



Regional Training Center

September 1, 2025

A. Minimum Requirements:

To be recognized as a Regional Training Center (RTC) by USA Wrestling a club must meet all the following criteria:

1. Be a chartered club with USA Wrestling.
2. Be a registered RTC with USA Wrestling through USA Wrestling's National Teams High Performance Director.
 - a. Membership year runs September 1 – August 31.
3. Submit coach, staff and athlete rosters, training, competition schedules, and 501c3 form and have them approved annually by USA Wrestling.
 - a. All training and competition schedules must be approved by the national team's head coach.
 - b. Any changes or additions to RTC rosters must be immediately sent to USA Wrestling for approval before participating in the RTC practices.
 - c. All RTCs must secure 501c3 status within the current USA Wrestling membership year. Failure to comply will result in non-renewal for the following membership year.
 - i. Exceptions may be granted through official appeal to the USA Wrestling Ethics Committee.
4. Have use of a facility for wrestling training year-round. The facility must be of a type and quality customarily accepted and used for the training of USA Wrestling member wrestlers.
 - a. An RTC may limit the size of their roster based upon safety (facility size).
5. Have a minimum of six established National Team contenders who recognize the club as their Primary Training Site. An established National Team contender shall be considered to be a wrestler who meets at least one of the competitive accomplishments within the last five calendar years as noted below in Athlete Criteria.
 - a. Ongoing eligibility requirement will be verified by USA Wrestling's Membership Management System:
 - i. A minimum of six athletes from an RTC must have competed in a USA Wrestling national event in that calendar year.
 - ii. A minimum of two coaches must be listed.
6. All practices must be conducted in the international styles of wrestling only.
7. All RTC camps and clinics must be conducted in the facility where the RTC is registered and operated. No remote RTC camps and clinics are permissible.
8. Abide by applicable USA Wrestling by-laws, rules, and policies and:
 - a. Incorporate USA Wrestling's mission into all aspects of the program and activities of the RTC.
 - b. Support and respect the programs, activities, and operations of USA Wrestling.

B. Athlete Criteria:

All wrestlers participating in the RTC practice must meet one of the stated criteria below and must be a current athlete member of USA Wrestling. All RTC athletes must be in good standing with both the RTC and the RTC host site.

1. Won at least one match at a Senior USAW World or Olympic Team Trials
2. Placed top 8 at USA Wrestling Senior Open Championships
3. Placed top 8 at USA Wrestling U23 National Championship

4. Place top 8 at UWW U20 National Championships
5. Placed top 8 at USA Wrestling Junior National Championship
6. Placed top 4 at USA Wrestling Junior Regional
7. Placed top 8 at USA Wrestling 16U National Championship
8. Placed top 8 at UWW U17 National Championship
9. Placed top 6 at USA Wrestling State Junior Freestyle/Greco-Roman Championships
10. Placed top 6 at USA Wrestling State 16U Freestyle/Greco-Roman Championships
11. Placed top 4 at USA Wrestling Senior Regional
12. Placed top 4 at New York Athletic Club International
13. Placed top 4 at Dave Schultz Memorial International
14. Competed in a Continental Championships/Games, World Championships/Games at any age level
 - a. 5-year criteria does NOT apply
15. Any veteran athlete who has represented the U.S. within the last two years at the Veteran's World Championships or is scheduled to compete at the next world championship event
16. Athletes who are listed on a collegiate roster for that academic year.

International athletes/coaches who currently represent a country other than the U.S. may attend with approval of the NGB and RTC. These individuals must be of similar competitive caliber.

C. Coach Criteria:

1. All coaches on staff must be current USA Wrestling Leader members (includes United States Center for SafeSport training and USA Wrestling required background screening). Must include having successfully completed the USA Wrestling Bronze Certification.
2. All RTC employees may NOT recruit prospective student-athletes.
 - a. Examples are: no calling, no texting
 - i. Communication can only be mass distribution with regards to practice times.
 - b. No publication of prospective student athletes in any way.
 - c. During a two-year period before a prospective student-athlete's anticipated enrollment and a two-year period after the prospective student-athlete's actual enrollment, an RTC shall not employ (or enter into a contract for future employment with) an individual associated with the prospective student-athlete in any RTC position.

*This definition includes, but is not limited to, parents, legal guardians, handlers, personal trainers and coaches. An individual who meets this definition retains such status during the enrollment of the prospective student-athlete at the institution.

"Grandfather" clause will apply to any currently employed RTC staff members as of September 1, 2019.

3. When scheduled, a coach should attend the annual national coaches' summit.

D. Prospective Student-Athlete (PSA) Requirements:

1. A PSA may belong to more than one RTC.
2. A PSA may not practice at an RTC during that PSA's traditional high school wrestling season. Dates are determined by the PSA's State Activities Association.
3. If a PSA is not participating in their traditional high school season, they may attend RTC practice during the traditional folkstyle season.
4. A PSA that is graduated from high school and is taking a year off before matriculating to college, may practice during the traditional folkstyle season with an RTC.

E. Reporting of RTC Infractions:

RTC infractions must be reported in writing to USA Wrestling's National Teams High Performance Director. If the matter cannot be resolved by USA Wrestling staff, it will be forwarded to USA Wrestling's Ethics Committee or the appropriate authority (i.e., NCAA Enforcement, USOC, United States Center for SafeSport or other applicable governing body). The USA Wrestling Ethics Committee will work closely with national staff to determine the appropriate action. RTC sanctions can include, but not limited to:

1. Suspension of RTC status
2. Suspension of club charter
3. Suspension of individual USA Wrestling membership privileges
4. Suspension of USA Wrestling Leader/coach membership privileges
5. Public reprimand of the RTC and/or individual member
6. Other sanctions as deemed appropriate by the Ethics Committee

RTC rules are evaluated annually and adjusted as deemed necessary by USA Wrestling.