Sioux Valley

Iron Man Tournament

April 4th, 2020

Sioux Valley School, 200 Hansina Ave., Volga, SD

Weigh-ins 10-10:30

Starts at 11:30

REGISTRATION Closes on April 2nd @ 9pm

Pre-Registration at Trackwrestling!

$15 per wrestler

$30 Walk-ins

$15 coaches band without USA Certification

Free with the certification

USAW Age Groups

2-5 man round robins

Awards for top 4

Must have current USA card

Tournament Rules: Each match will consist of three 90-second periods with 30 seconds in between each period. The match will start with the flip of a colored disk, that wrestler choses the first style of wrestling (Freestyle, Folkstyle, or Greco). Second period the other wrestler gets their choice of the remaining two styles, third period is wrestled in the remaining style. A match is won by winning the best 2 out of 3 periods. A pin and tech fall only end that period and all three styles are wrestled no matter what. First criteria after head to head, next is most periods won.

Contact: [jayme.trygstad@gmail.com](mailto:jayme.trygstad@gmail.com)

605-695-1616