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# CEDAR VALLEY WRESTLING

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## 2023 YOUTH DUALS

### TEAM BOYS AND GIRLS DUALS TEAM TOURNAMENT FOR GRADE LEVELS - PRE-K-8TH

**WHEN: SUNDAY, DECEMBER 3RD, 2023**

**WHERE: FIT COURTS, 924 VIKING RD, CEDAR FALLS, IA 50613**

#### DUAL DIVISIONS & WEIGHT CLASSES BELOW

(Sunday December 3rd) Dual Divisions & Weight Classes below (Match Times)

K-5 Division – 46, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 140 – (1-1-1)

6-8 Division – 73, 77, 81, 85, 90, 95, 100, 105, 110, 120, 130, 145, 165, 215 – (1:30-1:30-1:30)

K-8 Girls Division – 46, 52, 58, 65, 73, 82, 91, 100, 110, 120, 135, 146, 155, 185 – (2-1-1)

#### DUAL DIVISIONS (Last year we had 29 Dual Teams)

**Duals Tournament All Divisions – Start Time – Sunday Dec. 3 at 9 a.m.**

\*Club Teams are teams/clubs that have free wrestlers agents from different clubs!

\*Community Teams are teams/clubs from the same club with zero free agents!

\*No Double Bracketing for wrestlers in duals! You can wrestle on 1 team only for duals!

\*Community Teams and Club Teams will be split when possible!

**MANDATORY WEIGH IN TIMES:** No scale allowance!

**Saturday Dec. 2** – 7-8pm – Fast Pass weigh-in – Duals All divisions (\$10 per wrestler)

**Sunday Dec. 3** – 7-8am – Free weigh-in – Duals All divisions (doors open at 6:30am)

All wrestlers must wear singlets at weigh-ins!

No scale allowance! (You must weigh-in 1 time) (individual tournament weigh-in can count as dual weigh-in!)

**DUAL ENTRY FEE:** \$400 per team Email farrellpromotions@gmail.com for paying information. No Refunds! (Deposit of \$200 due Nov. 20) If over the 20 wrestler roster limit you must pay \$20 extra per wrestler over the limit. With the fee you get 2 coaches for free, 1 table worker for free that can run trackwrestling. Extra coaches and table workers will be \$10 per person at the door. No Refunds!

**DUAL ADMISSION:** \$10 per person per day, No Refunds! 2 coaches free per team. 2 free table workers per team. Extra coaches and table workers \$10 per person. We will have a Concession Stand Open! No Refunds! You can bring a small cooler! You can bring chairs with rubber legs! No metal legs on chairs!

**TOURNAMENT INFORMATION CONTACT:** E-mail: farrellpromotions@gmail.com

**Dual Awards** – 1st-5th teams plaques for each division, 1st-3rd individual medals for each division (20 medals only for each team), 1 outstanding wrestler plaque for each team that places in the top 3, individuals that go undefeated in the tournament will receive a certificate & 1 free t-shirt! (You must have 3 matches and coaches will keep track of this). Champion team banners for each division!

