

EVENT SCHEDULE

Thursday, May 12

	Start	Finish
Bronze Coaches Certification Clinic	5:00 pm	10:00 pm
Mat Officials Clinic	6:30 pm	8:00 pm
Jr. GR/FS Registration	7:00 pm	8:00 pm
Sr. GR Registration, Medical Check/Weigh-ins (See Weigh-in Procedures)	8:00 pm	8:30 pm
Pairing Clinic & Sr. GR Tournament Setup	7:30 pm	10:00 pm

Friday, May 13

	Start	Finish
Jr. GR/FS Registration	7:30 am	8:00 am
***Jr. GR Medical Check/Weigh-ins (See Weigh-in Procedures)	8:00 am	8:20 am
Jr. GR Tournament Setup	8:00 am	10:00 am
Sr. GR Rules Clinic (Athletes & Coaches)	10:00 am	10:15 am
Jr. GR Rules Clinic (Athletes & Coaches)	10:15 am	10:30 am
Sr. & Jr. GR Preliminaries	10:30 am	2:00 pm
Sr. & Jr. GR Preliminaries through Finals	4:00 pm	Conclusion
Jr. FS Registration	8:00 pm	8:30 pm
Sr. FS & Sr. Women's FS Registration, Medical Check/Weigh-ins (See Weigh-in Procedures)	8:00 pm	8:30 pm
Sr. FS & Sr. Women's FS Tournament Setup	8:00 pm	10:00 pm

Saturday, May 14

	Start	Finish
Jr. FS Registration	7:30 am	8:00 am
***Jr. FS Medical Check/Weigh-ins (See Weigh-in Procedures)	8:00 am	8:20 am
Jr. FS Tournament Setup	8:00 am	10:30 am
Sr. FS Rules Clinic (Athletes & Coaches)	10:00 am	10:15 am
Jr. FS Rules Clinic (Athletes & Coaches)	10:15 am	10:30 am
Sr. FS, Women's FS & Jr. FS Preliminaries	10:30 am	1:30 pm
State Leaders Meeting	1:30 pm	2:30 pm
Sr. FS, Women's FS & Jr. FS Preliminaries through Finals	2:30 pm	Conclusion

***Junior athletes MUST be present at the BEGINNING of weigh-ins

Breaks scheduled as necessary

Sessions and schedule subject to change

For specific event procedures or scheduling, contact USA
Wrestling National Events at 719/598-8181

U.S. Senior World Team Trials

June 17-19, 2005

Ames, Iowa

For event information, visit

www.TheMat.com or

call USA Wrestling at 719/598-8181

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USA wrestling



Steve Knipp
1119 Kaplan Drive
Waterloo, IA 50702

USA wrestling

Presents the

NORTHERN PLAINS REGIONAL CHAMPIONSHIPS

FOR JUNIOR & SENIOR DIVISIONS



MAY 12 - 14, 2005
YOUNG ARENA
WATERLOO, IA

Event Director: Steve Knipp
Phone: 319/291-6191
Fax: 319/822-3340
Address: 1119 Kaplan Drive
Waterloo, IA 50702
Email: sknipp@aol.com
Venue Address: Young Arena
125 Commercial Street
Waterloo, IA 50701

Registration Form and Waiver available at
www.themat.com

GENERAL INFORMATION

ENTRY: The OFFICIAL ENTRY BLANK must be accurately completed and filed at registration. Entry fee is \$25 (per style) for all divisions. Please make checks payable to "Black Hawk Wrestling Club."

INDIVIDUAL AWARDS: Attractive awards to the top six (6) Junior place winners and the top three (3) Senior place winners in each style, in each weight class. Most Falls and Outstanding Wrestler awards in each style of all divisions.

RULES: For the Junior division, the 2004 rules of FILA, with USA Wrestling modifications where applicable, will govern the event and the competition.

For the Senior divisions, the new/revised rules of FILA will be implemented, with the exception of tournament pairing (see Pairings below).

UNIFORMS: Red and blue singlets, or red/blue reversible singlet with underbriefs required. Highcut singlets are recommended for the Senior divisions. For women, a collegiate or girl's singlet is required and a sleeveless sport top is to be worn under the singlet (no t-shirts).

PAIRINGS: Blind draw by contestants at the initial registration. In the Junior division, separation of wrestler's from the same state. For the Junior division, one pool will be used for brackets with less than six (6) competitors and two pools will be employed if there are six (6) or more entrants in any given weight class. In the Senior divisions, separation of wrestler's from the same club. The Senior divisions will employ double-elimination line bracketing with wrestlebacks to third place.

