

# Wrestling



*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

## GENERAL INFORMATION

**DATES:** July 25-26, 2020.

**SPONSORED BY:**

**SITES:**

**All divisions except Beach Wrestling:** Lincoln Southwest High School (7001 S 14th St, Lincoln)

**Beach Wrestling:** Spikes Beach Bar & Grille (2300 Judson St, Lincoln)

**Spikes Beach Bar & Grille Policies:**

- **No outside food or drink can be brought into Spikes Beach Bar & Grille.**
- **Must wear shirt and shoes when entering the bar & grille area.**
- **May not take glass out of the inside bar & grille area.**

Please help us with the clean-up process by placing all cups and other trash into waste containers and not leave them on tables or ground. If you move picnic table from another area please return it to where you got it from. Our goal is to leave the venue better than we found it.

Spikes will have a limited menu of food items available for our event. We will e-blast a list of food items that Spikes is going to serve for beach wrestling about a week before our event.

We want to stress that this event is designed to be a low-key, fun event. This is a great time for parents and coaches to kickback and watch young and old wrestlers hit some moves on the sand. Note we also have spectators who just happen to be at Spikes and end up watching some of the matches. We want to encourage behavior that puts our sport in a positive image to the all those watching this event. Please be positive with wrestlers and officials.

**ADMISSION:** Admission will be charged daily for all divisions except Beach Wrestling.

General Admission - Adults: \$5

General Admission - Students (6-18 Years): \$2

General Admission - Children (5 & Younger): FREE

General Admission with Super Pass: FREE

**NOTE:** Age determined as of July 27, 2019.

## COMPETITION TIMELINE

### SATURDAY, JULY 25:

Session 1 – **Advantage** - Start time: 9 a.m.

Session 1 – **Women’s Advantage** – Start time: 9 a.m.

Session 2 – **Scholastic (14 Years & Younger)** - Start time: 11:30 a.m.

Session 2 – **Women’s Scholastic (15 & Older)** – Start time: 11:30 a.m.

Session 3 – **Scholastic (15 Years & Older)** - Start time: 2 p.m.

Session 3 – **Women’s Scholastic (14 & Younger)** – Start time: 2 p.m.

Session 4 - **\*Beach (All Ages)** - Start time: 7 p.m.

Session 4 - **\*Women’s Beach (All ages)** – Start time: 7 p.m.

*\*All Beach Wrestling competition takes place at Spikes Beach Bar & Grille*

**SUNDAY, JULY 26:**Session 5 – **Greco** - Start time: 9 a.m.Session 5 – **Women's Freestyle** - Start time: 9 a.m.Session 6 – **Freestyle** - Start time: 11 a.m.Session 7 – **Takedown** - Start time: 1 p.m.Session 7 – **Women's Takedown** – Start time: 1 p.m.**EVENTS**

<b>Event Name</b>	<b>Event Code</b>	<b>Event Name</b>	<b>Event Code</b>
Advantage 7-10 Years	1	Scholastic 4-6 Years	19
Advantage 11-13 Years	2	Scholastic 7-8 Years	20
Advantage 14-16 Years	3	Scholastic 9-10 Years	21
Advantage 17 & Over	4	Scholastic 11-12 Years	22
		Scholastic 13-14 Years	23
Beach 5-8 Years	5	Scholastic 15-16 Years	24
Beach 9-11 Years	6	Scholastic 17-19 Years	25
Beach 12-14 Years	7	*Scholastic 20 & Over	26
Beach 15-17 Years	8	**Scholastic 25 & Over	27
Beach 18 & Over	9		
Freestyle 7-10 Years	10	Takedown 6-9 Years	28
Freestyle 11-13 Years	11	Takedown 10-12 Years	29
Freestyle 14-16 Years	12	Takedown 13-15 Years	30
Freestyle 17-19 Years	13	Takedown 16-18 Years	31
Freestyle 20 & Over	14	Takedown 19 & Over	32
Greco 8-11 Years	15		
Greco 12-14 Years	16		
Greco 15-17 Years	17		
Greco 18 & Over	18		
<b>Women:</b>			
Scholastic 5-8 Years	33	Freestyle 7-10 Years	38
Scholastic 9-11 Years	34	Freestyle 11-13 Years	39
Scholastic 12-14 Years	35	Freestyle 14-16 Years	40
Scholastic 15-17 Years	36	Freestyle 17 & Over	41
Scholastic 18 & Over	37		
Advantage 7-10 Years	42	Takedown 5-8 Years	46
Advantage 11-13 Years	43	Takedown 9-11 Years	47
Advantage 14-16 Years	44	Takedown 12-14 Years	48
Advantage 17 & Over	45	Takedown 15-17 Years	49
		Takedown 18 & Over	50
Beach 6-9 Years	51		
Beach 10-12 Years	52		
Beach 13-15 Years	53		
Beach 16 & Over	54		

*\*Wrestlers who are 25 years or older have the option to enter either the Scholastic 20 & Over or 25 & Over division, but CAN NOT enter both.*

*\*\*Wrestlers in the Scholastic 25 & Over division will be given one pound per year over the age of 30. Example: A 45-year-old wrestler who weighs 165 lbs will be recorded as 150 lbs. Wrestlers must be at least 25 years old to wrestle in this division.*

**NOTE:** Participants will be allowed to move up an age division only with special approval of the tournament director.

## **WEIGH-INS**

### **WEIGH-IN SCHEDULE:**

#### **Saturday, July 25:**

Advantage: 7-7:30 a.m.