# TOURNAMENT RULES

1. Dual Coaches rosters must be entered into trackwrestling by before Nov.28th 2023 @7pm . Bring a copy of birth certificate and school report card containing birth date to check in, if your wrestler's age and proof of school district can be challenged. If you do not have proof of age or proof of school district then your wrestler may be disqualified from the tournament. A good way to handle this is to take a picture of the document so you have it on your phone whenever someone questions age and you do not have a sensitive document floating around. HWT has a max weight listed above. \*No Double Bracketing for wrestlers! You can wrestle on 1 team only! Community Teams and Club Teams will be split when possible! (No Guarantees) Club Teams are teams with free agents! Community Teams are teams from the same club with zero free agents!
2. Weigh-ins will be held at the tournament site. Anyone not arriving by the appropriate weigh-in time will be scratched. All wrestlers must wear singlets at weigh-ins! Clip your fingernails in advance! Nails should be short enough to not be felt when you push in on each finger end. If you have a skin condition, bring a note from the doctor that it is not contagious or you will be scratched! Each team will get 2 free coaches entries and each team must have 2 table workers and each team gets a roster of 20 wrestlers. If you go over the roster limit you will need to pay \$20 extra per wrestler over the 20 limit.
3. You could wrestle around 3-6 times depending on how many teams sign up.
4. Matches will run time listed above. We will have I.H.S.A.A. Certified Wrestling Officials. We will run I.H.S.A.A. Middle School Overtime 1 min. Neutral position 1st O.T. first takedown wins and if still tied 2nd O.T. :30 second ultimate tiebreaker. Decisions of the referee will be final. Use of headgear is optional but shoelaces must be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion. Participants, parents and coaches will be disqualified and removed for swearing, throwing headgear, and unsportsmanlike conduct. All matches will be conducted under I.H.S.A.A. Middle School rules. The Head coach of each team will be responsible for keeping track of their wrestler's record and then getting that info to the tournament director. Your coaching staff must decide which wrestlers on your team get the MVP awards. We will not have extra MVP awards available.
5. We will use full mats. Dual Schedule will be emailed 5 days before to Coaches!
6. Only 2 coaches in the corner in chairs coaching at all times! Only wrestlers and coaches, table workers and staff with a wristband on the gym floor!
7. Fit Courts and tournament staff will not be responsible for lost items or liable for accidents.
8. No Double Bracketing for wrestlers in duals! You can wrestle on 1 team per day! No High School wrestlers can wrestle in this event! You will be able to bump a wrestler up one weight for any match.
9. No wrestling card needed for this tournament! Wrestlers can bring small coolers for drinks and snacks! Parents and fans can not bring in coolers!
10. Our goal is to run the most efficient tournament possible. You must have your Tournament Waiver and Injury/Illness Waiver filled out and signed to wrestle in the tournament. Wrestling headgear not required!

## **PARKING**

**Plan A:** Get there early and find a good spot in the main lot in front or behind the building. Parking in the main lot will fill up quickly at Fit Courts address 924 Viking Rd, Cedar Falls, IA 50613!

**Plan B:** Park in The Shirt shack business 2-3 min walk Address: 5936 Westminster Dr ste a, Cedar Falls, IA 50613.

**Plan C:** Standard Distribution Co. parking lot 3-4 min walk address 1109 Viking Rd, Cedar Falls, IA 50613.

**Plan D:** Prairie Lakes Park parking lot 10 min walk address Located off of Viking Rd look for sign.

## **CEDAR VALLEY YOUTH DUALS WAIVER AND INJURY/ILLNESS WAIVER**

Waiver Release of Child(ren) by Parent/Guardian I, as the parent/legal guardian of \_\_\_\_\_, hereby grants permission necessary to allow the child to participate in the Wrestling Tournament to be held in the City of Cedar Falls. I, on my own behalf and on behalf of my child, further agree to release and to hold Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees harmless from any and all liability for negligence or any other claim, judgment, loss, liability, cost and expenses arising out of or connected with the event, including any claim arising out of or connected with any illness or injury (minimal, serious or catastrophic and/or death) that my child may incur or sustain during the event, all activities associated with the event and while traveling to and from the event sites. Participation includes possible exposure to illness from infectious diseases including but not limited to MRSA, influenza, and Covid-19. While particular rules/protocols and personal discipline may reduce this risk, the risk of serious illness and death does exist. No one guarantees that you or your child(ren) will not become infected with Covid-19. The person(s) signing below voluntarily assumes this risk because s/he chooses or elects to do so. I further expressly agree to indemnify and hold harmless Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees against loss from any further claims, demand or actions that may be subsequently be brought by the child(ren) or by any other persons or the account of damages of any character resulting to the child(ren) in any way from the foregoing activities. I further agree to reimburse and to make good to Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees may have to pay as a result of any such action, claim or demand. I on my own behalf and on behalf of my child(ren) hereby warrant that I have read this liability release in its entirety and fully understand its contents. I, on my own behalf and on the behalf of my child(ren), am aware that this liability release absolves Steve Farrell, Fit Courts and the City of Cedar Falls, their respective directors, officers, representatives, members, agents, volunteers and employees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk for any injury, illness or Covid-19. I, on my own behalf and on behalf of my child(ren), have signed this document voluntarily and of my own free will.

Parents/Legal Guardian Printed Name \_\_\_\_\_

Parents/Legal Guardian Signature and Date \_\_\_\_\_

Participant Printed Name \_\_\_\_\_

Participant Signature and Date \_\_\_\_\_

Health concerns \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_