

## EVENT SCHEDULE

	Start	Finish
<b>Wednesday, June 8</b>		
State Directors Registration	7:00 pm	8:30 pm
<b>Thursday, June 9</b>		
GR/FS Registration	9:00 am	10:00 am
Pairing Officials Clinic	9:00 am	10:30 am
GR Weigh-in (See Weigh-in Procedures)	10:00 am	10:20 am
GR Tournament Setup	10:30 am	12:30 pm
Mat Officials Clinic	10:30 am	12:30 pm
GR Technique Clinic (Instructed by USAW)	11:00 am	12:00 pm
Rules Clinic (Athletes & Coaches)	12:00 pm	12:15 pm
GR Preliminaries to Completion	12:30 pm	Conclusion
<b>Friday, June 10</b>		
FS and Girls' Festival Registration	9:00 am	10:00 am
Pairing Officials Clinic	9:00 am	10:30 am
FS and Girls' Festival Weigh-in (See Weigh-in Procedures)	10:00 am	10:20 am
Regional Directors Meeting	10:30 am	12:30 pm
Mat Officials Clinic	10:30 am	12:30 pm
FS Tournament Setup	10:30 am	12:30 pm
Rules Clinic (Athletes & Coaches)	12:00 pm	12:15 pm
FS & Girls' Festival Preliminaries	12:30 pm	4: 30 pm
FS & Girls' Festival Preliminaries	6:00 pm	8: 00 pm
<b>Saturday, June 11</b>		
FS & Girls' Festival Preliminaries to Completion	9:00 am	Conclusion

All athletes **MUST** be present at the **BEGINNING** of weigh-ins

Sessions and schedule subject to change

For specific event procedures or scheduling, contact USA Wrestling National Events at 719/598-8181

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**Bill Hinchley**  
140 20<sup>th</sup> Street NW  
Owatonna, MN 55060

**USA wrestling**

Presents the

# NORTHERN PLAINS KIDS/CADET REGIONAL CHAMPIONSHIPS

WITH GIRLS' FOLKSTYLE &  
FREESTYLE FESTIVAL



**JUNE 9 - 11, 2005**

**REGIONAL RECREATION SPORTS CENTER  
ROCHESTER, MN**

**Event Director:** Bill Hinchley  
**Phone:** (507) 451-7366  
**Fax:** (507) 455-6568  
**Address:** 140 20<sup>th</sup> St NW  
Owatonna, MN 55060  
**Email:** hinchley@rconnect.com  
**Venue Address:** Rochester Community &  
Technical College  
851 30<sup>th</sup> Avenue SE  
Rochester, MN 55904

Registration Form and Waiver available at  
<http://www.themat.com>

## GENERAL INFORMATION

**ENTRY:** The \$30 entry fee (per style) plus the accurately completed OFFICIAL ENTRY BLANK must be mailed to the wrestler's State Kids/Cadet Director (see listing in flyer) and postmarked by Monday, May 23, 2005. No individual entries will be accepted. States are to provide a person(s) at event to register their entrants and verify results and weights from their state qualifying event.

\*\*\*Entry fee for the Girls' Festival will be \$15 (per style). Pre-registration is not required, but is highly recommended. **Wrestler's participating in the Girls' Festival do not qualify for the Kids FS/GR National Championships.**

-There will be no admission charged to spectators-

**INDIVIDUAL AWARDS:** Attractive awards to the top six (6) place winners in each weight class of the Kids/Cadet Regional Championships and the top three (3) place winners of the Girls' Festival.

**RULES:** The 2004 rules of FILA, with USA Wrestling modifications where applicable, will govern the event and the competition.

**UNIFORMS:** Red and blue singlets, or red/blue reversible singlet with underbriefs required. For the Girl's division, a collegiate or girl's singlet is required and a sleeveless sport top is to be worn under the singlet (no t-shirts). **Headgear is required for all competitors in the Kids Divisions.**

**PAIRINGS:** Blind draw by contestants at registration. Separation of wrestler's per region policy. Two pools, with cross bracketing, will be employed if there are six (6) or more entrants in any given weight class. Weights with two (2) competitors shall wrestle two (2) out of three (3) to determine region champion.

