

# 1976 Eastern AAU National Age Group Championships



JUNE 17, 18, 19, 20  
COLLEGEVILLE, PENNA.

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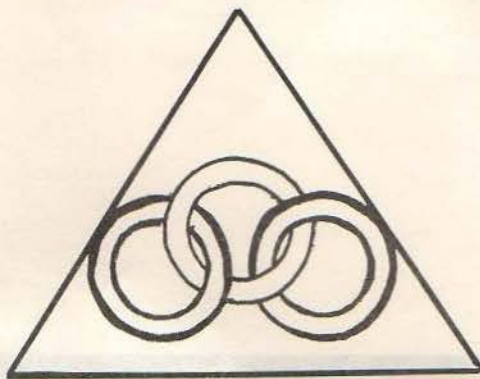




*U*rsinus College is a campus of 115 acres, more than 40 buildings. Located in the country-like setting of Collegeville, Pennsylvania, the College is just 25 miles from the cultural center of Philadelphia, a one-hour's drive from popular Pocono mountain resorts, close to the popular Dutch Country with its Pennsylvania Folklife Festival at Kutztown. A paved airport is 4 miles from campus.

Fifteen golf courses are within a 20-mile radius of the College, and a major ski area exists 8 minutes away. There are several state parks, and two county-maintained parks within 10 miles of campus offering sailing facilities. Canoeing is possible on the Perkiomen Creek bordering the College. The area is rich in fishing, camping, picnicing, cultural and historic sites.





#### AAU AGE GROUP

##### What is Age Group Wrestling?

Starting in the early 1960's the AAU Age-Group Wrestling Program began on a very grass roots level in the little, cowboy town of Miles City, Montana. David Rivenes, later National AAU President, started a program that would eventually sweep the nation with 10's of thousands of competitors. AAUer Rivenes envisioned a program that would develop Olympic Games winners for the U. S., as well as provide opportunities for competitions for all boys, of all ages and weights, at all levels, and all abilities. Rivenes fever attracted little attention at first, but in spite of skeptics, the program accelerated. It now has progressed to the point where the results of those first efforts are being realized. 1975 provided U. S. wrestling with its first World Team Championship in many years, and this title was won by a National Age-Group 14 and under team. Not only has the program provided wrestling with a development program capable of winning world championships, but it has provided a tremendous opportunity for involvement of thousands of boys in wrestling. In Montana alone, a state of only 750,000, Age Group Wrestling has 4,500 registered AAU wrestlers, and has produced with such developmental programs a National 1974 Junior World (20 and under) Champion and a 1975 National Junior World Runner-Up. As a fairly remote, sparsely populated Association, this is only a small indication of how Age Group Wrestling can help provide results at higher levels of competition.

In 1974 the first National Age Group 15-18 Year Old International Qualifying Tournament was held. Although for many years high school age wrestlers had been involved in cultural exchanges, the need was realized for a national team of such an age to have experience competing against the world's best in their age group. This national selection tournament was held to choose a team to tour the Soviet Union and compete against the Russian's best junior age wrestlers. In 1975 a National Age Group 15-18 Year Old Tourney was held to again select a team to compete in the Soviet Union. Unfortunately, due to diplomatic problems, the tour was cancelled by the Soviets. However, a training camp with the U. S.'s best 20-year-old wrestlers (National Junior World Champions) was provided in addition to a wrestling tour through Canada.

A.A.U. Age Group Wrestling has as its backbone thousands of amateur volunteers. The overwhelming task of officiating, pairing, registering, weighing-in, providing mats, providing practice and tournament facilities, coaching, transporting, etc., is appreciated by all of the Age Group administrative volunteers. It is the Moms, Dads, and other family members, school officials, teachers, elementary, high school and college coaches, community service groups, and interested friends. In addition to the boys themselves that have made the Age Group Program what it is--a program for the skinny 8-year old, chubby 12-year old, tiny 13-year old, well-developed and coordinated 14-year old, and disciplined, well-trained 17-year old that's a seasoned international competitor. It has a place for those who like to compete, even when he asks his coach, "Did I win or lose?" as he happily goes off into the crowd with arm around his competitor. It is a program that has moments of happiness with winning, disappointments with losing, and great accomplishment in capturing a world championship; a program that provides an opportunity for developing Olympic Champions; and most of all, a program that provides that youngster with the opportunity to say, "I took part, I competed."

David Edington  
National Age Group Chairman



The following information is to help clarify this program and to give the coaches, tournament directors and wrestlers contact points which can serve as a base from which to begin.

NATIONAL AGE GROUP AND SENIOR  
DIVISION PROGRAM DIRECTOR  
(15-18 years old)

Dave Edington  
Route 1, Box 16  
Ronan, Mt. 59864  
(O) 406-676-5416  
(H) 406-676-3152

NATIONAL (14 and under)  
SUB-COMMITTEE CHAIRMAN

Clem King  
4031 Placita Avenue  
Las Vegas, NV 89121  
(H) 702-457-3511

WESTERN ZONE  
Chairman: Joe Whisonant  
Box 326  
Chinook, MT. 59523  
(H) 406-357-2442  
(O) 406-357-2619

CENTRAL ZONE  
Chairman: Jim Mead  
9810 S. Third St. NE  
Blaine, MN 55432  
(H) 612-786-1291

EASTERN ZONE  
Chairman: Nancy Carothers  
50 Wistar Road  
Paoli, PA 19301  
(H) 215-644-4689

AAU AGE GROUP DIVISIONS

SENIOR DIVISION  
(15-18 years old)

Born in 1958, in 1976, will turn 18 years of age  
Born in 1959, in 1976, will turn 17 years of age  
Born in 1960, in 1976, will turn 16 years of age

INTERMEDIATE  
DIVISION  
(13-14 years old)

Born in 1961, in 1976, will turn 15 years of age  
Born in 1962, in 1976, will turn 14 years of age

JUNIOR DIVISION  
(11-12 years old)

Born in 1963, in 1976, will turn 13 years of age  
Born in 1964, in 1976, will turn 12 years of age

MIDGET DIVISION  
(9-10 years old)

Born in 1965, in 1976, will turn 11 years of age  
Born in 1966, in 1976, will turn 10 years of age

BANTAM DIVISION  
(8 years and under)

Born in 1967, in 1976, will turn 9 years of age  
Born in 1968, in 1976, will turn 8 years of age  
Born in 1969, in 1976, will turn 7 years of age  
Born in 1970, in 1976, will turn 6 years of age  
and so on.

