

Popeye Wrestling Tazket 2016

IMPORTANT NOTES:

***ALL forms and fees MUST be SIGNED/PAID & turned in PRIOR TO ANY PARTICIPATION.** Wrestlers cannot come and "try it out". Our insurance does cover unregistered wrestlers on the mat; it would be a huge liability & place us in danger of losing our facility.

*All wrestlers ages 5-7 must have a parent/guardian with them at all practice times AND during the wrestling events/tournaments.

*If your child is sick; DO NOT bring him/her to practice or to a tournament. If your wrestler has ANY skin issues – ALERT the coaches immediately! Athletes must get medical clearance before they can return to practice or competitions.

*CLEAN workout clothes must be worn to practice; SHORTS or SWEATS ONLY – no JEANS (no zippers). ALL wrestlers must shower after practices.

*REMOVE ALL outdoor shoes BEFORE entering the gym. This includes Parents and visitors.

*KEEP all other children OFF THE WRESTLING MATS! NO ACCESS to the middle school will be allowed.

*Wrestler/Parent must notify a coach if you are unable to attend practice. Contact Coach Cavasos at 907-756-1350

PARENT/WRESTLER REQUIRED PURCHASE – In the past POPEYE Wrestling Club has helped to provide wrestlers with used gear. THIS year, as a club, we can no longer afford to provide headgear, shoes or girl's hairnets. And our used gear collection has slowly dwindled. This has become YOUR RESPONSIBILITY. Below is what you are responsible to purchase & included are a few website other wrestling families have used in the past.

HEADGEAR – Headgear must be worn (by Cadets and below) at tournaments. If you are wrestling "COMPETITIVE" you must have headgear.

SHOES – each wrestler must have a pair of wrestling shoes

Hairnet – each GIRL wrestler needs to have a hairnet for tournaments.

www.bluechipwrestling, www.suplay.com, www.eastbay.com

HOME TOURNAMENT- This year POPEYE'S HOME tournament is MARCH 11 & 12!! We will be hosting a GIRLS Tournament & a FOLKSTYLE tournament on Friday and a FREESTYLE tournament on Saturday. In order to have a great tournament for our team and for visiting wrestlers, will will need parents to help set up, work tables, and clean up afterwards. We will also need help with the hospitality room by bringing food, snacks or drinks for the coaches, referees and volunteers while they work hard throughout the day. Please contact Storm or Tammie to volunteer!!

RAFFLE !! – The cost of entering each wrestling tournament is very expensive \$20 per wrestler & \$30 per wrestler at state. To offset the cost we will be selling RAFFLE TICKETS! EACH WRESTLER MUST SELL AT LEAST 10 RAFFLE TICKETS.

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COMPETITIVE FEE - \$125

What you get-

Registered with USAW - \$40

-Each wrestler **must** be registered with USAW for insurance purposes. When a wrestler is allowed to get on the mat without being registered with USAW they are a liability to the club. Unfortunately this is a set fee and cannot be waived. Wrestlers who get on the mat to “try it out” are putting the club at risk and in danger of losing our facility and our USAW Membership.

Community Recreation - \$15

-Each wrestler is required to pay \$15 to Homer Community Rec for the use of the facility. Popeye Wrestling Club will use the Homer Middle School & the Homer High School this season.

Coach's Fee - \$20

Each wrestler is required to pay a seasonal \$20 coaching fee. Each wrestler who registers with Popeye Wrestling is provided with 11 weeks of mat time with trained USAW coaches. Each wrestler can be on the mat for up to 2 hours a day for approximately 44 days! Plus tournaments!

ALL tournament fees - \$20 - \$30 each tournament/style

Because your interest is a COMPETITIVE interest; Popeye Wrestling Club will pay for all the tournament fees at each tournament you decided to wrestle.

RECREATIONAL (non-competitive) FEE - \$75

What you get -

Registered with USAW - \$40

- Each wrestler **must** be registered with USAW for insurance purposes. When a wrestler is allowed to get on the mat without being registered with USAW they are a liability to the club. Unfortunately this is a set fee and cannot be waived. Wrestlers who get on the mat to “try it out” are putting the club at risk and in danger of losing our facility and our USAW Membership.

