

# AUGUSTANA

## Iron Man Tournament

May 6th, 2017

**Location:** Augustana University, Elmen Center  
2505 S Grange Ave, Sioux Falls, SD 57105

**Weigh-ins:** 9:00am-10:00am (2nd Floor Wrestling Room)

**Wrestling:** 11:00am

**Registration:** \$15 @ [trackwrestling.com](http://trackwrestling.com), \$40 walk-ins  
(must have current USAW Membership, [usawmembership.com](http://usawmembership.com))

**Memberships:** We will sell USAW Memberships at the door. Cost will be the cost of the card (varies by state) plus a \$5 processing fee.

**Coaching Bands:** \$15, free for all USAW Certified Coaches

**Awards:** 1st-4th

**Age Groups and Weights:** USAW Age Groups (Bantam, Intermediate, Novice, Schoolboy, Cadet, Junior). Weights will be paired by closest weight. 2-5 man round robins and 8 man brackets.

**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 gets his choice of the remaining two styles, third period is wrestled in the last remaining style. A match is won by winning the best 2 out of 3 periods. A pin and tech fall only end that period and all three periods are wrestled no matter what. First criteria after head to head for round robin ties is most periods won.

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