

Clinic of
Champions before
Weigh-ins!



THE NITTANY LION WRESTLING CLUB



Penn State Wrestling
and NLWC Clothing
will be sold!

presents the

Wrestling on 16
Mats in Penn
State's Home
Gym!

2025 Nittany Lion Wrestling Tournament

at Penn State on Sunday, March 2, 2025

One of the Largest One-Day Open Tournaments in the East!

Held in Rec Hall-Home of the National Champion Penn State Wrestling Team!

Girls Divisions Added
for the 2025
Tournament!

Start Time: 8:00 a.m. on Sunday, March 2 - All Divisions

Registration: Entry fee is \$50.00. No Walk Ins. No refunds or transfers of registration for any reason. Go to www.nittanylionwrestlingclub.com to register for the tournament. Registration will open in January. Registration will close whenever 900 entries is reached or at 5 p.m. on Thursday, February 27th. Registration will be limited to the first 900 registrants.

Weigh-Ins & Skin Checks: All Divisions must weigh in Sat., March 1st, from 5pm - 8pm in the South Gym in Penn State's Rec Hall. For those who want to weigh-in earlier than the time specified above, there will be a Sat. weigh-in from 11am - 1pm also in the South Gym in Penn State's Rec Hall. **Tournament participants who want to weigh-in during this 11am-1pm time slot will be required to pay an additional \$20 at the door.** Clinics of Champions participants competing in the tourn. will be given weigh-in cards at clinics and will be able to weigh-in immediately following clinics. Refer to clinic info sheet (www.nittanylionwrestlingclub.com) for times. There will be no Sunday weigh-ins. Weights can be changed at weigh-ins. Singlet is required at weigh-ins. No satellite weigh-ins permitted. No weight allowances for singlet or for any wrestler in any division at weigh-ins.

Tournament Location: Rec Hall-Penn State University (Curtin Rd., State College, PA)

Admission-\$10 Adults, Students Free. Parking fee may be charged by the University.

Age Divisions: Age as of day of tournament. Proof of age/copy of birth certificate is required if contested. Any challenges must take place prior to start of match.

Boys

6 & Under	40, 45, 50, 55, 60, 75 lbs.
7 & 8	45, 50, 55, 60, 65, 75, 90, 110 lbs.
9 & 10	55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 120, 150 lbs.
11 & 12	65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 135, 145, 160, 200 lbs.

Girls

	*Depending upon number of entries, weight classes may be formed using the Madison System.
6 & Under	40, 45, 50, 55, 60 lbs.
7 & 8	45, 50, 55, 60, 65, 75, 90, 110 lbs.
9 & 10	55, 60, 65, 75, 85, 95, 105, 120 lbs.
11 & 12	65, 75, 85, 95, 105, 115, 125, 145 lbs.

Jr High Division: Proof of grade is required if contested. Any challenges must take place prior to start of match.

Boys

Jr.High (7th-9th) 82, 89, 96, 103, 110, 117, 124, 132, 140, 147, 157, 172, 192, 212, 252 lbs.

Girls

Jr. High (7th-9th) 77, 83, 89, 96, 103, 110, 117, 125, 135, 148, 165, 185

All wrestling will be folkstyle. Boys may wrestle in two boys' divisions or two boys' weight classes-two registration fees are required. Girls may wrestle in both boys' and girls' divisions-two registration fees are required. Girls may wrestle in the girls' age divisions and the girls' jr. high divisions-two registration fees are required. Should a case occur where a wrestler is called for two matches at the same time, there will be no rest time between matches, and the wrestler has the responsibility to inform the other mat. Bout numbers will be displayed on mat side clocks and on the big scoreboards in Rec Hall. There will be no announcing of names. If a wrestler does not show up at a mat within 2 bouts, it will be a forfeit. 7th Graders who meet the age requirements to wrestle in the 11 & 12 Age Division are permitted to do so.

Rules/Format: PIAA modified rules. Double Elimination. Unseeded Tournament. Referee's decision is final.

Age Divisions are 1-1-1; overtime is 1 min, 30 sec ride out.

Jr. High Division is 2-1-1; consolations are 1-1-1; overtime is 1 min, 30 sec ride out.

Tournament directors reserve the right to combine weight classes if necessary.

Awards: Age Divisions: Awards for 1st, 2nd & 3rd Places. Jr. High Division: Awards for 1st Place, 2nd & 3rd Places.

Hotels: Ramada State College Hotel & Conference Center by Wyndham

Rooms are \$139. Call 814-238-3001 and reference code NLWC2025.

Located at 1450 S. Atherton St., State College, PA 16801. Has indoor pool and spa tub.

For questions regarding the tournament, contact Tournament Directors:

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