

# Friday, February 27 & Saturday, February 28, 2015

For wrestlers with USA Wrestling team or individual membership from anywhere.

**Mooreville Senior High School, 533 East Iredell Ave, Mooreville, NC 28115**

**RCG Skills Academy and 4 style tournament**

[trackwrestling2.com](http://trackwrestling2.com) to register. Each style is separate registration. Register for each you wish.

Hilton Garden Inn, Mooreville 704-663-6468 with fully cooked breakfast.

Register and pay fees online. \$5 additional fee to walk in unregistered.

Contact [FrankRader@mac.com](mailto:FrankRader@mac.com) 704-664-5754

## **Friday, February 27, 2015**

There are 2 events Friday at 6:30 pm. You may wrestle concurrently finishing a match in one style and immediately beginning a match in another. Entry fee one style is \$15. Entry in both Friday styles is \$25.

### **Friday Schedule**

- 4:00 pm Doors open.
- 4:30 Weigh in starts. Closes at 5 pm. Weigh in wearing uniform or shorts. This weigh in is for styles Friday or for Friday and Saturday styles
- 5:00 Weigh in closed. Official, Coach and Volunteer Meeting & wrestling clinic start.
- 6:15 Call to mats.
- 6:25 National Anthem then Greco & Beach wrestling begins. You may wrestle both.

### **Friday Beach Wrestling**

Entry Fee is \$15 if this is your only Friday style, \$10 if this is your 2nd Friday style. Wrestling starts at 6:25 pm Friday. Divisions are Pre-Bantam, Bantam, Intermediate, Novice, Schoolboy, Cadet, Junior, Open.

Rules: USA Wrestling rulebook, Speedo not required.

- \* First wrestler to 3 points is the winner
- \* 1 point for a takedown or push out and 2 points for takedowns with back exposure
- \* One 3-minute period with no overtime
- \* Criteria for match tied: 1. Highest value action 2. Last to score

### **Friday Greco-Roman**

Entry Fee is \$15 if this is your only Friday style, \$10 if this is your 2nd Friday style. Wrestling starts at 6:30 pm. Divisions are Pre-Bantam, Bantam, Intermediate, Novice, Schoolboy, Cadet, Junior, Open

Rules: USA Wrestling rulebook, headgear, blood cloth and singlet not required.

## **Saturday, February 28, 2014**

There are 2 styles Saturday, one after the other. You may wrestling in one or both. Entry fee for one is \$15. Entry fee for the 2nd Saturday style is \$10. Weigh in for either Friday style is good for weigh in Saturday.

### **Saturday Schedule**

- 8:30 am Doors open. This is Skills Academy day.
- 9:00 Weigh in starts. Closes at 9:30 pm. Weigh in wearing uniform or shorts. This weigh in is for either 1 or 2 styles today.  
Wrestlers who wrestled Greco-Roman or Beach styles may add Saturday wrestling on Saturday by paying the Saturday entry fee per style. The \$5 walk up fee is waived if you wrestle on Friday.
- 9:30 Weigh in closed. Official, Coach & Volunteer Meeting & wrestling clinic start.
- 11:15 Call to mats
- 11:25 National Anthem then folkstyle begins
- Noon Freestyle only weigh in, or on site entry for wrestlers who wish to add freestyle. Freestyle wrestling starts as folkstyle ends.
- 12:15 Freestyle weigh-in & add on entry closed.

### **Saturday folkstyle**

Entry Fee is \$15 if this is only Saturday style. Wrestling starts at 11:25 am Saturday

Divisions are Pre-Bantam, Bantam, Intermediate, Novice, Schoolboy, Cadet, Junior, Open\*

Rules: National Federation of State High School Associations, headgear and singlet not required.

### **Saturday freestyle**

Wrestling begins as folkstyle concludes.

Entry Fee is \$15 if this is your only Saturday style, \$10 if this is your 2nd Saturday style. Divisions are Pre-Bantam, Bantam, Intermediate, Novice, Schoolboy, Cadet, Junior, Open Rules: USA Wrestling rulebook.

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## General Information.

Race City Grapplers appreciate cooperation and support from

- > Mooreville Convention and Visitors Bureau
- > NC USA Wrestling
- > NC Amateur Sports for mat clinician funding
- > Mooreville Graded School District
- > Mooreville High School
- > Mooreville Parks and Recreation
- > Town of Mooreville.

USA Wrestling Divisions are at

<http://themat.com/forms/Weights.pdf>

Weight is natural weight, "Madison".

Advancement is double elimination, round robin.

Track Wrestling online registration system cannot understand \$15 one event, \$10, 2nd event per day. Thus, it will charge \$15 each style and we'll reimburse you \$5 @ day at the 2nd style.

Admission is \$3. Use Friday ticket Saturday. Children 6 and under free. The skills academy is included in admission or entry fees.

There are four styles and a mat skills clinic. Wrestlers enter 1, 2, 3 or 4 styles or a combination at this tournament. Entrants must register online for at least one style. It is not possible to substitute one wrestler for another or a wrestler who entered one style to switch to another. The mat skills clinic is included without charge thanks to a grant from NC Amateur Sports.

It is possible for a wrestler registered in one style to add other styles at the site, paying a \$5 fee per event, plus entry. The \$5 unregistered fee is waived for wrestlers wrestling Friday who want to add a style Saturday.

\*Open Division folkstyle tournaments will wrestle college rules, no headgear or uniform required. Riding time will be kept.

No contagious skin conditions allowed. Decision of tournament official or is final.

The Friday, 4:30 pm weigh in is for all styles entered. This is a single skin check weigh in for

up to 4 events per wrestler. If the only styles you enter are Saturday, you may weigh in Saturday.

Weight classes will be grouped based upon age and weight. There are no pre-published weight classes. Published divisions like Cadet or Bantam are not fixed. If your wrestler might be challenged to prove age, please bring documentation. Round Robin pairings.

Two USAW member coaches allowed in mat corner. No unregistered coaches allowed.

## Skills Academy

This Saturday tournament format includes wrestling practice & classes followed by folkstyle and freestyle wrestling events.

Skills at any level can be learned and practiced ranging from membership, registration, weigh in, building brackets, officiating certification, head table certification, scorekeeping, clock operation, coach certification and tournament management.

Participation in skills academy is optional. No spectator fee is required. You may try several skills.