



# LINDEN WRESTLING CLUB

## Novice Wrestling Tournament



**Saturday, January 23<sup>rd</sup>, 2010**

Linden High School  
7218 W Silver Lake Rd  
Linden, MI 48451

**WEIGH-IN:** Friday night, 1-22-10- 7:00 to 8:00 pm for all age groups at Linden High school.  
Saturday Morning – 5-6, 7-8 & 9-10 from 7:00-8:00 am  
11-12 & 13-14 from 8:00-9:00 am. Wrestling will start at 9:30am.

**ENTRY FEE:** \$9 per wrestler.

**ADMISSION:** Family \$9.00 (Father, Mother & Children under 18), Adults \$4.00, Students \$1.00

**LIMIT:** 400 wrestlers.

**CALL IN:** Starting Sunday, Jan. 10, 2010 and ending Tuesday, Jan. 19, 2010 from 8:00am to 8:00pm. **Email** Dan White at [Dwhite@dextech.net](mailto:Dwhite@dextech.net) or call (810) 735-1393 during the hours noted above. Emails will receive a reply confirming your entry and are preferred.

**RULES:** MMWA modified high school rules. 5-6, 7-8 & 9-10 wrestle two (3) 1 minute periods. 11-12 & 13-14 wrestle three (3) 1 ½ minute. Absolutely no metal on wrestler's clothes. If less than 3 wrestlers are in a weight class the host club has the right to move them up one weight class in the same age group except for heavyweights.

**WEIGHTS:**

5-6:	37	40	43	46	49	52	55	58	61	63	67	Hwt			
7-8:	40	43	46	49	52	55	58	61	64	67	72	77	82	Hwt	
9-10:	51	55	59	63	67	71	75	80	85	90	95	100	110	Hwt	
11-12:	60	65	70	75	80	85	90	95	100	105	112	119	126	133	Hwt
13-14:	75	80	85	90	95	100	107	114	122	130	138	145	155	170	Hwt

### TOURNAMENT RULES:

1. Only two (2) coaches per mat. All others must be in the bleachers.
2. Persons operating video equipment mat side will be considered a coach. All video equipment must be handheld (no tripods).
3. All wrestlers must leave the wrestling area at the end of their match.
4. No weight may be challenged after the start of the second round.
5. All heavyweight wrestlers must have their exact weight on their weigh-in slip and on their hand.
6. All wrestlers, coaches, parents and spectators are expected to demonstrate good sportsmanship!

**PENALTY:** Failure to follow tournament rules will lead to expulsion from the tournament or forfeit of the match.

**HOT BREAKFAST AND LUNCH WILL BE SERVED. CONCESSION STAND WILL BE OPEN ALL DAY. Plug access very limited so no plug in items please.**