



IRON MAN TOURNAMENT

APRIL 11th 2020

WEBSTER ARMORY

100 West 11th AVE

WEIGH-INS 10:30-11

REGISTRATION CLOSING ON APRIL 10TH @ 8PM

WWW.TRACKWRESTLING.COM

\$15 PER WRESTLER

\$30 WALK-INS

\$ 15 coaches band WITHOUT USA Certification

FREE Coaches band with USA 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 chooses the first style of wrestling (Freestyle, Folkstyle, or Greco). Second period, the other wrestler will choose from the remaining 2 styles, and the third period will be wrestled in the remaining style. A match is won by winning 2 out of 3 periods. A pin or tech fall will end that period, all 3 styles will be wrestled. First criteria head to head, second criteria is most periods won.

Contact, beau.larson@k12.sd.us