Community Recreation - \$15

-Each wrestler is required to pay \$15 to Homer Community Rec for the use of the facility.

Coach's Fee - \$20

-Each wrestler is required to pay a seasonal \$20 coaching fee. Each wrestler who registers with Popeye Wrestling is provided with 11 weeks of mat time with trained USAW coaches. Each wrestler can be on the mat for up to 2 hours a day for approximately 44 days! Plus tournaments! That's a lot of time!

***Please note:*

Those wrestling “RECREATIONAL (non-competitive)” will not be permitted to wrestle ANY TOURNAMENTS with Popeye Wrestling. NOR will “RECREATIONAL” wrestlers require a singlet; therefor no singlet will be issued for “RECREATIONAL” wrestlers.

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USA WRESTLING

PARENT'S INSTRUCTIONS ON MEDICAL TREATMENT

PLEASE PRINT IN CAPITAL LETTERS

Wrestler's Name _____ Date of Birth _____

Parent/Guardian Name _____ Relationship _____

Address _____

Home Phone _____ Work Phone _____

Please indicate another person to call if an accident occurs and we are unable to reach you:

Name _____ Phone No. _____

Insurance Company _____ Policy No. _____

Family Doctor _____ Phone No. _____

Is your child presently on medication? _____ If yes, please list medication (s):

Drug Sensitivities _____

Other Allergies _____

Date of your child's last complete physical examination by a medical doctor _____

If this is more than one year ago, please complete the accompanying medical history questionnaire.

Please read the alternative statements below and sign under the one that you choose. Sign only one!

1. If my child needs medical attention, it is my wish that I am contacted before any medical procedures are taken on my child, unless immediate treatment is necessary to save my child's life or to prevent permanent injury.

Parent/Guardian Signature _____ Date Signed _____

2. If my child needs medical treatment while participating, it is my wish that the treatment is started while efforts are being made to contact me. So that treatment is not delayed, I consent to any medical procedures that the physician believes are needed, on the understanding that efforts to contact me will continue to be made. I accept responsibility for all costs related to such treatment.

Parent/Guardian Signature _____ Date Signed _____

Wrestler's USA Wrestling Card No. _____

Name of Club _____

Coach's Name _____ Phone Number _____

RETURN

OVER →

USA Wrestling

MEDICAL HISTORY QUESTIONNAIRE

PLEASE PRINT IN CAPITAL LETTERS

Wrestler's Name: _____ USA Card No.: _____

Emergency Contact: _____ Phone No.: _____

PLEASE CIRCLE THE CORRECT ANSWER, ALL INFORMATION WILL BE CONFIDENTIAL

- Yes No 1. Are you allergic to any general medication (aspirin, sulfa, penicillin, etc.)? If so please indicate what medication(s) _____
- Yes No 2. Are you now on any prescribed medication on a permanent or semi-permanent basis? If so, please indicate the name of the medication and why it was prescribed

- Yes No 3. Have you ever had an epileptic seizure or been informed that you might have epilepsy?
- Yes No 4. Have you ever been treated for diabetes? If so, please indicate the type(s) of insulin or pills you use.

- Yes No 5. Has a medical doctor ever told you that you were anemic or had sickle cell anemia?
- Yes No 6. Do you have or have you ever had high blood pressure? If so, list any medication for it that you take regularly _____
- Yes No 7. Do you have or have you ever had any of the following diseases? If so, please circle the appropriate ones.
Heart disease (rheumatic fever) Liver disease (hepatitis)
Kidney disease (infections) Lung disease(pneumonia)
- Yes No 8. Have you ever been informed by a medical doctor that you have asthma? If so, what medications, if any, do you take regularly _____
- Yes No 9. Do you presently have an unrepaired hernia?
- Yes No 10. Have you ever been "knocked out" or experienced a concussion during the past 3 years? If so, give the dates of each _____
- Yes No 11. If the answer to No 10 is "yes" did the attending physician have you stay overnight in a hospital? If yes, give the dates of each _____
- Yes No 12. Have you ever had an injury to your neck involving nerves, vertebrae (bones), or discs that incapacitated you for a week or longer? If yes, give the dates of each such injury. _____
- Yes No 13. Do you wear any dental appliance? If yes, circle the appropriate appliance:
Permanent bridge Permanent crown or jacket
Braces Full plate Removable partial plate
Permanent retainer Removable retainer

PLEASE TURN THIS FORM OVER AND COMPLETE THE OTHER SIDE. THANK YOU.

