



Maple Grove Dual Team

Building Character + Developing Champions

Maple Grove Wrestling Club dual teams give wrestlers the opportunity to represent MGWC in dual tournaments throughout the season. Each individual match contributes to the success of the entire team.

What is a Dual Tournament?

- During a dual tournament, our team will wrestle several different teams throughout the day.
- Teams have a wrestler at each weight class.
- For each dual, our wrestler faces the other team's wrestler at the same weight class.
- Team points are scored based on the outcome of the individual matches.
- The team with the most points at the end of the dual wins.
- Most tournaments consist of 3-5 duals.

How Team Points Work

Each individual match earns team points for the winning team. Every wrestler's match impacts the team result!

PIN/FORFEIT/INJURY DEFAULT/DQ	6 team points
TECHNICAL FALL (WIN BY 15+ POINTS)	5 team points
MAJOR DECISION (WIN BY 8-14 POINTS)	4 team points
DECISION (WIN BY 1-7 POINTS)	3 team points

Team Divisions



K-3 Dual Team

Kindergarten through
3rd grade



K-6 Dual Team

Kindergarten through
6th grade

Important Considerations

- Being selected for a dual team is a privilege, similar to being selected for a travel team in baseball, basketball, hockey, etc.
- Coaches need to know that you are interested and committed. Talk to a coach to express interest.
- Alternate wrestlers are typically brought to tournaments and may be put into the starting lineup due to injury, fatigue, or to create more favorable matchups. Alternates are important to the team!
- By accepting a roster spot on a dual team, you are committing to being there.
- Rosters may change from dual to dual.
- For complete team selection criteria and expectations, please familiarize yourself with our Dual Team Policies and Expectations on our website.