

A Parents Survival Guide To Wrestling!



I have been involved in youth wrestling for six years now. My oldest son, Levi, began when he was in second grade at age 7. That year I sat in the stands and watched as my baby boy charged at his opponents with great tenacity. Throughout the season I too became tenacious when I would watch Levi wrestle. It is such an intense sport and when you see your young child out there, alone, without teammates to help him through this battlefield it can be a bit much for a new wrestling parent. Now, I don't want to scare you off. I have become a big supporter of this sport throughout the years. I have seen first hand how it can change lives. The lessons learned go far beyond the wrestling mat; dedication, determination, commitment, but most importantly, the ability to "leave it on the mat". This phrase represents the courage to take risks to achieve your goals and to give it everything you've got.

This booklet will serve as your source for rules, referee hand signals and scoring. There will be a glossary of terms so that you will understand what the coach means when he tells your child to execute a specific move. You will learn how to read a bracket sheet so that you can keep up with your child's matches throughout a tournament. But maybe most importantly, you will learn what it takes to be wrestling parent.

Welcome to REAL youth wrestling!
Jason Burns Commissioner
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ASA Allen Youth Wrestling Club

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ASA Rules And Regulations

We would like to make it clear that, as in any youth sport, all of our coaches and assistants are volunteers who dedicate a lot of time and energy into this sport and this team. We all have jobs and responsibilities outside of these practices and tournaments. So, why do we do this...because we love wrestling! We love seeing how it helps each and every kid that joins this team. During the season we view the kids and their families as one big bulldog family! I also want to stress how important it is to ASA and myself that this club be a true non-for-profit. We keep our registration fees as low as possible and offer various "scholarships" throughout the season to those in need. All you need to do is contact either Randy or myself and we will financially assist you with fees associated with equipment needs or tournaments. It is our goal to offer the participation of this team to any child age 5 - 16 who is willing to learn the benefits of hard work and commitment. Together with our sponsors we are committed to offering these kids a safe and fun environment to learn how hard work and discipline can help achieve self-esteem and confidence - on and off the mat!

The following are the rules of Allen Wrestling. The inability to follow these rules and regulations will result in a discussion with the parents to determine the continuing participation of this team:

Please arrive at practice on time and ready; comfortable clothing (t-shirt - must be tucked in, shorts or sweatpants without buttons or zippers), and wrestling shoes (bare feet can get stepped on and hurt).

Parents must remain at practice or have a designated person at practice to care for their child if necessary. Folks, we are here to train your child for wrestling and although we try to make it fun it is not a place to run around and be silly, that is how kids get hurt.

Wrestlers are to be respectful to all adults and their teammates. Name calling or laughing at a teammate will not be tolerated! We all have varying abilities but one goal; to become the best bulldog wrestler we can be!

While at tournaments wrestlers are NOT to go outside of the facility unless with their parent or guardian. It is the wrestlers responsibility to know what mat they are wrestling on and what their bout numbers are. Coaches will be too busy to have to find a wrestler before their bout.

Wrestlers will be respectful to their opponent and the coaches by shaking hands after a bout, win or lose. Absolutely no throwing fits! This isn't just our rule; the referee will reprimand the wrestler if it is a show of bad sportsmanship.

Parents will not yell or cuss at coaches or officials during a tournament (or any other time). Remember, this is all about the kids and we are all responsible for setting a good example as adults.

These are all pretty much common sense rules and regulations. Please keep in mind that any of our coaches or assistants are approachable. If you have questions or concerns please talk to us, that is the only way we can be aware of any situation.

Respect is such a big part of this sport. Respect for your coaches, your teammates and your opponents. By becoming a bulldog wrestler you represent this team whether you are on the mat, at practice, school or home.

Believe me parents, there are times that you may not understand or agree with the coaches or officials at a tournament. Please know that you can approach the coach or myself for some explanation as to what just happened after the bout. But, yelling or cursing will only get you thrown out of the facility and sets a bad example to our kids. Bottom line, this is only a sport and is suppose to be fun.

The coaches will discuss the importance of controlling emotions at practice and tournaments. This means that when a wrestler loses, and this will happen, that he or she holds their head up and controls the tears...at least until they are able to go to the bathroom to let it all out. The coaches will be the first to say that it hurts to lose, no doubt about it! But, don't let those emotions get the best of you and never let your opponent see you cry. Leave it all on the mat!

Your child's age (as of September 1st), weight and experience will determine their status, division and weight class. First year wrestlers are Rookies, second year wrestlers are Novice and third + year wrestlers are considered Open. At many of the local tournaments you may find that they will combine the Rookie and Novice so that there is enough competition. The age and weight chart is found in this booklet. Generally, there can be as much as one year age difference between wrestlers in a division. The weights are fairly close for the younger divisions – increasing by 5 pounds per weight class and more for the older divisions.

Tournaments are held on Saturdays with the exception of some of the National and State tournaments. For the local tournaments the fee is \$12 to \$15 and for National or State tournaments it averages \$35. We will collect the entry fee and pay the tournament director by club check. The participation in tournaments is optional; however, to qualify for Open State the wrestler must participate in at least 3 qualifying tournaments in their designated division and weight and wrestle in the Regional tournament. Although the official rules do not require these qualifiers for Rookie State and it is highly recommended.

We hold club weigh-ins on Thursday night at practice. There is a random weight check held prior to the start of the tournament and although they allow a 4%

increase it is required that the actual weight class registered for that tournament be met at Thursday night club weigh-ins. The National, Regional and State Tournaments will require an on-site weigh in where an official will check the fingernails (must be trimmed), skin (looking for possible ringworm), and then the wrestler will weigh in their singlet. If they do not make weight they will not wrestle!

Texas USA Wrestling

ASA Allen Eagles Wrestling, Inc. is a chartered club of USA wrestling.

Texas – USA Wrestling is the state affiliate to USA Wrestling, the national governing body for the sport of wrestling. Texas – USA Wrestling is involved in all aspects of wrestling in Texas. The primary function of the State Association is to promote and develop all styles of wrestling for both male and female athletes of all ages. The State Association serves as liaison between individual participants and the national organization.

Mission Statement:

The mission of Texas USA Wrestling is to establish a program that serves the membership, as well as:

- challenges and inspires the athletes
- mentors and develops the coaches
- educates the general public and spectators
- builds a nationally respected program.

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USA Wrestling

USA Wrestling is the National Governing Body for the Sport of Wrestling in the United States and, as such, is its representative to the United States Olympic Committee. Simply, USA Wrestling is the central organization that coordinates amateur wrestling programs in the nation and works to create interest and participation in these programs.

It is not the wild, or "off the top rope", stuff you might have seen on television. The many programs and activities conducted by USA Wrestling or the hundreds of chartered clubs, provide opportunities for youth and adults alike to gain an understanding and appreciation for the international styles of wrestling, Freestyle and Greco-Roman, and folkstyle (scholastic and collegiate) which is the style practiced at high schools and colleges across the country.

USA Wrestling has more than 159,000 members. These members include athletes of all ages, coaches, officials, parents and fans striving together to strengthen the sport. Part of USA Wrestling's mission is to foster grassroots development for the sport.

Each year, USA Wrestling charts over 2900 wrestling clubs and sanctions over 1600 local, state, regional and national competitions. These opportunities and more are just a small part of the exciting world of USA Wrestling.

Members of the World-leading USA Wrestling Family enjoy many of the following benefits:

1. Participation in Local, Regional, and National Competitions.
2. Four levels of Coaches Certification.
3. The opportunity to travel abroad with Developmental Tours for Cadet, Junior, Women, University and Senior level athletes.
4. Educational videos and written materials.
5. Regional and National Training and Developmental Camps for Youth through Senior-level athletes.
6. Free subscription to USA Wrestler, the official's publication of USA Wrestling.
7. Fundraising Opportunities for Chartered Clubs.
8. Discounts on USA Wrestling Merchandise.

www.themat.com

QuickTime™ and a
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are needed to see this picture.

