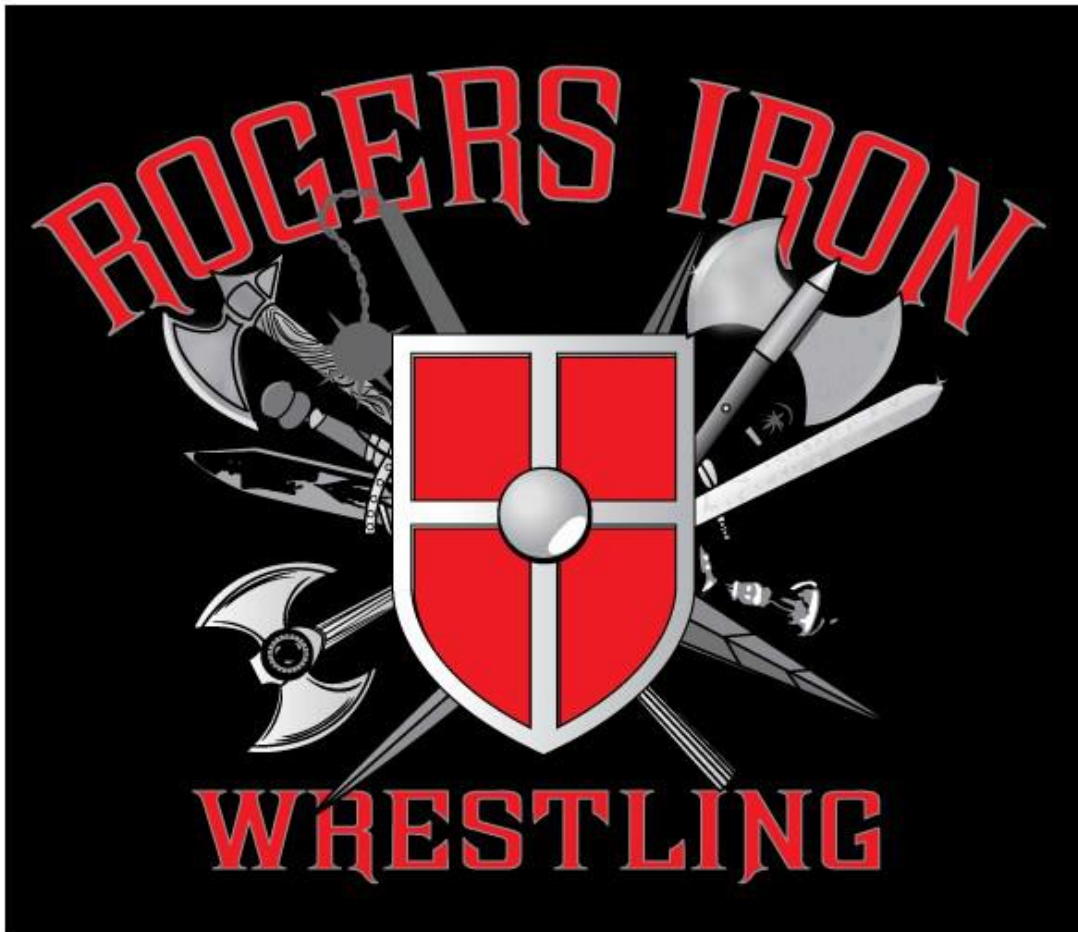


YOUTH WRESTLING

ROGERS ACTIVITY CENTER



***IRON SHARPENS IRON AS ONE
PERSON SHARPENS ANOTHER***

Mission Statement

It is the mission of the Rogers Community-School Recreation Association to provide a variety of activities and sports that promote health in both mind and body, through fellowship and good sportsmanship.

Program Contacts

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Rogers Iron Wrestling

Rogers Iron Wrestling is the community youth wrestling program offered by the Rogers Activity Center. We average between 40 – 80 wrestlers each season that range in age from five to fifteen. From 2005 to 2008 we offered a program to ages six to eighteen. In 2008 Arkansas added high school wrestling in our area high schools. Our season runs from late October through February with various club practices, clinics, and tournaments that take place during this time. We host practices on average three to four times a week while in season. We compete in tournaments in Arkansas, Missouri, and Oklahoma. In 2016 we hosted our 10th Annual Rumble in Rogers at the Rogers Activity Center on November 17. We had 360 wrestlers compete. Wrestlers competed from across the state of Arkansas, Missouri, Kansas, and Oklahoma. In 2017 we had 28 wrestlers compete in the 9th Annual Arkansas State Youth Wrestling Tournament and 19 placed in the top four, 6 were champions in their weight and division and our team placed 5th for overall competition.

Rogers Iron Wrestling Advisory Committee

The Rogers Iron Wrestling Advisory Committee was created to help with club functions. We discuss and organize club fundraising including our annual Rumble in Rogers Tournament and off season events and schedules, along with other important things that come up throughout the year. The more parent and community support we have the better our program can be for all participants.

