



Presents the

2009 USA Wrestling National High School Beach Duals



Event: 2009 USA Wrestling National High School Beach Duals *held in conjunction with the 2009 U.S. Beach Nationals and World Team Trials on July 18th, 2009.*

When: National High School Beach Duals will take place on Sunday, July 19th 2009

Where: Ontario Beach Park, 4650 Lake Avenue, Rochester, New York 14612

Eligibility: Athletes (male / female) currently entering grades 7 – 12

Entry Fee: \$100.00 / Registered Team (Maximum 15 members)

- Participating teams must pre-register by Wednesday, July 15, 2009 (no exceptions)
- All finalized team rosters must be submitted no later than Saturday, 7/18/08.
- No roster changes after Saturday, July 18, 2009 (12:00 PM / Noon)
- Athletes can not be registered or participate on more than one team
- All registered team members must have a current 2009 USA Wrestling card
- USA Wrestling Cards will be available for purchase at the event.
- Weight Classes: 103, 120, 130, 140, 150, 170, 190, 215, 285 lbs. (No allowances)

Awards: Championship Team Belt / Individual Medals (Dual Meet Champions)

- 2nd place Team Trophy (w/ medals), 3rd place Team Trophy (w/ medals)

2009 USAW National High School Beach Duals Rules and Regulations

Competition will take place at Ontario Beach Park in Rochester New York on July 19, 2009.

USA Wrestling Membership

- All participating athletes must present 2009 USAW Membership Card prior to start of competition.
- All athletes can purchase a USAW membership online at www.themat.com
- Athletes must be able to present photo ID to tournament officials if challenged.

Weight Classes:

- **103, 120, 130, 140, 150, 170, 190, 215, 285 lbs**
- No weight allowances will be allowed to competition weight classes.
- All competitors will weigh-in wearing competition attire (swim trunks).
- Athletes will be allowed to compete (move up) only one weight class from their actual weigh-in class. (ie; athlete weigh-in at 126 lbs, weight class = 130 lbs, highest competition weight class = 140 lbs)

Weigh-ins:

- Participating athletes will be required to weigh-in only once for this event.
- Official weigh-ins: Friday, July 17, 2009, 6:00 – 8:00 PM (Cheeburger Cheeburger)
- Saturday, July 18, 2009, 8:00 – 10:00 AM (Tournament Site)
- Sunday, July 19, 2009, 8:00 – 9:00 AM (Tournament Site)

• Competition Dress:

1. Trunks for men without any accessory.
2. Swimsuit in one piece or two pieces for women without other accessory.

• **Competition Surface:**

1. On sand, inside a circle 6 meter (~ 20ft) in diameter.

• **Duration Of The Matches:**

1. One period of maximum three (3) minutes.

• **Officiating:**

1. The person in charge acts as referee and his decisions cannot be questioned.

• **Kind Of Victories:**

1. By fall when a wrestler touches both shoulders on the ground (sand).
2. By throw when a wrestler has succeeded in having his opponent touch twice during the match a part of his body on the ground. In the action the attacking wrestler can put one or both knees on the ground.
3. By leaving the competition area if a wrestler has succeeded in pushing twice one foot of his opponent out of the competition area.
4. By adding to a throw a leaving of the competition area.
5. By decision of the person in charge (referee) when at the end of (3) minutes no action was executed by one wrestler compared with the activity of the other wrestler.

• **Prohibitions:**

1. Kick or punch.
2. Attack the face or the hair.
3. Cover the body with an oily and / or slippery substance.
4. Holds that can lead to dislocation.
5. Stopping the match for any reason is forbidden.

- **Tournament will be a “bracketed” format.**

- **Dual meet winner criteria:**

À The team that is declared a winner in the majority of the weight class matches.

Ex: Team A wins 5 matches, Team B wins 4 matches; Team A is declared the winner.

À In the event of a dual meet tie (due to forfeits there is an even number of wrestled matches); the Dual meet winner will be determined by the criteria below.

First Criteria: Most Falls

Second Criteria: The team that scores the Most total points in Dual

Third Criteria: Most Takedowns

Fourth Criteria: Most Push Outs

Event Contacts:

John Leone: 585-249-6466, jleone@rochester.rr.com

Lou Lombardo: 585-313-8503, ljlclean@yahoo.com