Basic Wrestling Information

by Bill Campbell

Endorsed by: USA WRESTLING

Wrestling is perhaps the purest form of athletic competition to exist in the realm of organized sports. There are no bats or balls, or pucks or sticks. No pads or helmets or jerseys. There's no time to rethink strategy, regroup, or even to catch your breath. There's only you, and your opponent of equal weight and size. Experience, preparation and the will to succeed will determine the victor. There's no doubt about it, wrestling tops the list of intense, highly-competitive sports.

Wrestling involves a unique balance of practically every aspect of physical and psychological conditioning. Strength is as important as stamina. Speed as technique, strategy as intensity, and power as is coordination. However, it's not always the natural athlete that ultimately succeeds in the sport - it's the natural competitor.

Kids that are strong for their weight, well coordinated and naturally aggressive are usually more successful early on in the sport. However, it's the highly competitive kids that really enjoy the sport, that eventually achieve the highest levels of success. True competitors come in all shapes and sizes, and in varying degrees of natural talent. Many of the best wrestlers the world has ever seen, such as John Smith, Dan Gable and Dave Schultz were not star athletes. They are and were ordinary people with an extraordinary competitive drive.

Although it is wise for parents and coaches to de-emphasize winning, victories can be extremely gratifying because of the strong sense of personal accomplishment. The effort put forth in practice and preparation is apparent in competition, and not lost in a team effort. This aspect of wrestling can be a great motivator and can develop a person's work ethic, self-confidence, and ability to achieve in all areas of life. Wrestling is great for exposing the "champion" within most any kid, but especially with those that love to compete.

How does wrestling compare with team sports such as soccer, baseball and basketball?

Wrestling is considered an individual sport, but includes many of the benefits of team sports. Wrestling differs from most team sports in that during competition, athletes must rely entirely on their own individual abilities for success. Those that dedicate the time and effort will eventually achieve at a level directly proportionate to the investment they have made - even if their teammates prepare and perform at a different level. Wrestlers also develop an appreciation and respect for teammates that have been through the same challenges, and a strong sense of belonging and camaraderie with teammates and other wrestlers.

What physical effects can the sport of wrestling have on children?

Sports offer opportunities for children to improve their strength, flexibility and coordination, while having fun. Most sports activities rely more on some muscle groups and less on others. For example, most sports focus primarily on pushing motions (leg/arm extension) such as throwing, hitting, kicking, jumping and running.

Experts believe that unilateral (equal emphasis on all muscle groups) physical development is especially important in young athletes. Isolated development at an early age, over a long period, increases the risk of injury and limits long-term foundational growth. Swimming, gymnastics and wrestling are among the few sports that engage both pulling and pushing muscle groups.

Of all the sports choices a parent and child can make, wrestling is perhaps the best sport for overall physical development because it involves all muscle groups, and requires the greatest balance of athletic skill. In other words, wrestling does more to improve basic things such as strength, balance, speed, agility and intensity, and is not as specialized as most other common sports.

Does wrestling teach or promote aggressive or violent behavior?

Aggressiveness? Yes. Violence? No. Wrestling is often referred to as the toughest sport, and in many ways it is, but it is certainly not violent, nor does it lead to unruly or destructive behavior.

One of the factors that make wrestling so different from most other sports is that wrestling involves head-to-head competition. Each wrestler's efforts work in direct opposite from each other as in a tug-of-war contest. Success in wrestling requires the ability to attack, as well as the ability to stop your opponent's attack. The same factors apply with boxing and martial arts, but an attack in wrestling is nonviolent. Wrestling does not permit opponents to strike one another, and imposes strict penalties or disqualification for violent behavior. In essence, wrestling is unique in the fact that it can be very aggressive without being violent. The objective is not to destroy or harm one's opponent, but to out-manuever them and to gain control.

The intensity with which wrestlers compete increases with age and experience. Kids wrestling, especially the younger age groups, is not nearly as intense as high school or college wrestling. It's common for new wrestlers to feel somewhat intimidated at first, not knowing how they compare with other wrestlers, but that is soon overcome. Wrestling, perhaps more than any other sport, is a great for building confidence while retaining a healthy dose of humility. The long-term result is that it develops the champion from within, and leads to greater success both on and off the mat, and does not turn kids into bullies or thugs.

Is wrestling a "dangerous" sport?

There is a common misperception among the non-wrestling public that wrestling is a very dangerous sport. Perhaps it's the aggressive nature of the sport, association with "Pro Wrestling", or perhaps fear of the unknown. Several studies have been conducted in recent years that show wrestling to be safer than many more common sports including football, ice hockey and gymnastics. Most notable in these reports, is wrestling's low percentage of serious, permanent and life-threatening injury in relation to other sports. A quote from USA Wrestling Club Organizing Guide has the following to say about Risk of Injury:

"Wrestling is a contact sport and injuries will occur. As would be expected, wrestling has more injuries than tennis and swimming, but most wrestling injuries are minor, consisting of sprains and strains. Wrestling has fewer serious injuries than football, basketball or ice hockey. There is a lesser chance of getting

seriously hurt when wrestling than when riding in a car, skateboarding or riding a dirt bike."

Safety factors in some ways unique to wrestling include:

- Rules, regulations, and state certified officials.
- The high ratio of officials to athletes (one for every two).
- Greater strength and flexibility as a result of more emphasis on practice and preparation.
- Competitors are matched by age and weight.

Perhaps the most notable difference with respect to the risk of injury, is the lack of high-impact collision that occurs in most other common sports. Wrestlers do collide, but never at great momentum or speeds as can happen with sports that involve running such as football, baseball, soccer, hockey and basketball. Also, overuse injuries from highly repetitive motions such as pitching are virtually non-existent in youth wrestling because of the variety of movement, and there is no risk of injury from hard objects such as bats, sticks, balls or pucks. On the other hand, wrestlers are more susceptible to some communicable skin infections such as ringworm, but these incidents are quite rare, and can be prevented with the proper precautions, such as washing the mat and showering after practice.

Can wrestling have an effect on character development?

Success factors in sports, or anything for that matter, are part God-given (i.e. height and size) and part acquired (i.e. endurance). Success in wrestling depends most on acquired factors, and unlike most other sports, wrestling does not favor athletes of any particular height, size, weight, muscle type, race or social class, and does not rely on superior vision or hearing.

Wrestlers learn, by the nature of the sport, that long-term success has much more to do with the investment made than the "natural" gifts one is given. Wrestlers learn the value of preparation and hard work, and the role it plays in achieving one's goals. Wrestling provides real-life experiences that build and strengthen the following character traits:

- Self Reliance
- Mental Toughness
- Work Ethic
- Competitive Spirit
- Responsibility
- Self Discipline
- Goal Orientation
- Confidence

The parent's role

Wrestling can be relatively demanding, not only for the wrestler, but also for the parent. Wrestling clubs typically hold practice sessions two, and sometimes three times per week, in the evening, after the high school practice is over.

Some tournaments are a good distance from home, and usually require an early start. There are other responsibilities as well, ranging from fund raising activities to helping with tournaments or participating in other team activities. The parent's role, however, extends beyond such tasks. Matches and practice sessions offer

new and unique learning opportunities for young athletes. Involved parents spot these opportunities and make the most of them.