PARTICIPANTS?

All boys born 15 years prior to the present year and younger, who reside within the territorial boundaries of your Association and have an up to date registration with the Amateur Athletic Union of the U. S.

The following are the Nationals East Zone Association Offices:

- 01 - MAINE - Secretary: W. David Watson, R. F. D. #4, Box 4108, Brunswick, ME, 04011  
Home: (207) 443-4710
- 02 - NEW ENGLAND -  
Secretary: Frank J. Rull, 391 Beale Street, Wollaston, MA, 02170  
Home (617) 773-5033 Office (617) 742-2248
- 03 - ADIRONDACK -  
Secretary: Carl G. Hardy, 50 N. Pine Avenue, Albany, NY 12203  
Home (518) 489-1051
- 04 - NIAGARA - Secretary: John Chew, 31 Cherry Street, Lockport, NY 14094  
Home (716) 434-7469 Office (716) 434-6651
- 05 - CONNECTICUT -  
Secretary: Frank O. Collver, 6 Eleanor Road, North Haven, CT 06437  
Home (203) 239-1840
- 06 - METROPOLITAN -  
Secretary: Rudolph Sablo, 15 Park Row, Room 321, New York, NY 10038  
Home (212) 286-2043 Office (212) 267-7334
- 07 - NEW JERSEY -  
Secretary: George R. Hoagland, 464 Stanley Place, Rahway, N.J. 07065  
Home (201) 381-4380 Office (201) 381-4380



HOW CAN I RAISE THE FUNDS TO GO TO THE GRAND NATIONALS?

1. Contact your coach:
  - (a) High School ) Tell them what you want to do and how much it will cost and ask their help. This is a terrific opportunity to make the 1976 Team. The time spent in working toward your goal (World Age Group Team) will make it all worth your time and effort.
  - (b) College
  - (c) Club
2. Contact service organizations in your area: (Ask them to donate to your Travel fund.) Age Group or Junior Olympic Fund.
  - (a) Rotary (H) Junior Chamber of Commerce
  - (b) Optimist Club (i) High School Principal
  - (c) Lions Club (j) Your Church or Synagogue
  - (d) Kiwanis Club (k) The Mayor of your Town
  - (e) Moose Club (l) Your father's or mother's union or club.
  - (f) Elks Club (m) Other organization or people in your area.
  - (g) Chamber of Commerce
3. Start a fund-raising project with your team or family:
  - (a) Bake sale (e) Special fund-raising tournament
  - (b) Car wash (f) Bingo
  - (c) Raffle (g) Casino night
  - (d) Walk-A-Thon (h) Something else.
4. Contact or have your coach contact the local newspapers:
  - (a) Tell them about your ambition.
  - (b) But you can't go unless you get community financial support!
5. How much do I need?

Decide for yourself how much you need and begin to raise that amount now. Let people know how much you need. Ask them to help! Ask them to pay it all. Or part. (how much could you contribute?)
6. Use only what you need and if there is a surplus, start a savings account for future travel funds.

If there is anything that I can do to help or any additional information that you need, please write to: Chairman: Nancy Carothers, Eastern Zone, 50 Wistar Road, Paoli, Penna., 19301, (H) 215-644-4689.

# GOOD LUCK WRESTLERS



## PHILOSOPHY

Each wrestler attempts to gain control of his opponent down on the mat, and then to pin his shoulders or scapulas to the mat for two continuous seconds. Control is fundamental to this style of wrestling.

Freestyle wrestlers attempt to expose or touch their opponent's shoulders or scapulas to the mat at any time and from any position. Shoulder position, not control, is important in this set of rules.

## 1. MATCH FORMAT

Each match has three periods. The first starts with wrestlers facing one-another on opposite sides of the ten foot circle at the center of the mat. The subsequent periods start with the wrestlers exchanging the top and bottom positions down on the mat. The choice of this position is determined by the flip of a coin or disc at the beginning of the second period. A fall at any time terminates the match.

Matches have three equal periods, all started on the feet. Following each takedown, a wrestler has ten to fifteen seconds in which to make substantial progress toward tilting his opponent's shoulders to the mat. If he does not accomplish this, the match is stopped, and the wrestlers are placed back on their feet, facing one-another, one meter apart. While points are awarded for takedowns and reversals in freestyle, no points can be earned for an escape.

## 2. DEFINITIONS

Takedown : to take one's opponent down to the mat and hold him in continuous control for two seconds. (2 pts.)  
 Reversal : an exchange of control between the wrestlers. (2 pts.)  
 Escape : breaking one's opponent's control without gaining control over him. (1 pt.)  
 Near Fall : the wrestler in control holds his opponent's shoulders within four inches of the mat, or with one shoulder touching the mat and the other held at an angle of 45 degrees or less. (2 pts.-momentarily)(3 pts.- 5 seconds)

Takedown : to take an opponent to the mat and hold him in momentary control. ( 1 pt. )  
 Reversal : an exchange of control. ( 1 pt. )  
 Escape : Breaking an opponent's control without gaining control over him. ( no points )  
 Tilt : exposure of an opponent's back to the mat. - 1 pt. is scored if the shoulders become parallel to the mat but do not touch.  
 2 pts. are scored if one shoulder is held in contact with the mat and the other is within a 90 degree angle momentarily and less than five seconds. This is called danger position. On a roll-through in which both shoulders touch the mat simultaneously, 2 pts. are scored.  
 3 pts. are scored if the the opponent is held in a momentary danger position after a high arcing throw, or if he is taken down to a danger position and held there for five continuous seconds.  
 4 pts. are scored on a superior high arcing throw in which the opponent is held in danger for five continuous secs.  
 Fall : when either wrestler's shoulders or scapula are in contact with the mat for a count of 'one.'

