



2025 NY-USAW folkstyle State Championships & Girls Freestyle Showcase

- Top 6 wrestlers in each weight of the folk style competition will be given awards
- This is the First event to earn the NY-USA Wrestling “Triple Crown” (Folkstyle, Freestyle, Greco)
- Girls Freestyle Showcase info below (page 2)

Event Date: Saturday 2/22 , 2025

Location: Accelerate Sports Complex , 5241 Judd RD, Whitesboro NY 13492

Online Registration ONLY (Link below) **Current USA wrestling card required. No Refunds!**

Folk Style Early registration until 2/12/25 at 9pm \$53 plus \$2 online processing fee (\$55 total).

Regular Registration Deadline: Thursday, Feb. 20th, 9pm \$68 + \$2 processing fee (\$70 total)

Girls Freestyle registration info below (page 2)

Friday, Feb. 21: 5-8pm Weigh in, All Divisions (Location above)

Sat, Feb. 22: 6:30-7am(last chance)Weigh-in 8U,10U,12U, All Girls divisions

8am wrestling begins

10:30-11am (last chance) Weigh-in for 14U, 16U, Junior

12pm wrestling begins

.* Singlet/shorts must be worn at weigh in. Headgear recommended , not required

Boys:

Age Group	Weight Classes	Match Length
8U <i>Born 2017-'18</i>	40 lbs, 43lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs	Champ & Consolations: 3 one-minute periods
10U <i>Born 2015-'16</i>	49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs	Champ & Consolations: 3 one-minute periods
12U <i>Born 2013-'14</i>	58 lbs, 63 lbs, 67 lbs, 70 lbs, 74 lbs, 78 lbs, 82 lbs, 86 lbs, 92 lbs, 98 lbs, 108 lbs, 117 lbs, 135 lbs, 160 lbs	Champ: 1- 1½ - 1½ min Consolations: 3 one-minute periods
14U <i>Born 2011-'12</i>	75lbs, 80lbs, 84 lbs, 88 lbs, 92 lbs, 96 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 126 lbs, 132 lbs, 140 lbs, 155 lbs, 175 lbs, 225 lbs	Champ: 1- 1½ - 1½ min Consolations: 3 one-minute periods
16U <i>Born 2009-'10</i>	88 lbs, 94 lbs, 100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods
Junior * Born 9/1/2005 & after, plus enrolled in grades 9-12	100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165lbs, 175 lbs, 190 lbs, 215lbs, 285 lbs	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods

Questions or concerns, please contact Chris Adams, Tournament Director

Phone: (315-778-2373)

Email: usawrestling171@hotmail.com



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Girls Freestyle Showcase

Top 6 in each weight class receive Medals

Early Registration by 2/12/25 at 9pm \$53 + \$2 processing fee (\$55 total)

Regular registration deadline Thursday 2/20/25 by 9pm \$68 + \$2 (\$70 total).

All girls divisions wrestle at 8am

The tournament director reserves the right to combine weight classes.

Girls:

Age Group	Weight Classes	Match Length
8U <i>Born 2017-'18</i>	40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs	Two 2 min periods with 30 seconds rest between periods
10U <i>Born 2015-'16</i>	45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs	Two 2 min periods with 30 seconds rest between periods
12U <i>Born 2013-'14</i>	55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 126 lbs, 140 lbs	Two 2 min periods with 30 seconds rest between periods
14U <i>Born 2011-'12</i>	75 lbs, 80 lbs, 85 lbs, 90 lbs, 95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs , 150 lbs, 165 lbs, 180 lbs.	Two 2 min periods with 30 seconds rest between periods
16U <i>Born 2009-'10</i>	95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 207 lbs, 235 lbs	Two 2 min periods with 30 seconds rest between periods
Junior * Born 9/1/2005 & after, plus enrolled in grades 9-12	95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 207 lbs, 235 lbs	Two 3 min periods with 30 seconds rest between periods

Additional Information

- **Event Admission Fees:** \$10 adults \$3 children (\$25 max per family)
- Concession stand will be open all day.

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- **Weigh-Ins** - once wrestlers enter the weigh-in area, they will not be allowed to leave. A check scale will be provided in the weigh-in area.
- **Seeding**
 - Wrestlers from the same club or school will be separated as much as possible. Please make sure the correct club or school name is used when registering.
- No team scoring. Apparel will be for sale by Spartan Combat.
- **Coaches Pass**
 - Gold, silver, bronze, teal and Copper level certified Wrestling Leaders: free coaches pass and event admission
 - USA Wrestling leaders **must** have copper level or above certification in order to coach.
 - No one will be allowed to coach mat side without a pass. **NO EXCEPTIONS!**
 - **Coaches pass can be obtained at the link below.**

Note 1: Overtime will follow current High School Rules. The first Overtime period will be 1-minute sudden victory. If necessary (2) :30 second periods. If necessary (1) :30 second ultimate ride out, choice determined by 1st point scored or disk flip if no score.

Note 2: Age group is determined by Year of Birth (for example - if you were born in 2012-13, you are considered in the 12U Age Group).

Each wrestler may have a maximum of two USA Wrestling Certified Leaders holding a current USA Wrestling Leader Card at mat side. No parents will be allowed mat side unless they meet the above coaching criteria. Coaches must remain in corner at all times and High School rules governing interaction between coaches and officials will be strictly enforced. No exceptions. Anyone not abiding by these rules will be ejected from the event.

Note 3: Girls will be able to compete for a State title at our Freestyle State Championships in May (details coming soon).

Wrestler registration and Coaches pass:

https://www.usawmembership.com/usaw_events/2500145502?section=registration



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