

HIGH DESERT FREESTYLE DUALS INFO

You can stay updated at our web site at www.rhswrestling.com.

General Information: Please email me a list of your 3-5 best athletes to be posted on the website at nathan.stanley@redmond.k12.or.us.

Weigh Ins: Friday April 9th 6-7 pm, or 7:30-8am Saturday, April 10th

Open Mats: We will have a 1.5 hour open mat/practice for teams arriving on Friday night. We will also allow teams to stay on the mats w/ adult supervision. Please contact us in advance to arrange for overnight stay.

Schedule: Wrestling will begin at 9am on Saturday. We will try and get each team 8-9 duals depending on the number of teams and the time available, and the desire of the teams. Teams will be grouped into pools then a second pool or bracket to be put together depending on the number of teams.

Payment: Make Check Payable to Redmond Wrestling Club for \$200. Payments must be made by March 26th. No refunds.

Each team may bring 22 wrestlers: No more than 22 wrestlers a team, no exceptions. We will stick extras on unfilled teams. All extras will be put into the tournament.

Match limit: This is not a National Federation Tournament and the time is adjusted, be prepared to wrestle with limited rest.

Rest time: Your rest time is from dual to dual. During the tournament your rest period is the time between your match and whenever you are called next.

Ref responsibility: Each team must provide one (1) adult that will help ref and time Dual Matches. One ref will keep time, while the other ref will officiate. We will try and supply some certified officials, however, we will not be able to run the tournament in a timely manner without the help of coaches officiating.

Scoring: The official will keep time via a time watch. Score will be kept by each team. There is no scoring table.

Disputes: If there is a dispute in the score the ref will try to resolve it. If it can not be resolved, it will come down to a coin flip. There is no protest committee. You must live with the officials decision. Please keep in mind for \$500 the mat time is a bargain in itself!

Uniforms: You may not use high school uniforms. You must have a club singlet, no exceptions. Red and Blue Freestyle Singlets are preferred.

Insurance: This tournament is insured by USA Wrestling, your kids must order an USA card at <http://www.usawmembership.com/> . Please either have copies of all of your wrestlers' cards or the cards themselves to check against your roster.

Packet: Let me know if you need another packet ASAP!

Bring An Official: Do not come without an adult, coach, or parent to officiate the duals.

Time: Duals 2-2-2 (USA Wrestling Junior Division Rules)

Weight Classes: 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

Teams: Your average team has JV, middle school, and varsity combined, all are welcome.

Awards: There will be trophies for the top Middle/High School Combined Team and the top High School only team. High School only squads will compete against combined teams, but only 105-285 will be calculated in their team score.

Teams:

1. Redmond (OR)
2. Cleveland (OR)
3. Clackamas (OR)
4. Crook County (OR)
5. Bend/Mt. View (OR)
6. Hood River (OR)

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Hotel Info: You are responsible to make your lodging arrangements. The mats will be available on Friday, however, this must be pre-arranged and adults must supervise at all time.