



## 2026 New York/USA Wrestling Folkstyle State Championships & Girls Freestyle Showcase

(Freestyle & Greco-Roman State Championships are in May)

**Event Date:** Friday, March 6th & Saturday, March 7th, 2026

**Location:** Bay Shore High School. 155 Third Ave. Bay Shore, NY 11706

**Registration:** [Register Here](#) **Online Registration ONLY. Current USA wrestling card required.**

**No Refunds!** Early registration is \$55 until 2/28/26 at 11:59 pm. Registration after 2/28/26 is \$75.

**Registration Deadline:** Wednesday, March 4th at 11:59pm. See Age & Weight Divisions at the end of this document.

**Weigh-Ins: All Divisions** (Location above) Friday March 6th, at 7:00 pm. *All athletes must be present at the start of weigh-ins. Athletes must enter the weigh in area wearing an approved competition singlet, and their USA card. Athletes may not leave the weigh in area once entered. A check scale will be provided outside of the weigh in area.*

**Last Chance Weigh-Ins:** Saturday, March 7th at 7:00-7:30 am for 8U, 10U, & 12U boys and all girls divisions. Saturday, March 7th at 11:00-11:30 am for 14U, 16U & Junior boys. *All Athletes must be present at the start of weigh-ins. All Athletes must weigh in with an approved competition singlet.*

**Wrestling Beings:** 9:00 am for 8U, 10U, 12U Boys & ALL Girls Divisions. 1:00 pm for 14U, 16U & Junior Boys. Schedule subject to change.

**Note:** Schedule is subject to change based on registration numbers. Early registration gives us a better idea of how many to expect, and a more accurate schedule.

**Format:** Double Elimination brackets. Weight classes with 3 athletes will be round robin. The Tournament Director reserves the right to make changes to weights and divisions.

**Note:** 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 1<sup>st</sup> point scored or disk flip if no score.

**Admission:** \$10 for Adults. Kids are free.

**Coaches:** Coaches bands are FREE, but must be ordered ahead of time using [THIS LINK](#). Coaches must have an up to date background check, safesport certification, wrestling leader membership, as well as copper certification (14U and below) or bronze certification (16U and above). You must have a

coaches pass to be matside.

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 the 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 removed from the event.

**Note:** Copper and Bronze certifications are good for life. You only have to complete them once. Memberships are annual. Background checks can take up to 7 days to process. DO NOT wait until the last minute to update your membership!

**Awards:** Medals will be given to the top 6 place finishers. **Champions for 8U through 14U will also receive a championship Rudis Singlet.** Outstanding Wrestler awards will be given for each age division.

- Triple Crown Award (Photo at the end of document) - Given to male athletes who win all 3 events (Folkstyle State Championships (USA or NYSPHSAA), Freestyle State Championships, and Greco-Roman State Championships), and to female athletes who win the NYSPHSAA States, NY/USAW Freestyle & Greco-Roman State Championships. Triple Crowns will also be given to female athletes who win the NY/USAW Girls Freestyle Showcase, Freestyle States & Greco-Roman States.
- Double Crown Award (Photo at the end of document) - Prior to the addition of the girls greco division, we had a double crown award for female athletes who win the NYSPHSAA Championships and the NY/USAW Freestyle State Championships. We will continue to award these **while supplies last**. Girls who win any combination of 2 events (NYSPHSAA, NY/USAW Showcase, FS States, or GR States) will also receive the double crown award.

**Photos:** Pictures will be taken immediately after weigh-ins, and on the awards podium.

## Additional Information

- **Separation Criteria:** Wrestlers from the same club or school will be separated as much as possible. Please make sure their club affiliation is up to date in their membership profile, and listed in registration. Athletes will be sorted by PINS rating.
- **Apparel:** Rudis will be selling merchandise during the event.
- **Concessions** will be available all day.
- **Hotel Information:** Blocks have been reserved at the following hotels:
  - Hampton Inn & Suites - Farmingdale. \$169/night. 18 minutes. Rooms are held until 2/13 then will be released to the public. Use this link to make your reservation. [Ny USA Wrestling](#)
  - Courtyard - Islip/Courthouse Complex. \$159/night. 10 minutes. Rooms are held until 2/06 then will be released to the public. [Book your group rate for New York/USA Wrestling](#)
  - Hilton Garden Inn - McArthur. \$125/night. Rooms are held until 1/26 then will be released to the public. [Booking Link](#).

