



Chickahiro Miura,

Good Morning Montana Wrestling!

Thank you Anaconda and Billings Wrestling Clubs for hosting this past weekend!

Below is ALL the info you need for this weekend's 1st leg of the Triple Crown -- PLEASE read it all and if you have questions ask now. ;) The links at the bottom take you to all the related information for this weekend. Flyer, weight chart and Team Montana info.

I wanted everyone to know that Darkhorse has added a tournament that is dual sanctioned next Sunday -- the flyer is on the website and I will send it out next week.

STATE TSHIRT INFO

3x Gear is doing the event shirt and are putting the names wrestlers on the back. They need the names by 11 pm Tuesday March 6 if people want their name on the shirt. I know people can register until Friday, they just won't be on the shirt if they don't register by Tuesday.

See you all in Great Falls this weekend!

Angie Buckley

MTUSAW Registration Chair

Montana Wrestling

Important Information for the Montana AAU State Tournament, please read!! We have a big weekend ahead March 9,10,11! Best of Luck to all

**READ ENTIRE MESSAGE TO THE END!!!! LOTS OF IMPORTANT INFORMATION --
--- PLEASE SHARE AS NEEDED!!!! The Team Montana Flyer is updated.**

ALL Cadets and Elites will receive a 2 pound weight allowance at AAU State Folkstyle.

The boys who go to Iowa on the middle school team– DO NOT get the weight allowance in Iowa.

The high school wrestlers only will get the allowance in Iowa, see the flyer/information attached.

So please plan accordingly if your wrestler makes the team.

We are hoping to answer a few questions with this email.

****** Attached is the Montana AAU Age & Weight Chart.***

In Montana we use the birth year to determine a wrestlers division (example – if a wrestler was born in 2007 – he/she is a novice – see the chart).

This is what is used for the state tournament.

DO YOU WANT TO BE ON TEAM MONTANA? See Attached Flyer!!

*******HIGH SCHOOL WRESTLERS ONLY WILL RECEIVE A 2 POUND WEIGHT ALLOWANCE AS PER NATIONAL HIGH SCHOOL RULES IN IOWA!!!!**

This tournament is a qualifier for TEAM MONTANA for the AAU National Middle School Duals, Freshman/Sophomore, AND the Junior/Senior National Dual Team and the GIRLS NATIONAL DUAL TEAMS (one will be k-8th, and one high school team).

The placing at the tournament will determine eligibility for the try-outs that will be held after the conclusion of the tournament based on placing.

*****NOTE = SOME OF THE WEIGHTS FOR THESE NATIONAL DUAL TEAMS ARE DIFFERENT THAN THE STATE AAU TOURNAMENT WEIGHTS!**

– according to AAU standing rules –(Cadets/Elites) will receive a weight allowance of plus 2 pounds at the state tournament.

(Example - a wrestler in the 138 pound weight class can weigh 140)

*****From the Standing Rules ---- Qualifiers:** National High School Rules will be used for weigh allowances at AAU qualifiers for Cadets/Elite divisions. (5-2015)

***** Females that wrestle – we use the same age/weight chart**

*****Also, this an AAU State tournament. There is NO double-bracketing in the boys divisions. The age division and weight you weigh-in at --that is the division you will wrestle. Girls are an exception to this – they may double bracket in both the boys and girls divisions if they so choose.**

*****Reminder everyone: There are requirements for AAU State Folkstyle regarding table workers, pairers, and coaches.**

Coaches: All coaches **must have** an 1) AAU card and have proof 2) MTWOA Rules Clinic given at various locations across the state. If you have not attended a clinic yet, there will be a MTWOA Clinic held Friday March 10 at the State Tournament venue at 5p.m., the cost is \$10.

High School Coaches are exempt from this clinic but they must bring proof of the High school coach's clinic certificate*.

Table Workers : Each club with 15 or more wrestlers will be required to run one table on Saturday & Sunday. See the information attached. We encourage table workers to have an AAU card.

Pairers: All pairers **must** have a current AAU card. All state tournaments will be worked by licensed pairing masters, as verified by the head state pairing master Amanda Cortez.

******UPDATE -- Jeremy has a spreadsheet that you must use... please contact me if you don't have one.**

Regarding Coaches passes at state – please see this message from Jeremy: ****

Please send out to all of the clubs, Coaches need to be sent in ASAP if they have not been sent in please send to :

jshields@mt.gov in the following format

| Last Name | First Name | AAU Card # | Where they took MTWOA Rules Clinic |
|-----------|------------|------------|------------------------------------|
| Shields | Jeremy | MT45678 | Billings (Shrine) |
| Shields | J.W. | MT91011 | High School Coach |

We do not need a copy of their AAU Cards as they will need to present them at the table to get a coaches band, if they need to attend the MTWOA clinic (**at the State Tournament**) they will need to complete the clinic prior to receiving their coaches band. Any coaches that register as an independent we will check their child against the Rosters from their hometown if they are listed they will be removed from the team list. Coaching Rosters are Required for the State Tournament.

Thank you,

Jeremy Shields

ONE LAST ITEM – AAU DOES HAVE A WEIGHT REDUCTION POLICY – PLEASE READ! BE AWARE! THESE ARE RULES TAKEN DIRECTLY FROM THE NATIONAL HANDBOOK!! JUST FYI!

Weight Reduction Practices and Procedures

1. For the health and safety of the athlete and the well being of the sport, these rules have been created:

a. The Over-Up rule. This is for all athletes in the Novice division and down. When an athlete weighs- in, if he or she is more than one pound over weight, they **MUST** move to the next highest weight class.

b. The use of sweat suits (vapor-impermeable rubberized tops and bottoms) are prohibited at any time. Such use is grounds for immediate removal from the event where the violation occurred.

c. The use of a sauna, steam room or any form of hot box before or after a tournament is prohibited.

d. The use of laxatives, water pills*, or the practice of self-induced vomiting for the purpose of weight reduction is prohibited.

i. *Except when a physician prescribes these pills and the athlete has proof of this prescription.

e. Any form of hydration after weigh-ins that is artificially accomplished (i.e.

e. Any form of hydration after weigh-ins that is artificially accomplished (i.e. intravenous) is prohibited.

f. There will be only one weigh-in for either single or multiple day events.

g. At national events, the tournament director, with the approval of at least two other members of the protest committee, has the right to force a competitor to move up one weight class. This process begins when any member of the committee observes an extreme condition taking place that, in their opinion, jeopardizes the health and safety of an athlete.

Please let us know if you have any questions,

Lisa Gorder

Montana AAU Wrestling Committee Secretary

[2018AAUState.pdf](#)

[2018AAUWeights.pdf](#)

[2018TeamMontana.pdf](#)

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