

Checklist for Hosting a Girls Freestyle Event

- Red/Blue Ankle Bands - These can be ordered on amazon.
- Tournament
 - Each mat should have a monitor to display the score. There is no OT, so athletes, coaches, and officials need to know who has criteria. Confirm with your tournament director ahead of time to ensure they have enough equipment.
- Dual
 - Have a monitor at the head table to display the score.
 - Run the match off of trackwrestling.
 - Team Scoring

Result	Points for Winner	Points for Loser
Fall	5	0
Technical Superiority	4	0
Technical Superiority but loser scored a point	4	1
Decision	3	0
Decision but loser scored a point	3	1