

## 2025 Northern State Wrestling Team Camp – Rules & Information

### CHECK-IN

- Check-in will be between 10:30 AM-12:30 PM on Sunday, June 22<sup>ND</sup> inside the north end of the **Barnett Center** on campus (**1200 South Jay St. Aberdeen, SD 57401**). At check-in, we will:
  - a. Get residence campers and coaches into the dorms
  - b. Collect any and ALL final payments
  - c. Hand out camp info packets, rooming lists, and t-shirts for coaches to pass along to their wrestlers

### ADDITIONAL INFO/CHECK-LIST FOR RESIDENT CAMPERS

- Vehicles do not require a parking pass during the summer.
- Resident campers will be staying on campus in several dorms.
- **Things to bring:** clothes, shoes, water bottle, pillow, bedding/sleeping bag, soap, laundry detergent, personal fan if needed, toiletries, quarters for laundry if needed.
- There will be air conditioning in the dorms. Beds in residence halls are twin-sized. Residents can access the laundry machines on campus by downloading the Speed Queen App, selecting the Northern State location, and adding their card info into the app to pay. Residents will be provided with a lanyard and key to their room. LOST KEYS will be an EXTRA charge of \$50.
- **Once resident campers have been checked-in, they will not be allowed to leave campus without the supervision of their coach or parent/guardian.** Any minor resident that brings their own vehicle will be asked to leave keys with NSU coaches or your HS Coach until the end of camp. Failure to do so will result in your dismissal from camp without a refund.
- Meals for resident campers will be in the NSU Student Union. Times for meals are posted in the schedule. Each meal is buffet style and it is all you can eat.

### WEIGH-IN/SKIN-CHECK INFORMATION

- Weigh-ins will be conducted at the Barnett Center immediately after check-in. There will be a +6 lb weight allowance per weight class (2025 S.D. HS Weights).  
Weight Classes with the 6 lb. allowance built in are as follows:  
**BOYS: 112, 119, 126, 132, 138, 144, 150, 156, 163, 171, 181, 196, 221, 291**  
**GIRLS: 106, 113, 120, 126, 132, 138, 144, 151, 158, 171, 191, 241**
- Skin Checks will be performed during weigh-ins. No one with questionable skin issues will be allowed to compete without a doctor's written clearance.
- Bring your own athletic tape to the arena. Blood kits and gloves will be available mat side.
- An athletic trainer will be present during live wrestling sessions, but not technique sessions.

### WRESTLING INFORMATION

- A draft will be held for extra wrestlers or individuals not traveling with a team, to compete on other teams during the dual portion of camp. This will be done to best fill dual line-ups and provide the most matches for student-athletes. Coaches are NOT required to participate. The draft will occur prior to dual #1.
- Coaches will meet before each dual to set up as many matches as possible. Only the 14(boys) / 12(girls) HS weight classes will be used for dual scoring and forfeits WILL count for scoring. Additional bouts are exhibition only.
- Campers are encouraged to wear a singlet or compression shirt and shorts for the duals/tournament.
- Each team will provide 1 table worker to run the clock and scoreboard during duals.
- Time periods for Duals will be 1:30 every period (1 min SV OT, then UTB ride out). Time periods for Individual Tournament will be 1-1-1.
- The individual tournament will be a 4 Man – Round Robin Tournament on Wednesday morning.
- NSU Wrestlers will officiate all competitions.
- The winning dual team will receive a championship belt.

### COACH RESPONSIBILITIES

- Your team must respect camp workers, clinicians, and other university staff. If serious problems occur, your athlete(s) will be asked to leave without a refund.
- Dangerous or destructive behavior (including vandalism, property damage, etc.) will be cause for immediate dismissal from camp without a refund.
- Boys and girls are not allowed to be in each other's rooms, bathrooms, etc. Coaches and NSU counselors are expected to uphold this for their teams/floor.

