



EXTREME ROCK 'N' HOLT TOURNAMENT

HOSTED BY HOLT WRESTLING CLUB **LIMITED TO FIRST 600 WRESTLERS**

WHERE HOLT HIGH SCHOOL
5885 West Holt Rd Holt, Mich. 48842

WHEN SUNDAY February 5, 2012 **START TIME 10 am**

WEIGH-INS & REGISTRATION **FRIDAY February 3, 2012 7-8pm and SUNDAY 7:30-8:15 AM HOLT Wrestling Room**
All wrestlers must be pre-registered on or by Thursday evening at 10:00 pm prior to the tournament. Club directors or individual members will login into their personal account to register. **All wrestlers must be a MYWA member in order to compete in any MYWA sanctioned event.**

TOURNAMENT OF CHAMPIONS QUALIFIER and MICHIGAN GRAPPLER FAB 50

AWARDS **WRESTLING ROCKS Full size Aluminum License Plate 1st and 2nd Placers**
WRESTLING ROCKS Steel Dog Tags/Chain 3rd and 4th Placers

ENTRY FEE \$15 Per Wrestler **MUST BE A MYWAY MEMBER**

MEMBERSHIP See: www.mywaywrestling.com and click on membership

ADMISSION \$3.00 Adults, \$2.00 Child

AGE GROUPS **Age Groups are determined by year of birth. (A wrestlers birthday as of December 31, 2011)**
Proof of age will be required if wrestler is challenged within the first two rounds of competition. A birth certificate is the only form of validation that will be accepted.

RULES **Modified High School Rules**

- Must be in grade 8th or under. Anyone born in 96 must send proof they're in 8th when registering for MYWA
- All Michigan residents **MUST** be a MYWA member to compete in post season events.
- Age Groups 07-05, 04-03: three, 1 minute periods
- Age Groups 02-01, 00-99, 98-97 (96 8th grade only): three, 1 1/2 minute periods
- **Singlets or t-shirt and shorts are required.**
- **One step on scale at weigh-ins**
- Mouth guards **Mandatory** for wrestlers with braces
- Hair caps attached to headgear **Mandatory** for wrestlers not groomed to HS standards.
(Hair length must be above eyebrow, earlobes, and collar.)
- If less than three wrestlers are in a weight class, the tournament has the right to move them up one weight class (in the same age group) except for heavyweight.

WT. CLASSES 07-05: 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 77, HWT
04-03: 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT
02-01: 47, 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, 130, 150, HWT
00-99: 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT
98-97 (96 8th grade only): 70, 75, 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT

OTHER INFO Only two coaches per mat will be permitted at all times.
Anyone operating video equipment on the mat will be considered one coach.

CONTACT **JAMES HAFKE** law@jameshafke.com Phone # 517-927-5898 or Stan Granger 517-896-5285
WRESTLING ROCKS Temporary Tattoo for each Registered Wrestler
FREE Digital Podium Pictures of place winners provided on-line