**COACHING:** Three complimentary floor passes will be issued to each state. Any additional floor passes are \$5 each to certified coaches. Coaches' floor passes will only be issued to those individuals with a current USAW Coach's Membership Card and who are a minimum USAW NCEP Copper certified. Coach's Membership Cards should be obtained from your state office prior to the event. Two certified coaches max. in each competitor's corner. To videotape any match at matside, the operator must be one of the two certified coaches in the corner.

**MEDICAL INFORMATION:** Athletes must be present in a COMPETITION SINGLET and must submit to a skin disease screening prior to weigh-in. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete. In the event of injury or illness, no contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.

**REGISTRATION:** All athletes must be present at registration and proceed to the weigh-in area after registering.

**WEIGH-INS:** An athlete competing in two styles may weigh in once for both styles. This is contingent on the athlete actively competing in the first one of two wrestling styles scheduled. **Athletes competing in**

one style MUST weigh in at the official weigh-in for that style. All athletes must be present at **BEGINNING** of weigh-ins. Each athlete will be allowed two consecutive attempts to make weight and may not leave the weigh-in area. All Wrestler's must be dressed in a COMPETITION SINGLET for weigh-ins and no weight allowance is given for the singlet. A wrestler may compete in the Regional Championships at a weight equal to or higher than the lowest weight class, regardless of style, in which he/she qualified at the state level.

**ELIGIBILITY:** All contestants must present proof of current USA Wrestling Membership Card at registration. Membership Cards must be acquired from the State Chairperson or State Membership Director of the contestant's state of residence. Secondary sports accident insurance is provided as a benefit of membership.

\*\*\*Participants in the Kids/Cadet FS & GR Regional tournaments must reside in a Northern Plains Region state (as listed in this flyer). All participants must have qualified in a competitive event under the sanction of USA Wrestling in the state where he/she resides and must be certified by the state association. Each state may pre-enter a maximum of six (6) athletes in each weight class, per style, in the Kids/Cadet Regional Championships.

\*\*\*For the Girls' Festival, there is NO pre-qualification and the events are open to all Wrestler's in applicable age groups regardless of state of residence.

**CADETS:** Top three place winners at this event qualify for Cadet Nationals.

You must still adhere to all state policies. You qualify only in the style in which you place.

**KIDS:** All Midget, Novice, Schoolboy/girl Wrestler's must participate in this event to qualify for the Kids National Freestyle & Greco-Roman Championships scheduled to be held June 29 - July 2 in Green Bay, Wisconsin.

## STATE KIDS DIRECTORS

**Illinois:** Mike Urwin, 5659 West 120th St., Alsip, IL 60803, 708/239-0446

**Iowa:** (Cadets) Mike Rial, 2202 Elmhurst Ave., Fort Dodge, IA 50501, 515/576-3311; (Kids) Steve Mickelson, P.O. Box 442, Slater, IA 50244, 515/228-3059

**Minnesota:** (Cadets) Jim Moulsoff, 1999 Thure Ave., St. Paul, MN 55116, 651/699-2142; (Kids) Gordy Morgan, 3327 Hennepin Ave. S., Minneapolis, MN 55408, 612/719-1109

**Nebraska:** Fred Franklin, P.O. Box 1, Oakland, NE 68045, 402/685-6507

**North Dakota:** Kevin White, 1121 NW 10th, Minot, ND 58703, 701/839-1159

**South Dakota:** USA Wrestling National Office, 719/598-8181

**Wisconsin:** (Cadets) Mike Marr, S 1865 24 Valley Rd., LaFarge, WI 54639, 608/625-2529; (Kids) Glenn Goessl, W5618 Jolly Ave., Medford, WI 54451, 715/748-3535

## AGE GROUPS & WEIGHT CLASSES

**Midget:** Born 1995-1996 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ [20 lb. max. diff.]

**Novice:** Born 1993-1994 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ [25 lb. max. diff.]

**Schoolboy/girl:** Born 1991-1992 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 145, 165, 185, 205, 225, 250

**Cadet:** Born 1989-1990 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275

**Girls' Festival:** Weight classes will be determined after weigh-ins

\*\*\*Weight Classes in Pounds\*\*\*

## ACCOMMODATIONS

When making reservations, be sure to ask for the USA Wrestling tournament rate.

