

DATE AND TIME: July 18-19. Competition times listed below.

MAT WRESTLING SITE: Waverly High School, 13401 Amberly Road, Waverly.

BEACH WRESTLING SITE: Spikes Beach Bar & Grill Outdoor Volleyball Courts, 2300 Judson, Lincoln.

SATURDAY SCHEDULE

| Event Name | Event Code |
|---|-------------------|
| <u>Session 1. Start Time - 9 a.m. Weigh-ins 7-7:30 a.m.</u> | |
| Scholastic 4-6 years | 101 |
| Scholastic 13-15 years | 121 |
| Scholastic 19 & Over | 141 |
| <u>Session 2. Start Time-12 Noon. Weigh-ins 9:30-10 a.m. Greco Rules Clinic 11:45 a.m..</u> | |
| Scholastic 7-9 years | 201 |
| Greco 12-15 years | 221 |
| Greco 16 & Over | 241 |
| <u>Session 3. Start Time-3 p.m. Weigh-ins 12:30-1 p.m.</u> | |
| Scholastic 10-12 years | 301 |
| Scholastic 16-18 years | 321 |
| Scholastic 25 & Over | 341 |
| <u>Session 4. Start Time - 8 p.m. Weigh-ins 2:30-3 p.m. Rules Clinic at 7:45 p.m.</u> | |
| Beach Boys 8-10 years | 401 |
| Beach Girls 8-10 years | 415 |
| Beach Boys 11-13 years | 421 |
| Beach Girls 11-13 years | 435 |
| Beach Boys 14-16 years | 441 |
| Beach Girls 14-16 years | 455 |
| Beach Men 17 & Over | 461 |
| Beach Women 17 & Over | 475 |

SUNDAY SCHEDULE

| Event Name | Event Code |
|--|-------------------|
| <u>Session 5. Start Time - 10 a.m. Weigh-ins 8-8:30 a.m. Freestyle Rules Clinic 9:45 a.m..</u> | |
| Takedown 6-8 years | 501 |
| Freestyle 9-11 years | 521 |
| Freestyle 12-14 years | 541 |
| Freestyle 15-17 years | 561 |
| Freestyle 18 & Over | 581 |
| <u>Session 6. Start Time-1 p.m.. Weigh-ins 10:30-11 a.m.</u> | |
| Takedown 9-11 years | 621 |
| Takedown 12-14 years | 641 |
| Takedown 15-17 years | 661 |
| Takedown 18 & Over | 681 |

NOTE: Age determined as of July 18, 2009.

ENTRY FEE: \$23 for the first event, \$10 for each additional event if entered by June 22. *Save \$2 by entering online.* \$5 late fee if received between June 23 and June 29. Entry fee includes athlete T-shirt, passes to SportFest and the Opening Ceremonies and a copy of the NSC Yearbook.

NOTE: Participants will be limited to entering one event per session. **Participants may enter an older age group except for Scholastic 25 & Over.**

BRACKETING: (Maximum weight difference of 12% for Mat Wrestling and 20% for Beach Wrestling.)

Eight-Man Brackets, with double elimination back to *third place* for weight classes with 6 to 8 wrestlers.

Round Robin Pools, for weight classes with 3 to 5 wrestlers.

Best Two out of Three, for weight classes with 2 wrestlers.

will be bracketed using **AutoBracket**, a computer program designed by Tom Sawyer.

information about AutoBracket: www.TrueWindTech.com, call Tom Sawyer @ 402.792.2183, or

Tom.Sawyer@TrueWindTech.com.

This tournament
For more

SPECIAL CONSIDERATIONS FOR SCHOLASTIC 25 & OVER: Must be at least 25 to wrestle in this event. To encourage older wrestlers to participate, a one-pound allowance will be given for every year the wrestler is over age 25. For example, a 45-year-old 160-pounder will be considered to be 140 pounds.

COMPETITION FORMAT: Scholastic will be three 60-second periods. Overtime is a 60-second period from neutral then go to the 30-second tie-breaker if needed. Takedown and Beach Wrestling will be one 3-minute period. Overtime started from the neutral position, first to score wins. Freestyle and Greco will be two 2-minute periods. A third 2-minute period will be required if both wrestlers each win a period.

WEIGH-INS: Required to weigh once each day that you compete. Those who fail to report for weigh-in will not be bracketed. **All weigh-ins will take place at Waverly High.** Those who report late for a weigh-in period risk not being bracketed. **Last weigh-in session on Saturday counts for Sunday events.**

MAT WRESTLING RULES: All wrestlers must wear singlets and wrestling shoes. Head gear is recommended but not required. Nails, facial hair and skin checks will be conducted at weigh-ins. Wrestlers with skin conditions will not be allowed to compete without current approval letter/form from a medical doctor. Technical Falls for Scholastic and Takedown will occur when a 10 point difference has been obtained. USA Wrestling rules will apply for Freestyle and Greco-Roman. NFHS Wrestling rules will apply for Scholastic and Takedown. Two ways to score in Takedown: (1) Two points for a takedown (2) Four points for a takedown that puts an opponent directly on his back for two seconds.

