



The Seattle Sports Commission in conjunction with the Steilacoom-DuPont Warriors Wrestling Club (SDWWC) is proud to present the 2013 Subway Washington Games VI Folkstyle Wrestling Championships. This event or activity is not sponsored by or endorsed by the Steilacoom Historical School District.

NOT GOING TO FARGO – NEED MAT TIME THEN THE SUBWAY GAMES IS THE PLACE FOR YOU.

When: Saturday, July 20th, 2013.

Location: Steilacoom High School, 54 Sentinel Drive, Steilacoom, WA 98388

Cost: \$25.00 cash only entry fee paid at check-in/weigh-in. Any wrestler who attends the High-Impact Cradle and Granby Camp at Steilacoom High School (July 8th – 11th, 2013) or the South Sound Wrestling Camp at Orting High School (July 14th – 18th, 2013) will receive \$10.00 discount off their entry fee; proof of attendance is required (paid receipt and or email confirmation from camp director).

Awards: Top four finishers in each weight class will receive medals.

Pre-registration Information: Pre-registration will be open from Saturday, June 1st, 2013 and will close at on Wednesday, July 18th, 2013. All competitors who pre-register and compete in the tournament will receive a FREE Subway Washington Games T-Shirt – To pre-register go to [Subway Games Pre-registration](#)

The attached Medical and Liability Release Form must be completed and turned in at check-in/weigh-in. Anyone under the age of eighteen (18) years of age must have parent/guardian consent to participate; No USA Wrestling Card is required to compete. Any competitor found providing false registration information in regards to age/grade level will be disqualified from the tournament and their entry fee will not be refunded.

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Age Division	Weight Classes (lbs.)	Match Length	Weigh-In Time	Start Time
*5 – 8 Open	40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 100, 110+	1:00 – 1:00 – 1:00	7:00 AM – 8:00 AM	9:30 AM
*9 – 12 Open	60, 65, 70, 75, 80, 85, 90, 95, 105, 115, 120, 130, 145, 175+	1:00 – 1:00 – 1:00	7:00 AM – 8:00 AM	9:30 AM
**13 – 14 Middle School Open	80, 85, 90, 95, 100, 108, 115, 122, 128, 134, 140, 147, 154, 162, 172, 184, 197, 225, 265.	1:30 – 1:30 – 1:30	7:00 AM – 9:30 AM	11:30 AM
***15 – 18 Girls High School Open	95, 100, 108, 115, 122, 129, 135, 142, 150, 160, 170, 195, 235.	1:30 – 1:30 – 1:30	7:00 AM – 9:30 AM	11:30 AM
***15 – 18 Boys High School Open	100, 108, 115, 122, 128, 134, 140, 147, 154, 162, 172, 184, 197, 225, 285	1:30 – 1:30 – 1:30	7:00 AM – 11:00 AM	1:00 PM
19 – 30 Collegiate Open	135, 145, 155, 165, 175, 185, 195, 220, 285	1:30 – 1:30 – 1:30	7:00 AM – 11:00 AM	1:00 PM
31 and Up Old Timers Open	135, 145, 155, 165, 175, 185, 195, 220, 285	1:00 – 1:00 – 1:00	7:00 AM – 11:00 AM	1:00 PM
CONSOLATION BOUTS IN ALL DIVISIONS WILL BE THREE 1-MINUTE PERIODS				
ALL START TIMES ARE ESTIMATES AND ARE SUBJECT TO CHANGE				



For additional information, please see attached information pages. Questions and or concerns should be directed to Tom Johnston, Tournament Director at stick6fall@comcast.net or at (540) 538-1100.





2013 Subway Washington Games VI Folkstyle Wrestling Championships Medical and Liability Release Form

"This event or activity is not sponsored by or endorsed by the Steilacoom Historical School District."

I/We am/are aware that wrestling is a HIGH RISK SPORT and that it can be a dangerous and unpredictable activity involving MANY RISKS OF INJURY.

I/We understand that the dangers and risks of wrestling include, but are not limited to, transmittable disease and disorders, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I/We understand that the dangers and risks of practicing or competing in wrestling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. Because of the dangers of wrestling, I/We recognize the importance of following all coaches, officials and tournament staff instructions regarding techniques, training and other team/camp rules, etc., and to agree to obey such instructions. I/We have read the above warning and release and understand its terms.

