



Nebraska
“Battle at the Beach”
Beach Wrestling Tournament



Date: Saturday, June 19, 2010

Site: Lake Hastings Park (Sand Volleyball Area on SW side of Lake) – Hastings, NE

Entry Fee: \$15.00 – by June 16 NO WALK-IN REGISTRATION WILL BE ACCEPTED

Divisions (Grade for 2010-11 Year)	Check-in	Start Time
Elementary (3 rd -5 th Grade)	9:00am	10:00 am
Middle School (6 th -8 th Grade)	11:00am	Noon
High School (9 th -12 th Grade)	1:00pm	2:00 pm

Bracketing: (Weight difference of 10%) **Please indicate accurate weight. No weigh in.**

Weights with 5 to 8 Wrestlers: 8 man bracket w/ double elimination back to third

Weights with 3 or 4 Wrestlers: Round Robin Pool

Weights with 2 Wrestlers: Best two out of three matches

Beach Wrestling Rules:

All wrestlers must wear a swimsuit only. Wrestling area is on a sand surface with a 20 foot diameter circle. No ground wrestling will occur. Match is stopped after someone has scored and then is restarted from the neutral position.

Three ways to win:

- 1) Tech Fall – leading the match by at least 6 points
- 2) Decision – After 3 minutes the wrestler with the lead wins
- 3) Sudden Victory – If score is tied after 3 minutes, the first wrestler to score in OT wins

Ways to score points:

- 1) Takedown – 1 point – Criteria for a takedown will be according to NFHS Wrestling Rules
- 2) Throw from Knees with Back Exposure – 2 points
- 3) Throw from Feet with Back Exposure – 3 points
- 4) Forcing Opponent out of Circle – 1 point
- 5) Forcing Opponent’s Head in Sand – 1 point
- 6) Penalties committed by your opponent – 1 point

Concessions: Available on-site

Awards: 1st – 4th Place Medals

Register at: www.cityofhastings.org/parks

Contacts: Brian Laux – huskerllama@yahoo.com
Eric Christensen – echristensen@cityofhastings.org