

INTRAMURAL SPORTS

Fall 2022

INTRAMURAL WRESTLING

ENTRIES DUE: THURSDAY SEPT 8th by 5p/Cost \$10

WEIGH-INS: THURSDAY SEPT 8th 4:00 - 5:00 pm EVERYONE MUST WEIGH IN
STUDENT RECREATION CENTER ASSISTED CHANGE ROOM

MATCHES BEGIN: SATURDAY SEPT 10th

FORMAT: SINGLE ELIMINATION TOURNAMENT

1. Check your Intramural Sports Handbook in regard to eligibility, protests, rescheduling, etc.
2. Matches will consist of three periods: the first period will be one minute and the second and third will be two minutes in length (total 5 minutes). In case of ties, an overtime period will be run; this will be one minute in length.
3. 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.

MENS WEIGHT CLASSES

125 lbs.	165 lbs.
133 lbs.	174 lbs.
141 lbs.	184 lbs.
149 lbs.	197 lbs.
157 lbs.	Heavyweight (183-285 lbs.)

WOMENS WEIGHT CLASSES

101 lbs.	136 lbs.
109 lbs.	143 lbs.
116 lbs.	155 lbs.
123 lbs.	170 lbs.
130 lbs.	191 lbs.
	235 lbs.

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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Points:

- 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.
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2022 INTRAMURAL WRESTLING

UNIVERSITY OF IDAHO

INTRAMURAL SPORTS

This sheet must be filled out and brought to the weigh-ins along with a current University of Idaho Vandal Card.

PLEASE PRINT

WRESTLERS NAME _____ STUDENT ID # _____

WRESTLERS SIGNATURE _____ DATE _____

WRESTLERS PHONE _____ EMAIL ADDRESS _____

WRESTLERS WEIGHT _____

My signature below authorizes Recreation and Wellbeing staff to charge my student account \$20 for any match I do not show up for, otherwise known as forfeiting or nonappearance.

Signature of Wrestler: _____