0"
YS	45-55 LBS.	22.5"-25.5"	21"-24"	19.5"-22.5"	4.5"
YM	55-65 LBS.	23.5"-26.5"	22.5"-25.5"	21"-24"	5.0"
YL	65-75 LBS.	25.5"-28.5"	24"-27"	22"-25"	5.75"
YXL	75-90 LBS.	27.5"-30.5"	26"-29"	24"-27"	6.25"

**SINGLET SIZE CHART**  
ADULT

SIZE	LBS.	LENGTH	CHEST	WAIST	INSEAM
XS	90-110 LBS.	29"-32"	26.5"-29.5"	24.5"-27.5"	6.5"
S	110-130 LBS.	31"-34"	28.5"-31.5"	26"-29"	7.0"
M	130-150 LBS.	22.5"-25.5"	30.5"-33.5"	28"-31"	7.5"
L	150-170 LBS.	23.5"-26.5"	32.5"-35.5"	30.5"-33.5"	8.5"
XL	170-190 LBS.	25.5"-28.5"	35"-38"	32.5"-35.5"	9.25"
XXL	190-215 LBS.	27.5"-30.5"	38.5"-41.5"	36"-39"	10.25"
3X	215-235 LBS.	39"-42"	41"-44"	38.5"-41.5"	11"

Q. Do I need head gear to participate in a tournament?

- Yes. Cliff Keen, Brute and Asics all make good headgear. Many wrestlers like the Cliff Keen E58 or Signature. Head gear will last years, buying a good one is worth every penny. You may be able to find some locally at Dick's Sporting Goods. You can shop online at [www.eastbay.com](http://www.eastbay.com), [www.suplay.com](http://www.suplay.com), [www.thewrestlingmall.com](http://www.thewrestlingmall.com) or [www.amazon.com](http://www.amazon.com).

Q. Is my wrestler Rookie, Novice or Open?

- First-year wrestlers are Rookie, Second-year wrestlers are Novice (Novice can be extended to a third year for all wrestler excluding those that place at Novice States) , everybody else is Open.

Q. What is my wrestler's age division?

- See Youth Weights and Age Division chart.
  - (Scroll down towards the bottom)  
<https://www.cedarparkwrestling.org/Default.aspx?tabid=1186027>
- Note that your wrestler's age on August 31, determines their age for the ENTIRE folkstyle season.

Q. What is my wrestler's weight class?

- See Youth Weights and Age Division chart.
  - (Scroll down towards the bottom)  
<https://www.cedarparkwrestling.org/Default.aspx?tabid=1186027>
- Note that a weight class is a **maximum weight limit**. For example, if your wrestler is registered to compete at a tournament at Div. 4 106 pounds, at weigh-in he must weigh no more than 106.0 pounds. If he weighs even 1 ounce more than the weight limit, he can be disqualified from that tournament (or in some events, allowed to compete in the next highest weight class). We do not want our wrestlers concerned with their weight. When in doubt, please register your wrestler for a higher weight class. Each tournament is a separate weight class decision.

Q. What does my wrestler wear when he gets on the scale at weigh-in?

- Singlet only – no socks, no shoes, have nails clipped

Q. How do I register for a tournament?

- TrackWrestling for all tournament registration will be on [www.trackwrestling.com](http://www.trackwrestling.com). You will need your USAW # and your TrackWrestling #.
- You are responsible to register and pay for your wrestler to participate in tournaments. Please note that we have no control over deadlines or registration mistakes. Please register for each event carefully and on time. Before each tournament that we are attending as a team, we will send a reminder and a registration link.

Q. How can I stay up-to-date on other Texas USA Wrestling events?

- Keep an eye on the Texas USA Wrestling website: <http://www.txusaw.com/>
- Central Texas USA Wrestling website: <https://www.txusaw-cr.com/>