Fall : When either wrestler holds the other's shoulders or scapula in continuous contact with the mat for two full seconds. Control is necessary to earn near-fall points, but it is not necessary to pin.  
 Grand Amplitude Throws : these moves are generally considered a 'slam' in these rules. They are penalized as illegal holds.

Grand Amplitude Throws : these moves are takedowns which involve a high arcing motion down to the mat. A one point bonus is given for such a move.

## 3. SCORING

In any continuous sequence of moves, a wrestler is awarded the maximum number of points allowable for each part of the sequence. For example, a wrestler who takes his opponent down in to a near-fall situation for six seconds shall receive two points for the takedown and three for the near-fall. He cannot receive any additional points until the pinning combination has been broken and his opponent has returned to a defensible position.

In any continuous sequence of moves, a wrestler is awarded the highest point total that any one part of the sequence would merit. For example, a wrestler who takes his opponent down to a danger position and holds him there for six seconds shall receive three points. He may not earn additional points until his opponent has returned to a position where his belly is facing the mat, although the pinning combination need not be broken.

## 4. CONTROL

Scholastic wrestling rules allow only the wrestler in control to score near-fall points, although either wrestler may be pinned at any time.

Freestyle rules give the benefit of the doubt to the wrestler who initiates a move. The wrestler being thrown need only touch a head, shoulder or elbow to be considered in the danger position. The throwing wrestler must touch both shoulders to the mat simultaneously to be considered in the danger position.



## 5. STARTING POSITIONS

Standing : wrestlers face one another, one foot on the red or green mark on opposite sides of the ten foot center circle.  
On The Mat : the bottom man must be on his hands and knees with the heel of his hands twelve inches in front of his knees.  
On The Mat : the top man must be at the side of his opponent with one hand loosely behind his opponent's elbow on that same side and the other loosely around his waist. One knee must be on the mat on the same side as the held elbow, and the head must be over the centerline of the back.

## 6. STALLING

Stalling is considered the ability to score points without the attempt to do same. Stalling is warned and then penalized at any time the referee detects either or both wrestlers doing it. A fourth stalling penalty causes a disqualification from the match.

Standing : wrestlers face one another one meter apart at the center of the mat.  
On The Mat : the bottom man must be on his hands and knees with the heel of his hands twelve inches in front of his knees.  
On The Mat : the top wrestler must place his hands in the center of his opponent's back, thumbs touching. He may take any position around his opponent, standing or kneeling, but he can only make contact before the whistle with his hands.

Stalling is considered wrestling in a defensive manner, such as working from the knees. The wrestler is first verbally warned to wrestle; if stalling continues, the match is stopped and he is formally warned. Any additional stalling will merit penalty points. A third penalty point causes a disqualification. Freestyle wrestlers are required to take chance to secure victory, or face the penalty of disqualification for stalling.

## 7. EDGE VIOLATIONS

Scholastic wrestling rules prohibit the wrestlers from standing on the outer circle edge unless they are shooting or actively countering a takedown. Should either wrestler step on the edge in a standing situation other than a takedown, he will be warned for an edge violation. Subsequent infractions will be warned and penalized as stalling.

Freestyle wrestling mats have a one meter area just inside the mat's outer edge; when a wrestler enters this area, the official calls 'zone,' after which the wrestler must immediately work to the center or shoot a takedown. If he does neither, he will be warned and penalized for stalling. Both wrestlers must always actively avoid the zone or be penalized.

## 8. ILLEGAL HOLDS AND MANUEVERS

Any hold or move which would hurt or injure one's opponent is strictly forbidden. Included are the bending or twisting of any limb beyond its normal range of motion, chokes or unnecessary roughness (including slams). The referee shall attempt to block illegal holds, but he must penalize them whenever they are actually used. Note: the three-quarter nelson is legal and the full-nelson illegal in scholastic style wrestling.

Freestyle rules generally prohibit the same holds as scholastic rules do. Violent throws to the mat are not generally considered slams; quite often, they are judged grand amplitude throws deserving of bonus points. Full-nelsons from the side are legal while three-quarter nelsons and head or body scissors are illegal, as is any stepping on your opponent's foot. Illegal holds are generally broken and very rarely penalized unless flagrant in nature.

## 9. VIOLATIONS AND PENALTIES

A wrestler is given one warning for stalling; none is given for an illegal hold or delaying the match. The first and second penalty cost the wrestler one point each; the third is a two point penalty. A fourth penalty disqualifies the wrestler from the match.

If a wrestler is stalling, he receives a verbal warning from the referee while wrestling continues. Any illegal hold or subsequent stalling will then be penalized if two of the three officials concur. The first stalling penalty point must always be preceded by a formal warning from two of the three officials. A second violation also costs one point. A fourth official is brought in to vote on a third penalty, which means disqualification from the match.

## 10. OUT OF BOUNDS

Wrestlers are considered to be out of bounds if at least one supporting point of each wrestler is outside the wrestling area. In a pinning situation, only the shoulders of the defensive wrestler are considered his supporting points, and wrestling shall continue while they are inbounds. If a wrestler shoots a takedown, he must have control of his opponent, inbounds, down on the mat, for two seconds to be awarded points.

