

GENESEE VALLEY WRESTLING CLUB PRESENTS:

FREESTYLE/GRECO ROMAN SPRING TOURNAMENT

Saturday, April 29th

Attica Central School, 3338 E. Main St Attica, NY 14011

Registration: \$40 online @ trackwrestling.com
USA Wrestling Card Required.
Available at USAMembership.com

Register Due: By 7pm Wednesday, April 26, 2023

Ages: 14U (Co-ed), 16U Boys, 16U Girls, Junior boys, Junior Girls, OPEN

Weigh Ins: Friday April 28, 2023 from 6-7pm &
Saturday April 29, 2023 7-8am
(Clubs may email satellite weigh-ins on Friday by 9pm)

Weight Classes: Madison System

Format: Round Robin, Freestyle & Greco will alternate each round

Officials: NYS USA Wrestling certified officials

Questions: Contact Rick Stewart 585-409-1742
allstarfence2005@yahoo.com

WEIGHT CUTTING: The use of hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics and laxatives for rapid weight reduction purposes is prohibited for all USA Wrestling events. The use of vapor-impermeable clothing (i.e., plastic sweats) for the specific purpose of rapid weight reduction is prohibited. Any method that raises the athlete's body temperature for the specific purpose of rapid weight reduction is prohibited. Violation of these rules at USAW sanctioned events shall cause the individual(s) in question to be suspended from the competition. The Tournament Committee for the specific event will address each case. The decision of the tournament committee shall be final. A second violation will result in the suspension of the individual(s) from any USAW sanctioned event/activities for one calendar year from the time of suspension. Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as athletes, which are listed above.

* Complete rule is printed in the current USAW Rulebook and posted at weigh-in.