Website

The Recreation website is a valuable resource that we use for conveying information. Forms used by the league and other announcements and information can be found at <http://www.rogersar.gov/793/Youth-Wrestling>.

Communication

Communication is key in any sport. With so many participants in our program, email will be the primary form of communication that is used by our coaches and advisory committee. To keep informed on daily updates, it is imperative that you provide a valid email address to receive emails.

Parent – Coach Communication

Communication is essential to successfully controlling any situation that may develop during the season. Communication begins with you making the first move. If a wrestler or parent has a problem regarding the team, speak to the coach first. To allow for clear communication allow for a 24 hour cool down period before approaching the coach with your concerns. If the problem can not be resolved at that level then speak to the Program Director.

Our Club – Rogers Iron Wrestling

Our club was one of the first in Arkansas and has had great success and we plan to build on that success with Coach Kevin. Just a few of the clubs achievements are: first place Arkansas State Team, four time Arkansas State Team runner up, numerous state champions each season, six national level championships, and fifteen national level finalists.

Youth Wrestling is a sport designed for boys and girls 5-15 years old. This wrestling program focuses on freestyle and folk style wrestling like seen in high school and college competitions. Wrestling is a sport that will help develop agility, coordination, flexibility, balance, self-esteem, self-discipline, and a strong work ethic. All children will face opponents who are similar in size.

Coaching

Head Coach – Kevin Lepola

We are excited to announce that Kevin Lepola will serve as our head coach for youth wrestling this season. Kevin has an extensive background in coaching, participating as a competitor, and training youth in proper techniques. He has been a wrestling coach of various ages since 1997.

Kevin is ASEP Coach Certified and also holds a bronze level coaching certification through USA Wrestling. Kevin just recently moved to Northwest Arkansas from Kodiak, Alaska where he was the head coach for Kodiak Kid Wrestling Club, assistant coach for Kodiak High School, and also helped coach at the Kodiak Middle School.

Tournament Information

Wrestling tournaments and duals will take place throughout the season for each wrestler to have the opportunity to compete. Most tournaments will be scheduled that allow travel to be less than two hours. Tournaments will be held on Saturdays and will take the majority of the day. Dual meets will be scheduled with nearby youth clubs periodically, and these will be smaller and less formal than a standard tournament.

*Entry Fee – Most tournaments charge a \$15 - \$20 entry fee. Admission is also charged for parents and spectators. Entry deadlines are typically the Monday or Tuesday before the tournament.

*All wrestlers must weigh-in Friday evening or Saturday morning for the tournament.

Remote weigh-ins may be done Friday at practice for some tournaments.

*All wrestlers and coaches must have a USA Wrestling Membership to enter.

*Transportation to tournaments is the responsibility of the wrestler's parents.

Arkansas Youth Wrestling Division/Age/Weight Classes

Division I – V The age of all wrestlers will be calculated as of September 1.

Div I (6 & Under): 37, 40, 43, 46, 49, 52, 55, 60, 66, 72, HWT

Div II (8 & Under): 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 75, 83, 90, 100, HWT

Div III (10 & Under): 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 85, 90, 100, 110, 120, 131, HWT

Div IV (12 & Under): 64, 67, 70, 73, 76, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 130, 140, 160, HWT

Div V (14 & Under): 72, 78, 86, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 165, 175, 185, 200, HWT

Periods: Division I and II: 1, 1, 1 Divisions III, IV, and V: 1.5, 1.5, 1.5

(Different states will have different Division/Age/Weight classes)

Day of Tournament

1. Your wrestler will need to weigh-in if remote weigh-ins are not done. Directions will be on tournament flyer.
2. Brackets will be posted at the tournament site. You will want to write down your match numbers or take a picture of the bracket. The brackets will tell you the mat number and the bout/match number for each match. Most wrestlers will stay on the same mat for the duration of the tournament. The format of the bracket will either be round-robin or double-elimination.
3. Once the tournament starts watch your mats table closely. The match number will be displayed. Once you are 3 matches from wrestling, go to the table and begin getting warmed up.
4. Parents are responsible for knowing their wrestlers match number and mat number. Ask coaches questions if needed, but parents need to make sure you know when and where your wrestler is wrestling.

Basic Wrestling Rules and Scoring

Wrestling is based on control of your opponent. Gaining control, exposing the back to the mat, reversing control, or escaping control is some of the ways a wrestler scores in a match.

Match

Each match begins with time periods of either 60 or 90 seconds depending on the age of your wrestler. The first period begins with both wrestlers at the “neutral” or standing position. At the beginning of the second period, one of the wrestlers will win a coin toss and choose to begin the next period on top, bottom, neutral, or defer the choice to the third period. At the beginning of the third period, the other wrestler gets to choose. The wrestler with the most points wins the match. Exception: regardless of score, if one wrestler pins another wrestler’s shoulders to the mat for the duration of 2 seconds, the referee will call a PIN or FALL, which will end the match.