COACHING: Floor pass required. Floor passes will only be issued to those individuals with a current USAW Coach's Membership Card and who are a minimum USAW NCEP Copper certified. Coach's Membership Cards should be obtained from your state office. Two certified coaches max. in each competitor's corner. To videotape any match at matside, the operator must be one of the two certified coaches in the corner. Only coaches with a current USAW Coach's Membership Card AND who are USAW NCEP certified are entitled to free admission.

MEDICAL INFORMATION: Athletes must be present in a COMPETITION SINGLET and must submit to a skin disease screening prior to weigh-in. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete. In the event of injury or illness, no contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.

WEIGH-INS: All Junior athletes must be present at **BEGINNING of weigh-ins**. An athlete competing in both styles of the Junior division may weigh in once for both styles. This is contingent on the athlete actively competing in the first one of two wrestling styles scheduled. Athletes competing in one style must weigh in at the official

weigh-in for that style. Each athlete will be allowed two consecutive attempts to make weight and may not leave the weigh-in area. Senior division athletes competing in two styles must weigh in for each style registered. All wrestler's must be dressed in a COMPETITION SINGLET for weigh-ins and no weight allowance is given for the singlet.

NCAA WAIVER: This event qualifies as an NCAA waived event for outside competition per NCAA Bylaw 14.7.3.1.

JUNIORS: Top three place winners at this event qualify for your state's ASICS/Vaughan Junior Nationals team above the state limit. You must still adhere to all state policies and you qualify only in the style in which you place.

SENIORS: Champions qualify for the 2005 Senior World Team Trials in Ames, IA, June 17-19, 2005.

**Need
a USA
Wrestling
Membership
Card?**

It's simple! Just go to www.themat.com, click "Become A Member," and follow the instructions. Don't forget, all coaches and athletes must be current USA Wrestling members to participate in the 2005 Northern Plains Regional Championships.

ELIGIBILITY

ELIGIBILITY: All contestants must present proof of current USA Wrestling Membership Card at registration. Membership Cards should be acquired from the State Chairperson or State Membership Director of the contestant's state of residence, but will be available for purchase at registration. Secondary sports accident insurance is provided as a benefit of membership. No pre-qualification required.

Junior division athletes shall be considered eligible to compete in Junior Division competitions if he/she is currently attending high school, or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attended high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program the "Spring" semester just prior to the summer event. In addition, the athlete has only four consecutive years to compete in the Junior Division once his/her class begins the ninth grade.

The Senior divisions are open only to U.S. citizens eligible to represent the United States at the 2005 World Championships. Athlete must be a U.S. citizen prior to the start of THIS event.

AGE GROUPS & WEIGHT CLASSES

Juniors: (Born September 1, 1985 and after, plus currently enrolled in grades 9-12) 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275 (Weight classes in pounds)

Senior Men: (Born 1985 or before, 1986-87 with a medical certificate) 55 kg/121 lbs., 60 kg/132 lbs., 66 kg/145.5 lbs., 74 kg/163 lbs., 84 kg/185 lbs., 96 kg/211.5 lbs., 120 kg/264.5 lbs.

Senior Women: (Born 1985 or before, 1986-88 with a medical certificate) 48 kg/105.5 lbs., 51 kg/112 lbs., 55 kg/121 lbs., 59 kg/130 lbs., 63 kg/138.5 lbs., 67 kg/147.5 lbs., 72 kg/158.5 lbs.

ACCOMMODATIONS

When making reservations, be sure to ask for the USA Wrestling tournament rate.

Ramada Inn

205 West 4th Street
Waterloo, IA 50701
319/233-7560
Rate: \$69 + tax

Quality Inn & Suites

226 West 5th Street
Waterloo, IA 50701
319/235-0301
Rate: \$69.95-89.95 + tax

Heartland Inn - Greyhound Park

3052 Marnie Avenue
Waterloo, IA 50701
319/232-7467
Rate: \$75 + tax

Ramada Starlite Village

214 Washington Street
Waterloo, IA 50701
319/235-0321
Rate: \$69.95 + tax

Holiday Inn Express

2141 LaPorte Road
Waterloo, IA 50702
319/233-3941
Rate: \$76.95 + tax

Heartland Inn - Crossroads

1809 LaPorte Road
Waterloo, IA 50702
319/235-4461
Rate: \$72.99 + tax

REGIONAL DUAL MEET TOURNAMENT

Steve Knipp, Event Director of the 2005 Northern Plains Regional Championships, will host a Regional Dual Meet Tournament on Sunday, May 15, 2005.

For event information or to enter a team, contact Steve at 319/291-6191 or by e-mail at sknipp@aol.com.

**USA WRESTLING 2005 NORTHERN PLAINS
JUNIOR & SENIOR REGIONAL ENTRY FORM**
-PLEASE PRINT CLEARLY-

Name _____

USAW Card # _____

Address _____

City _____

State _____ Zip _____

Phone _____ Birthdate _____

E-mail _____

Weight Class _____

School/Club _____

Please check the the age-group you plan on participating in.