Wrestlers are out of bounds while standing if three feet are in the zone or one is out of the wrestling area. On the mat, the head or shoulders of the defensive wrestler must contact the mat within the wrestling area. A wrestler shooting a takedown from the center of the mat may complete and score the continuous move in the center, zone or out of bounds area. Shooting from the zone, he can only score in the center or zone. Should a wrestler attempt to dive for the edge to prevent a takedown, the takedown will be scored and stalling penalized. This is called the 'double jeopardy' situation.



**WEIGHT**

Q Eastern National  
94

ROUND ROBIN																	
NO.	NAME	AFFIL.	BOUT NUMBER	OPPONENT	1	2	3	4	5	6	7	8	9	1	2	3	PLACE
1	John Meyer	Ohio	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	5-63	4-93											
2	Luke Shore	MA	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	16-5	3-53	10-71	LF 4									
3	Gibble	NS	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	14-8	0-53	5-103	7-31									
4	Lonnie Sheppard		L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	20-4	10-2	7-10										
5	Mark Horner	Ohio	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	28-4	16-0	7-63										
6	Bill Storken	MAA	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	28-0	12-54	12-51	10-3	1								
7	Brian Beers	Ind	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	2-3	3-2											
8	Doug Costello	NS	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	3-2	1-43	3-92	1-50									
9	Dan Burke	Ohio	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	3-2	1-0	6-3										
10	Dan Tassie	MAA	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	9-1	4-11											
11	Sam Tassie	Micr	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	12-0	0-3	3-12										
12	Joe Sprague	NS	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	11-4	0-10	6-14	4-13	3								
13	Mike Brenne	Ky	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	14-4	4-4											
14	Kraig Nellis	AMA	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	13-0	5-10	6-10	10-22	1								
15	Jim Austin	Ind	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	10-0	3-3	1-3										
16	Steve Albeck	Va	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	15-4	4-4											
17	Kerwin Hayward	Ind	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	18-2	16-0	14-3	19-0	3								
18	Lee Ansah	Fla	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	17-3	19-3											
19	Todd Ryan	Ky	L.R.D. W.B.D. L.R.F. W.B.F.	PENALTY POINTS	20-6	18-1	15-3										



EVENT AAU. 1976 Age Group Championships Easter Zone  
DATE June 17-18 1976  
DIVISION Inter mediate  
WEIGHT 95

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## 11. MISSED HOLDS

Any change in control requires the awarding of points, no matter the intention or mis intention of the wrestler initiating the move.

When a wrestler attempts a takedown, slips and comes under the control of his opponent down on the mat, through no effort or counter by his opponent, the takedown will be voided and the wrestlers stood up.

## 12. UNIFORMS AND EQUIPMENT

A wrestler must wear full-length tights and a shirt or singlet which is open no lower than the height of the armpits, in front or back; the openings in the side panels must reach no lower than midway between the navel and armpits. Ear protective devices are required.

Wrestlers must wear a red or blue singlet cut no lower than the waist. The singlet's color shall replace the anklets as a means of identification. Ear guards are not required, but each wrestler must have a handkerchief on his person to control a bloody nose during the match.

## 13. HAIR AND GROOMING

Wrestlers must be cleanly shaven, and have hair cut above the ear lobe level on the sides and a normal shirt collar level in the rear.

There is no limit as to hair length, but contestants must be cleanly shaven at the time of weigh-in or have facial hair of several months growth.

## 14. REFEREES

One referee, dressed in black trousers, with a black and white striped shirt, is used in each match. He has total control of the match, the wrestlers, the coaches and all scoring table personnel. Two additional referees are occasionally used in tournaments as mat judges; they can overrule the match referee together, but they cannot interfere with the progress of the match.

Three referees, dressed in white with a red wristlet on the left arm and a blue one on the right, are used in a freestyle match. The referee on the mat controls the course of the match. The referee at a table opposite the scoring table is called the Judge; he must confirm or deny all points, penalties or falls given by the match referee. The third official, the Mat Chairman, should be an experienced referee since he must both administer the scoring table and also vote to settle disagreements between the other two officials during the course of the match. No points, penalties or falls may be awarded without the concurrence of two of the three officials in the match.

## 15. TOURNAMENT STRUCTURE

Scholastic wrestling tournaments are generally organized around a seeding system to keep the proven performers away from one another until the later rounds. Each wrestler is normally eliminated after his first loss, although some tournaments do use wrestle-backs to find a true third and fourth place. Such a double elimination tournament is rarely used since it entails so many additional bouts.

Freestyle tournaments avoid seeding by arbitrarily assigning each contestant a number, and then following a straight rotation until everyone is eliminated but three wrestlers. Wrestlers are eliminated by a black-point system; when they have acquired six or more and have lost their last match, they are then eliminated. Points are earned on the following basis: win by fall or more than 12 points - 0; win by 8-11 pts. -  $\frac{1}{2}$ ; win by 7 or less points - 1; loss by less than 8 pts. - 3; loss by 8 to 11 pts. -  $3\frac{1}{2}$ ; loss by more than 12 pts. or a fall - 4. Any tie in match points is always broken by a complex set of suppression criteria: the wrestler with the most four point moves, three point moves and so on is declared the winner if the number of match technical points (all but penalty points) are equal. If all else fails, the wrestler who scored first wins. The three wrestlers remaining compete in a round-robin among themselves to determine the various places to be awarded. Under no circumstances though does a wrestler ever meet the same opponent twice during the course of a tournament.