RETURN

- Yes No 14. Do you wear contact lenses during competition?
- Yes No 15. Have you had a fracture during the past 2 years? If yes, indicate which bone was broken and the date if happened _____
- Yes No 16. Have you had a shoulder dislocation, separation or other shoulder injury in the past 2 years that incapacitated you for a week or longer? If so, give the date of the injury.

- Yes No 17. Have you ever had surgery to correct a shoulder condition? If so, give the dates and what was done.

- Yes No 18. Have you ever had an injury to your back?
- Yes No 19. Do you experience Pain in your back? If yes, indicate frequency:
Seldom Occasionally Frequently With vigorous exercise With heavy lifting
- Yes No 20. Have you injured your knee during the past 2 years with severe swelling as a result?
- Yes No 21. Have you ever been told that you injured the ligaments and / or cartilage of either knee?
- Yes No 22. Have you ever been advised to have surgery to correct a knee problem?
- Yes No 23. If the answer to No. 22 is yes, has the surgery been completed? Date _____
- Yes No 24. Have you experienced a severe sprain of either ankle during the past 2 years?
- Yes No 25. Have you had any injury to your foot or toes in the past 2 years. If yes, explain:

- Yes No 26. Do you have any chronic conditions that have not been mentioned above? If so, explain:

The questions on both sides of this form have been answered completely and truthfully to the best of my knowledge.

Wrestler's Signature _____ Date _____

Parent/ Guardian Signature _____ Date _____

RETURN

**USA Wrestling
Waiver and Release from Liability**

1. I, _____, the undersigned, on behalf of myself, my heirs and next of kin, personal representative, agents, insurers, successors and assigns (all hereinafter "Releasers") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE UNITED STATES OF AMERICAN WRESTLING ASSOCIATION, INC., its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of USA Wrestling, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any USA Wrestling sanctioned event, meet, practice or activity (all hereinafter "Releases") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

2. Releaser understands and acknowledges that USA Wrestling sanctioned activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any USA Wrestling sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.

3. Releaser acknowledges and fully understands that each participant in any USA Wrestling sanctioned event, meet, practice or activity, including Releaser, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from releaser's own action, inactions or negligence, but also from the actions, inactions or negligence of other notwithstanding the rules of play or the condition of the premises or of any equipment used. Further Releaser acknowledges and fully understands that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

(Participant's Signature)

(Date)

(Print Name)

The undersigned, _____ does hereby represent that he/she is, in fact, the parent or legal guardian of _____ and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

(Signature of parent or legal guardian)

(Date)

(Print Name)

(Relationship to minor)

RETURN

**City of Homer Community Recreation
REGISTRATION FORM**

PARENT NAME: _____
 MAILING ADDRESS: _____
 PARENT Contact Number: _____
 PARENT Contact Email: _____
 WRESTLER NAME: _____
 WRESTLER Date of Birth: _____ Male/Female: _____

Participant's Name	Class Title	Competitive Fee \$125 (check one)	Recreational Fee \$75 (check one)	Total
	Popeye Wrestling			

RELEASE OF LIABILITY & CONSENT TO EMERGENCY TREATMENT OF MINOR

The undersigned, as a participant or as parent or legal guardian of a participant in the City of Homer Community Recreation Program, recognizes and acknowledges that some of the classes involve physical activities that could result in personal injury and/or property damage. Knowing and acknowledging that there is a risk of personal injury or property damage, the undersigned, as participant and/or parent or legal guardian, agrees to assume full responsibility for any and all reasonable risks to the participant and will release, waive and hold the City of Homer, City of Homer Community Recreation Program, KPBSD, and employees, agents and volunteers harmless from any and all actions, causes of action, claims, demands, costs, losses, expenses, and compensation on account of or in any way arising out of any and all known and unknown personal injuries and property damage that might arise from the participant's involvement in the classes. If participant is a minor child, the undersigned parent or legal guardian consents to the said minor child participating in classes and authorizes the City of Homer Community Recreation to obtain any and all necessary emergency medical care or treatment for the minor child, if reasonable attempts to notify the parent or legal guardian are unsuccessful.