Here's some additional do's and don'ts:

- Don't impose your ambitions or expectations on your child. Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.
- Be supportive no matter what. There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun you should not force them to participate.
- Do not coach your child. Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and de-motivate your child. If you feel you have the experience and ability to contribute to the team as a coach, volunteer your services through the proper channels.
- Acknowledge your child's fears. Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective and don't expect them to compete with the confidence and mental toughness of a seasoned expert.
- Do not criticize the officials. Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or scorekeeper. That's life. Help your child to understand that the official does their best to score the match fairly, and that it is important that we respect the ruling of the officials regardless of how we feel about the situation.

Folkstyle Basics

Objective

The primary objective in folkstyle wrestling is to gain control of your opponent and to ultimately pin your opponent by holding your opponent with their back (both shoulder blades simultaneously) on the mat for a period of at least two seconds.

Match Basics

Wrestling matches consist of three periods. Periods can vary in length from one minute in duration for younger age groups, to as long as three minutes for college wrestling. Either wrestler can win the match at any time if they are able to pin their opponent or develop a lead of more than 12 points. Otherwise, the wrestler that can accumulate the most points by the end of the third period (or after overtime in the case of a tie) wins the match.

There are only two positions from which referees start, or continue a match. The first is neutral position, with both wrestlers standing and facing each other. The other is the referee's position, where one wrestler starts on his hands and knees down on the mat, and the other starts on top, behind and in control. The first period always begins in the neutral position. Each wrestler has their choice in one of the remaining periods, to choose to start from top or bottom referee's position, or in the neutral position. If the action must be stopped before the end of a period, the referee restarts the wrestlers in the starting position that best reflects the position the wrestlers were in when the action was stopped.

Officials

Officiating is more objective than subjective in that it does not require judging, as with sports such as gymnastics or figure skating. However, situations can and do occur that are subject to interpretation. Those situations most often involve out of bounds calls, determination of when/if control is sufficient to award points, and determination of when/if stalling or penalties apply.

Equipment

Basic wrestling equipment includes a headgear, wrestling shoes, and a singlet. Wrestling shoes offer more ankle support than the traditional shoe and are designed lightweight and tight to the foot to promote freedom of movement. Headgear can prevent outer ear injuries and bruises during practice and competition. The standard wrestling uniform, known as a singlet, is designed to fit snug to the body so that it does not restrict the movement of either wrestler. Kneepads are sometimes worn by choice.

What takes place in a wrestling match

- ✓ Before - The wrestlers are each given leg bands of opposing colors (typically red and green). The referee is wearing wrist bands with corresponding colors. The referee awards points throughout the match by raising the corresponding hand.
- ✓ First - Both wrestlers come forward from the corners of the mat, receive the instructions and shake hands.
- ✓ Next - The referee blows his whistle and signals, "Wrestle."
- ✓ Next - Each wrestler tries to take control of the opponent by getting behind or on top of him - a "takedown."

- ✓Point - The first points are likely to be given for a takedown. When one wrestler gets a takedown, the referee signals 2 points with the appropriate hand.
- ✓Then - The DEFENSIVE (or "down") wrestler tries to escape or reverse his position to get on top or behind. The OFFENSIVE (or "top") wrestler tries to stay on top and get a hold with which he can keep his opponents shoulders on the mat for 2 seconds - a fall or pin.
- ✓Every match has three periods. Each period is typically 1 minute long (unless modified).
- ✓First Period Starts from standing or neutral position.
- ✓Second Period
- ✓Choice of position is decided by toss of coin. The winner may choose either up, down, neutral, or defer choice to 3rd period.
- ✓Third Period Contestant with choice may choose up, down, or neutral.

Scoring

- ✓Takedown - 2 points

When a wrestler takes control and is on top of his opponent from the neutral or standing position.

- ✓Escape - 1 point

Getting out from underneath to a standing position or neutral position facing opponent.

- ✓Reversal - 2 points

Getting out from under an opponent and behind or on top of him by one maneuver.

- ✓Near Fall (back points) - 3 points

Holding an opponent's shoulders with a pinning combination with one shoulder touching and the other 1 inch off the mat for 2 full seconds or more.

- ✓Near Fall (back points) - 2 points

Holding an opponent's shoulders within about 4 inches of the mat or less for 1 full second or one shoulder touching the other at a 45 degree angle.

- ✓Stalling - 1 point

To opponent having a position of advantage and failing to make an honest attempt to secure a fall.

- ✓Illegal Hold

- ✓ Roughness, technical foul -- awarded to the offensive wrestler.

How's Your Weight?

By: Brandon Slay – 2000 Freestyle Gold Olympic Wrestler

As Real Wrestlers, we hear this statement all the time from the people we meet during our journey, "Oh, you're a wrestler. I knew this guy in high school who used to wrestle. He used to spit in a cup and wear trash bags to class. You wrestlers are a different breed and are crazy for doing things like that."

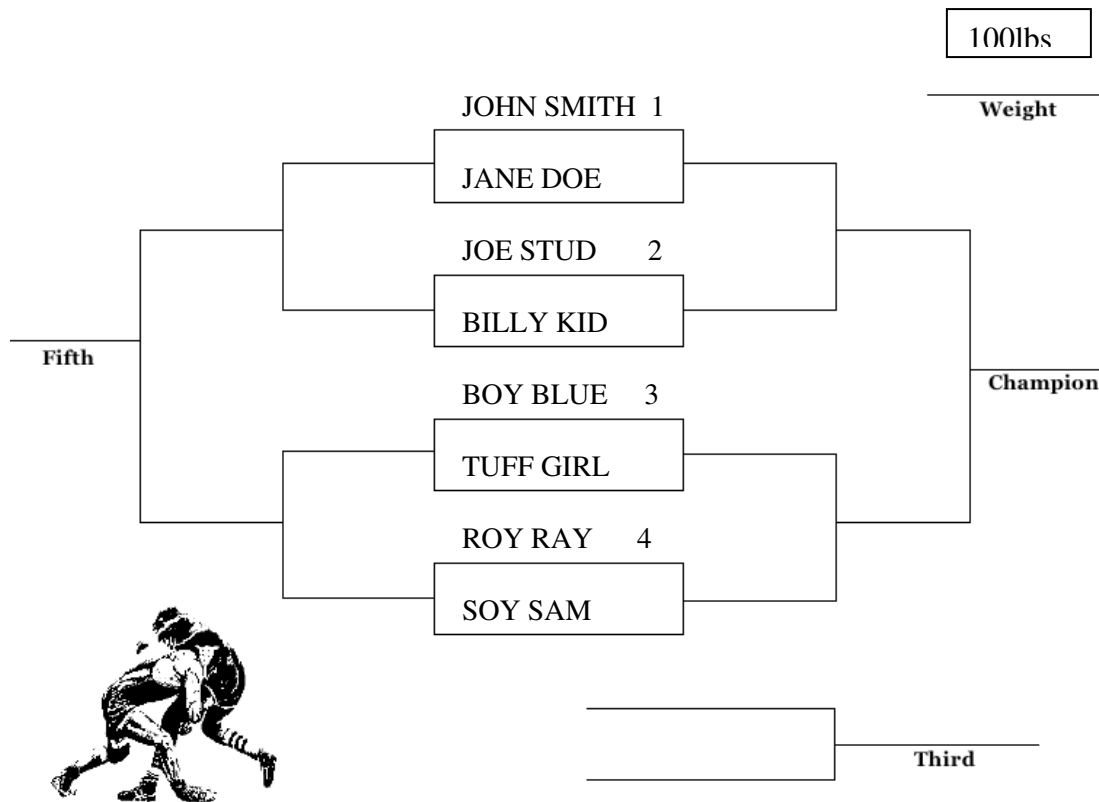
First of all, yes, wrestlers are a different breed, and wrestling is not a sport for the weak. However, those brave enough to step onto the mat will reap the benefits of the agony sewn. But, as far as wrestlers being crazy for losing weight, or as we call it, cutting weight, I disagree with that. It is difficult to maintain the exact same weight at all times, due to our workout and eating schedule, and sometimes, we might have to cut some weight. But, that doesn't make us crazy. Actually, it makes us disciplined and proves we are willing to make a huge sacrifice to attain victory.

