

A Parents Survival Guide to Wrestling!



Thanks to John Burns, ASA Allen Youth Wrestling Club

The lessons learned in wrestling 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, scoring, and all things Raiders Wrestling. Most importantly, you will learn what it takes to be wrestling parent. Welcome to CB Raiders youth wrestling!

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For the Novice Parent

The best way to learn how to wrestle, is to wrestle. Mat time is paramount. That being said, our novice wrestlers will occasionally have an opportunity to wrestle on both Saturdays and Sundays. If you can make both, fantastic. If you have to choose one, please try to attend the Saturday ICWL matches, as there are more wrestlers in that league. Pairings for Saturday matches occur Thursday evenings between coaches. **THE ONLY WAY WE KNOW IF YOU WILL BE THERE IS IF YOU INDICATE THIS ON THE SI Play WEBSITE** before then. We need to commit to being present. Imagine showing up with your son to wrestle, waiting around only to find out the other team does not have their wrestler to compete against your son. It is a major let down, especially when our roster shows that we have the wrestlers. We will do our best to let you know when the other team does not have enough Novice wrestlers, so you do not have to attend on a particular day. Saturday matches are more formal, with a referee. Wrestlers should get 2-4 matches, and the event will last around 3 hours. Sundays are less formal, and take about 2 hours.

We would like to make it clear that, as in any youth sport, all of our coaches and assistants are volunteers who dedicate their time and put a lot of 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 Raider family!

The following are the rules of CB Raider 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:

TEAM RULES

- 1) Please arrive at practice on time and ready; comfortable clothing (t-shirt - must be tucked in, shorts or sweatpants without buttons or zippers), wrestling shoes (bare feet can get stepped on and hurt), and headgear.
- 2) 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.
- 3) 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 Raider wrestler we can be!
- 4) While at tournaments wrestlers are NOT to go outside of the facility unless with their parent or guardian.
- 5) It is the wrestler's 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.
- 6) 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.
- 7) 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.
- 8) Wrestle Offs for East Penn Dual Team - Wrestle offs for our East Penn Varsity and Junior Varsity will take place prior to East Penn competition.

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 Raider 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 coaches 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 supposed 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!

Age Levels

Regarding our practice room, first and second year wrestlers are considered Novice, third year wrestlers are Intermediate, and more than three year wrestlers are considered Advanced. Come January 1, coaches will evaluate our Novice wrestlers, and some advance to our Intermediate practice, while some of our intermediate wrestlers will move to the advanced session.

Regarding tournaments, each tournament can vary based on age, weight and experience.

Fundraisers

November 20 - Rapid Fire Wrestling Tournament

This has been our largest fundraiser. It helps to offset our league dues and fees. This year, the tournament will be run at CB East on November 20th. We will need a TON of volunteer help, especially from our Novice Parents and wrestlers, since this is **NOT A NOVICE TOURNAMENT**. The following will need to get done:

- 1) Setting up and cleaning the mats prior to the tournament.
- 2) Running the tables at each mat for 2 hour increments. We will need 3 parents per table, every two hours throughout the day.
- 3) Running the snack stand.
- 4) Creating baked goods, sandwiches etc., to be sold at the snack stand.

November 28 - Chipotle Fundraiser - 4PM-8PM

Show your team spirit by joining us for a fundraiser to support Central Bucks Wrestling Federation. Come in to the Chipotle at 569 N. Main Street in Doylestown on Monday, November 28th between 4:00pm and 8:00pm. Bring in the flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Central Bucks Wrestling Federation.

January 22 - Applebee's Pancake Fundraiser – 8AM-10AM

Flapjack Fundraiser - \$10 per person

The Parent's Role

First, the CB Raiders is a volunteer based organization. All parents are expected to help, unless you opted for the \$40 buy out. There are many opportunities to help, and it becomes much easier when all chip in. Do not feel that since you did not wrestle, you cannot keep score, run a timer, throw a towel, had out and collect gear, or organize a fundraiser.

Next, 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.

Wrestling Basics

Objective : The primary objective in 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 plus 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 15 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.

