

**17th Annual Southern Hills Iron-man
Folkstyle, Greco-Roman, Freestyle
Hot Springs, SD**

Dates:	Friday-Saturday, April 19-20, 2024	
Location:	Bison Center Gymnasium 1747 Lincoln Ave.	Start Times: <u>Friday April 19 Olympic Styles Clinic</u> 5:00 PM – 7:00 PM <u>Saturday Tournament:</u> <i>Freestyle, Greco-Roman, Folkstyle with 15 minute breaks in between.</i> 10:00 AM—Completion
Weigh-Ins:	<ul style="list-style-type: none"> You will be able to enter actual weights online. Please use weights no earlier than Thursday evening (3/21/19), and please be honest about weights. 	
Event Sanction:	<ul style="list-style-type: none"> <input type="checkbox"/> USA Wrestling; All competitors must have a USAW Membership www.usawmembership.com <input type="checkbox"/> All coaches and volunteers must be USAW Leader OR Volunteer members www.usawmembership.com 	
Rules:	<ul style="list-style-type: none"> <input type="checkbox"/> Current NFHS with USAW Modifications for Folkstyle, and current USAW Freestyle/Greco Rules will govern the event. 	
Tournament Format	<ul style="list-style-type: none"> <input type="checkbox"/> The tourney will be “Scramble Paired”, meaning you won’t be in a particular bracket, but rather paired with individuals close to your weight. <input type="checkbox"/> All Styles will be Two 2-minute periods with each period starting neutral. <input type="checkbox"/> All Re-Starts from out of bounds will be neutral including Folkstyle (Escape point will NOT be awarded in this instance) <input type="checkbox"/> All Tech Falls will be 10 Point differential 	
Officials	Please consider assisting in officiating/volunteering at the event. Contact rayringstmeyer@hotmail.com to volunteer. Mat Officials will be compensated. 14-U and older athletes who wish to get into officiating may do so and have entry fee refunded. Email me for details.	
Age Divisions	<ul style="list-style-type: none"> Will be using official USAW Age Divisions: 10-U 12-U, 14-U, 16-U, Junior based on year of birth. 	
Awards:	<ul style="list-style-type: none"> Certificates for Placings in Each Style 	<ul style="list-style-type: none"> Gold Medal for Ironman Champions
Entry Fees	<ul style="list-style-type: none"> All Three Styles=\$20 to compete in all three styles, otherwise \$10/style Admission for Spectators: Free Will Donation to compensate Mat Officials 	
Concessions:	No Concessions; Coolers Welcome, plastic containers only and clean up your areas!!!	
Coaches:	USAW Leader Membership Required: <ul style="list-style-type: none"> NCEP Certified will Receive FREE Coaches Band; Non-Certified: \$10 	
Contact	<ul style="list-style-type: none"> rayringstmeyer@hotmail.com 	<ul style="list-style-type: none"> 605-842-6959
Pre-Registration	Pre-Registration/payment deadline Thursday April 18, 2024 9:00 PM MT (10:00 PM CT)	
	<i>Walk-Ins Accepted, but please notify us via email with entry information as soon as possible.</i>	