



IRON MAN TOURNAMENT

APRIL 27, 2024

WEBSTER ARMORY

100 West 11th Ave

WEIGH-INS 9:30-10:30

PRE-REGISTER BY April 25th @ 8pm
Email, DOB, Weight, and USA Card Number

beau.larson@k12.sd.us

chelsea.larson@k12.sd.us

\$20 per wrestler or \$30 for walk-ins

FREE Coaches Bands For USAW Certified Coaches

USAW AGE GROUPS

2-5 MAN ROUND ROBINS

MUST HAVE FULL USA WRESTLING MEMBERSHIP

TOURNAMENT RULES:

Each match will consist of three 90-second periods with a 30 second break between periods. The match will start with a flip of a colored disk, in which the wrestler chooses the first style of wrestling (Freestyle, Folkstyle, or Greco). In the 2nd Period, the other wrestler will choose from the remaining two styles, and the 3rd period will be the remaining style. A match is won by winning 2 out of 3 periods. A tech fall or Pin only ends the period, All 3 styles will be wrestled. The first criteria is head to head, second criteria is most periods won.