I'm not condoning weight loss but am simply stating the realistic advantages of one of the most common ingredients of our sport. Weight cutting is not a necessary ingredient to win wrestling matches. There are many successful wrestlers who don't cut weight because they don't have to or don't believe in it. But, if you do decide to cut weight, it needs to be done properly, in a healthy manner, under a coaches supervision, and shouldn't be excessive.

Before I tell you the ideal situation, let me make it clear on what not to do. Never take Ex-Lax or force yourself to puke. These are not natural and can hurt your body, not to mention, the debacle that could take place in a match if you lose control of your bowels. Yikes! Spitting in a cup is nasty for everyone around you, is a waste of time, and will give you cotton mouth. Never starve yourself all day to make weight! It will affect your energy level and performance. Plus, I challenge you to make the right decision and choose to follow the rules regarding plastics and saunas.

If you choose to cut weight, the ideal situation is to pick a weight that allows you to eat and drink healthy throughout the week, which will keep your energy levels high. If you have plenty of energy and feel good in practice, you will be able to work out harder and longer which helps keep your weight under control. You have to eat and drink to lose weight!

How To Read A Bracket Sheet



Ok, this can get complicated to explain but here it goes. The above reference is called a bracket. Another type of bracket sheet is called a round robin. I will discuss that on the next page.

Bracket sheets usually indicate a large number of kids (over 5) in a designated weight and division. These are also mandatory in any regional, state or national tournament regardless of the number of competitors.

These will be posted about 30 minutes prior to the start of a tournament. You will look for the sheet that shows your wrestlers status, division and weight at the top of the page. The number next to the names indicate what bout they will be on the specified mat. Generally your wrestler will remain on the same mat throughout the day. Within that box there will be a name at the top and one inside – those will be the wrestlers facing each other. The winner of the bout will advance to the right of the box and the loser will go the left of the box. There will be numbers within all boxes to indicate their next bout.

How To Read A Round Robin Sheet

	ROOKIE Div. 3 MAT 2	100lbs
		Weight
A	JOHN SMITH	
B	JANE DOE	
C	BOY BLUE	
D	BILLY KID	
<hr/>		
Round 1:	A – B	Round 4: C – D
Round 2:	A – C	Round 5: B – D
Round 3:	A – D	Round 6: B – C

This is referred to as a round robin. Every wrestler gets to wrestle each kid. Very easy to read and you know your child's bout numbers regardless of their win/loss of the previous bout. Once again, the wrestlers status, division and weight is at the top of the page.

We have always brought a sharpie marker to write the kids mat and bout numbers on their arm for easy reference. Now that we are getting larger it is an overwhelming job for one person to handle. This is why I am reviewing how to read a bracket sheet so that you can write these down on the inside of your child's arm if you choose.

Please note that in any tournament you need to be there at least 45 minutes prior to the start (most tournaments start at 9am). This will give you and your wrestler time to get acquainted with the facility. Each wrestler needs to have their shoes on and be stretching on the mat with their teammates. Even though their first match may not happen for some time it is important to stretch and review moves to get loosened up. Because of the possibility of a long wait period between matches we recommend bringing a blanket and pillow and an activity to help pass the time; psp, gameboy, books etc. It is important that they do not run around wild and expend all their energy in between matches. When my son was younger he never got hurt on the mat, just when he was running around playing would he come back with bumps on his head from running into bleachers and lockers!

Although many times there is a concession stand I suggest bringing a cooler with healthy snacks and sandwiches. This saves money and assures a healthy food item rather than the usual candy and donuts served at concession stands. We will supply the wrestlers and coaches with water and Gatorade for the tournaments.

57kg
1996 Olympic Champion
Three Time U.S. National Champion
1989 NCAA Champion

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

Kendall Cross, heroic gold medalist of the 26th Olympiad, is one of America's most celebrated athletes. His accomplishments in amateur and intercollegiate wrestling were dramatically punctuated by his dominating performance in Atlanta.

Flexibility and quickness, combined with uncommon mental toughness, brought him victory over far more powerful opponents.

Goal Setting

In considering how you should approach the upcoming season, you must develop your long-term and short-term goals. Consider what you want to achieve this year, and then set a plan for achieving. Follow that plan with specific training to accomplish your goals. This excerpt is for the serious wrestler.

First, set very lofty goals for yourself. People that work hard toward their goals tend to attain their goals. Therefore, if your goals are merely average, then your accomplishments will be merely average. I have always set extremely high goals for myself. By doing so, I expected much more from myself than I would have without those high goals in place. My favorite quote concerning goal-setting is this:

"If you want to sail the high seas, you can't be afraid to step away from the shore."

I don't know who wrote it, but it holds a lot of truth. By the way, if you haven't noticed by now, I dig quotes!

Second, consider what it will take for you to accomplish your goals. This means you should set short-term goals as your blueprint for reaching your long-term goals. Think about what you should do daily, weekly, and monthly in pursuit of your dream. Do yourself a favor by writing your goals down on paper. This will give you a visual that you can refer to at any time. While training for the Olympics, I placed my goals all over my house. By doing this, I could constantly be reminded of my daily objectives. For example, on my fridge, I placed a sign that said "Eat right & you will win!" Over my bed, I placed a sign that said **"Get up & work out while your opponent sleeps!"** I was motivated by these little extras. They made a difference in my training habits.

www.blackmagic.com/ses/wrest/cross/

Just For Fun...

5 Tips To Be Mentally Tougher Than Your Competition!

Here are some simple, exciting ways to being mentally tougher than your competition that is often overlooked:

1. Power of Belief- creating a solid belief in oneself is critical. Here's one theory I use: "I make mistakes quickly and often, Adjust faster, and Improve faster than my competition because of it!" In the end, I win, because I wasn't afraid to make mistakes early on.
2. Create a Compelling Vision- Setting goals that make you excited makes the season a whole lot more fun, and you end up getting a lot more out of yourself.
3. Emotions of Power- Teach yourself how to enjoy the game, competition, and playing. A key way of doing it is learning how to manage your emotions:
 - a. Self talk- speak positive and powerful words to yourself and your teammates
 - b. Self Image- Only visualize yourself being successful, and see yourself adjusting to current challenges
 - c. Physiology- Walk tall, smile, breathe, and project confidence.
4. Risk- Make mistakes and "Go For it!" If a skill is challenging, keep at it even if you feel silly at first. No one will laugh at you when you beat them!
5. Prepare, Prepare, Prepare- The key to winning consistently is to realize that the hard work has to be done, months and weeks before the big tournaments. Athletes who hit the weights extensively, get private coaching, and get in great shape in the off-season, will pass up their competition!

Put these few ideas to use, and notice how quickly you start gaining more and more confidence in what you do! Good Luck!

A Winner Is...

- A winner credits his "good luck" for winning by being fundamentally prepared; a loser blames his "bad luck" for losing on bad breaks even though he's not fundamentally prepared.
- A winner works harder than a loser and always finds time to do what is expected of him; a loser never finds time and when he does, he works on the wrong things.
- A winner makes commitments and goals with his heart and sets about to accomplish them; a loser makes "promises" with his mouth and never sincerely means to keep them.
- A winner shows he's sorry by making up for it; a loser says, I'm sorry but does the same thing next time.
- A winner thinks "I'm good, but not as good as I should be"; a loser thinks "I'm not as bad as some others."

