

**World's Oldest Sport – Your Newest Challenge!**



# **OREGON BEACH WRESTLING**

**15<sup>th</sup> Annual**

# **STATE CHAMPIONSHIPS**

**JUNE 8<sup>th</sup>, 2019**

**@ Hood River Marina Beach**

**Senior, High School & Kids Divisions**

**(Male & female divisions for Senior & High School)**

**Medals 1-3**

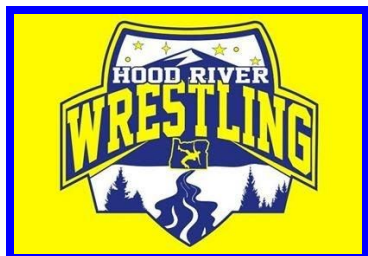
On-site Registration - \$15.00

Spectators: Free

Registration 9:00-10:00am

Wrestling begins at 11:00am

For more information contact:



Trent Kroll: 541-399-6123 trent.kroll@hoodriver.k12.or.us  
(Please feel free to duplicate as needed)



Take Exit 64 off of Highway I-84

Turn north towards the bridge.

At the traffic light turn left (west) into the Marina area toward the DMV.

Stay left – go about 200 yards curving around, past the Museum & the

Marina. Don't turn onto the spit. We'll be on the beach, on the river at the west end of the spit.

The arrow in the pic shows our approximate location.

Thanks!

## Easy Rules

- Men wear athletic swimming trunks and women wear a one or two piece bathing suit. (Fight/board shorts and compression shirts OK!)
- Athletes wrestle on a sand surface, with a 23-foot diameter circle marked in the sand
- Matches start in the standing position, and there is no ground wrestling
- Matches last three minutes
- First wrestler to THREE points is declared the winner
- One point for a takedown or push-out, and two points for takedowns with back exposure
- One 3-minute period with no overtime
- Criteria for match tied during regulation:
  1. Highest value action
  2. Last to score