**Best Western Soldier's Field Tower & Suites**  
401 6th Street SW  
Rochester, MN 55902  
800/366-2067 or 507/288-2677  
Rate: \$74-\$84

**Economy Inn Hotel & Executive Suites**  
9 NW 3rd Avenue  
Rochester, MN 55901  
800/733-1655  
Rate: \$69-\$89

**Hilton Garden Inn - Downtown**  
225 South Broadway  
Rochester, MN 55904  
800-HILTONS or 507/285-1234  
Rate: \$79

**Holiday Inn City Centre**  
220 South Broadway  
Rochester, MN 55904  
800/241-1597 or 507/288-3231  
Rate: \$59

**The Kahler Grand Hotel**  
20 SW 2nd Avenue  
Rochester, MN 55902  
800/533-1655  
Rate: \$69

**Rochester Marriott Hotel**  
101 1st Avenue SW  
Rochester, MN 55902  
877/623-7775 or 507/280-6000  
Rate: \$99

**Radisson Plaza Hotel**  
150 South Broadway  
Rochester, MN 55904  
800/333-3333 or 507/281-8000  
Rate: \$85

**Sleep Inn & Suites**  
Airport Exit, Highway 63  
Rochester, MN 55902  
507/536-7000  
Rate: \$59

**U.S. Senior  
World Team Trials  
June 17-19, 2005  
Ames, Iowa**

For event information, visit  
[www.TheMat.com](http://www.TheMat.com) or  
call USA Wrestling at 719/598-8181

**USA WRESTLING 2005 NORTHERN PLAINS  
KIDS/CADET REGIONALS ENTRY FORM**  
-PLEASE PRINT CLEARLY-

Name \_\_\_\_\_

USAW Card # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

E-mail \_\_\_\_\_

Weight Class \_\_\_\_\_

School/Club \_\_\_\_\_

**Please check the the age-group you plan on participating in.**

MIDGET (Born 1995-96)

FS  GR  GF  GFS

NOVICE (Born 1993-94)

FS  GR  GF  GFS

SCHOOLBOY/GIRL (Born 1991-92)

FS  GR  GF  GFS

CADET (Born 1989-90)

FS  GR  GF  GFS

**FS = Freestyle; GR = Greco-Roman**

**GF = Girls' Folkstyle; GFS = Girls' Freestyle**

**CONSENT AND RELEASE**

In consideration for the opportunity to participate in the NORTHERN PLAINS KIDS/CADET REGIONAL CHAMPIONSHIPS (the "Event") the undersigned and his/her parent or guardian, if applicable ("Competitor") hereby acknowledges that the "Event", and related activities and performances, may be televised live and/or videotaped for broadcast, cablecast, home video entertainment and/or any other use or distribution (collectively, "Dissemination") in a manner not inconsistent with applicable rules or The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc. ("USAW") and/or the Fédération Internationale des Luttes Associees ("FILA") and hereby consents that USAW, for purposes of USAW's athletics/sports programs and related

events and activities, and any television network, production company or any other parties with which USAW has agreements for such purposes, and/or their licensees, shall have the right, without any compensation to competitor, to use Competitor's name, photograph, image, likeness, biography and accomplishments and displays of wrestling ability in any Dissemination of the Event and for the purpose of advertising, promoting and publicizing the events and activities of USAW and the program and/or any program series of which any Dissemination of the Event is a part (provided that none of the above shall be used in such fashion so as to constitute an endorsement of any commercial product). Competitor agrees, for and on behalf of Competitor and Competitor's heirs, personal representatives, administrators, agents, successors and assigns, to release, indemnify and hold harmless USAW and its officers, directors, agents, employees and licensees from any claim of any nature based upon or arising out of any Dissemination or other permitted uses contemplated by this Consent and Release.