- A winner would rather be admired for his ability than liked, although he would prefer both;
a loser would rather be liked than admired because he knows he hasn't worked hard enough to be admired.
- A winner is fundamentally sound in all aspects of the game;
a loser is not!
- A winner knows that strength, agility, and quickness are the keys to athletics and attains it;
a loser may know but never attains.
- A winner takes constructive criticism from the coach, realizing it will help him and the team;
a loser pouts and thinks he's being picked on.
- A winner thinks of the team first and never wants to let it down;
a loser thinks of himself first and the team last.
- A winner hates to lose;
a loser could care less although he may put up a front.

Wrestling Trivia

Wrestling became an Olympic sport in 708 B.C. and was also the final and decisive event of what competition?

Decathlon
Pentathlon
Marathon
Triathlon.

Answer: B

Who was the youngest U.S. wrestler to win a world title?

Lee Kemp won in 1978 at age 21. (John Smith was 22 when he won the title in 1987.)

Who was the first wrestler to win three NCAA titles?

Earl McCready, OSU, 1928-30 (also first foreign-born, Canada)

Where and when was the first NCAA Wrestling Tournament held?

Iowa State University (Ames) in 1928. 49 wrestlers competed on two mats. Tickets were \$1.50 (50 cents for students) per session, with all session reserved seats costing \$3.00. The first & second place finishers automatically qualified for the Olympic Trials.

The Wrestling Hall of Fame opened its doors for the first time in what city, state, and year?

Stillwater, OK, 1974

In the 1904 Olympics, a heavyweight was anyone over what weight?

181 pounds

163 pounds

158 pounds

Answer: 158

The longest Olympics wrestling contest ever was the 1912 semifinal bout between Martin Klein of Russia and Alfred Asikainen of Finland. How long did they wrestle?

3 hours

6½ hours

11 hours

Answer: C. (The two struggled for hours underneath the hot sun, stopping every 1/2 hour for a refreshment break. Finally, Klein won with a fall. However, he was so exhausted by his ordeal that he was unable to take part in the championship match, and Claes Johnason of Sweden won the gold by default.)

H.A.R.D. Work

"The champion wrestler is neither selected nor born; he is self-formed. Of course, the great wrestler possesses many admirable qualities. However, there are four prime attributes I consider to be a must--hustle, attitude, resolution, and desire (creating the acronym **H.A.R.D.**). Let's take a deeper look at each:

HUSTLE-The outstanding wrestler hustles all the time. During practice, his coach often has to tell him to take a break. Furthermore, this high-powered competitor is forever searching for someone better to wrestle. He's never satisfied with his performance and is constantly striving for perfection.

ATTITUDE-The superior wrestler has a positive attitude. He believes in himself and his capabilities. When others say, "You won't," he quietly asserts, "I will". The champion's total being radiates confidence.

RESOLUTION-The No. 1 matman illicit a most potent resolution. In truth, it is the pitfalls which make him that much more determined to succeed. He doesn't know the meaning of "quit."

DESIRE-The champion wrestler feeds on desire and perceives nothing less than being the best. There may be more skillful grapplers around but his hunger for victory will overcome them all. This winner believes in the adage, "I might be outclassed but never outfought."

I am sure that everyone will agree it takes H.A.R.D. work to be on top. Oh yes, some have furtively whispered, "The champ seems a bit insane." However, none will ever forget his name.

Glossary of Wrestling Terms

arm bar

A method of turning an opponent from stomach to back on the mat by wrapping an arm around the opponent's elbow and using the leverage of that hold to flip him over.

arm throw

A move in which a wrestler throws the opponent over his shoulder by holding the opponent's arm.

-B-**bottom position**

The wrestler who is on hands and knees is in the bottom position.

bout

A match between two wrestlers, which is made up of three periods of 1 minute to 1 1/2 minutes each. A bout ends before the regulation time in the event of a fall, a technical fall, an injury default, or a disqualification. If the bout is tied after time expires, there is an overtime period.

breakdown

The act of getting an opponent to the mat on his stomach or side.

bridge

An arched position adopted by a wrestler, with his back above the mat, usually to avoid being pinned but sometimes as an offensive move.

bridge out

An escape move in which a wrestler rolls from a bridge onto the stomach.

-C-**central circle**

The inner circle, 1 meter in diameter, on the wrestling mat.

central wrestling area

A circle, 8 meters in diameter, inside the passivity zone.

control

A wrestler who has a dominant position that restricts the opponent's mobility is said to be in control.

cradle

A hold in which one arm is around the neck of the opponent, the other around the neck, with the hands gripped tightly together.

cross-face

A hold in which the wrestler's forearm is pressed across the opponent's face.

-D-**default**

A win declared because of the opponent's disqualification or injury.

decision

A victory in which the winner leads the opponent by 1 to 11 points. Compare technical fall.

disqualification

A wrestler may be disqualified for brutality or unsportsmanlike conduct.

double-leg takedown

A move in which a wrestler takes the opponent down by grasping both of the opponent's legs and pulling them.

duck-under

A takedown move in which the wrestler ducks under the opponent's arm to get behind him and then uses a lift, throw, or trip to take the opponent to the mat.

-E-

escape

If an athlete gets out from being under control in the bottom position and gets to his feet, facing his rival, it is an escape, which scores one point.

exposure

Turning an opponent's shoulders to the mat, thus exposing him to the possibility of a pin.

-F-

fall

When both of the opponent's shoulders are in contact with the mat (a pin), a wrestler is awarded a fall, which wins the match.

fireman's carry

A takedown move in which the wrestler brings the opponent temporarily over his shoulders, then to the mat.

folkstyle

A style of wrestling generally used in youth wrestling, high schools and colleges, which is similar to freestyle wrestling but with more emphasis on control and safety.

full nelson

A hold in which both of the wrestler's arms are passed under the opponent's armpits and both hands are on the back of the opponent's head; illegal in amateur wrestling. See also half nelson.

-G-

grapevine

A hold in which a wrestler wraps a leg around one of the opponent's legs, often preparatory to a throw.

-H-

half nelson

A hold in which the wrestler's arm is passed under the opponent's armpit and the hand is on the back of the opponent's head. See also full nelson.

headlock

A hold in which an arm is around the opponent's neck and the hands are locked together. The opponent's arm must be gathered into the hold to prevent accidental choking.

-I-

injury default

A win rewarded to a wrestler when the opponent cannot continue to compete because of an injury.

injury time

A period during which a match is halted because one of the wrestlers is injured or bleeding. If the wrestler cannot continue within two minutes, the match ends with an injury default.

-L-

leg shot

A quick move, involving a level change, in which a wrestler thrusts toward the opponent's legs in an attempt to get a lock on one or both of them.

level change

Bending at the knees to raise or lower the hips in order to get into a new position for a hold or takedown move.

-M-**mat**

The mat for international wrestling competition has a central wrestling area, 9 meters in diameter, with a center circle 1 meter in diameter. Inside the contest area is a red band, 1 meter wide, known as the passivity zone.

-N-**near fall**

If a wrestler exposes the opponent's shoulders four inches or less above the mat or has one of the opponent's shoulders on the mat and the other at an angle of less than 45 degrees to the mat, it is a near fall, worth two or three points depending on the amount of time.

neutral position

The position wrestlers take at the beginning of a match, standing and facing each other, but not in contact. Also known as standing position.

-O-**overtime period**

If the score is tied when time runs out on a bout, a one minute overtime period begins immediately. The first wrestler to score a point wins.

-P-**pin**

Forcing both of the opponent's shoulders to the mat. The result is a fall, which wins the match.

-R-**referee's position**

Where one wrestler is in the bottom position on knees and hands.

reversal

If the wrestler in the bottom position completely reverses the situation and comes to the top position in control, it is a reversal, worth two points.

