



Malecek Team Wrestling Camp LLC

WRESTLING GUIDELINES

- o WEIGHT CLASSES FOR CAMP (14 weight classes for boys & girls as listed below)
 - o BOYS - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
 - o GIRLS - 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235
- o WEIGH-INS - All wrestlers will be weighed in upon arrival at camp. There is a 7-pound weight allowance (i.e., 112lbs = 106 weight class)
- o SKIN CHECKS - All wrestlers will have to pass skin checks during weigh-ins. Please review the Infection Prevention Checklist with your team. Any athlete with questionable skin issues will not be allowed to compete without a doctor's written clearance. If an athlete is currently being treated for a skin problem, he/she must bring a doctor's written clearance to participate.
- o WELLNESS - Please remind your athletes and coaches that if they are not feeling well they should refrain from any activity where they are around others.
- o Teams should wear singlets for matches. Freestyle/high school singlets are acceptable
- o Athletic trainers will be present at the wrestling sessions. However, each team must bring a MED KIT with supplies for taping, blood cessation, and sanitation. Clean up your blood.
- o Our college athletes will be the referees, your team must be respectful. Each team will supply 1 table worker to run the clock and scoreboard during each dual.
- o The microphones for Flo-Track are live at the score tables. Team members should be respectful and know that their words can be heard by viewers. We often receive reports on teams from fans watching the live stream and MWC staff will talk with the head coach if an issue is reported.
- o Time periods for duals will be 2-1-1. Time periods for the individual tournament will be 1-1-1.
- o There will be a 4-man - Round Robin Tournament Tuesday night along with an All-Star Meet. The All-Star lineup will be selected by MWC staff with recommendations from coaches
- o Challenge Mats are available at one end of the arena. Anytime an athlete wants extra matches, just send them to the mat and we will set it up. Athletes can get up to 15 extra matches on the challenge mat.
- o FARM OUT/PICK UP PROCESS - Coaches may farm extra athletes out to other teams needing specific weights to get them more matches. Coaches may also pick up athletes to fill holes in their lineup. This process is completely optional. We will email a farm out form to head coaches in early June. Coaches choosing to participate must complete form by deadline indicated (usually a week prior to camp)..
- o RULES - We use the rules set forth by the WI High School Wrestling Association (2024) Three changes were implemented:
 - o 3pt take down
 - o 4pt near-fall
 - o Out-of-bounds rule amendment