

Napoleon Youth Wrestling Club

REGISTRATION FORM

PLEASE PRINT CLEARLY

Today's Date:		Shirt Size:	
WRESTLER INFORMATION			
Wrestlers Last Name:	First Name:	Have you wrestled before:	# of Years:
Preferred Nickname (if any):	Do you have MYWAY Experience:	If you've wrestled before, please list club(s):	
Birth date:	Age:	Sex:	Weight:
		C M C F	
Please be sure all parent/guardian contact information is listed below. This will be used to send updates, changes, and club information. Also, watch the club Facebook page for additional information.			
Address:			
Street Address:			
City:			
State:		Zip Code:	
Parent e-mail address:			
PARENT/CONTACT INFORMATION			
Parent/Guardian Name:	Address (if different):	Cell Phone Number:	
IN CASE OF EMERGENCY			
Name of Emergency Contact #1:	Relationship to Wrestler:	Cell #:	Home #:
Name of Emergency Contact #2:	Relationship to Wrestler:	Cell #:	Home #:
_____ has my permission to participate in the N.Y.W.C. program under the direction of Zach Kanaan, other high school/graduate wrestlers and assistants. I will not hold N.Y.W.C. or Napoleon School District responsible for injuries my child may sustain during this activity.			
Interested in volunteering with the club?	YES	NO	
Patient/Guardian signature	Date		
Please make check payable to Napoleon Youth Wrestling Club (NYWC) \$65.00 / Wrestler			

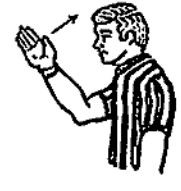
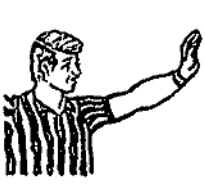




















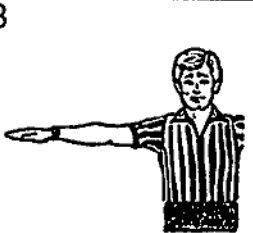

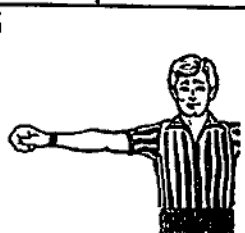
What I wish we knew our first year of WRESTLING

If this is your first year on a school wrestling team, realize the first time in any sport is an adventure. Stay **FLEXIBLE** and don't be afraid to **ask questions**, most people are more than willing to answer your questions. The way things are done may seem strange, be patient, watch and learn and you will be a pro by the end of the season. In the meantime we offer this information:

1. A "individual tournament" consists of multiple teams matching up their kids in each weight class with wrestlers from other schools in the same weight class. Then each wrestler wrestles someone different each round. This can be on a Friday or Saturday.
2. A "team tournament" or "multiple dual tournament" consists of multiple teams. Each round two teams match up two wrestlers from each weight until all weight classes have wrestled. This can be on a Friday or Saturday.
3. A "meet" is one team competing against another. This is on Wednesdays and may consist of two teams (dual meet), three teams (tri meet), or four teams (quad meet).
4. A "match" is one wrestler competing against another.
5. Meets are quicker than tournaments. A tournament can be an all day event.
6. Team tables: For tournaments there will be a team table – parents are encouraged to bring in food/snacks and drinks for the team to share.
7. You do not want to overfeed your wrestler before weighing in. They can eat after weigh in. This way they won't miss their weight by a last minute burger/snack.
8. Each wrestler is placed in a weight class by their actual weight. Height is not the deciding factor. It is best to be as close to the desired weight before season as possible.
9. Help is **always** needed! We need help with concessions, table help (running the clock and keeping score), and with setup and take down. The more help we have the smoother the meets/tournaments go.
10. It is important to remember that your wrestler is there to use the skills learned in practice. Nothing will help your wrestler's morale more than knowing they have fans in the crowd cheering them on and supporting their efforts. Focus on small victories, not winning every match.



REFEREES' WRESTLING SIGNALS HIGH SCHOOL

1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Time	5  Start Blood Time Out	6  Start Recovery Time
7  Stop Blood/Injury/Recovery Time	8  Neutral Position	9  Indicates No Control	10  Out-of-Bounds	11  Indicates Wrestler in Control Left/Right Hand	
12  Defer Choice	13  Potentially Dangerous Left/Right Hand	14  Stalemate	15  Caution - False Start or Incorrect Starting Procedure	16  Stalling Left/Right Hand	
17  Interlocking Hands or Grasping Clothing	18  Reversal	19  Technical Violation	20  Illegal Hold or Unnecessary Roughness	21  Near-Fall	
22  Awarding Points Left/Right Hand	23  Unsportsmanlike Conduct Left/Right Hand	24  Flagrant Misconduct Left/Right Hand	25  Coach Misconduct Left/Right Hand		

DEFINITION OF WRESTLING TERMS:

TAKEDOWN: From a neutral position, a wrestler gains control of his opponent and takes him down to the mat.

ESCAPE: When the defensive wrestler gains a neutral position and his opponent has lost control.

REVERSAL: When the defensive wrestler comes from underneath and gains control of his opponent.

NEAR FALL: When the offensive wrestler has control of his opponent in a pinning situation and both shoulders or scapulae of the defensive wrestler is held beyond perpendicular to the mat or when the defensive wrestler is in a high bridge or on both elbows for 3 seconds 2 points is awarded and for 5 seconds 3 points is awarded.

FALL: When any part of both shoulders or scapulae is held in contact with the mat for 2 seconds.

DECISION: Earned by the wrestler who has scored the greater number of points.

DEFAULT: Awarded when one of the competitors is unable to continue wrestling for any reason.

DEFER: A strategy that gives the original wrestler the choice in the final period.

FORFEIT: Received by a wrestler when his opponent, for any reason, fails to appear for the match.

NEUTRAL POSITION: Position in which neither wrestler has control.

CONTROL: Situation in which a contestant exercises and maintains power over his opponents.

POSITION OF ADVANTAGE: Position in which contestant is in control of his opponent.

REFEREE'S TOP POSITION: Position known as "Top", is the control position where most falls occur. The top man is positioned after the bottom man is set. The top man is required to grasp the bottom mans elbow with one hand and the other hand to wrap around the bottom man's waist.

REFEREE'S BOTTOM POSITION: Position of the man on his hands and knees on the mat. There are two parallel lines twelve inches apart. The bottom man is required to have his hands in the front of one line and his knees behind the other.

BYE: a wrestler advances to the next round without wrestling. A wrestler is given a bye when there are not enough wrestlers in a weight class to fill each line of the tournament bracket.

Scoring Breakdown

Takedown		2pts.	
Escape		1 pt.	
Reversal		2 pts.	
Near Fall		2,3 or 4 pts.	
Fall/Pin		6 pts.	
Forfeit		6 pts.	
Default		6 pts.	
Disqualification		6 pts.	
Tech Fall		5 pts.	
Major Dec. (8-14 pts.)		4 pts.	
Decision (<8 pts.)		3 pts.	