

Southern Hills Ironman	Freestyle, Greco-Roman, Folkstyle	April 21, 2018	Hot Springs, SD Case Auditorium
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<b>Date &amp; Times:</b>	Saturday, April 21, 2018 (ALL TIMES MOUNTAIN TIME) <ul style="list-style-type: none"> <li>➤ Athlete Check In/Registration ends at 8:45 AM; Those wrestling freestyle only must check in by 11:00 AM</li> <li>➤ Freestyle: 9:30 AM; Greco 30 Minutes after Freestyle Completion; Folkstyle 30 Minutes after GR Completion</li> </ul>
<b>Weigh-Ins:</b>	<ul style="list-style-type: none"> <li>• Weigh-ins will be done at home NO EARLIER than Thursday April 19, 2018 7:00 PM MT by a USAW/NCEP BRONZE CERTIFIED COACH or USAW OFFICIAL. Weights will be emailed to <a href="mailto:ray.ringstmeyer@k12.sd.us">ray.ringstmeyer@k12.sd.us</a> by qualified coach or official NO LATER THAN FRIDAY, APRIL 20 8:00 PM MT.</li> </ul>
<b>Event Sanction:</b>	<ul style="list-style-type: none"> <li>➤ USA Wrestling Sanctioned Event <ul style="list-style-type: none"> <li>○ FULL USAW membership is required. <a href="http://www.usawmembership.com">www.usawmembership.com</a> to obtain membership.</li> </ul> </li> </ul>
<b>Rules:</b>	<ul style="list-style-type: none"> <li>➤ Current UWW Rules with USAW Modifications, along with the following: <ul style="list-style-type: none"> <li>○ <b>All Matches/All Styles will be two 2-minute periods.</b></li> <li>○ In freestyle, no 30-second shot clock will be used. <ul style="list-style-type: none"> <li>▪ Passivity will be warned, and then each subsequent will be Caution &amp; 1 pt. until the 3<sup>rd</sup> Caution (DQ)</li> <li>▪ Folkstyle matches will have freestyle passivity guidelines applied...if points are not being scored, the least aggressive wrestler will get warned for stalling in the first period.</li> </ul> </li> </ul> </li> </ul>
<b>Tournament Format</b>	<ul style="list-style-type: none"> <li>➤ We will attempt to create 4 or 5-man round robin groups.</li> <li>➤ We will use the number of mats to move through the tourney in a timely manner, yet allow for rest times between matches.</li> </ul>
<b>Officials</b>	<ul style="list-style-type: none"> <li>➤ If interested in officiating, please contact tourney director.</li> </ul>
<b>Age/Weight Categories:</b>	<ul style="list-style-type: none"> <li>• USA Wrestling Age &amp; Weight Divisions <b>Bantam-Junior</b> with no set weight classes.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>• Awards for top three placers in each style will be awarded; Triple Champions will receive the Ironman Award. Wrestlers participating in all three styles will have a t-shirt sent to them after the tourney.</li> </ul>
<b>Entry Fee/Admission:</b>	<ul style="list-style-type: none"> <li>• \$20: one price=three styles (or \$10 per style if not doing all three)</li> <li>• Free Will Donation for spectator admission.</li> </ul>
<b>Concessions:</b>	<ul style="list-style-type: none"> <li>• Concessions will NOT be available, NO GLASS CONTAINERS PLEASE, AND CLEAN UP AFTER YOURSELF</li> </ul>
<b>Coaches:</b>	All Coaches must have a valid USAW Coaching Membership to receive a Coaching Band. Only individuals with Coaching bands will be allowed in the corners. No other persons will be permitted in the corners OR MATSIDE. Only two coaches per corner allowed.
<b>Preregistration:</b>	Pre-Registration is not required, but a \$10 on-site registration fee will be assessed to walk-ins. Walk Ins must weigh in on-site no later than 8:30 AM. <TrackWrestling Will be used and this flier will be updated once the pre-registration site is active)
<b>Tournament Contact:</b>	Ray Ringstmeyer <a href="mailto:Ray.Ringstmeyer@k12.sd.us">Ray.Ringstmeyer@k12.sd.us</a> 605-842-6959
<b>Hotel/Lodging &amp; Dining Information</b>	<a href="http://www.hotsprings-sd.com/directory">http://www.hotsprings-sd.com/directory</a>