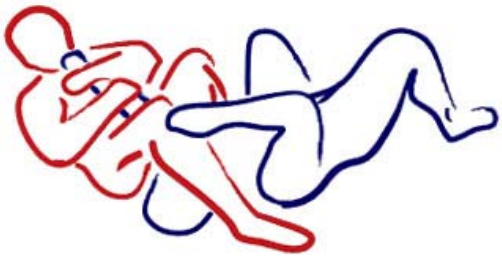
The Freebirds Wrestling Club Presents:

No Gi Grappling Tournament

April 21, 2012

Lancaster High School
44701 Eagle Way (32nd St. West)
Lancaster, CA 93536



Entry fee for tournament: $10
Competition Starts 10:00 AM Saturday;
Weigh-in/Registration Friday night from 5:00 PM to 8:00 PM
or 7:00 AM to 8:30 AM Saturday Morning

Novice and Experienced levels will be separated whenever possible.
Weights classes may be pooled to increase competition.

Weight Classes and Divisions for all **WOMEN** (Cadet/Junior/Senior):
113.5, 124.5, 135.5, 147, 158, 169, 180, 191, & 191+

Weight Classes and Divisions for all **MEN** (Cadet/Junior/Senior):
122.5, 135.5, 149, 162, 175.5, 188.5, 202, 215, & 215+

All athletes and coaches must present proof of current USA Wrestling Membership Card at registration. To purchase a USAW Wrestling Membership Card, please purchase online at http://www.usawmembership.com. Cards will be available on site for $45 ***Cash only*** at the time of registration. Card is valid thru 8/31/12; acceptable at all USAW tournaments during the upcoming grappling season.

Athletes will be randomly drawn by computer and a system of double-elimination, round-robin bracketing to 3rd place will be used.

Rules for grappling will be the FILA Grappling rules with USA Wrestling modifications. USA Wrestling Grappling rules can be found online at:
http://www.themat.com/forms/GrapplingRulebook.pdf

Board shorts and rash guard or wrestling singlet may be worn as a uniform. Shirts must be tight fitting. Shorts must not be excessively baggy. Wrestling shoes are optional.

Match Time: 5 minutes; Scoring: Side Mount (2 points), Full Mount (3 points), Back Mount (4 points), Takedown (1 point), Escape (1 point), Sweep (1 point), Jumping into guard (1 point for defensive grappler). Scoring could change based on 2012 Grappling Rules.

Technique and Rules Clinic for Athletes and competitors will be held on site Friday night at 7:00 PM featuring CA USAW State Grappling Chairman Anthony Califano.

For more information, email phayhurst@avhsd.org or call 661-726-7649 ext. 209.