-S-**single-leg takedown**

A move in which a wrestler takes the opponent down by lifting one of the opponent's legs.

singlet

The one-piece uniform worn by wrestlers.

slam

To lifting the opponent from the mat and bring him back down with unnecessary force; illegal in amateur wrestling.

sprawl

A move used to counter a leg shot. The wrestler throws the legs back and arches the hips into the opponent to break the hold.

-T-

takedown

When a wrestler takes the opponent to the mat from the neutral position, it is a takedown, worth two points.

technical fall

If a wrestler accumulates a lead of 12 points or more, it is called a technical fall and that wrestler wins the match. Also known as technical superiority.

throw

Any move in which a wrestler lifts the opponent from the mat, then brings him back down.

tie-up

Any move in which a wrestler grabs the opponent's upper body to gain control.

tilt

To turn the opponent so that his back goes from an angle of 45 degrees or more to less than 45 degrees.

top position

The wrestler who is on top of their opponent who is.

tournament

A series of bouts to determine championships in various weight classes.

Although you may hear the same move be called a variety of terms, all of our coaches will refer to a move by the same name so the kids will understand what the coaches are asking for during a bout. These are just a sampling of the most common terms. There will be many more to learn as the season progresses!

GENERAL WRESTLING RULES

Wrestling will be conducted congruent with the rules established by the National High School Federation in conjunction with the following rules. Where the following rules differ from NHSF then these written rules take precedents

1. Match durations
 - a. Bouts for Tot and Division 1 will consist of 3 periods with the duration of 1 minute each
 - b. Bouts for Divisions 2 thru 6 will consist of 3 periods with the duration of 1 minute 30 seconds each
 - c. Bouts on the Consolation side of all bracket, all Divisions, will consist of 3 periods with the duration of 1 minute each
 - d. Bouts for all ROOKIE divisions will consist of 3 periods with the duration of 1 minute each
2. When 12 points ahead, the match is terminated. This is the maximum score differential
3. Headgear is mandatory in **ALL** divisions
4. Wrestling shoes are not required in the Tot division or in Divisions 1 and 2. Wrestlers in Divisions 3, 4, 5, and 6 are required to wear wrestling shoes
5. All Coaches, aides, and photographers should wear tennis-type or wrestling shoes
6. USA Copper Certification is required to be Mat side with a competitor
7. Maximum of 2 Coaches and/or aides and 1 photographer in each corner
8. ONLY contestants and referees shall be on the wrestling surface except during injury time out
9. A bout may not start without each wrestler being represented by a coach
 - a. Bout may start without coach if referee has verbal permission from coach or club representative
 - b. Time waiting for coach shall not count against competitor
10. A competitor is given a maximum of 5 minutes to appear for their first bout, failure to check in at the mat within this time limit will constitute a forfeit. Each match, after the first match of the day, the contestant will have a maximum of 2 minutes to report for their bout before forfeiture of the match.
11. A wrestler must have 15 minutes between matches unless waived by both wrestlers. It is suggested that to track this Table workers place "time of day" on bout sheet at end of each match.
12. It is the responsibility of the Tournament Director and Table Workers to direct the flow of the tournament. It is their responsibility to move, skip, postpone or otherwise adjust matches to keep the tournament moving in order to comply with the above rules.
13. Officials\Referees are responsible for making calls concerning the wrestling competition. All other matters are the responsibility of the Tournament director.
14. Bracketing mistakes during tournaments do occur. All mistakes must be turned into the head table at least 30 minutes before the session affected is scheduled to start. If it is practical, such mistakes will be nullified and the correct bout will take place at the tournament director's discretion. If two wrestlers meet for a bout due to a bracketing mistake their bout is nullified, but if they meet again later in the tournament, the nullified bout will count and they do not wrestle again.

15. Judgment protests cannot occur. Referees decision is final
16. In case of emergency withdrawal, contact the Tournament director
17. Flagrant misconduct can occur before, during, or after a match and is any act considered by the official to be serious enough to disqualify a contestant from the match and any additional wrestling in the tournament. It would include, but is not limited to, intentional biting, striking, butting, elbowing, or kicking an opponent. Cursing officials or referees by contestants at any State Association tournament will not be tolerated and will be treated as flagrant misconduct. Flagrant misconduct shall be penalized without warning.
18. Questions regarding a wrestler participating with a communicable disease shall be handled in conformity with the Rule of the National High School Federation
 - a. Follow UIL guideline outlining requirement of Physician Note designating affected area
 - b. Adhere to USA recommendation by covering affected areas that have been cleared by physicians as non infectious
19. No consuming (or under the influence) of alcoholic beverages at State Association events
20. No smoking at any time on the wrestling floor or around the mats and tables

WEIGHT LOSS - at anytime the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes during practice or pre-tournament is prohibited and shall disqualify an individual from competition

WEIGH-IN PROCEDURES

1. Each Tournament Director shall have the authority to determine its tournaments weigh-in procedure. If so determined the procedure will be published on the State Association web page.
2. Singlets shall be worn at all weigh-ins. No weight allowance shall be given for the singlet. Tots may weigh in shorts only.
3. Random weight checks will be held Statewide during normal tournaments. These checks will be held to verify weights of contestants weighing-in at sites other than the tournaments site or weigh-in times other than the scheduled tournament weigh-in times. (i.e. club weigh-ins)
 - a. Wrestler must make a listed weight at weigh-ins.
 - b. To insure accuracy one (1) weight class and up to three (3) per division will be selected at random before the start of that division's wrestling on Saturday of the tournament. A weight allowance of 4% will be made.
 - c. The random weight check shall be held ½ hour before posted tournament start-time. One shot only on the scale will be allowed.
 - d. The penalty for failing this "Random Weight Check" shall be an automatic bar to the wrestler of this entered weight or lower in any division for the balance of the season. (Example: a Div 4 wrestler is double entered at 95 lbs in Div 5, the wrestler fails the random check in Div 5. The wrestler can no longer wrestle 95lbs or below in either division for the rest of the season)

- e. The random weight check will be documented as per what weight in each division was checked, and who if anyone failed the check. This document is to be signed by the tournament director and weigh master. This document is to be delivered to the Regional Director after each tournament.
 - f. Regional Directors will report to each region anyone who has failed the "Random Check"
4. Weigh-in sites can be added throughout the season with Executive Committee approval.
5. Officials and referees will pay special attention to contagious skin disorders.
6. Host must supply certified scale at tournament site.
7. It shall be the responsibility at weigh-in to examine and clip fingernails.
8. Those residing more than 50 miles from a weigh-in site can call in entries to the Regional office or to the tournament director, in accordance with the Tournament entry guidelines, and weigh in Saturday up to 1 hour prior to start of their session. Except for State and National Tournaments.
9. One representative per team is allowed to accompany wrestlers into the weigh-in area. This representative serves in no "Official Capacity" and are there "ONLY" to support the kids they represent.

WEIGHT ALLOWANCE POLICY

- a. One (1) pound growth allowance will be allowed to all weight classes in Division's Tot to Division 3 beginning Feb 1, providing wrestler has wrestled at that weight class prior to Feb 1st.
- b. Two (2) pounds growth allowance will be allowed to all weight classes in Division's 4 and 5 beginning February 1, providing wrestler has wrestled at that weight class prior to Feb 1st.