## 16. MATCH PROCEDURE

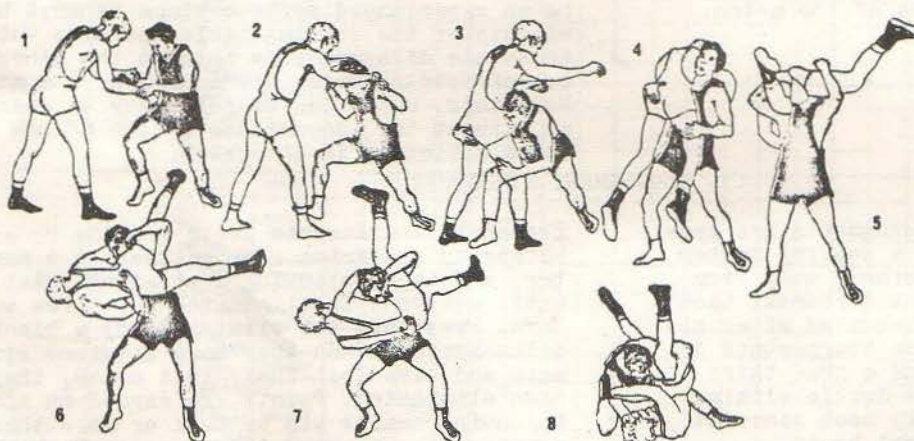
Wrestlers are called to the center of the mat by the referee to shake hands and then return to their designated area on the edge of the ten foot circle. On the whistle, they move forward, attempting to take one another down in the center part of the mat. After a takedown does occur, wrestling continues down on the mat until an escape occurs or the period ends. In the subsequent period, one wrestler starts up and the other down in the referee's position on the mat. Again, wrestling continues on the mat until an escape occurs or the period ends.

Wrestlers are called to the center of the mat by the referee where he checks that they have a handkerchief on their person, shakes hands with each and directs the wrestlers to shake hands with one-another. The wrestlers face one another, three feet apart, in the center of the mat. On the whistle, each attempts to take the other down. After a takedown has about fifteen seconds to make substantial progress toward tilting his opponent. If he does not, the match is stopped and the wrestlers replaced in the standing position.



The wrestlers exchange positions when starting the third period, which is run as the second was. A fall in any period of the match terminates the match. Should the third period end without a fall, the wrestlers return to the center of the mat where they shake hands and the referee declares the winner. There are no intermissions between each period and any stalling or delay of the match will be penalized immediately.

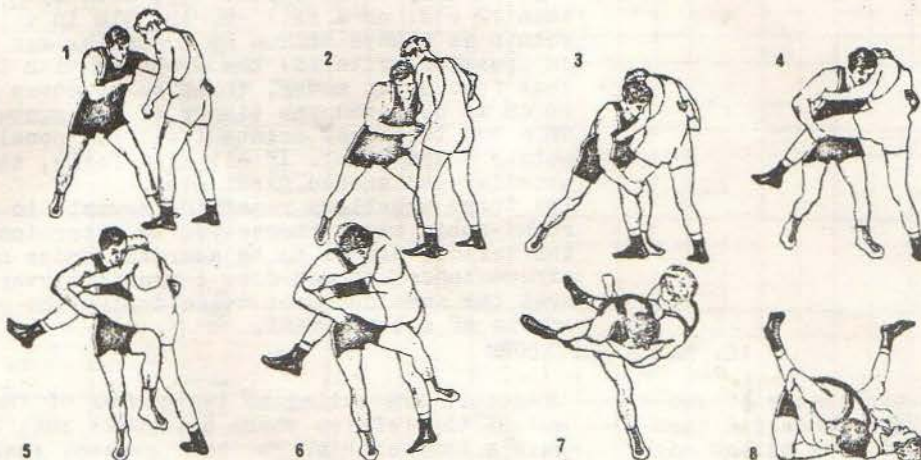
The second and third periods are started and run as was the first. A fall in any period terminates the match. If the match finishes without a pin, the wrestlers return to the center where they exchange handshakes with one another and the referee. The referee then declares the winner twice, first facing the judge, then the mat chairman. There are 30 second to one minute intermissions between each period, depending on the length of the periods. This time is to be used by the wrestler to return to his corner for coaching, water and drying off. The referee will check each contestant at the beginning of each period to see that neither is unduly sweaty. Stalling and use of the edge or zone as a springboard will be penalized immediately.



## FREE STYLE

### 1. DOUBLE THIGH PICK-UP WITH FRONT CROTCH

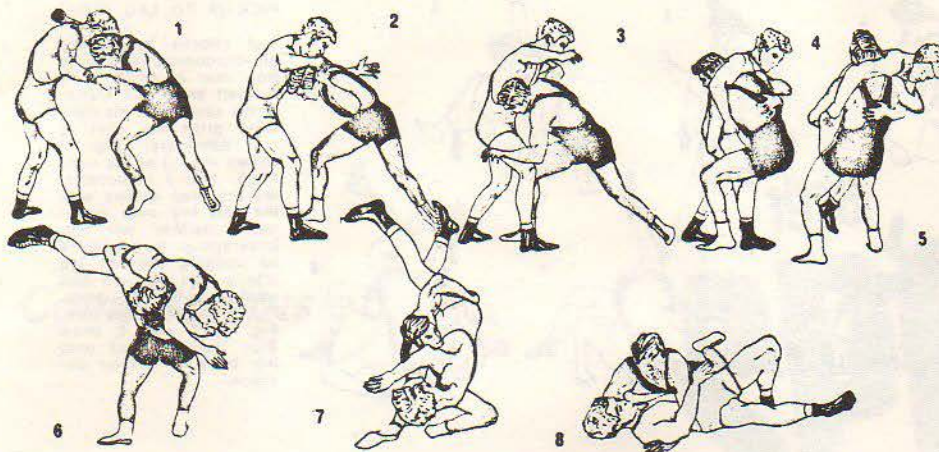
From the open stance Red feints and pushes up opponent's arms dropping into a double thigh pick-up position, as the left develops the right arm takes a waist hold and the left arm slips into a front crotch hold. Blue is then swung to the left. This is followed by a drop to the right knee with Blue being pinned.