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

**MEDICAL CONSENT**

Name of Primary Insurance Company: \_\_\_\_\_

Policy # \_\_\_\_\_

Address \_\_\_\_\_

Family Doctor \_\_\_\_\_

Phone \_\_\_\_\_

Presently on any medication? \_\_\_\_\_

If yes, please list medication(s) \_\_\_\_\_

Drug Sensitivities or Allergies \_\_\_\_\_

Special Medical Conditions \_\_\_\_\_

**Please indicate another person to call in case of emergency:**

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Parent or Guardian of minor must read and complete the following:**

Without this signed authorization from the parent/ guardian, hospitals in many states are obligated by law to delay treatment of a contestant's injury or illness until the parents can be reached by telephone and their permission granted to begin treatment. Such a delay can prove unnecessarily painful and even dangerous to the athlete, particularly if the parents cannot be reached immediately. To avoid such delays, the parent/guardian should check one of the options below and endorse the selection with his/her signature.

**Check one:**

\_\_\_\_\_ If my child needs medical attention, it is my wish that I be contacted before any medical procedures are begun, unless immediate medical treatment is necessary to save my child's life or prevent permanent injury, in which event I authorize all necessary treatment.

\_\_\_\_\_ If my child, named above, needs medical treatment during this event, it is my wish that the necessary treatment be initiated while efforts are being made to contact me. So that treatment of my child will not be delayed, I consent to any medical procedures that the physician believes my child needs, on the understanding that efforts will continue to be made to reach me. I accept responsibility for all costs related to such treatment.

Adult athletes hereby authorize and consent to emergency medical treatment. Exceptions — List any medical procedures that you do not want performed unless specific approval is received: \_\_\_\_\_

***COMPETITOR ACKNOWLEDGES THAT COMPETITOR HAS HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTANDS ITS PURPOSE, MEANING AND INTENT.***

\_\_\_\_\_  
Print Name of Competitor

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

**ASSUMPTION OF RISK, CODE OF CONDUCT,  
WAIVER AND RELEASE OF LIABILITY**

**IN CONSIDERATION FOR the opportunity to participate in the EVENT described below, PARTICIPANT acknowledges, agrees and affirms the following:**

1. The following words used in this document will have the meaning indicated:

- A. "EVENT" shall mean the NORTHERN PLAINS KIDS/CADET REGIONAL CHAMPIONSHIPS.
- B. "USAW" shall mean The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc., and its directors, officers, members, employees, officials, committees, clubs, affiliates, agents and their successors and assignees.
- C. "EVENT ORGANIZER" shall mean a club, local organizing committee or any other person or entity responsible for hosting, conducting, and/or sponsoring the EVENT, including any director, officer, member, official, committee or agent thereof and their successors and assignees.
- D. "PARTICIPANT" shall mean the undersigned individual who competes or is involved in the EVENT and his/her parents, legal guardians, heirs, personal representatives and their successors and assignees.
- E. "PERSONAL INJURY" shall mean and include any bodily injury; permanent, temporary, total or partial disability; paralysis; dismemberment; or death.
- F. "PROPERTY DAMAGE" shall mean and include damage or destruction to PARTICIPANT'S gear, equipment and all other personal property or belongings.
- G. "MEDICAL TREATMENT" shall mean and include all emergency medical treatment, medical procedures, hospitalization or other care rendered to PARTICIPANT in connection with or resulting from his/her participation in EVENT.
- H. "LOSS" shall mean and include any and all liabilities, losses, damages and claims (including reasonable costs and attorneys' fees), which are suffered or result directly or indirectly from PERSONAL INJURY, PROPERTY DAMAGE and/or MEDICAL TREATMENT to PARTICIPANT, or others, and which are incurred during or in the course of PARTICIPANT'S preparation for, participation and involvement in, and travel to or from the EVENT or the conduct and management of the EVENT.