Weights

<u>Tot division</u>	5 & under	32, 36, 40, 45, 50, 60, Hwt
<u>Division 1</u>	7 & under	38, 42, 46, 50, 55, 60, 65, 72, 80, Hwt
<u>Division 2</u>	9 & under	49, 52, 55, 58, 61, 65, 70, 75, 83, 92, 100, 115, Hwt
<u>Division 3</u>	11 & under	56, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 135, Hwt
<u>Division 4</u>	13 & under	70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 142, 155, 175, Hwt
<u>Division 5</u>	15 & under	88, 95, 105, 115, 125, 135, 145, 157, 175, 200, 275
<u>Division 6</u>	High School	NATIONAL AND STATE TOURNAMENTS ONLY. WEIGHTS ACCORDING TO NHSF RULES

MEMBERSHIP RULES

1. All wrestlers in all sanctioned tournaments must be members of Texas USA Wrestling prior to weigh-in. Forms and birth certifications must be on file and fees paid.
2. The Board of Directors shall determine fees for all members annually.
3. Requirements for State Association Membership
 - a. Must be a Resident of the State of Texas
 - b. Must be a member of a sanctioned Texas USA team if residing **less than 200 miles** from the defined center of any geographical region.
4. Due to the fact that this state is so large and that there is at present 5 established regions, there could be individuals who find themselves located

far from a sanctioned club. It is for these cases that the term “Independent Wrestler” is to be considered. An “Independent Wrestler” is defined as “an individual who is a Resident of the State of Texas and resides **MORE THAN 200 miles** from the defined center of **any** geographical region”.

Centers of Geographical Regions

- a. North Region - DFW Airport
 - b. South Region - Houston City Hall
 - c. Center Region – State Capitol Building , Austin
 - d. West – City Hall, Amarillo
 - e. Far West – City Hall, El Paso
5. Membership to the State Association is required on or before January 1 of current wrestling season to be eligible to participate in the Regional or State Tournaments and/or to qualify for State Awards.
 6. Membership entitles wrestlers to enter into any State Association sanctioned tournament for which they qualify. Entry fee for each tournament must be paid by weigh-in. Returned checks not cleared by State Association by beginning date of next season may cause wrestler suspension for at least one year.
 7. Falsification of documents or credentials can result in suspension for at least one year.

INSURANCE

All State Association members are insured for all State association sanctioned tournaments and all State association practices with sanctioned State association teams through USA Wrestling. This insurance is supplemental to each person’s primary insurance. All claims shall be handled through the Regional Director

TOURNAMENT SANCTIONING RULES

1. All sanctioned tournaments must conform to the approved State Association rules and procedures for that particular tournament. All tournaments will be sanctioned by USA Wrestling.
2. No member team may host a sanctioned tournament and a non-sanctioned tournament during the same season, except with two-thirds approval of the Board of Directors.
3. State Association retains the exclusive right to sell any State Association logo-bearing merchandise at any State association function. The host team may not sell merchandise at the State Tournament.
4. All tournaments must use electronic scoring board/clocks.
5. Food concession is the right and responsibility of the host.
6. Each host team shall be responsible for the collection of all entry fees, as well as the preparation of all entries, brackets and bout numbers. Disbursement of revenue back to the host club shall be made through the Regional Director of the State Association.
7. The host club shall confirm all entries. The procedure shall be that the host club shall either fax or call such confirmation to the forwarding club. Any challenges shall be decided by the Tournament Director for any “open” tournament and a majority vote of the Executive Board for any “National” tournament
8. The amount of money to be received by the State association per entry from each entry for all tournaments of all kinds shall be determined by the

Executive Committee in evaluating the annual budget. The State Association in conjunction shall operate the State Tournament with the host club. The host club of the State Tournament shall receive all concession revenue.

9. The host club is responsible for hiring and compensating all referees. Compensation will be based on entries divided by the number of referees and adjusted for sessions worked, but not to be less the \$100 for working the complete tournament
10. National Tournaments are the right and privilege of the Tournament Coordinators/Regions. These tournaments shall be run Pursuant of TAWA/USA rules but are not funded by the State. The State Association however shall receive 25% of "Profits" for said tournaments but shall not be responsible for any losses that may be accrued. If losses are accrued they are the responsibility of the Tournament Coordinators/Regions.

OPEN TOURNAMENT RULES

1. The hosting club shall determine entry fees. The range of fees for a "open" tournament shall be no less than \$10 or more than \$ 12. "Open" tournaments shall be all tournaments that are not designated as "National". Entry fee must be paid before wrestling occurs. No- shows are responsible for entry fee payment.
2. Age is determined as of September 1 of the current wrestling season. If birthday is on September 1st, you are older age.
3. One weight per division, two divisions OK
4. No College wrestlers may participate.
5. Tournaments shall be run pursuant to Texas Brackets if entries are less than 400. Any tournament having four hundred or more entrants may be run at the discretion of the Host team as either Double Elimination or Texas Brackets.

NATIONAL TOURNAMENT RULES

1. "National" tournaments shall be designated as such and determined annually by the State Association.

Fees for "National" tournaments shall be determined in the same manner.

Entry fee must be paid before wrestling occurs. "No Shows" are responsible for entry fee payment.

2. Age is determined as of September 1 of current wrestling season. If birthday is on September 1st, you are older age
3. National Tournaments shall be ran pursuant of Double Elimination Brackets
4. State will have copper classes available Friday evening before tournament
5. Coaches Passes
 - a. 1-8 wrestlers – 2 coaches passes
 - b. 9-16 wrestlers – 3 coaches passes
 - c. 1 pass extra for every 8 wrestlers after 16
 - d. WITH PROOF OF CERTIFICATION AND CURRENT USA COACHES CARD TEAMS MAY RECEIVE AN ADDITIONAL 4 PASSES FOR FREE.

ROOKIE and NOVICE TOURNAMENT RULES

Same rules apply to Rookie and Novice as Open Tournament Rules, with the exception to the following:

1. **ROOKIE**...1st year wrestlers only; no wrestling match any style, anywhere, prior to April 1 of the current wrestling season.
2. **NOVICE**....1st and 2nd year wrestlers only; no wrestling match any style, anywhere, prior to April 1 of the previous wrestling season.
3. Rookie and Novice entry fee \$10. Entry fee must be paid before wrestling occurs. "No Shows" are responsible for entry fee payment.
4. Neither Rookie nor Novice tournaments will wrestle a Tot Division during the Regular Season. Division 5 can be added per discretion of the Regional Director. Both divisions will be included in the Rookie State and the Novice State Tournaments.
5. Both Rookie and Novice tournaments are considered "Qualifiers" for participation in the Regional Tournament. They are NOT considered "Qualifiers" for any State Award points.
6. There is NO pre-qualification for Rookie State.
7. There is NO pre-qualification for Novice State.
8. Seeding mechanism for the Rookie State and the Novice State Tournaments will be by "Blind Draw" with regional separation. Regional separation is to be considered only for the first round.

REGIONAL TOURNAMENT RULES

1. Wrestlers can only wrestle in one division and one weight.
2. All divisions must pre-register weight. If pre-registration weight is not made, wrestler will be eliminated from the tournament.
3. The Regional Director must receive regional entry forms along with entry fees, no later than 1 week before the tournament. Regional entry form shall include qualifiers wrestled, weight wrestled, and division wrestled. Falsification of documents will result in not wrestling in the Regional tournament.
4. **Participation Qualifier:** Entrants must have wrestled in at least three qualifying tournaments. Entrants must have wrestled at a weight class equal to or lower than the weight to be entered at Regionals for at least three qualifying tournaments in their lowest eligible division. (Clarification - a wrestler must wrestle 3 times in the SAME division and weight to qualify at lowest weight). Independent Wrestlers are required to wrestle only 2 qualifiers.
5. **Participation stipulations apply to all Divisions.**
6. The Regional Director must decide all challenges to any entry before the Regional Tournament. Any appeals to the same will be decided by majority vote of the Executive Board.
7. There will be no move-ups in the Regional Tournament.
8. Regional Tournaments shall be ran pursuant of Double Elimination Brackets
9. There will be NO exemptions to the Regional Tournament save Death of immediate family.
10. Any consideration of exemption must be made only through Petition of the State Executive Board. Petitions must be made within 14 days of Regional Tournament to be considered
11. Seeding mechanism: Competitors shall be ranked and seeded according to rank. Ranking shall be based on season results from tournament competition within the Region.

