



Alabama Freestyle/Greco

Kickoff & Clinic

This tournament marks the first tournament of the Team Alabama USA Wrestling Freestyle & Greco Season! There will be a clinic explaining rules and some common techniques before the tournament begins, so you do not have to know anything to wrestle! This one's all about mat time!

WHEN

Saturday, April 21, 2018

WHERE

Hoover High School Back Gym (Red floor)

1000 Buccaneer Drive Hoover, AL 35244

Turn left at Hoover High School Sign (park near back of school – free parking)

COST

\$20 per wrestler if you pre-register on trackwrestling before Friday, April 20th at 11:59 PM

\$25 per wrestler if you register on-site on Saturday

ADMISSIONS

\$3.00 – Children

\$5.00 – Adults

SCHEDULE

Saturday - 8:30 - 9:00 AM | Weigh-Ins

Saturday - 9:00 - 10:00 AM | Rules & Technique Clinic

Saturday - 10:00 AM - conclusion | Wrestling (Freestyle 1st Greco 2nd)

WEIGHTS & AGE GROUPS



The Olympic Dream Starts Here.

2018 - MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
BANTAM	Born 2010-2011	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	43,45,49,53, 56, 62,70, 85
INTERMEDIATE	Born 2008-2009	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120
NOVICE	Born 2006-2007	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160
SCHOOLBOY	Born 2004-2005	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	71, 77, 83*, 87, 90*, 97*, 102, 106*, 110, 114*, 119, 125*, 130, 136*, 149*,165*, 187*, 250
CADET (Men)	Born 2002-2003	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
JUNIOR (Men)	Born 9/1/1998 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

** NO WEIGHT ALLOWANCE **

Weights may be grouped to achieve max number of matches.

PLEASE NOTE! ALL WRESTLERS MUST HAVE ATLEAST A LIMITED USA WRESTLING MEMBERSHIP (\$15) from usawmembership.com

CONTACT TANNER MOON FOR QUESTIONS & CONCERNS

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Pre-Registration Link:

<http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=52837132>