



2016 Plattsburgh Beach Wrestling Tournament
by Plattsburgh Combat Sports
Plattsburgh City Beach, 3 Beach Rd, Plattsburgh, NY 12901
Saturday, July 30, 2016
Event Director: Frank Palumbo (518) 534-5670
facebook.com/pcsmma

Qualifications:

Open to all athletes 5 years old and up. Wrestlers, Jiu Jitsu fighters, Judo players, Sumo, Football players, MMA fighters; Anyone who calls themselves and ATHLETE!

You may enter more than 1 division (Age group, weight class listed below) for additional fee. You may enter a higher weight class, but not a lower class. You may enter an older age division. Only Masters may enter a younger division (Open division).

Entry Fee: \$20 for 1 division. \$10 for each additional division. Free for Spectators.

Parking: \$7 Reduced rate for competitors

Divisions:

<p><u>Youth</u> 5 – 10 years old – 30 lbs, 40, 50, 60, 70, 80, 95, 110, Over 110 <u>Modified</u> 11 – 14 years old – 70 lbs, 85, 100, 115, 130, 145, 160, 175, 195, Over 195 <u>Varsity</u> 15 – 18 years old – 110 lbs, 125, 140, 155, 170, 185, 210, Over 210 <u>Open</u> 18 – 29 years old – 140 lbs, 155, 170, 185, 205, Over 205 <u>Masters</u> 30 years old and up – 140 lbs, 155, 170, 185, 205, Over 205</p>
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Females will be grouped together by age and weight. Females may opt- in to Male divisions.

**Staff may group together age divisions, gender & weight classes at our discretion.*

Champions in each weight class in **Varsity, Open and Masters** may enter the **Absolute** division and compete against all other champions to determine the **Grand Champion!**

No charge for Absolute division qualifiers.

★ Bring your Gi! (Kimono/Kurkta) Gi top divisions will be arranged based upon interest. Awards for top 2 in each division.

Competitors are guaranteed 2 matches. However there will NOT be a full wrestleback.

PRE-REGISTER ONLINE AT <http://www.planetreg.com/pcsbeach>

or Mail form below with check payment to 79 Prospect Ave, Plattsburgh, NY 12901

Schedule of Events

On site Registration, Weigh-ins & Medical skin check:

Friday, July 29: 5pm-6pm at The Cabana Bar, 3 Beach Rd

Saturday, July 30: 9am-10am at The Cabana Bar, 3 Beach Rd

ALL WEIGH-INS ARE ON SITE. STRICT 1 LB ALLOWANCE FOR SHORTS/UNIFORM.

10:30am Rules meeting at The Cabana Bar, 3 Beach Rd

10:45am Tournament starts; Youth divisions in all rings. Divisions will proceed in ascending order of age division and weight classes.

Youth Lighter weights to Youth Heavier weights.

Modified Lighter weights to Modified Heavier weights.

And so on.

Rules – We will utilize UWW rules

https://unitedworldwrestling.org/sites/default/files/media/document/international_beach_wrestling_regulations_new_a.pdf

- First wrestler to **THREE** points is declared the winner
- One point for a takedown or pushout, and two points for takedowns with back exposure
- One 3-minute period with no overtime
- Criteria for match tied during regulation: 1. Highest value action 2. Last to score
- Wrestling surface is 7m in diameter.

*Interpretations of these rules will be discussed at the aforementioned meeting by acting referees.

Athletes are responsible for

- Registration information and fees
- Attendance at weigh-ins (Schedule above)
- Uniform; Swim trunks/Board shorts (with drawstring), singlet, rash guard & shorts. No footwear. Family friendly. Staff discretion if necessary.
- Understanding of the sport and knowledge of rules
- Professional, respectful, sportsmanlike and competitive behavior
- Keeping Beach clean.

What else you'll need - It's a day at the beach!

- Towels (you may be asked to towel off if you are excessively sweaty or greasy with lotion)
- Blanket
- "Dry" sun screen (to avoid slippage during matches)
- Umbrellas, Hats, shade, etc. Canopies are welcome. You will want to stay out of the sun if you are waiting for later divisions.
- Bug spray
- Seating, beach chairs, etc.
- Food/Water
- **NO GLASS ON BEACH**

TRADING POST

Bring your apparel for trade! Tshirts, shorts, singlets, rash guards, socks, wrestling sneakers, mma gloves, hats, hoodies, bags, Gi\Kimono/Kurktas! Bring and show it off or trade with others!

Registration Form

<u>Staff Use only</u>	
	AW# _____

NAME _____

NICK NAME _____

AGE _____ DOB _____ City/State _____

TEAM _____ COACH _____

CIRCLE DIVISIONS we will put you in a weight class

YOUTH 5-10yrs

SCHOOL AGED 11-14yrs

VARSITY 15-18yrs

OPEN 18-29yrs

MASTERS 30& up

What is your highest accomplishment to date?

I HEREBY RELEASE PLATTSBURGH COMBAT SPORTS, PLATTSBURGH CITY RECREATION, THE CITY OF PLATTSBURGH, TOURNAMENT OFFICIALS AND REFEREES OF ANY AND ALL CLAIMS REGARDING AN INJURY OR ILLNESS THAT MAY BE CAUSED IN CONJUNCTION WITH THE PLATTSBURGH BEACH WRESTLING TOURNAMENT. YOU ASSUME ALL RISK AND INJURY.

ATHLETE SIGNATURE	PRINT NAME	DATE

PARENT OR GUARDIAN SIGNATURE (If athlete is 17 or under)	PRINT NAME	DATE