I/We understand that wrestling is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above. I/We agree to allow my/our child, in case of injury be treated by a licensed physician, registered nurse and or certified athletic trainer at the facility and or licensed medical facility and to assume all costs related to such treatment. I/We hereby waive my/our right to any and all charge backs against the Steilacoom Historical School District, the staff of the school district, the student organization of the school district, or any member of the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff and furthermore agree to resolve any and all disputes that may arise over all matters directly with the 2013 Subway Washington Games VI Folkstyle Wrestling Championships.

I/We understand that any wrestler competing in the 2013 Subway Washington Games VI Folkstyle Wrestling Championships, using any facilities does so at his or her own risk. I/We agree that neither the Steilacoom Historical School District, nor the staff of the school district, nor the student organization of the school district, nor the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff shall in any way be held liable for any accident or injury in anyway received on account of or while engaged in any athletic activity sponsored by the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff. I/We further agree that neither the district nor any of their staff nor student organizations nor the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. I/We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

The Steilacoom Historical School District, it's athletic department, staff and the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff are not liable for any damages arising from personal injury sustained by the camper during the camp session and so I/we hereby fully and forever exonerate and discharge the Steilacoom Historical School District or the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff, owners, employees and other agents from any and all claims, demands, damages, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of the wrestlers participation in the 2013 Subway Washington Games VI Folkstyle Wrestling Championships and in the use of the facilities.

By signing below, I/We certify that I/We have read the above 2013 Subway Washington Games VI Folkstyle Wrestling Championships Medical and Liability Release Form and I/we understand its content, and agree to its terms and will be responsible for any medical or other charges in connection with my child's participation in 2013 Subway Washington Games VI Folkstyle Wrestling Championships.

Athlete's Printed Name/Signature/ Date

Parent's/Guardian's Printed Name (Wrestlers 17-years and younger)

Parent's/Guardian's Signature/ Date (Wrestlers 17-years and younger)

Format: This is a double elimination Folkstyle tournament with true a 2nd place in all bracketed weight classes in each division and will be conducted on 5-mats (see facility map for mat locations). Consolation wrestle back bouts will consist of three 1-minute periods for all divisions. Depending on number of entries per weigh class, wrestlers will either be placed in a bracket or a round robin group. The possibility exist that weight classes may have to be combined due to low entry numbers but Tournament Officials will talk to each competitor and their coach/parent to ask for their approval before taking this measure. Wrestlers entered into the Old Timers Division will have the option to participate in the Collegiate Open Division if there are not enough entrants in their weight class.

Rules: The National Federation of State High School Associations (NFHS) Rules of Wrestling will be utilized with the exception of division weight classes, head gear and or hair covers (optional), individual match count per day (unlimited), match length, time between matches (30-minutes minimum) and overtime criteria.

Modified Overtime Criteria: The 2013 Subway Washington Games VI Folkstyle Wrestling Championships will utilize a modified overtime criteria to break all regulation ties and consist of one (1) sudden-victory period started in the neutral position and it will last one (1)-minute or until someone scores. If the scoring move places a wrestler directly on his/her back, the official will allow the situation to proceed as long as the wrestler in the advantage position secures a fall or time has expired. If a second injury timeout is taken prior to the start or during the sudden-victory overtime period, the other wrestler will have choice of position for the restart (top, bottom or neutral may be chosen). If there is no score or both wrestlers are penalized the same amount of points, at the same time, then the wrestlers will immediately wrestle a 30-second ultimate tiebreaker period. The wrestler who scored first in the regulation periods will have choice, if no one scored in regulation, then the mat official will conduct a disc flip to determine choice of position (top, bottom, defer). The first wrestler to score will be the winner unless the scoring move places the defending wrestler directly on his/her back, the official will allow the situation to proceed as long as the wrestler in the advantage position has secures a fall or time has expired. All penalties, warnings, cautions and injury time carry over into the overtime periods. A fall at any time ends wrestling.

Uniform And Special Equipment: Competitors shall wear a non-school issued wrestling uniform (singlet), approved head gear and proper wrestling shoes. All special equipment, i.e., orthodontic mouth guard(s), hair covers (if used), knee pads, etc...must be inspected by and approved by tournament officials during the weigh-ins/skin checks. If a competitor has both upper and lower orthodontic devices then they will be required to use a mouth guard that covers both devices.

Check-In and Weigh-Ins: Check-in for final registration and weigh-ins will begin at 7:00 AM in the Main Commons located upstairs on the main school floor. Male weigh-ins and skin checks will be conducted in the auditorium and Female weigh-ins and skin checks will be conducted in the school library, both the auditorium and library are also located upstairs on the main floor. All competitors will weigh-in in a wrestling singlet. A properly filled out NFHS Skin Lesions Form must be presented at time of weigh-ins if any competitor has a suspected skin condition.