- 2. By issuing a sanction for the EVENT, USAW is not responsible or liable for the management or conduct of the EVENT, unless USAW has otherwise expressly agreed in writing to serve in such role.
- 3. PARTICIPANT understands and appreciates the risks of serious injury that may occur in the sport of wrestling or in the course of preparing for, participating in and traveling to or from the EVENT, and that such activities may involve risks, including PERSONAL INJURY.
- 4. PARTICIPANT knowingly and voluntarily assumes all such risks of LOSS and all legal and financial responsibility therefore.
- 5. USA Wrestling (USAW) is committed to providing a safe environment for its members, participants, coaches, officials and volunteers and to prevent abusive conduct and harassment in any form while participating in the activities of USAW. USAW promotes good sportsmanship throughout the organization and encourages qualities of mutual respect, courtesy and tolerance in all members, participants, coaches, officials, staff and volunteers. USAW advocates building strong self-images among participants. Athletes with a strong self-image may be less likely targets for abuse or harassment; similarly, they may be less likely to engage in abuse or to harass or bully others around them.

To this end, USAW has established the following guidelines of behavior. All members of the organization, as well as parents, spectators and other invitees are expected to observe and adhere to these guidelines.

**Harassment and abuse are defined in various sources such as state law, case law, sports organization and professional association codes of conduct and training manuals, corporate and business workplace documents and human rights commission materials. USAW has not adopted any specific definition of harassment or abuse, choosing instead to defer to such general sources and definitions for reference and application, depending on the circumstances. As further elaboration of examples given above, the following generally describe conduct that may be considered harassment or abuse:**

- Any improper or inappropriate comment, action or gesture directed toward a person or group that is related to race, ethnicity, national origin, religion, age, gender, sexual orientation, disability or other personal characteristic.
- Creating an environment through behavior or course of conduct that is insulting, intimidating, humiliating, demeaning or offensive.
- Harassment usually occurs when one person engages in abusive behavior or asserts unwarranted power or authority over another, whether intended or not, and may include, for example,

name-calling, threats, belittling, unwelcome advances and requests for sexual favors (as well as undue pressure to perform or succeed).

- Harassment includes child abuse.

- Child abuse can include physical contact – or the threat of it – that intentionally causes bodily harm or injury to a child. This may include, for example, hitting, shaking, kicking, shoving, forcing an athlete to wrestle when injured or mandating excessive exercise as a form of punishment. It may also include touching for the purpose of causing sexual arousal or gratification that involves a child, rape, incest, fondling, exhibitionism and sexual exploitation. It may also include chronic attacks on a child's self-esteem, such as psychologically destructive behavior consisting of ridiculing, screaming, swearing, racist comments, threatening, stalking, hazing and isolating.

- 6. PARTICIPANT releases, waives any claims and promises not to sue the EVENT ORGANIZER and/or USAW with respect to any LOSS incurred during or in connection with his/her participation in the EVENT, any activities associated with the EVENT and the conduct and management of the EVENT (including as may result from the negligence of the EVENT ORGANIZER), except any LOSS which is the result of gross negligence and/or willful or wanton misconduct by the EVENT ORGANIZER. PARTICIPANT further agrees to hold harmless and indemnify the EVENT ORGANIZER and/or USAW from any claims brought against the EVENT ORGANIZER and/or USAW resulting from, arising out of or in any way associated with any LOSS.
- 7. Prior to participating in the EVENT, PARTICIPANT shall have the right to inspect the facilities and equipment to be used and, if PARTICIPANT discovers any condition which he/she reasonably believes to be unsafe, PARTICIPANT will immediately cause EVENT officials to be notified of such condition and will not participate in the EVENT so long as such condition exists.

***BY SIGNING THIS DOCUMENT, PARTICIPANT ACKNOWLEDGES HAVING READ AND UNDERSTOOD ITS MEANING AND CONTENTS.***

\_\_\_\_\_  
Print Name of Competitor

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date