Participant Signature (if over 18 years old): _____

As parent or guardian of _____

Parent's/Guardian Signature _____

Permission for Photo/Video (OPTIONAL)

From time to time, the local news media and the Community Recreation Program will take photos or video of program participants for promotional purposes. I hereby agree to recording of voice, appearance, activities and participation in any program that participant, guardian, or adult is involved in. I am also aware that pictures may be posted on the Community Recreation's website and/or catalogs.

Participant/Parent/Guardian _____ Date: _____

**RETURN THIS FORM TO POPEYE WRESTLING
 MAKE CHECKS PAYABLE TO POPEYE WRESTLING
 CASH OR CHECKS ONLY**

Popeye Wrestling
CODE OF CONDUCT for WRESTLERS & PARENTS

WRESTLERS CODE OF CONDUCT:

1. No wrestler is to physically or verbally abuse any coach or fellow wrestler.
2. Wrestlers must listen to and follow the directions of all coaches. Wrestlers will be expected to work hard at practice or will be asked to sit. Wrestlers are not to be disruptive during practice or competitions.
3. If a wrestler is disruptive during practice, a parent will be required to attend all practices until the wrestler can act appropriately.
4. At all times, wrestlers must conduct themselves in a mature and respectful manner.
 - a. No unsportsmanlike yelling or cheering if a wrestler is hurt.
 - b. Win or lose, wrestlers MUST shake hands and congratulate their opponent.
 - c. No vulgar or obscene gestures of any kind should ever be made by a wrestler.
5. No wrestler is to use abusive and/or profane language before anyone connected with a Popeye Wrestling Club function (practices, tournaments, meetings, etc.).
6. Wrestlers should make every effort to attend all scheduled practices.
7. Wrestlers are not permitted in the wrestling room until a coach is present.
8. All wrestlers are to treat all Popeye Wrestling Club property and equipment with respect
9. The Popeye Wrestling Club practice facility and any school where competitions/practices are held, are to be respected.

PARENTS CODE OF CONDUCT:

1. No parent or fan is to physically or verbally abuse another parent, fan, coach, wrestler or referee. If a parent has a problem, concern or issue with a fan, wrestler or another parent, the only proper venue for discussion is with a Board Member in private at an appropriate time.
2. All parents are to conduct themselves in a sportsmanlike manner:
 - a. No unsportsmanlike yelling, such as: booing, teasing, or cheering if a wrestler is hurt or losing. No instructions to take specific advantage of any injury incurred by an opponent while wrestling.
3. Except in an emergency, no parent is to interfere with practices, meets or coaching at any time. Parents may observe, but are to wait until before or after practices to interact with their child or talk with the coaches unless a coach requests a conversation is teaching and we require the same of all practice spectators.
4. Parents are NOT permitted to coach their child (on the edge of the mat) at any official practice or competition of the SJWC unless you have a current USAW coaching card and are an approved SJWC coach. Parents should remain in designated spectator locations during official SJWC Wrestling Club practices and tournaments.

Parents, as well as their athletes, will be held responsible for compliance with this Code of Conduct. Violation of this code of conduct will result in disciplinary action by the Head Coach and/or the Board of Directors, up to and including dismissal from the team. Please sign that the above statements have been read:

Parent/Guardian Signature _____

Wrestler Signature _____

RETURN



2016 Alaska USA Wrestling Tournament Schedule

updated 1/21/16

(2/26-2/27 ~ Tanana Middle School, not AUSAW)