Scholastic 14 & Under: 9:30 - 10 a.m.

Scholastic 15 & Over: 12 – 12:30 p.m.

Beach: 3 - 3:30 p.m.

#### **Sunday, July 26:**

Greco: 7:30 - 8 a.m.

Freestyle: 9 - 9:30 a.m.

Takedown: 12 – 12:30 p.m.

**All weigh-ins, including those for Beach Wrestling, will be held at Lincoln Southwest High School.**

**Wrestlers must weigh-in wearing either a singlet or gym shorts.**

**Wrestlers are allowed to weigh-in during an earlier weigh-in period even if they are not participating in that event.**

**Wrestlers are required to weigh just one time.** The weight of each wrestler will be recorded to nearest pound. A referee will inspect wrestlers for the presence of oils or greasy substances on the body, all jewelry, long fingernails, skin condition, health, and safety measures. Wrestlers suspected of having skin conditions will not be allowed to compete without current approval letter/form from a medical doctor.

**There are no set weight classes for this tournament.** The weight of the wrestler at weigh-ins is recorded and will be used for all sessions to make pairings. Wrestlers will only weigh-in once. Event directors will attempt to pair wrestlers up as fairly as possible with a maximum **weight difference of 10%**. For the highest weight class in each age group, the maximum **weight could have a difference of 15%**. The maximum number of wrestlers placed in a bracket will be eight. It's recommend that wrestlers not cut weight, but instead participate at their natural weight.

**Wrestlers who report late for a weigh-in period will not be bracketed for that session.** Wrestlers who are running late should call the pairings manager to provide event directors with a safe weight to enter a bracket. Those wrestlers will be weighed at a later time to verify the safe weight.

**If wrestlers have an injury or illness that leaves them unable to compete after weigh-ins, they must inform the pairings manager to scratch them from the remaining events.** No shows in the brackets create many unnecessary problems for the event directors. Please text or call with any event scratches. Do not call to the start of wrestling competition. It is the number for the TrackWrestling manager who has nothing to do with entries.

## **COMPETITION FORMAT**

**Advantage:** Two periods of two minutes. Overtime is a 30-second tie-breaker where the winner of coin flip picks up or down. First to score wins. If no one scores in the 30 seconds, the top wrestler will be awarded one point.

**Beach:** Two periods of two minutes. Overtime is sudden victory with no time limit.

**Freestyle:** Two periods of two minutes. Criteria will be used to break ties.

**Greco:** Two periods of two minutes. Criteria will be used to break ties.

**Scholastic:** Three periods of 90 seconds. NFHS overtime rules will be used.

**Takedown:** Two periods of two minutes. Overtime is sudden victory with no time limit.

**BRACKETING:** TrackWrestling will be used to manage the tournament.

**PAIRING FORMATS:**

**Weights with 6-8 wrestlers:** Brackets with true second

**Weights with 3-5 wrestlers:** Round robin pools

**Weights with 2 wrestlers:** Best two out of three

**ROUND ROBIN TIE-BREAKERS WITH SAME RECORDS:**

**Two wrestlers with the same record or same record and criteria breaker:** Head to head winner

**Criteria order of tie-breakers for three or four wrestlers with the same record:**

1. Most Falls
2. Most Tech Falls
3. Faster Fall Times
4. Faster Tech Falls
5. Most Match Points Scored
6. Least Match Points Allowed

**TrackWrestling will just be used to run the events. You can NOT enter CSG Wrestling on TrackWrestling.**

## **RULES**

**TECHNICAL FALLS:** Advantage, Beach, Freestyle, Greco, and Takedown will be 10 points. Scholastic will be 15 points.

**RULES CLINICS:** A rules clinic for the style being conducted that session will be held 5 minutes before the start of each session.

**HAIR LENGTH & FACIAL HAIR:** Typically, the Cornhusker State Games is not as strict with high school hair length standards. However, wrestlers with long hair are strongly encouraged to wear a hair net during competition. Participants with long or rough beards will be asked to shave before competition. Please help the Cornhusker State Games maintain a safe environment for everyone.

**ADVANTAGE:** Before the start of the match, a coin is flipped and the winner picks top or bottom for first period. Wrestlers will start in the opposite position in the second period. Match will be stopped for either an escape or reversal. The scoring wrestler will start in the down position when the match is restarted. If a reversal occurs that puts the opponent on his back the match will not be stopped till the near fall situation has ended. Match will be called like a Scholastic match.