Check-in and weigh-ins will be open to all competitors starting at 7:00 AM but priority will be given for divisions with the earlier start times, i.e. 5-8 and 9-12 year olds will weigh-in first, then 13-14 year olds (Middle School) and Girls High School, etc...If there are enough female wrestlers in each age group up through 14 years of age to make up a round robin group or bracket we will attempt to match them up gender specific.

*5 – 8 and 9 – 12 Divisions are combined Boys and Girls (Co-Ed). All unlimited 8 and under wrestlers shall weigh a minimum of 100-pounds and the maximum weight differential between any competitors will not exceed 20-pounds. All unlimited 9 and over wrestler shall weigh a minimum of 145-pounds and the maximum weight differential between any competitors will not exceed 20-pounds.

**13 – 14 Middle School Open Division is a combined Boys and Girls (Co-Ed). All wrestlers in this division must be in or entering into 6th – 8th Grades; wrestlers entering or having completed the 9th grade are not allowed to compete in this division. Unlimited Middle School Division wrestlers' minimum weight is 245-pounds and the maximum weight differential between any competitors will not exceed 20-pounds.

***All wrestlers in the 15 – 18 Girls and Boys High School Divisions must be in or entering 9th – 12th Grades; no graduates are allowed.

Locker Rooms: Locker rooms to change clothes and shower are available for competitors, officials and tournament staff only. Participants need to provide their own towels and toiletries for showering and must be supervised while in the locker rooms; all participants are responsible for leaving the locker rooms in a clean and undamaged condition; Steilacoom High School and the Tournament Management will not be responsible for lost or stolen items.

Admission: Adult - \$5.00; Children (ages 6-17) - \$3.00; Senior Citizens (60 and above) - \$2.00; Kids (ages 5 and below) – Free. There will be no coaching passes.

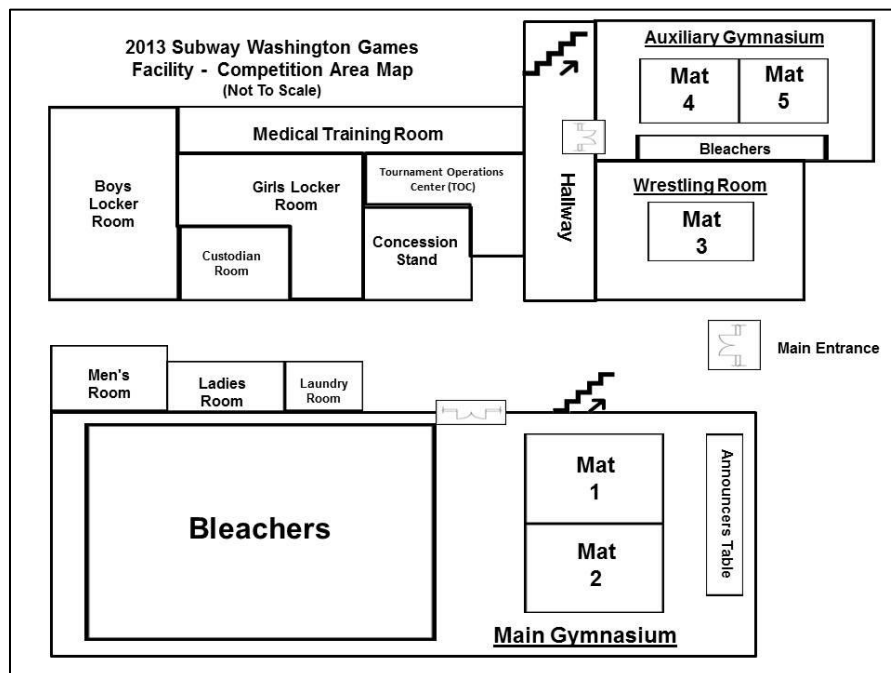
Concessions: Concessions will be available at the concession stand located outside the main gymnasium and across from the wrestling room. No outside food or large coolers will be allowed in the facility. Please bring small bills and pocket change for concession stand purchases, this will help out the concession stand cashier immensely.

Officials: Six (6) Officials will be assigned from the Western Washington Wrestling Officials Association (WWWOA) to work the tournament.

Conduct Of Wrestlers, Coaches And Spectators: Sportsmanship is paramount during the conduct of this event. It will be the responsibility of the all wrestlers, coaches and spectators behave in a respectful manner at all times. Any individual, whose behavior in the opinion of the Tournament Staff or a Wrestling Official becomes abusive in nature and detrimental to the conduct of the tournament, will be immediately removed from the facility for the remainder of the day and will not be refunded their entry fee money.