Day	Date	Host Team	Location	Style
Friday	3/4/16	Nikiski Freestyle	Nikiski	Greco
Saturday	3/5/16	Nikiski Freestyle	Nikiski	Freestyle
Saturday	3/5/16	Avalanche-MS 6-8	AK Airlines Center	Folkstyle
Friday	3/11/16	Popeye	Homer	Folk/Girls FS
Saturday	3/12/16	Popeye	Homer	Freestyle
Friday	3/18/16	Anchorage Freestyle	Anchorage	Greco
Saturday	3/19/16	Anchorage Freestyle	Anchorage	Freestyle
Saturday	3/19/16	Seward Marathon	Seward-limited #	Freestyle
Friday	3/25/16	Mat-Su Matmen	Palmer	Greco
Saturday	3/26/16	Mat-Su Matmen	Palmer	Free/Folk
Friday	4/1/16			
Saturday	4/2/16	Soldotna Whalers	Soldotna	Freestyle
Saturday	4/2/16	Interior Youth	Fairbanks	PB-N=Freestyle SB-JR=Freestyle Duals
Friday	4/8/16	Arctic Warriors	Wasilla	Greco
Saturday	4/9/16	Arctic Warriors	Wasilla	Free/Folk
Friday	4/15/16	TBD: Tri-Valley or Battle Cats		Greco
Saturday	4/16/16	TBD: Tri-Valley - Freestyle		Freestyle
Saturday	4/16/16	TBD: Battle Cats - Free/Folk		Free/Folk
Friday	4/22/16			
Saturday	4/23/16	Alaska Avalanche	Anchorage	Freestyle
Thursday	4/28/16	AUSAW-Wasilla Sports Complex		Folkstyle
Friday	4/29/16	AUSAW-Wasilla Sports Complex		Greco/Girls/Freestyle
Saturday	4/30/16	AUSAW-Wasilla Sports Complex		Freestyle

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SINGLET CARE! And INFO

Here are some important tips to care for your singlet!

1. Please **DO NOT REMOVE THE TAG** from your singlet. It is very difficult to determine, for future use, what size the singlet is - if there is no tag.
2. Wash after each tournament in **COLD** water. (Warm/hot water will shirk the material and **FADE** the colors.)
3. Drying: **HANG** your Popeye singlet to dry. The heat of the dryer will shirk the material, cause the elastic to breakdown, and also **FADE** the colors.
4. Parents, please, be responsible for your child's singlet! With the growing number of wrestlers registered this season, Popeye Wrestling Club cannot handout replacement singlets without a **\$50 deposit**. Each singlet is assigned a number and wrestlers will be assigned to that specific number/singlet in order for us to keep better track. If you lose your original singlet that was assigned to you – a \$50 deposit will be charged before a replacement singlet can be issued. This deposit will be refunded when the original singlet is found and the replacement singlet is returned.
5. And finally, please, wash & **RETURN** your singlet (& any other gear lent to you – shoes, headgear, kneepads, hairnets) at the year-end Banquet.

Popeye Wrestling Club strives to ensure each wrestler is provided with a singlet for the duration of the wrestling season. Each singlet costs the club \$79 plus shipping (and requires a good 4-6 week wait). We cannot afford to continue to replace missing singlets year after year. The club needs your help in ensuring proper care and monitoring of your child's singlet and gear. As you can imagine, ordering singlets is a monumental expense.

Thank you for your cooperation. Now, **LET'S WRESTLE!!!!**

Popeye Wrestling



KEEP



The Olympic Dream Starts Here.

