WRESTLING - ISU INTRAMURALS - SPRING 2016

- **Eligible:** Current ISU students and Spring 2016 or Annual Recreation Pass holders are eligible to participate. If you are an ISU student, but have not paid the Activity and Service fee, you are not eligible. The students who are not usually assessed these fees are DMACC students, special program students, students who are on internships or student teaching. See the “Eligibility” link on the website for further details. Everyone must have a current and valid ISUCard.

  Ineligible: members of ISU wrestling team (including red shirts), individuals practicing with the ISU team, former intercollegiate wrestlers at 4-year colleges and members of the ISU Wrestling Club who wrestle in outside tournaments and attend practice on a regular basis.

Injury and Health Disclaimer:
Participants should be aware that there is a risk of injury in participation due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk.

Photographs: Photographs of activities may be taken and used internally to promote our activities. Please contact the Intramural Sports Program if you are opposed to having your picture used in Intramural displays and representations (web page, fliers, etc.).

- **Divisions & Weights:**
  - Men: 145, 155, 165, 175, 185, 197, Hwt. (max. - 285)
  - Women: 135 and under, 136 and over

- It is recommended, but not required, that you attend at least one practice session (wrestling room open for workout on your own – no instruction provided). January 17, 19-21 7:30 - 10:00 PM in the wrestling room, Lied Recreation/Athletic Center. The wrestling room is **NOT** open at other times for you to workout.

- When you register, indicate if you have conflicts, during the tournament dates. Matches will be held Sunday; 8:00 - 11:00 PM and Monday – Thursday; 9 - 11:30 PM. Every effort will be made to avoid your conflicts. See tournament dates below. **Participants will wrestle a minimum of 2 and a maximum of 5 matches in the tournament.**

- **WEIGH-IN:** All male wrestlers must weigh-in on **Thursday, January 21**. The weigh-in will be held at the Lied Recreation/Athletic Center..... in the Recreation Locker Room. There are three times that you may weigh-in: 7:20-8:00AM, 11:45AM-12:15 PM, 5:00-5:30 PM. **BRING YOUR ISUCARD.** This is the only time you will weigh in until the FINALS. Finalists will weigh again the day of their final match and must be within 5 pounds of their wrestling weight. **IF YOU DON’T MAKE THE WEIGHT YOU SIGNED UP FOR, YOU MAY MOVE UP OR DOWN TO ANOTHER WEIGHT CLASS.** Female wrestlers will not have a weigh-in.

- **TOURNAMENT PAIRINGS** will be posted Friday, January 22 at 3:00 P.M. on the Recreation Services website. ([www.recservices.iastate.edu](http://www.recservices.iastate.edu)) Check your ISU email address for information with regard to the tourney.

- **TOURNAMENT:**
  - Sun. Jan. 24 8-11:00pm
  - Tues. Jan. 26 9-11:30pm
  - Wed. Jan. 27 9-11:30pm
  - Thur. Jan. 28 9-11:30pm
  - Sun. Jan. 31 8-10:30pm
  - Mon. Feb. 1 9-11:00pm
  - Wed. Feb. 3 9-11:00pm
  - Thur. Feb. 4 9-11:00pm
  - Mon. Feb. 8 9-10:30pm
  - Tues. Feb. 9 9-10:30pm

  Rec Center Wrestling Room – 2nd Floor
• **Wrestling shoes recommended – wrestling in socks will be allowed.** It is okay to wear t-shirts and shorts instead of a singlet. T-shirts must be tucked in. Facial hair is allowed. Headgear is optional – we will have some available.

• Officiating will be done according to Iowa High School Rules. Matches will be 3 periods: **1, 2, 2 min.**
  Overtime: 1 minute – neutral position (sudden death) and then a 30 second tie-breaker if needed.

• In the tournament bracket some winners in the first round will go left and some will go right – the left and right side winners will wrestle each other for the championship. Beginning with your 2\textsuperscript{nd} match a loss will eliminate you from the tournament.

• **REFEREES:** If you would like to referee for the Intramural tournament, please contact:
  Russ Jones – 294-0998  rejones@iastate.edu  2124 Beyer Hall.
  **Prior experience is required and we could use some additional referees.**

• QUESTIONS: Contact Linda Marticke – 294-3234  Lkmarti@iastate.edu  2127 Beyer Hall