Takedown – 2 points – One wrestler takes their opponent to the mat, off their feet, and controls their hips.

Reversal – 2 points – The bottom wrestler reverses his position and becomes the wrestler in control or “on top”.

Escape – 1 point – The bottom wrestler is able to escape the control of the top wrestler, resulting in both wrestlers returning to the neutral position.

Near Fall – 2 points – The top wrestler is able to turn the bottom wrestler and expose his back to the mat past a 90 degree angle and hold for 2 seconds.

Near Fall – 3 points – The top wrestler is able to turn the bottom wrestler and expose his back to the mat past a 90 degree and hold for 5 seconds.

Near Fall – 1 extra point – An additional point will be awarded to the near fall criteria if the match is stopped during the near fall due to blood or injury not caused by an illegal move.

Locking hands – The top wrestler may not interlock their hands around the torso of the bottom wrestler while either knee is touching the mat. The top wrestler must have an arm or be working a pinning-combination to be allowed to lock hands.

Technical Violation – Any move deemed illegal.

Stalling – Wrestling is a sport based on offensive moves, both wrestlers will be required to continually work to advance or better their position. If either wrestler stops working to advance, the referee can call the wrestler for stalling.

Parent/Community Support and Volunteer Opportunities

Wrestling is a huge time commitment for the wrestler and their family. Our program relies on volunteer coaches and parents for various tasks and responsibilities throughout the season. If you are interested in getting more involved please ask to help. Below are ways we need your help. All volunteers working with the participants will need to fill out a volunteer application with the Rogers Activity Center. The application can be found on the website or at the Rogers Activity Center and turned in to the front desk at the Rogers Activity Center. All volunteer opportunities are under the direction of the Director of Coaching and Program Director. ALL financial decisions are approved by the Executive Director of the RAC.

- Coaching – The more one on one training with the participants the more successful our club can be.
- Tournament – Each year our club hosts the Rumble in Rogers. We need all parents to help us make this event a success each year. Help is needed with trackwrestling, hospitality, admission, concessions, table workers and other positions.
- Communication – Email, Facebook, and Coaches Communication
- Tournament Registration – weekly tournament sign-ups from parents and input in trackwrestling
- Clock Rental – As a fundraiser our club rents out clocks throughout the year for various wrestling events. Someone is needed to maintain clocks, schedule clocks, and meet with individuals for pick-up – drop off and clock instruction.
- Table Workers – Throughout the year we help work tables at our tournament and other tournaments in the area when asked.
- The Rogers Iron Wrestling Advisory Committee was established to help with club functions. Meetings are conducted to discuss and organize club fundraising including our annual Rumble in Rogers Tournament and off season events and schedules.

Program Evaluations










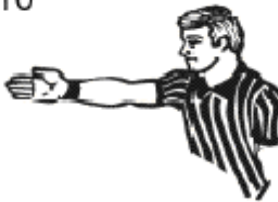













Program evaluations are extremely important and help us evaluate and plan for the next season. Please fill out a parent evaluation form at the end of the season. The forms can be found on the website or at the Rogers Activity Center and turned into the front desk at the Rogers Activity Center.



REFEREES' WRESTLING SIGNALS

HIGH SCHOOL AND COLLEGE



<p>1</p>  <p>Starting the Match</p>	<p>2</p>  <p>Stopping the Match</p>	<p>3</p>  <p>Time Out</p>	<p>4</p>  <p>Start Injury Clock</p>	<p>5</p>  <p>Start Blood Clock</p>
<p>6</p>  <p>Stop Blood/ Injury Clock</p>	<p>7</p>  <p>Neutral Position</p>	<p>8</p>  <p>Indicates No Control</p>	<p>9</p>  <p>Out-of-Bounds</p>	
<p>10</p>  <p>Indicates Wrestler in Control Left/Right Hand</p>	<p>11</p>  <p>Defer Choice</p>	<p>12</p>  <p>Potentially Dangerous Left/Right Hand</p>	<p>13</p>  <p>Stalemate</p>	
<p>14</p>  <p>Caution – False Start or Incorrect Starting Procedure</p>	<p>15</p>  <p>Stalling Left/Right Hand</p>	<p>16</p>  <p>Interlocking Hands or Grasping Clothing</p>	<p>17</p>  <p>Reversal</p>	<p>18</p>  <p>Technical Violation</p>
<p>19</p>  <p>Illegal Hold or Unnecessary Roughness</p>	<p>20</p>  <p>Near-Fall</p>	<p>21</p>  <p>Awarding Points Left/Right Hand</p>	<p>22</p>  <p>Unsportsmanlike Conduct Left/Right Hand</p>	<p>23</p>  <p>Flagrant Misconduct Left/Right Hand</p>