

21<sup>ST</sup> Annual

Sunday March 5<sup>th</sup>, 2023

ABINGTON HEIGHTS

Abington Heights High School

ROOKIE & OPEN

222 Noble Road, Clarks Summit, PA

9:00am Start; Gates 7:45am; Skin/nail 8:45am

*Wrestling*

*Tournament*

*Presented by:*

Abington Heights Wrestling Booster Club

Email: [rookieopen@gmail.com](mailto:rookieopen@gmail.com)

### Registration (click Here)

- \$40.00 per wrestler; \$50.00 if you pay at the door
- Registration closes 8:00pm on Thursday March 2<sup>ND</sup> (or sooner if full)
- NO 7th graders; NO 13-yr olds; NO 4-yr olds; NO walk-Ins

### Brackets

- Madison-style based on tournament day age & weight (and ability level when registrations permit)
- We have separate ROOKIE & OPEN brackets
- Based on entries, some brackets ages may be mixed (e.g., PW/BAN)
- Random weight checks

**Bouts:** 1 -1 -1; OT 1 min. sudden victory w/30 sec. ride-out.

**Gate:** \$5 adults & coaches; \$2 students; FREE wrestlers & kids under 5

**Awards:** Trophies for top 3 in each bracket

**Headgear:** Mandatory

**ABILITY LEVELS:** ROOKIE entries **must** enter as 1, 2 or 3; OPEN as 2, 3, 4 or 5

- 1) Passive:** 1<sup>st</sup> year rookies ONLY; VERY unaggressive; Minimal experience
- 2) Beginner:** Mostly rookies; Have won some tournament matches
- 3) Competitive:** Mostly veterans; Wins roughly 50% of tournament matches
- 4) Advanced:** Veterans only; Wins most matches; Has won tournaments
- 5) Elite:** Frequent tournament winner; Competitive at states/MAWAs