**FREESTYLE & GRECO:** USA Wrestling Rules.

**SCHOLASTIC:** NFHS Wrestling Rules.

**TAKEDOWN:** Takedown—2 points. Takedown to near fall criteria—4 points. No falls can happen. Called like a Scholastic match.

**BEACH:** Four-Man Round Robin for Beach Wrestling. All male competitors must wear a swimsuit only. The female competitors will be allowed to participate in whatever they feel is comfortable for them. No shoes, socks, or jewelry will be allowed. Wrestling will be conducted on a sand surface with a 20-foot diameter circle. Match will be called as if was a freestyle match, but no ground wrestling will occur. The match is stopped after someone has scored, and then is restarted from the neutral position. It is possible for both wrestlers to score on the same action. If a wrestler forces and holds his opponents face into the sand play could be stopped for being potentially dangerous.

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**Four-Man Round Robins:** There WILL NOT be more than four wrestlers per weight class. The cutoff for weigh-ins is 3:30 p.m. on Saturday, July 25. This will allow tournament directors time to print off bout sheets for all three rounds in a timely manner. The only exception would be if a wrestler was mistakenly left off a bracket, then a five-man round robin would be created.

Wrestlers should visit [TrackWrestling.com](http://TrackWrestling.com) to make sure they have been paired. Tournament directors will try to have pairings posted by 5 p.m. Almost all of the Beach Wrestlers also participate in Scholastic, so the earlier weigh-in period will affect very few wrestlers.

**Lawn Chairs and Towels:** Beach Wrestling spectators are welcome to bring lawn chairs to the event. Beach towels are also recommended.

## UNIFORMS AND EQUIPMENT

**Uniforms:** Wrestlers are strongly encouraged to wear a singlet, but are allowed to compete in tight-fitting t-shirts and gym shorts. Tights or biker shorts are allowed to be worn under the singlet.

**Red and Blue Singlets:** Wrestlers who already have a red and blue singlet should bring both to competition. Event directors would like the top wrestler in each paring wearing red, and the bottom wrestler wearing blue, for all five mat wrestling styles. This is very helpful for officials to make calls. Please do not buy a new singlet just for this event, as all wrestlers will be able to compete in whatever color singlet they already have.

**Equipment:** Wrestling shoes are required with shoelaces either covered or taped. Ear guards are optional but it is highly recommend that one be used.

## AWARDS

**MEDALS:** Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three wrestlers in each bracket.

**OUTSTANDING WRESTLER PLAQUES:** Outstanding Wrestler Plaques, will be awarded in five age divisions: Ages 8 & Under, Ages 9 to 11, Ages 12-14, Ages 15-17, and Ages 18 & Over. Outstanding Girl Wrestler Plaque will be awarded to the top female wrestler, ages 13 & under and 14 & over, selected by the CSG Wrestling Director. Factors used to determine the Outstanding Wrestlers include earned Iron Man shirts, past Cornhusker State Games wrestling success, defeating outstanding competition, and great sportsmanship.

**IRON MAN SHIRTS:** Special Iron Man t-shirts, will be given to those wrestlers who earn ten or more points in medals (three points for a gold medal, two points for a silver medal and one point for a bronze medal).

## ATHLETE PACKETS & TEAM BOXES

**PACKET SHIPPING AVAILABLE FOR YOUR CONVENIENCE:** Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). For more packet pickup information go to [http://cornhuskerstategames.com/athlete\\_packets](http://cornhuskerstategames.com/athlete_packets).

## **JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!**

Make plans to join us on Friday, July 17 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

### **SportFest | 4:30 – 7 p.m. | Lincoln East High School**

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

### **Opening Ceremonies | 8 p.m. | Seacrest Field**

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

## **REGISTRATION FEES & DEADLINES**

For pricing and dates, please check the Wrestling web page.

### **IMPORTANT NOTES:**

Registered wrestlers seeking to add events at weigh-ins will be charged an additional \$20 per event.

Wrestlers may enter only one event per session.

Wrestlers MAY NOT enter any events for an older age division than their current age, without approval of the Sport Director. Please email request to Wrestling Co-Director David Charroin at [dcharroin@unl.edu](mailto:dcharroin@unl.edu). Requests can also be made in person before weigh-ins close for that session.

**MULTI-EVENT DISCOUNT NOTE:** If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

**ENTRY FEE INCLUDES:** Competition in the 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

**PAPER ENTRY FORMS:** Paper entry forms will be accepted with a \$5 processing fee. Registering online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) saves time, money and trees.

## **FURTHER INFORMATION**

**Sport Specific Questions:** Contact Wrestling Co-Director David Charroin at [dcharroin@unl.edu](mailto:dcharroin@unl.edu). Co-Director Craig Hellwege at [chellwege@gmail.com](mailto:chellwege@gmail.com), or If you wish to speak with Craig or David, please include your phone number in the email.

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).