### 2. SINGLE THIGH-WAIST HOLD AND BACK HEEL

Red attacks Blue by seizing him around the waist with his left arm, he then dips and pushes up the left leg, behind the knee, with his right hand. The left leg is then lifted high in the air, as this action proceeds Red back heels his opponent's leg with his left and throws Blue on to his back.





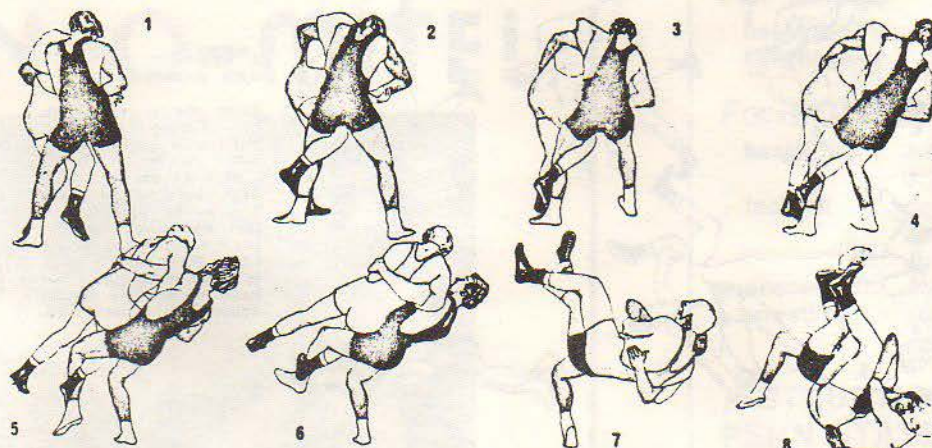
### 3. REAR CROTCH PICK-UP WITH DROP BACK

Red attacks by moving into his opponent with the initial feint and drop so that he can seize his opponent's right thigh with his left hand. Fig. 1, 2, and 3. Red's right arm at the same time grasps Blue's left arm at the shoulder. With a vigorous lift and thrust with his hips Red drops backwards and turns in the air to the right, bringing Blue into a Fall position. Fig. 4, 5, 6, 7 and 8 show the completion of the movement.



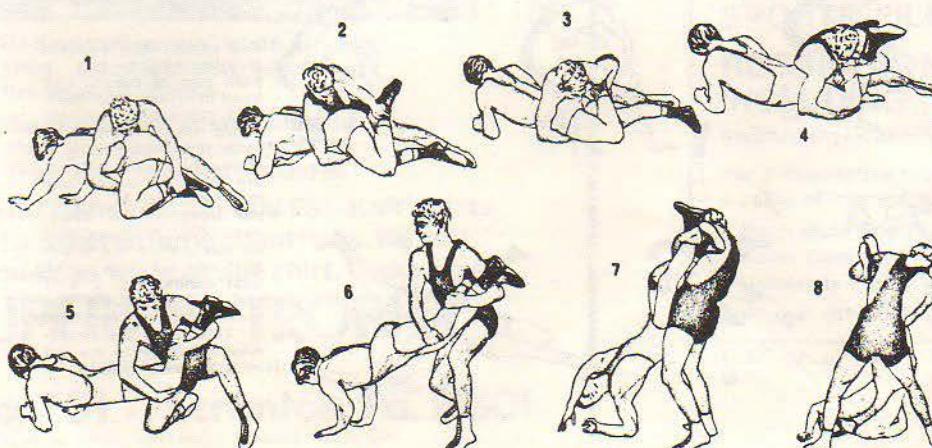
### 4. COUNTER TO AN ARM HOLD AND HANK

Blue attacks Red with a standing arm hold and "Hank" on the left leg with his right leg. Before Blue can execute his move Red takes a waist hold with his left arm, then with a backward and circular movement to the left, he throws himself backwards lifting his left leg high. Blue is thrown flat on to his back. Note: This could be dangerous for Red if he cannot quickly recover and secure the advantage.



### 5. COUNTER ATTACK STANDING ARM ROLL

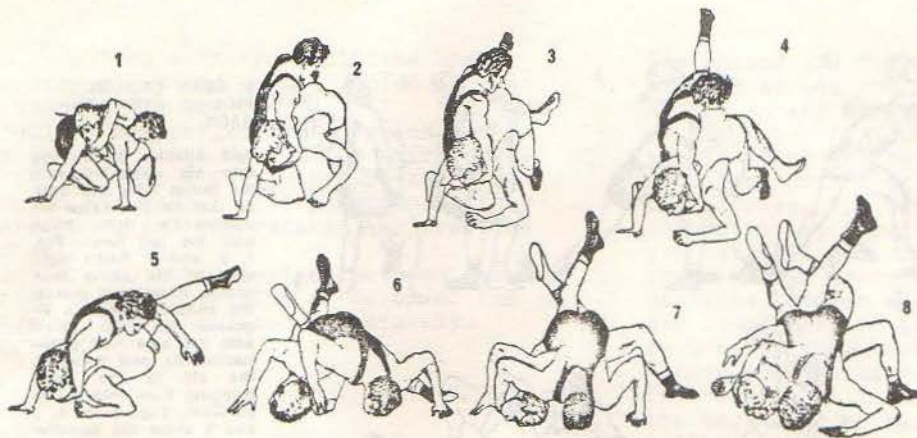
Blue attacks with a wrist and elbow pull on Red's right arm, which he locks with his right arm, whilst his left arm encircles Red's body. Red then counters by gripping Blue's left wrist with his left hand, he then sits under and throws his opponent with a circular action.