BEACH WRESTLING RULES: All wrestlers must wear a swimsuit only. Nails, facial hair and skin checks will be conducted at weigh-ins. Wrestlers with skin conditions will not be allowed to compete without current approval letter/form from a medical doctor. No shoes, socks, shirt, or jewelry will be allowed. Wrestling will be conducted on a sand surface with a 20 foot diameter circle. No ground wrestling, the match is stopped after a takedown and restarted from the neutral position.

There are four ways to win:

- (1) Fall – A throw that puts both shoulders of your opponent directly on the sand inside or outside of ring.
- (2) Tech Fall - First wrestler to score five points.
- (3) Decision - If the score is not tied after 3 minutes, the wrestler with the lead wins.
- (4) Over Time - If the score is tied after 3 minutes, the first wrestler to score in OT wins.

There are four ways to score points:

- (1) Takedown – 1 Point. Criteria for a takedown will be according to NFHS Wrestling Rules.
- (2) Takedown with Back Exposure – 2 Points. This occurs when one shoulder hits the sand inside the ring directly off a takedown and the back breaking 45 degrees.
- (3) Forcing Opponent Out of the Circle – 1 Point. This occurs when a body part of an opponent touches the ring or sand outside of the competition area.
- (4) Penalties Committed by Your Opponent – 1 Point. Penalties include being kicked or punched, being attacked in the face, having your hair pulled, questioning the referee on a call that was made, or using an illegal hold according to NFHS Wrestling Rules. Stalling will be called same as NFHS Wrestling Rules.

MAT WRESTLING SCHOOL PRIDE PLAQUES: Plaques to be awarded to the top three schools whose wrestlers are entered in the most total events. The wrestlers that a school can count must have been enrolled in Grades 9 to 11 at that high school or in Grades 6 to 8 at a feeder school for that high school during the 2008-09 school year. The maximum number of events per wrestler will be 5. Plaques provided by the **Nebraska Army**

National Guard will be awarded before the start of Session 6 on Sunday.

OUTSTANDING WRESTLER PLAQUES: One wrestler will be recognized as the outstanding wrestler in each of the following age divisions: Ages 10 & Under, 11-14, 15-18 and 19 & Over. Plaques provided by the **Nebraska Army National Guard** will be mailed to the selected Outstanding Wrestlers.

WRESTLING TECHNIQUE CLINIC: A wrestling clinic will be conducted at Waverly High School from 1 to 5 p.m. on Friday, July 17. The clinic fee will be \$25 with a clinic t-shirt included. Call Dan Davenport at (402) 430-0902 for an application form.

SPECIAL ENTRY FORM INSTRUCTIONS. Use Individual Entry Form:

- Part 1: Enter event code and event name.
- Part 2: Your current weight.
- Part 3: Enter the fee enclosed.

AWARDS: Gold, silver and bronze medals will be awarded in each bracket. Special **Iron Man 2009 T-shirts** will be given to those wrestlers who earn eight or more points in medals (three points for a gold medal, two points for a silver medal and one point for a bronze medal). Note that participants will be limited to using one event per session. Special **Sand Master 2009 T-shirts** will be given to those wrestlers that win the match pairing consecutive gold medalists in Beach Wrestling. **T-shirts provided by the Nebraska Army National Guard.**

CHOOSE PACKET SHIPPING AND RUN FOR THE BORDER! All athletes who choose packet shipping (\$5 Individual, \$10 Team/Doubles) will receive a coupon for a FREE Burrito Supreme to be redeemed at any Lincoln Taco Bell. Packet shipping allows you to receive your shirt(s), yearbook(s), event pass(es) and sponsor gifts more than a week before the Opening Ceremonies. Choosing this option means saving time and avoiding hassles like waiting in line or running across town between games. Those not choosing the shipping option may pick up athlete packets at the following locations/times:

- Wednesday, July 15, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.
- Thursday, July 16, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.
- Friday, July 17, 4 p.m. – 7 p.m. Seacrest Field-East Parking Lot, 7600 A St.
- Saturday-Sunday, July 18-19, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.
- Saturday-Sunday, July 25-26, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

NOTE: Packets will not be available for pick up at the competition site.

OPENING CEREMONIES/SPORTFEST: The always popular Opening Ceremonies on Friday, July 17 will again be preceded by SportFest, a party with all the trimmings including inflatable/carnival games, interactive displays, music and free dinner for registered athletes. Find all the details under the Special Events tab at CornhuskerStateGames.com or call 1-800-30-GAMES for more information.

FOR FURTHER INFORMATION: Wrestling Director Craig Hellwege, (402) 432-7814, or e-mail chellwege@gmail.com. **Please make all calls between 4 and 10 p.m.**