2016 - MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
BANTAM	Born 2008-2009	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)
INTERMEDIATE	Born 2006-2007	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs. max difference)
NOVICE	Born 2004-2005	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)
SCHOOLBOY	Born 2002-2003	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
CADET (Men)	Born 2000-2001	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
UWW CADET (Men)	Born 1999-2001	Two two-minute periods with 30 second rest between periods	N/A	39-42 KG/86-92.5 LBS, 46/101.25, 50/110.25, 54/119, 58/127.75, 63/138.75, 69/152, 76/167.5, 85/187.25, 85-100/187.25-220.5, 125/275.5*
JUNIOR (Men)	Born 9/1/1996 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
UWW JUNIOR WORLD (Men)	Born 1996-1998 1999 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	46-50 KG/101.25-110.25 LBS, 55/121.25, 60/132.25, 63/138.75*, 66/145.5, 70/154.25*, 74/163, 79/174*, 84/185, 96/211.5, 120/264.5
UNIVERSITY (Men's Freestyle)	At least 17 & less than 28 years old on 1/1/2016, & must have graduated from HS	Two three-minute periods with 30 second rest between periods	N/A	57 KG/125.7 LBS, 61/134.5, 65/143.3, 70/154.3, 74/163, 80/176.4*, 86/189.6, 97/213.9, 125/275.6
UNIVERSITY (Greco-Roman)	At least 17 & less than 28 years old on 1/1/2016, & must have graduated from HS	Two three-minute periods with 30 second rest between periods	N/A	59 KG/130.1 LBS, 63/138.6*, 66/145.5, 71/156.5, 75/165.4, 80/176.4, 85/187.4, 98/216.1, 130/286.6
SENIOR (Men's Freestyle)	Born 1996 or before 1997-1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	57 KG/125.7 LBS, 61/134.5, 65/143.3, 70/154.3, 74/163, 86/189.6, 97/213.9, 125/275.6
SENIOR (Greco-Roman)	Born 1996 or before 1997-1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	59 KG/130.1 LBS, 66/145.5, 71/156.5, 75/165.4, 80/176.4, 85/187.4, 98/216.1, 130/286.6
USA WRESTLING VETERANS (Men—All Styles)	Div. A: Born during the years of 1984 and 1991 Div. B: Born during the years of 1976 and 1983 Div. C: Born during the years of 1968 and 1975 Div. D: Born during the years of 1961 and 1967 Div. E: Born 1960 and before.	Two three-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	50-58 KG/110.25-127.75 LBS, 63/138.75, 69/152, 76/167.5, 85/187.25, 97/213.75, 97-130/213.75 - 286.5

* Not a UWW weight

Chart is effective from September 1, 2015 to August 31, 2016. Based on UWW regulations for Senior Competitions, Senior Age Groups do not go into effect until January 1, 2016.

KEEP



The Olympic Dream Starts Here.

2016 - WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
INTERMEDIATE	Born 2007-2009	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	45, 50, 55, 60, 65, 70, 75, 80, 85, 85+
NOVICE	Born 2004-2006	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 118+
SCHOOLGIRL	Born 2002-2003	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	81, 89, 97, 105, 113, 120, 128, 137, 145, 155, 175, 195
CADET (Women)	Born 2000-2001	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	84, 88, 95, 101, 108, 115, 124, 132, 143, 154, 172, 198
UWW CADET (Women)	Born 1999-2001	Two two-minute periods with 30 second rest between periods	N/A	36-38 KG/79.25-83.75 LBS, 40/88, 43/94.75, 46/101.25, 49/108, 52/114.5, 56/123.5, 60/132.25, 65/143.25, 70/154.25, 78/172*, 84/185*, 100/220.5*
JUNIOR (Women)	Born 9/1/1996 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	97, 105, 112, 117, 121, 125, 130, 139, 148, 159, 172, 198
UWW JUNIOR WORLD (Women)	Born 1996-1998 1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	40-44 KG/88-97 LBS, 48/105.75, 51/112.25, 55/121.25, 59/130, 63/138.75, 67/147.5, 72/158.75, 79.5/175.25*
UNIVERSITY (Women)	Born 1992-1998 & athlete must have graduated from high school	Two three-minute periods with 30 second rest between periods	N/A	48 KG/105.75 LBS, 53/116.8, 55/121.25, 58/127.9, 60/132.3, 63/138.75, 69/152.1, 75/165.3
SENIOR (Women)	Born 1996 or before 1997-1998 with medical certificate	Two three-minute periods with 30 second rest between periods	N/A	48 KG/105.75 LBS, 53/116.8, 55/121.25, 58/127.9, 60/132.3, 63/138.75, 69/152.1, 75/165.3

* Not a UWW weight

Chart is effective from September 1, 2015 to August 31, 2016. Based on UWW regulations for Senior Competitions; Senior Age Groups do not go into effect until January 1, 2016.

KEEP