

INTRAMURAL WRESTLING

MONDAY NOV. 26TH **ENTRIES DUE:**

Campus Recreation Office in the Student Recreation Center by 5:00 pm

MONDAY NOV. 26th 5:00 - 6:00 pm <u>EVERYONE MUST WEIGH IN</u> WEIGH-INS:

STUDENT RECREATION CENTER ASSISTED CHANGE ROOM

MATCHES BEGIN: WED, NOV 28th, 7:00 pm - MEM. GYM MULTI-PURPOSE RM

FORMAT: SINGLE ELIMINATION TOURNAMENT

- Check your Intramural Sports Handbook in regard to eligibility, protests, rescheduling, etc. 1.
- 2. There are No Intramural points awarded for participation in Intramural Wrestling.
- Matches will consist of three periods: the first period will be one minute and the second and third will be two 3. minutes in length (total 5 minutes). In case of ties, an overtime period will be run; this will be one minute in length.
- 4. Dress will consist of a t-shirt, shorts, and gym or wrestling shoes. You may use regulation head gear if you have it, if not headgear will be provided.

WEIGHT CLASSES

125 lbs. 165 lbs. 133 lbs. 174 lbs. 141 lbs. 184 lbs. 149 lbs. 197 lbs.

157 lbs. Heavyweight (183-285 lbs.)

All wrestlers must weigh-in Monday, Nov 26th between 5:00 - 6:00 pm in Student Rec Center Assisted change.

SPECIFIC HAZARDS

Intramural wrestling is a single elimination tournament and it is assumed all participants have wrestled previously and know the basic skills and rules of wrestling.

Even though there are not many accidents in wrestling, one must be aware of the possibility of injury that may include

but are not limited to: death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, and serious injury to internal organs and the skeletal system.

You are particularly cautioned against illegal holds which may result in spinal and neck injury or quadriplegia.



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- a. One point is awarded to your opponent for a penalty such as illegally locking hands, grasping clothing, illegal holds, unnecessary roughness, stalling, etc. in addition to points earned through maneuvers.
- b. One point is awarded for an escape.
- c. Two points awarded for a take-down, a reversal or near fall, two points near fall one shoulder down and the other within 45 degrees of mat or both shoulders within four inches of the mat.
- d. Three points are awarded for a near fall. Near Fall one shoulder down and the other within 45 degrees of mat or both shoulders within four inches of the mat for at least 5 seconds.

2012 INTRAMURAL WRESTLING

UNIVERSITY OF IDAHO

PLEASE PRINT

INTRAMURAL SPORTS

This sheet must be filled out and brought to the weigh-ins along with a current University of Idaho student/faculty/staff ID.

WRESTLERS NAME	STUDENT ID #	
WRESTLERS SIGNATURE	DATE	
WRESTLERS PHONE	EMAIL ADDRESS	
WRESLTERS WEIGHT		