JUNIOR (Born September 1, 1985 & after, plus currently enrolled in grades 9-12)

FS ☐ GR ☐

SENIOR MEN (Born 1985 or before; 1986-1987 must have medical certificate)

FS ☐ GR ☐

SENIOR WOMEN (Born 1985 or before; 1986-1988 must have medical certificate)

WM ☐

FS = Freestyle

GR = Greco-Roman

WM = Senior Women

CONSENT AND RELEASE

In consideration for the opportunity to participate in the NORTHERN PLAINS JUNIOR & SENIOR REGIONAL CHAMPIONSHIPS (the "Event") the undersigned and his/her parent or guardian, if applicable ("Competitor") hereby acknowledges that the "Event", and related activities and performances, may be televised live and/or videotaped for broadcast, cablecast, home video entertainment and/or any other use or distribution (collectively, "Dissemination") in a manner not inconsistent with applicable rules or The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc. ("USAW") and/or the Fédération Internationale des Luttes Associées ("FILA") and hereby consents that USAW, for purposes of USAW's athletics/sports programs and related events and activities, and any television network, produc-

tion company or any other parties with which USAW has agreements for such purposes, and/or their licensees, shall have the right, without any compensation to competitor, to use Competitor's name, photograph, image, likeness, biography and accomplishments and displays of wrestling ability in any Dissemination of the Event and for the purpose of advertising, promoting and publicizing the events and activities of USAW and the program and/or any program series of which any Dissemination of the Event is a part (provided that none of the above shall be used in such fashion so as to constitute an endorsement of any commercial product). Competitor agrees, for and on behalf of Competitor and Competitor's heirs, personal representatives, administrators, agents, successors and assigns, to release, indemnify and hold harmless USAW and its officers, directors, agents, employees and licensees from any claim of any nature based upon or arising out of any Dissemination or other permitted uses contemplated by this Consent and Release.

Signature of Competitor

Date

Signature of Parent or Guardian

Date

MEDICAL CONSENT

Name of Primary Insurance Company: _____

Policy # _____

Address _____

Family Doctor _____

Phone _____

Presently on any medication? _____

If yes, please list medication(s) _____

Drug Sensitivities or Allergies _____

Special Medical Conditions _____

Please indicate another person to call in case of emergency:

Name _____

Phone _____

Parent or Guardian of minor must read and complete the following:

Without this signed authorization from the parent/ guardian, hospitals in many states are obligated by law to delay treatment of a contestant's injury or illness until the parents can be reached by telephone and their permission granted to begin treatment. Such a delay can prove unnecessarily painful and even dangerous to the athlete, particularly if the parents cannot be reached immediately. To avoid such delays, the parent/guardian should check one of the options below and endorse the selection with his/her signature.

Check one:

_____ If my child needs medical attention, it is my wish that I be contacted before any medical procedures are begun, unless immediate medical treatment is necessary to save my child's life or prevent permanent injury, in which event I authorize all necessary treatment.

_____ If my child, named above, needs medical treatment during this event, it is my wish that the necessary treatment be initiated while efforts are being made to contact me. So that treatment of my child will not be delayed, I consent to any medical procedures that the physician believes my child needs, on the understanding that efforts will continue to be made to reach me. I accept responsibility for all costs related to such treatment.

Adult athletes hereby authorize and consent to emergency medical treatment. Exceptions — List any medical procedures that you do not want performed unless specific approval is received: _____

COMPETITOR ACKNOWLEDGES THAT COMPETITOR HAS HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTANDS ITS PURPOSE, MEANING AND INTENT.

Print Name of Competitor

Signature of Competitor

Date

Signature of Parent or Guardian

Date

ASSUMPTION OF RISK, CODE OF CONDUCT, WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION FOR the opportunity to participate in the EVENT described below, PARTICIPANT acknowledges, agrees and affirms the following:

1. The following words used in this document will have the meaning indicated:

- A. "EVENT" shall mean the NORTHERN PLAINS JUNIOR & SENIOR REGIONAL CHAMPIONSHIPS.
- B. "USAW" shall mean The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc., and its directors, officers, members, employees, officials, committees, clubs, affiliates, agents and their successors and assignees.
- C. "EVENT ORGANIZER" shall mean a club, local organizing committee or any other person or entity responsible for hosting, conducting, and/or sponsoring the EVENT, including any director, officer, member, official, committee or agent thereof and their successors and assignees.
- D. "PARTICIPANT" shall mean the undersigned individual who competes or is involved in the EVENT and his/her parents, legal guardians, heirs, personal representatives and their successors and assignees.
- E. "PERSONAL INJURY" shall mean and include any bodily injury; permanent, temporary, total or partial disability; paralysis; dismemberment; or death.
- F. "PROPERTY DAMAGE" shall mean and include damage or destruction to PARTICIPANT'S gear, equipment and all other personal property or belongings.
- G. "MEDICAL TREATMENT" shall mean and include all emergency medical treatment, medical procedures, hospitalization or other care rendered to PARTICIPANT in connection with or resulting from his/her participation in EVENT.
- H. "LOSS" shall mean and include any and all liabilities, losses, damages and claims (including reasonable costs and attorneys' fees), which are suffered or result directly or indirectly from PERSONAL INJURY, PROPERTY DAMAGE and/or MEDICAL TREATMENT to PARTICIPANT, or others, and which are incurred during or in the course of PARTICIPANT'S preparation for, participation and involvement in, and travel to or from the EVENT or the conduct and management of the EVENT.

2. By issuing a sanction for the EVENT, USAW is not responsible or liable for the management or conduct of the EVENT, unless USAW has otherwise expressly agreed in writing to serve in such role.

3. PARTICIPANT understands and appreciates the risks of serious injury that may occur in the sport of wrestling or in the course of preparing for, participating in and traveling to or from the EVENT, and that such activities may involve risks, including PERSONAL INJURY.

4. PARTICIPANT knowingly and voluntarily assumes all such risks of LOSS and all legal and financial responsibility therefore.

5. USA Wrestling (USAW) is committed to providing a safe environment for its members, participants, coaches, officials and volunteers and to prevent abusive conduct and harassment in any form while participating in the activities of USAW. USAW promotes good sportsmanship throughout the organization and encourages qualities of mutual respect, courtesy and tolerance in all members, participants, coaches, officials, staff and volunteers. USAW advocates building strong self-images among participants. Athletes with a strong self-image may be less likely targets for abuse or harassment; similarly, they may be less likely to engage in abuse or to harass or bully others around them.

To this end, USAW has established the following guidelines of behavior. All members of the organization, as well as parents, spectators and other invitees are expected to observe and adhere to these guidelines.

Harassment and abuse are defined in various sources such as state law, case law, sports organization and professional association codes of conduct and training manuals, corporate and business workplace documents and human rights commission materials. USAW has not adopted any specific definition of harassment or abuse, choosing instead to defer to such general sources and definitions for reference and application, depending on the circumstances. As further elaboration of examples given above, the following generally describe conduct that may be considered harassment or abuse:

- Any improper or inappropriate comment, action or gesture directed toward a person or group that is related to race, ethnicity, national origin, religion, age, gender, sexual orientation, disability or other personal characteristic.
- Creating an environment through behavior or course of conduct that is insulting, intimidating, humiliating, demeaning or offensive.
- Harassment usually occurs when one person engages in abusive behavior or asserts unwarranted power or authority over another, whether intended or not, and may include, for example,

name-calling, threats, belittling, unwelcome advances and requests for sexual favors (as well as undue pressure to perform or succeed).

- Harassment includes child abuse.

- Child abuse can include physical contact – or the threat of it – that intentionally causes bodily harm or injury to a child. This may include, for example, hitting, shaking, kicking, shoving, forcing an athlete to wrestle when injured or mandating excessive exercise as a form of punishment. It may also include touching for the purpose of causing sexual arousal or gratification that involves a child, rape, incest, fondling, exhibitionism and sexual exploitation. It may also include chronic attacks on a child's self-esteem, such as psychologically destructive behavior consisting of ridiculing, screaming, swearing, racist comments, threatening, stalking, hazing and isolating.

6. PARTICIPANT releases, waives any claims and promises not to sue the EVENT ORGANIZER and/or USAW with respect to any LOSS incurred during or in connection with his/her participation in the EVENT, any activities associated with the EVENT and the conduct and management of the EVENT (including as may result from the negligence of the EVENT ORGANIZER), except any LOSS which is the result of gross negligence and/or willful or wanton misconduct by the EVENT ORGANIZER. PARTICIPANT further agrees to hold harmless and indemnify the EVENT ORGANIZER and/or USAW from any claims brought against the EVENT ORGANIZER and/or USAW resulting from, arising out of or in any way associated with any LOSS.

7. Prior to participating in the EVENT, PARTICIPANT shall have the right to inspect the facilities and equipment to be used and, if PARTICIPANT discovers any condition which he/she reasonably believes to be unsafe, PARTICIPANT will immediately cause EVENT officials to be notified of such condition and will not participate in the EVENT so long as such condition exists.

***BY SIGNING THIS DOCUMENT, PARTICIPANT
ACKNOWLEDGES HAVING READ AND UNDERSTOOD ITS
MEANING AND CONTENTS.***

Print Name of Competitor

Signature of Competitor

Date

Signature of Parent or Guardian

Date