### 6. OVERTURN

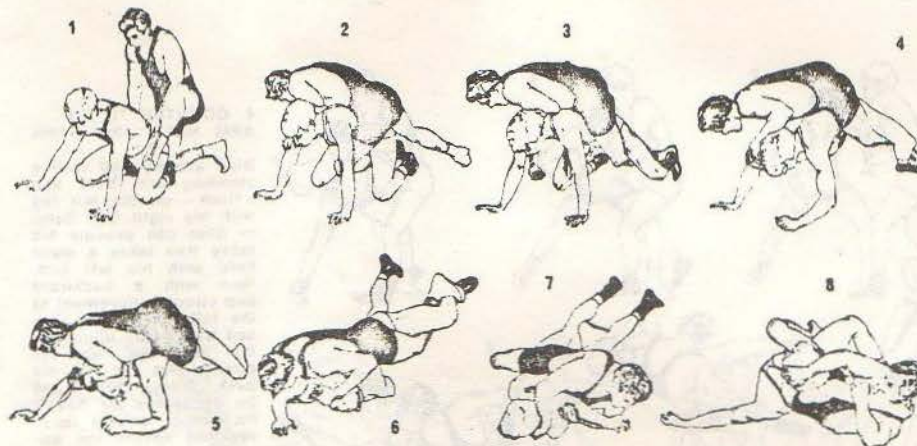
Red attacks by seizing his opponent's left ankle with his left hand, his right hand slips inside the left thigh. Leverage is then applied to Blue's left ankle whose defence posture is broken down by down and backward pressure Fig. 2. Fig. 3 shows Blue's left ankle being trapped underneath Red's left arm. Fig. 4, Blue's right leg is also trapped by Red's left arm. Red's further leg has helped to prevent Blue's right leg from being drawn away. Fig. 5 shows Red rising to his feet with legs trapped, his right hand grasps the outside of Blue's left leg. Fig. 6, 7 and 8 demonstrates Red's twist to the right with a fall nearly taking place.





#### 7. CHIN AND THIGH PICK-UP TO LEG RIDE

Red attacks by seizing his opponent's right thigh from rear of crotch with his left hand and lifting. At the same time his right hand grips the chin of his adversary. Fig. 2 shows the lift of the right thigh. Fig. 3 demonstrates the step across with the left leg over opponent's further left leg. Leverage is then applied by hooking the left leg into a ride position and pushing with the body. Fig. 5 demonstrates this. Fig. 6, 7 and 8 show Blue being turned onto his back or bridge position.



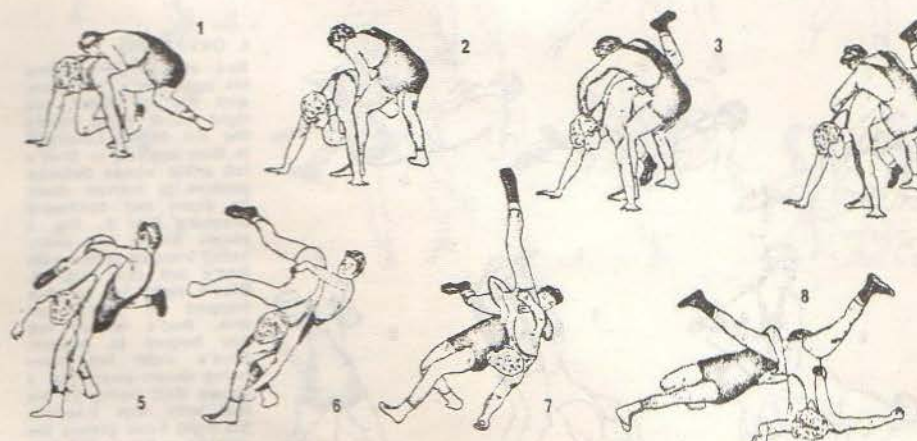
#### 8. GRAPE VINE ON LEG WITH FURTHER BAR HALF NELSON

Red attacks by inserting his left leg between his opponent's legs. He then grape vines his adversary's left leg. This supplies him with the leverage on the ankle to turn his opponent. At the same time as he executes the above movement, he also slips on a further 'Bar-Half Nelson'. Fig. 8 shows a near pin.



#### 9. NEARSIDE THIGH AND ARM PICK-UP

From the ground position Red attacks by seizing Blue's nearside arm with his left. He then grasps the nearside thigh from rear. With a heave and as he rises to his feet Red tips Blue forward and over on to his back. Note: Blue's thigh is lifted higher than the head so that the tipping action can be performed.



#### 10. CROTCH PICK-UP THROW

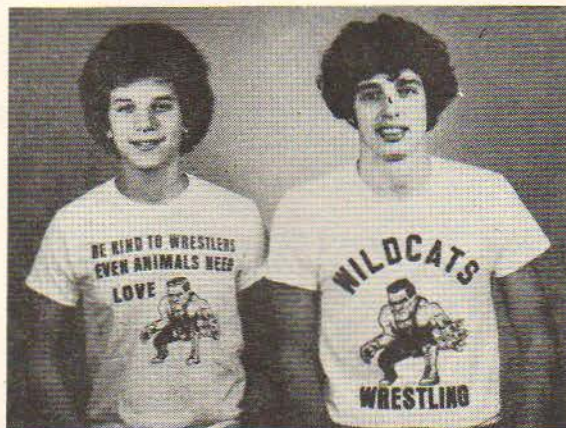
Red attacks with a crotch pick-up. Right and in from rear of crotch. Left hand in crotch from front. This move develops into a two hand thigh pick-up from the ground. Fig. 3 shows the attacker changing his left hand from the nearside to across the body of his opponent. Fig. 4 shows that he has pulled his opponent into him and joined both hands. Fig. 5, 6, 7 and 8 demonstrate the throw to completion. Note: This latter movement must be made to the left in a circular motion.