STATE CHAMPIONSHIP TOURNAMENT RULES

1. **Participation:** State Championship tournament participants must have wrestled in their Regional Tournament. This stipulation applies to all Divisions
2. Wrestlers can only wrestle in one division and one weight.
3. All divisions must pre-register weight. Pre-registered weights and Divisions must **be** the same as entered in Regional Tournament. Failure to make pre-registered weight wrestler will be eliminated from tournament.
4. There will be no move-ups in the State Championship Tournament.
5. The State Championship Tournament Director must receive entry forms along with entry fees, no later than the day of the Regional Tournament.
6. The Regional Director must decide all challenges to any entry before the State Championship Tournament. Any appeals to the same will be decided by majority vote of the Executive Board.
7. The State Championship Tournament shall be ran pursuant of Double Elimination Brackets
8. Seeding mechanism for State: We will adopt seating criteria published by UIL. Only the first and second place finishers from each region will be seated for the state tournament. The top two finishers from each region will be separated on the brackets

TEAM COMPETITION

Team competition in all tournaments will be conducted as follows. Each team/club selects fifteen (15) competitors/wrestlers from their entries that will represent them in team competition. This "Team" list shall be turned in with the entries for that club. The points earned by these individuals during will be tallied for the Team Trophies. Points: 1st – 16, 2nd – 12, 3rd – 9, 4th – 7, 5th – 5, 6th – 3 (as per National Federation of Wrestling)

TEXAS BRACKETS

Texas Brackets are designed for maximum wrestling. Each contestant should wrestle a minimum of 3 bouts. This is done by wrestling bouts for every placement on bracket.

1. 1 and 2 man automatic move up to next weight unless heavyweight.
2. Move-up exhibition only... No Award Points given
3. Round robin ties ... (see tie-breaking criteria)

Challenges (maximum of 2 per bracket);

Occasionally a wrestler's only loss is to a highly ranked opponent. The earlier he loses in the tournament, the more it damages his ranking. To correct this, a system has been devised to more equitably determine final placement in each tournament.

1. Only a wrestler with one loss can challenge
2. Order of best rank (3, 4, 5, 6, and 7) gets first opportunity to challenge
3. Winner of challenge cannot be challenged.

If one challenger

1. Can challenge up to, but not including, rank of loss. (This rank of loss applies only upwards)

Example 1; Wrestler loses in first round but wins his round robin placing 4th. He has not wrestled the third or the second placer. The wrestler **can** challenge.

Example 2: Wrestler loses in first round but wins his round robin placing 4th. He has lost to the third placer but not wrestled second. The wrestler **cannot** challenge

Example 3: Wrestler loses in first round but wins his round robin placing 4th. The wrestler that beat him placed 5th or lower. Wrestler has not wrestled 2nd or 3rd placers. The wrestler **can** challenge

2. Challenges on Texas Brackets are marked with an asterisk *

3. If Challenger loses, no change

4. If Challenger wins jumps ahead of loser. All passed over go back one rank.

If 2 challengers:

1. Worst challenger can challenge up to, but not including, rank of loss, but not higher than best challenger.

2. If worst challenger loses, no change. Proceed as if 1 challenger... best challenger

3. If worst challenger beats entrant other than best challenger, he jumps ahead of loser. All passed over go back 1 rank...proceed as if 1 challenger...best challenger

4. If worst challenger beats best challenger, he jumps ahead of best challenger, all passed over go back 1 rank. There are no more challenges

Round Robin Tie Breakers

2 Way Tie (if wrestled)

1. Head to Head

2. Head to head net points double header (2 man only)

3. Last head to head double header (2 man only)

3 Way Tie

1. Win – loss in Round Robin

2. Win-loss among those tied

3. Net points (12 maximum) among those tied

4. Net points in tournament (12 maximum).

5. 3-Way tie for first will be settled by a 3-way sudden death playoff according to overtime rules.

DOUBLE ELIMINATION BRACKETS

These brackets are the typical bracket used in all “National” tournaments, the State Tournament, and “Open” tournaments with over 400 entrants. After (2) two losses a wrestler is eliminated from this tournament.

1. 1 and 2 man automatic move-up to next weight unless heavyweight.

2. Move up exhibition only ... no point or record

3. **Challenge** Third place can challenge 2nd if they have not previously met in the tournament.

4. Brackets receive byes in highest order of seed.

5. 2 man brackets move up and wrestle in 1st round to determine original bracket. Winner places 1st and receives a maximum of 1 award. Loser placed

2nd and receives no award. In lower bracket, if move-up is not possible, bracket is treated in regular manner.

STATE AWARDS

Regional Tournament s do not count for State Awards

Honor Roll

This award is given to all Texas wrestlers who meet the criteria. This award has a maximum of (11) eleven points and requires at least (9) nine points to qualify. A wrestler can acquire a maximum of (6) six points from "Open" tournaments.

1. One point for winning a "open" state-qualifying tournament...maximum (6) six points
2. One point **and only one point** for being the top Texas finisher while placing 1-6 place in any "Texas National Tournament".
3. If a tournament in No.2 is not held, maximum is reduced to 10 with 8 to qualify.
4. All points must be earned in lowest eligible division

Texas National Wrestler of the Year

This award is given to the overall point's leader (National Points only) from all divisions. In the case of a tie each will receive the award

Divisional National Wrestler of the Year

This award will be given to the point leaders (National Points only) in each division. One per division unless ties.

National Points

Tournament	1 st	2 nd	3 rd
Panhandle Nationals	30	10	5
Brute Bowl	40	20	10
Houston National	30	10	5
Sun City Nationals	30	10	5
Heart of Texas	30	10	5
Tulsa Nationals	no point awarded		

Honorable Mention

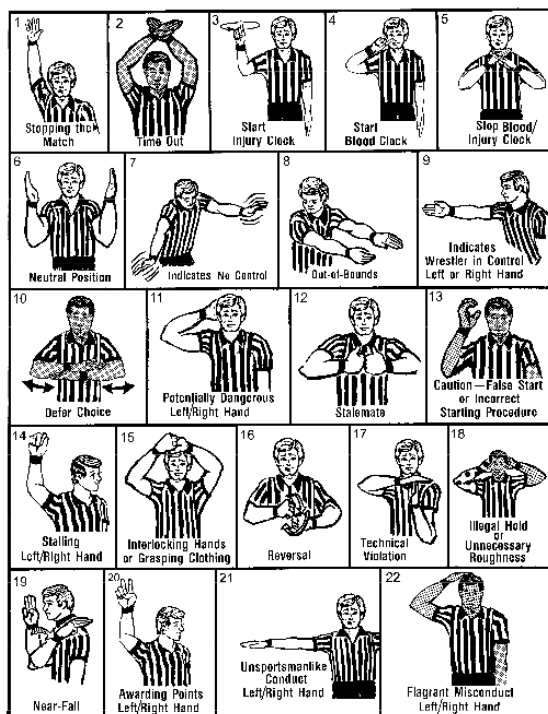
In order to qualify for this Certificate a wrestler must place 1st thru 6th in **ALL** scheduled Texas "National" tournaments

Participants in State awards must complete the respective award forms and submit it to the Regional director no later than 1 week before the Regional tournament.

Score Keeping

SCORING SYMBOLS & POINTS

TAKEDOWN	T	T-2
ESCAPE	E	E-1

[illegible]