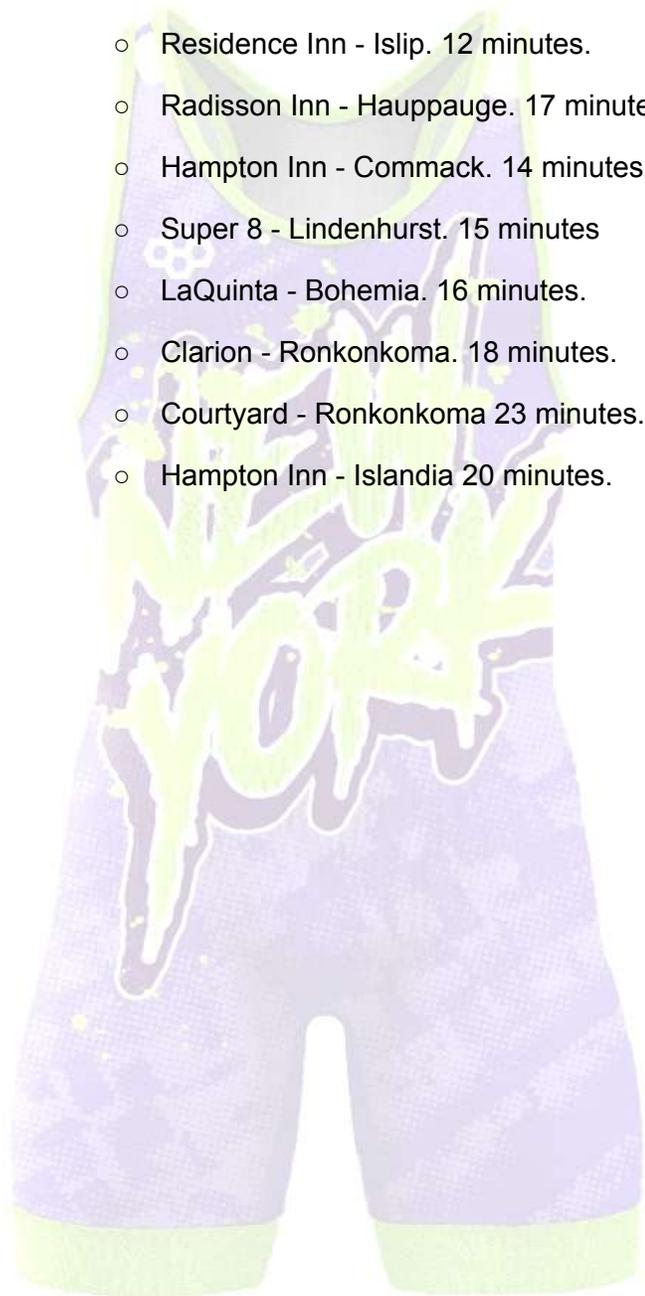
Questions or concerns, please contact Chris Adams, Tournament Director

Phone: (315-778-2373)

Email: [usawrestling171@hotmail.com](mailto:usawrestling171@hotmail.com)

- Other Hotels in the area:

- Residence Inn - Islip. 12 minutes.
- Radisson Inn - Hauppauge. 17 minutes.
- Hampton Inn - Commack. 14 minutes.
- Super 8 - Lindenhurst. 15 minutes
- LaQuinta - Bohemia. 16 minutes.
- Clarion - Ronkonkoma. 18 minutes.
- Courtyard - Ronkonkoma 23 minutes.
- Hampton Inn - Islandia 20 minutes.



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## 2026 - USA MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
8U	Born 2018-2019	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40 lbs, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs
10U	Born 2016-2017	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs
12U	Born 2014-2015	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	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
14U	Born 2012-2013	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	75 lbs, 80 lbs, 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
16U	Born 2010-2011	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	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
USA Junior	* Born 9/1/2006 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	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

**Note:** Age group is determined by Year of Birth, not age on the day of the event.

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# 2026 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
<b>8U</b>	Born 2018-2019	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs
<b>10U</b>	Born 2016-2017	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs
<b>12U</b>	Born 2014-2015	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 126 lbs, 140 lbs
<b>14U</b>	Born 2012-2013	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	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
<b>16U</b>	Born 2010-2011	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	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
<b>USA Junior</b>	** Born 9/1/2006 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	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

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