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## GENERAL CHAIRMAN'S WRESTLING REPORT

1975 was another record year for participation in our AAU Wrestling program for athletes. Our domestic program attracted a record number of competitors. We had particularly significant gains in introducing high school and college age wrestlers to the international styles of wrestling. Our senior wrestlers had more international competition than ever before in our nation's history and we have broadly increased the base of athletes to whom we can look for prospective Olympic team material.

Probably our most outstanding accomplishment was the organization and production of a charter flight to Europe consisting wholly of AAU wrestlers bound for international competition that we had arranged for them. Young athletes from every corner of our country were given a trip that will not only be a highlight of their cultural experience but vastly improve their wrestling skills. We hope that this type of activity also has the general international benefit of improving relations between our young citizens and those of their host countries so that the close working relationships and competitive activities produce friendship around the world.

Despite the huge increase in participation and competition, we must recognize that our competitive results are not what we had hoped them to be and that we failed to win a gold medal in either junior or senior competition. The excellent results of our "infantile" team which won its world championship in Santo Domingo, Dominican Republic, hopefully implies that we have future junior and senior champions coming up in future years.

Probably the outstanding single technical activity pointed up to us from this year's activity is the need for increased understanding of Greco-Roman wrestling on the part of our Freestylers. Our only wrestling champion (Lloyd Keaser, 1973) was twice defeated in the world championships by wrestlers who used Greco-Roman techniques on him. He beat them in all other phases of this match. Several of our senior wrestlers and our junior wrestlers failed to advance through the tournament because they could not defend against the upper body throws of the Europeans.

We are proud of the 5th place finish of our freestyle team because of the great improvement over last year. But the failure to win any medals is sobering.

In 1975 we sent more wrestlers overseas than did any other sport body in the USA. This could not have been accomplished without the wholehearted participation of dedicated volunteers across the country. I want to thank all members of all wrestling committees for their splendid achievement and am confident that 1976 will begin to show the fruit of some of the great efforts that they are expending.

Respectfully submitted,

Newt Copple  
National AAU General Wrestling Chairman



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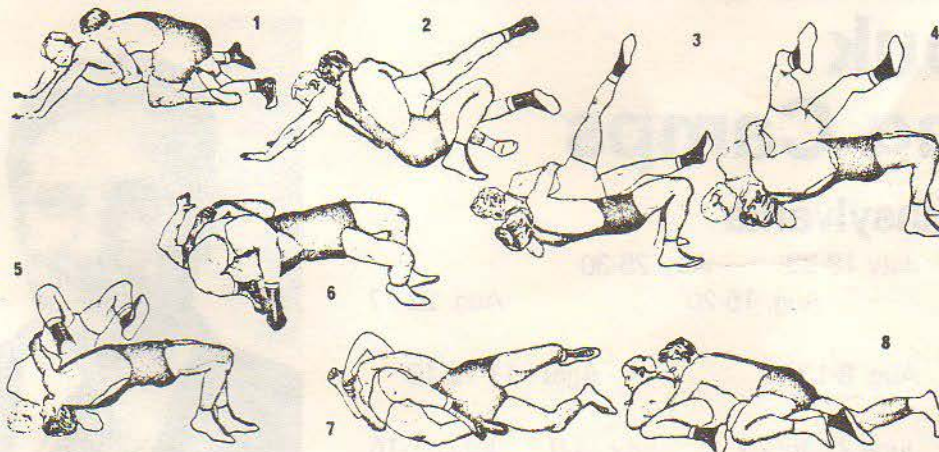
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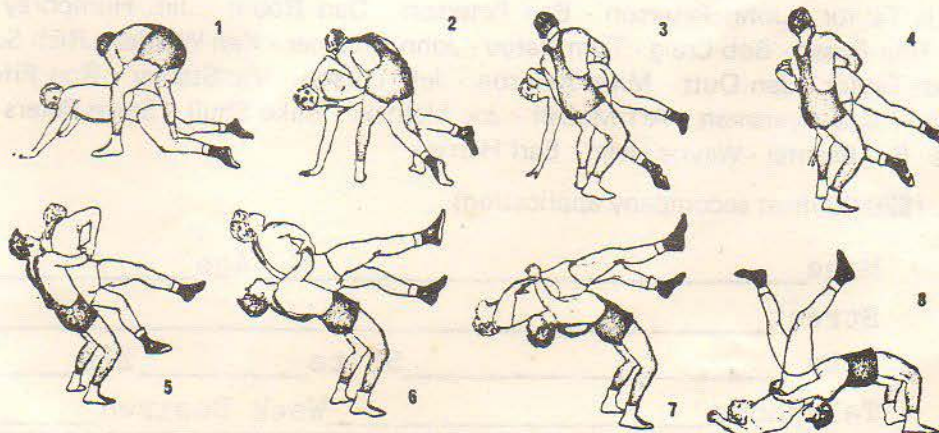
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## GRECO-ROMAN

### 1. WAIST PICK-UP FROM THE GROUND POSITION

Blue is straightening out from the defensive or squat position. Red attacks with his right foot in between his opponent's and left foot on the outside. This position gives him better leverage for lifting. Blue around the waist. As Red lifts he disengages his right leg from between his opponent's legs and with a twist to the right and drop back into a bridge throws Blue on to his back.



### 2. WAIST HOLD AND DROP BACK

Red joins hands around

Blue's body. Fig. 2 shows him placing his right foot in between his opponent's legs and dipping his own hips below Blue's. Fig. 3, 4, 5, 6 and 7 show Red dropping back with a twist to the right in a bridge position. Fig. 8 demonstrates the pinning position. Note: Red's position in Fig. 4 demonstrates the thrust of his hips and drop back.



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