



# Regina North West Wrestling Tournament

## Sunday, January 29, 2012

Wrestling will start at 9:30 am. We will run the Freshie-Novice first, with a 30 minute clinic, then run the Pee Wee-Bantam and continue until finished with a 30 minute lunch break for officials and mat workers; during the break we will have another clinic for the older kids.

### Location

Thomson Community School  
2033 Toronto St.  
Regina, SK

Use the parking lot off Montreal, and come in the south east doors.

### Age groups

Freshie/Novice-Pee Wee/Bantam

### Weigh Ins

At home weigh-in as per SAWA Policy. Please use the weigh in sheet attached and email to [kyle.dumont@rbe.sk.ca](mailto:kyle.dumont@rbe.sk.ca) by Thursday Jan 26 by 9:00 pm. Please follow the format appropriately. I will send out a list of weights to each email I receive by Friday at 7:00 pm. Then the pools will be set up by Saturday evening. Please inform me of scratches no later than 7:30 am Sunday.

### Rules: SAWA modified hip-toss rule\*

### Entry Fee

\$15 per athlete All wrestlers must be current SAWA members in order to participate in this tournament.

### Contact

Kyle DuMont – [kyle.dumont@rbe.sk.ca](mailto:kyle.dumont@rbe.sk.ca) 306-531-9688

### Concession

Will be available starting at 8:30 am and through to the end of tournament

### Awards

Medals will be packaged up for teams and given to a coach to hand out at their leisure so teams can get home sooner.

#### **\* 6.23.1 SAWA Modified Hip-toss rule: AGM2004: 20**

- The rule applies to the Freshie, Novice, Pee Wee and Bantam age groups.
- A standing "hip-toss" (head & arm throw) may be executed a maximum of 2 times in a match by each wrestler.
- Upon using the hip-toss,
  - The match is stopped, with no possibility of a pin,
  - Points (3) are awarded for the throw.
- The match is restarted in the standing position.

Should a wrestler use the hip toss a third time in a match, the official should warn the offending athlete. If the wrestler continues to use the hip toss after a warning, a caution may be given and points awarded to the other wrestler at the discretion of the official.