Singlets are property of the CB Raiders. Each singlet will be loaned out for the season with a security deposit of \$75. Checks will be collected, but not cashed, and held until singlet is returned. Parents have the option keep the singlet, but check will then be deposited.

This year, there is also the choice to wear fight shorts and shirt. These items can be found at the back of this packet, or at this site. <https://cbraiders.itemorder.com/sale>. This can be used in place of the singlet, and is yours to purchase, not "rent."

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."

Points - 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 one 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 45 degrees or less off the mat for 5 seconds.

Near Fall (back points) - 2 points Holding an opponent's shoulders 45 degrees or less off the mat for 2-4 seconds.

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.

Information on Wrestling

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 (developing strength and flexibility in all three planes of movement) 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 outmaneuver 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 nonexistent 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. **PLEASE WASH IMMEDIATELY AFTER ALL PRACTICES, AND WASH GEAR AS WELL.**

Can wrestling have an effect on character development? Success factors in sports, or anything for that matter, are part biological (i.e. height and size) and part environmental (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

Tips To Be Mentally Tougher Than Your Competition!

Here are some simple, exciting ways to being mentally tougher than your competition that are 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.

"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 wrestler elicits 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.

Dear Potential Raiders Sponsor:

Join the Team! The CB Raiders Wrestling Club is seeking sponsors for its upcoming season. CB Raiders Wrestling is a non-profit youth sports organization. In order to assure a successful program for the youth of our community we rely on local businesses that serve our community to provide sponsorship and help underwrite the cost of the program.

Wrestling is a sport of individual participation functioning within the framework of a team concept. This aspect contributes to the development of life long patterns of responsible behaviors including discipline, the ability to set goals and achieve them, and respect for others. A young person involved in wrestling can be expected to display increasing self-confidence, and appreciation of their self-worth.

All of the collected funds will be directed towards uniforms, equipment, and training fees. Your donation will guarantee that this becomes a successful and enjoyable season. Please give this request careful consideration. For your convenience we have attached a donation form to this letter. There are many levels of sponsorship. We hope you might be able to sponsor us at some level.

Our white level is \$100. In return for your donation, you will be recognized with your logo or banner displayed on our website with a link to your own website.

Our black level is \$200. In return for your donation, your logo or banner will be displayed on our website with a link to your own website. Your business will also be listed on our team banner, which is brought and hung at all of our matches and tournaments.

Our silver level is \$400. In return for your donation, your logo or banner will be displayed on our website with a link to your own website. Your business will also be listed on our team banner, which is brought and hung at all of our matches and tournaments. Your business will also be listed on our club shirts.

While we have these levels in place, any donation to the CB Raiders is appreciated and welcomed.

Please feel free to follow our team's success this season at www.cbraiders.website.sipplay.com. Thanks for helping to make our season a reality. Please retain this letter to substantiate your contribution. Please do not hesitate to call Eric Green at (917) 887-6397 or email at etgreeny@gmail.com with any questions you may have.

Sincerely,

Tom Wyzerbowski
President, CB Raiders Wrestling

YES, SIGN ME UP FOR THE WHITE LEVEL.

\$100 = YOUR LOGO OR BANNER DISPLAYED AND LINKED ON OUR WEBSITE.

I'D LIKE TO BECOME A BLACK LEVEL MEMBER.

\$200 PER YEAR = YOUR LOGO OR BANNER DISPLAYED ON OUR WEBSITE WITH LINK TO YOUR OWN WEBSITE, AND YOUR BUSINESS LISTED ON OUR TEAM BANNER.

I'D LIKE TO BECOME A SILVER LEVEL MEMBER.

\$400 PER YEAR = YOUR LOGO OR BANNER DISPLAYED ON OUR WEBSITE WITH LINK TO YOUR OWN WEBSITE, and YOUR BUSINESS LISTED ON OUR TEAM BANNER

\$ ENTER YOUR OWN AMOUNT (ANY DONATION IS APPRECIATED)

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**Enjoy a short stack
for a tall cause.**



**You're invited to an
Applebee's® Flapjack Fundraiser Breakfast
to support Central Bucks Raiders Wrestling**

\$10 per person

**WHEN: Sunday, January 22, 2017
8:00 a.m. - 10:00 a.m.**

**WHERE: Applebee's Neighborhood Grill & Bar
Barn Plaza Shopping Center
1745 Easton Road
Doylestown, PA 18901**

For More Information:

email info@cbwrestling.org or text 267-884-2729

Valid only at participating restaurant listed above. Ticket valid for pancake event only.
Applebee's menu items are not included as part of purchase.

