

HEAVY HITTERS USA

Hit the Switch! Youth Tournament December 29th 2013

New London High School
490 Jefferson Ave
New London, CT 06320

ALL WRESTLERS WITH BRACES ON THEIR TEETH MUST HAVE PROTECTIVE MOUTH GUARDS

All wrestlers will be grouped by both age category and weight into 4- or 5 man brackets. Each wrestler will wrestle one-another giving each wrestler a total of 3 or 4 matches (round-robin format). There are many advantages to doing this. Medals will be awarded for 1st, 2nd and 3rd place wrestlers.

PRE-REGISTRATION INFORMATION

CONTACT Kent Ward (860) 444-2845

EMAIL kentward@heavyhittersusa.org

PHONE (860) 444-2845

Age Groups-

Age Categories, Start Times & Period Length: **A minimum of 20 minutes must be allowed - between wrestlers matches, unless agreed upon by the coaches for a shorter time.**

Category	Year of Birth	SKIN Check-in Time	Start Time	Period Length	Paperwork Color
Mighty Mites	2008-2009	7:45 – 8:30	9 AM	1-1-1	Pink
Bantam	2006-2007	7:45 – 8:30	9 AM	1-1-1	Yellow
Intermediate	2004-2005	7:45 – 8:30	9 AM	1-1-1	Blue
Novice	2002-2003	11:15 – 12:00	12:30 PM	1.5-1-1	Green
Middle School	1999-2001	11:15 – 12:00	12:30 PM	1.5-1-1	White

& not in HS

TECH FALLS will occur when a 12 point margin is achieved, this rule applies to all age groups

- Each Club's director or designated person for that club will check in with the Tournament Director, inform the Director of any known NO SHOW wrestlers and pay for their team's entry. Note: There are no refunds for noshows – each club is responsible for full payment.
- All wrestlers must check in by the end of the Skin check-in time period to verify they do not have any contagious skin conditions. Wrestlers will not be admitted into the tournament if they are not checked in on time.
- It is the responsibility of the Club Directors, or the designated person for that club, to check with the head person running the Skin check in area to see if any of their wrestlers have not checked in by 8:15am for the morning session and 11:45am for the afternoon session.

Notice: Head gear Will be required for all age groups this is a USA Wrestling rule.

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PRE-REGISTRATION INFORMATION

Pre-Registration required through the [usawct.org](http://www.usawct.org) website. NO WALK-INS

- Wrestlers who are not attached to a sanctioned club are requested to contact the nearest sanctioned club to register with or the Tournament Director.
- Out-of-state wrestlers may pre-register with the condition that they follow the same rules that USAWCT Clubs follow.
- Out-of-state wrestlers must be part of a club that has signed an agreement to follow our tournament rules and the club has provided the State Membership Director a copy of their wrestlers USA cards. USAWCT and out of state clubs must register on line by clicking on the following link <http://www.usawct.org/tourny/clubmanagement.php> and completing the necessary information and submitting that information to the Tournament Director no later than 10 PM the Friday of the tournament. There is no guideline on how early they may be sent.
- The Tournament Director will reply to your email confirming receipt of your registration.
- All registrations must be accompanied with a valid USA Wrestling card number for each listed wrestler.
- Last-minute USA Wrestling cards &/or numbers may be acquired by contacting their Club Director , who must make arrangements with the Membership Director PRIOR to the Wednesday before the tournament.
- Pre-registered wrestlers who do not show up for the tournament will be charged the full registration fee. The submitting club is responsible for this fee to be paid the morning of the tournament along with all the other registered wrestlers on the registration form.

REGISTRATION FEES

- 1st wrestler = \$20
- 2nd wrestler = \$14
- 3rd & 4th & 5th wrestler = \$ 8

SPECTATOR ADMISSION

- \$3.00 admission fee / Free age 12 and under, or if you hold a current USA Coaches card.

WEIGH-INS

Wrestlers are permitted to only register and wrestle in one (1) bracket regardless of staying within their own age group or not.

Any wrestler that violates the three (3) pound allowance will be disqualified and removed from that tournament, if the tournament director believes that this was a typo error, the wrestler can be re-bracketed. In addition, any wrestler disqualified as a result of violating the three (3) pound allowance will be reported to the State Chairman and that wrestler is to be identified (Flagged) on the web site and must be weighed in at every subsequent tournament to verify their weight.

Weight challenges during a tournament are performed at the tournament director's discretion. When a wrestler's weight is challenged by another wrestler (Coach or Parent), then the challenging wrestler will also be weighed in.

WEIGHT CLASSES

- Weight challenges during a tournament are performed at the tournament director's discretion.
- The tournament director must notify Dave Kanute d.kanute@cox.net within 2 days of any weight issues or challenges.
- When weighing-in, each wrestler must weigh-in wearing a competition singlet or shorts.

THE CODE OF CONDUCT RULES WILL BE STRICTLY ENFORCED.

Coaches and Spectators Conduct--- This code of conduct has been established to ensure that there is a defined method for the handling of unacceptable conduct by coaches at USAWCT sanctioned wrestling events. The responsibility of the assigned officials and the USAWCT Board of Directors is described in the document posted on the website (www.usawct.org)

Heavy Hitters - building integrity through sports

Heavy Hitters USA is a 501(c)(3) non-profit organization established in New London, Connecticut to provide after-school and early evening boxing, wrestling, and conditioning programs for kids and young adults from New London and surrounding towns.

In our program, we teach young people how to develop positive attitudes and good work ethics. Using principals of athletics, we have an opportunity to teach them how to make sound decisions concerning sports, as well as everyday life. We are a small part of the community and stand to reinforce the concepts of education, school athletics, and career opportunities that young people have heard from teachers and advisors.

Heavy Hitters USA utilizes athleticism as a vehicle to promote constructive lifestyle choices and overcome barriers facing today's youth and young adults. Programs include Fitness Training and Life Skills Seminars.