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FOLKSTYLE WRESTLING TOURNAMENT

INDIVIDUAL TOURNAMENT

November 14, 2026

Sandhills Global Event Center

4100 N 84th St, Lincoln, NE 68507

www.TrackWrestling.com

GENERAL INFORMATION:

Limited to the first 600 wrestlers
Separate Boys and Girls Divisions

REGISTRATION:

$38 Registration fee
$60 for walk-ins. **(NO REFUNDS)**
Walk in registration only allowed at Sandhills Global Event Center weigh ins, if registration is not already full.

REGISTRATION DEADLINE: THURSDAY, NOVEMBER 12th AT 8 PM

ADMISSION:

Adults- $10
Students- $5
Children (4 & Younger)- FREE

COMPETITION TIMELINE: (30 mins between sessions to allow for cleaning of mats)

Session 1 - Pre-K – K, 1st – 8th: Start time 9 am
PreK-K on set mats/1st-8th graders. Call to mat will be used for all brackets.

Session 2 – 9th-12th and Girls division: Start time 1 pm or 30 minutes after conclusion of session 1. Call to mat will be used for all brackets.

WEIGHT CLASSES:

All divisions will be Maddison Bracketed (brackets as large as 16-person brackets)
***Please submit approximate weight during registration. Final brackets will be made after weigh ins are completed. Brackets will be released Friday night after completion.

Wrestlers must weigh-in wearing a singlet.

WEIGH-IN SCHEDULE:

Weigh ins will be held Friday, November 13th, 5-8 pm at the Sandhills Global Event Center main building.

Satellite weigh in sites (TBA)
If you would like to host a satellite weigh in, a Certified Referee must be present. Please contact Dave (see below for contact information).

A referee will inspect wrestlers for the presence of oils or greasy substances on the body, all jewelry, long fingernails, skin conditions, health and safety measures. Wrestlers suspected of having skin conditions will not be allowed to compete without current approval letter/form from a medical doctor showing current treatment.

BRACKETING:

Track Wrestling will be used to manage the tournament.

Up to 16-person brackets, with double elimination.

Event directors will attempt to pair wrestlers up as fairly as possible trying not to exceed a weight difference of 10% for Pre-K – Kindergarten and up to 20% for HWT brackets.

Wrestling will be completed on 9 full mats!

RULE MODIFICATIONS: NFHS Wrestling Rules

NFHS rest period between matches not in effect.

Length of Periods for Grade Divisions:

> PreK-4th grade divisions are 60 second periods for all 3 periods on both the championship and consolation sides.
> 5th grade and above divisions on the championship side, all 3 periods - 90 seconds. On the consolation side, 1st period- 60 seconds and 2nd & 3rd period- 90 seconds.

NFHS overtime rules will be used.

HAIR LENGTH & FACIAL HAIR: wrestlers with long hair are strongly encouraged to wear a hair net during competition. Participants with long or rough beards will be asked to shave before competition. Please help us maintain a safe environment for everyone.

AWARDS & MEDALS:

Custom Awards will be awarded to the TOP 4 in each bracket.

Team Awards for 1st and 2nd place teams.

IMPORTANT NOTES:

Questions: Contact Wrestling Director David Charroin at csgwrestling@gmail.com, If you wish to speak with David, please include your phone number in the email.

Online Registration/Website Questions: Contact the Nebraska Sports Council office at 402-471-2544 or info@nebraskasportscouncil.com