PLEASE VISIT OUR WEBSITE AT <http://craiders.website.siplay.com/>

SPONSORS MAY ALSO REMAIN ANONYMOUS

COMPANY OR BUSINESS NAME _____

ADDRESS _____

PHONE NUMBER _____

CONTACT PERSON _____

CHECKS MAY BE MADE PAYABLE TO CB RAIDERS WRESTLING. THANK YOU FOR YOUR SUPPORT.

PLEASE MAIL CONTRIBUTIONS TO:

CB Raiders Wrestling
P.O. Box 291
Holicong, PA 18928

2016 RAIDERS RAPID FIRE ROUND ROBIN TOURNAMENT

(A TOP 100 TOURNAMENT)

When: Sunday, November 20, 2016

Where: Central Bucks East High School, Address: 2804 Holicong Rd, Doylestown, PA 18902

**Registrations: \$25.00 online by 11-18-2016 (click on link below) or by check made payable to Central Bucks Raiders,
No walk in registration. mail in applications must be postmarked by November 14, 2016 Mail to:**

Central Bucks Wrestling Federation, PO Box 291, Holicong, PA 18928

Max of 125 wrestlers per division. This is a unique format and a fast paced tournament and has sold out each year.

Admission:	\$5.00 Adults	Seniors and children under 18 are free	Participants free
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Divisions and Weigh-in information: Age as of day of tournament

Intermediate:	13-14 years old	Start time 08:00	Weigh-in: 06:30 - 07:30
Junior:	11-12 years old	Start time 09:00	Weigh-in: 07:30 - 08:30



years

time

in:

11:00

Bantam:

8 years and under

Start time 2:00

Weigh-in

12:30 – 1:30

Midget:
9-10
old
Start
11:30
Weigh-
10:00 –

Wrestling will be on 5-7 mats. Each bracket will be housed on one mat. **COLLEGE OUT OF BOUNDS RULES APPLY!**

Weight Classes: Wrestlers are grouped by Madison system (and experience level where possible.) Team Discounts available for teams bringing 10 or more wrestlers. Call Mike at 209-814-2197 or 215-622-5547 for details.

Brackets will be a scheduled 4, 5 or 6 man round robin. Each wrestler will be scheduled for 3, 4 or 5 matches, with challenge matches optional, if time permits. Matches will be (3) 1:00 periods for all divisions. **Rapid Fire format will have entire bracket report to a mat and wrestle until bracket is complete. There is an average of 10 minutes time between matches with entire brackets completing all matches in 60 minutes or less, once bracket starts wrestling.**

Trophies will be awarded for top three in each division and medals for all other place winners. There will be an Outstanding Wrestler and Fastest Pin trophy for each division. Outstanding Wrestler Trophy and place winners will be awarded based on following criteria: best win-loss record, head to head, most wins by pin, most average tournament points (6 for pin, 5 tech fall, 4 maj, 3 dec), lowest average match points allowed.

Tournament info: Mike Stoughton at mstoughton99@gmail.com

Online Registration: <http://www.pywrestling.com/central-bucks-nov-20.html>

REGISTRATION FORM

Wrestlers Name: _____ DOB: _____

Address: _____ City _____ State _____

Phone: _____

Weight: _____ Division (Circle One): Bantam Midget Junior Intermediate

Team Name or Town: _____ Wrestling experience: _____ completed seasons

I here-by declare that as a parent or guardian of my child, I enter them to participate in this tournament at my own risk. I will not in any way hold liable the officials, coaches, Central Bucks Wrestling Federation, Central Bucks School District, or its employees for any injury that I may receive while in this tournament, or traveling to and from this tournament.

Parent Signature: _____

Print Name: _____

Parent email address (please print): _____