



Presents
**2008 South East Regional
Wrestling Championship**

Where: Palmetto Expo Center, Greenville, SC

Date: April 12, 2008

Register and Weigh Ins: 7:00am - 9:00am

Rules Meeting: 9:00am-9:30am

Tournament Starts: 9:30am (promptly)

Entry fee: \$35 for one weight class, \$ 20 for each additional weight class

Divisions: Beginner (1 year wrestling or 4 months submissions), Advanced (all others)

There will be 16 weight classes: 135,140,145,150,155,160,165,170,175,180,185,195,205,215,230,hwt and there will be 16 matches running simultaneously (1 per weight class). There will be over 600 high schools, colleges, and independent wrestling schools such as Jiu-jitsu, judo, etc. invited.

Rules: Basic high school wrestling rules and points with minor modifications

Changes from standard wrestling rules to this tournament include (but not limited to):

- A. 1 six min. match instead of 3 two min. rounds
- B. No penalty for locking up on the mat
- C. Shoulders have to be on the mat for a full three seconds before pin
- D. Can win by points, pin, or submission
- E. Competitors will be allowed to wrestle in their own weight class and any weight class above.
- F. Competitors may wear a wrestling singlet, shorts with a t-shirt, or a judo/jiu-jitsu gi. Shoes optional.
- G. No grabbing of clothing unless the article of clothing is a judo/jiu-jitsu gi.
- H. Overtime round(s) will be one minute round(s). One competitor will be chosen at random if he wants to be standing, referees position top, referees position bottom, neutral or guard.
- I. The guard (full or half) will be considered neutral. No back points will be awarded to the person being guarded, however a person can be pinned if they are on their shoulders for three seconds regardless of guard position.
- J. One point for submission attempt

This will be a five tournament series. One tournament is held at the beginning of each month for four months. The first place finisher will receive 10 points, the second place finisher will receive 9 points, the third place finisher will receive 8 points, and the fourth place finisher will receive 7 points. All point placers in the advanced division will be registered to compete in a championship tournament in the fifth month. These people will be seeded according to their point standings and will compete for the championship of their weight class. Then all of the first place finishers from each weight class will then be placed in a championship round against each other to see who is the absolute best wrestler of the south east. The second, third, and fourth place finishers from the first four tournaments will receive a medal, the first place finishers from all five tournaments will receive a trophy and free entry fee into the following tournament. The grand champion will receive a championship belt and will earn a seat in a newly developed MMA team.

Sponsors will be listed as they join.

There will be a catch wrestling seminar at the same location on Friday, April 11, 2008 from 6:00pm - 9:00pm. \$50 seminar fee.

Web site coming soon. Temporary contact information: kneebarstar@msn.com