



# 1<sup>st</sup> Annual “Ruckus on the Rails” Open Youth Folkstyle Wrestling Tournament

Sunday, April 7<sup>th</sup> 2019

Brunswick High School

101 Cummings Dr, Brunswick, MD 21716

**REGISTRATION: Via Trackwrestling - \$30 (Teams of 15 or more: \$20)**

<https://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=132913132>

**TEAM REGISTRATION:** E-mail Tommy O’Connor [toconnorjr@oconnorplumbing.net](mailto:toconnorjr@oconnorplumbing.net)

**WEIGHT CLASSES:**

Division:	Born in:	Weights (+1 LB allowance)														
Intermediates (13U)	2005 to 2006:	63	68	73	78	84	90	96	103	110	120	130	145	160	180	UNL
Juniors (11U)	2007 to 2008:	53	58	63	68	73	78	84	90	96	103	110	120	130	UNL	
Midgets (9U)	2009 to 2010:	48	53	58	63	68	73	78	84	90	96	103	110	UNL		
Bantams (7U)	2011 to 2013:	40	44	48	53	58	63	68	73	UNL						

**WEIGH -INS:**

**Saturday, April 6<sup>th</sup>, 6-8 pm: All divisions**

**Sunday, April 7<sup>th</sup>, 7:00-8:00 AM: All divisions**

**Sunday, April 7<sup>th</sup>, 11:00 AM-12:00 PM: Juniors and Intermediates**

- Skin, hair, and nails will be checked at weigh-ins.
- Any wrestler identified with skin disorder at weigh-ins will need a “**NFHS Physician Release for Wrestler to Participate with Skin Lesion**” form filled out and presented prior to wrestling. ([https://www.nfhs.org/media/882323/2018-19\\_nfhs\\_wrestling\\_skin\\_lesion\\_form\\_may\\_2018.pdf](https://www.nfhs.org/media/882323/2018-19_nfhs_wrestling_skin_lesion_form_may_2018.pdf))
- **There will be a 1 LB allowance.**
- Weight class changes allowed at Saturday night weigh ins **ONLY!**
- Unlimited wrestlers ARE required to weigh-in.

**TOURNAMENT FORMAT: SPLIT SESSION (Up to 7 mats used)**

- Doors Open at 6:45 am

**Session #1**

**Bantams (7U) / Midgets (9U)**

**9:00 am – 1:00 pm**

**Session #2**

**Juniors (11U) / Intermediates (14U)**

**1:00 pm – 6:00 pm**

- Wrestlers May enter multiple divisions, but only **ONE** weight class per division.
- RULES: PIAA Modified, Headgear Optional, Double Elimination
- PERIODS: Bantams and Midgets: 1-1-1, Juniors and Intermediates: 1:30-1:30-1:30; Sudden Victory Overtime: 30 sec

**AWARDS:**

- Custom Railroader awards will be given to 1<sup>st</sup> – 3<sup>rd</sup> Place.
- Team trophies will be given for Top 3 places.

**ADMISSION:** Adults & Coaches: \$5.00      Students: \$3.00      Children under 5: free