Additional Restrictions: To ensure the safety of all tournament workers, officials, coaches, competitors and spectators the following restrictions will be enforced. Any violation of these restrictions could result in the permanent removal of the offender(s) from the facility:

1. Only Officials and Tournament Staff are authorized inside the Tournament Operations Center (TOC).
2. Only two (2) Coaches will be allowed in a competitor’s corner during the match being conducted.
3. Wrestlers who are not competing, on deck or in the hole will remain in the stands.
4. All spectators will remain in the stands at all times and will not approach any mat area, to include those with video and still photography cameras.
5. Artificial noisemakers or any item that in the judgment of tournament staff and or mat officials pose a danger are not allowed inside the facility.
6. All personnel in attendance to include tournament staff, mat officials, coaches, team members and spectators, must wear appropriate attire at all times.



Driving Directions: Steilacoom High School is located in beautiful Southwestern Pierce County Washington at 54 Sentinel Drive, Steilacoom, WA 98388.

Coming Southbound on Interstate-5 from Seattle, WA: Take the Gravelly Lake Drive exit (exit 124) and turn right at the off ramp traffic light onto Gravelly Lake Drive, move into left lane as soon as possible and continue on Gravelly Lake Drive for approximately 3.5 miles until you reach Washington Boulevard SW (second traffic light), turn left onto Washington Boulevard SW, continue on Washington Boulevard SW for approximately 3-miles and as it bears to the right it will change into Military Road SW. Continue on Military Road SW for approximately 1-mile until you come to 112th St SW traffic light and turn right, then immediately turn left onto Farwest Drive SW. Continue on Farwest Drive SW for approximately 2-miles; you will pass Lakes High School on your left and Pierce Community College on your right, continue straight down the hill until the next traffic light which will be the intersection of Farwest Drive SW and Steilacoom Boulevard. Continue forward through the traffic light, Farwest Drive SW now turns into Sentinel Drive, drive approximately a ¼ mile and Steilacoom High School will be on your left and Western State Hospital will be on your right. Follow Sentinel Drive all the way around to the back side of the High School facing the football field to the main parking lot.

Coming Northbound on Interstate-5 from Portland, OR: Take the Gravelly Lake Drive exit (exit 124) and turn left at the off ramp traffic light onto Gravelly Lake Drive, stay in or move into the left lane as soon as possible and continue on Gravelly Lake Drive for approximately 3.5 miles until you reach Washington Boulevard SW (second traffic light), turn left onto Washington Boulevard SW, continue on Washington Boulevard SW for approximately 3-miles and as it bears to the right it will change into Military Road SW. Continue on Military Road SW for approximately 1-mile until you come to 112th St SW traffic light and turn right, then immediately turn left onto Farwest Drive SW. Continue on Farwest Drive SW for approximately 2-miles; you will pass Lakes High School on your left and Pierce Community College on your right, continue straight down the hill until the next traffic light which will be the intersection of Farwest Drive SW and Steilacoom Boulevard. Continue forward through the traffic light, Farwest Drive SW now turns into Sentinel Drive, drive approximately a ¼ mile and Steilacoom High School will be on your left and Western State Hospital will be on your right. Follow Sentinel Drive all the way around to the back side of the High School facing the football field to the main parking lot.

Parking: Parking is available in the main parking lot, which is located around the back of the school and faces the football field. To get to the main gymnasium entrance go down the stairs that lead towards the football field and then follow the sidewalk to the left, the main doors will be located on your left as you walk up (see picture below). The only entrance that will be open will be the main gymnasium doors, so to avoid walking all the way around the school please let your supporters know **DO NOT TO PARK** in the school front parking area as those areas will be reserved for tournament workers and administrators. Recreational Vehicles, Buses and any oversized vehicles will need to park across the street in the additional parking lot area at Western State Hospital, located across the street from the high school (**see picture below**); this will also serve as overflow parking for fans.

The Steilacoom Historical School District, its athletic department, staff, along with the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff and Western State Hospital are not liable or responsible and disclaims all responsibility from losses or damages to vehicles parked on The Steilacoom Historical School District and Western State Hospital properties. The Steilacoom Historical School District, its athletic department, staff, along with the 2013 Subway Washington Games VI Folkstyle Wrestling Championships Staff and Western State Hospital is not responsible for losses or damage to any vehicle towed from their properties.

