

## ELIGIBILITY/AGE DIVISIONS, QUALIFICATION & WEIGHT CLASSES

**ELIGIBILITY:** All contestants must present proof of current USA Wrestling Membership at registration. Secondary sports accident insurance is provided as a benefit of membership.

**Junior Division Eligibility:** 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.

Only wrestlers born September 1, 1985 and later who were enrolled in grades 9-12 during the 2005 spring semester are eligible. No wrestler who was enrolled in 8th grade during the 2005 spring semester will be allowed to enter. Any such wrestler who enters or competes will be penalized by forfeiting his/her eligibility in the next year's event in both styles.

**Junior Division Qualification:** Wrestler must have qualified in a competitive event conducted under sanction of USA Wrestling in the state where he/she resides, and must be certified by the state association. Each state may enter a maximum of forty-five (45) men wrestlers and twenty-seven (27) women wrestlers in each style and a maximum of four (4) wrestlers in any one (1) weight class, per style.

\*\*\*In addition, the top three place winners from USA Wrestling's Junior Division Regional Championships and the FILA Junior National Championships qualify for this event but must still adhere to all individual state association policies.

**Men's Junior Division Weight Classes:** 98 lbs., 105 lbs., 112 lbs., 119 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 152 lbs., 160 lbs., 171 lbs., 189 lbs., 215 lbs. and 275 lbs. NO WEIGHT ALLOWANCE GIVEN AT INITIAL WEIGH-IN

**Women's Junior Division Weight Classes:** 95 lbs., 102 lbs., 110 lbs., 119 lbs., 128 lbs., 138 lbs., 148 lbs., 160 lbs., 175 lbs., 195 lbs. and 220 lbs. NO WEIGHT ALLOWANCE GIVEN AT INITIAL WEIGH-IN

**Cadet Division Eligibility:** Only wrestlers born in 1989-1990 are eligible.

**Cadet Division Qualification:** Wrestler must have qualified in a competitive event conducted under sanction of USA Wrestling in the state where he/she resides, and must be certified by the state association. Each state may enter a maximum of fifty-one (51) wrestlers in each style and a maximum of four (4) wrestlers in any one (1) weight class, per style.

\*\*In addition, the top three place winners from USA Wrestling's Cadet Division Regional Championships<sup>#</sup> and the FILA Cadet National Championships qualify for this event but must still adhere to all individual state association policies.

<sup>#</sup> Due to the lateness of the event, the West Kids/Cadet Regional is not considered a qualifier for Cadet Nationals. The Northwest Regional in Battle Ground, WA is the qualifier for states residing in the west region.

**Cadet Division Weight Classes:** 84 lbs., 91 lbs., 98 lbs., 105 lbs., 112 lbs., 119 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 152 lbs., 160 lbs., 171 lbs., 189 lbs., 215 lbs. and 275 lbs. NO WEIGHT ALLOWANCE GIVEN AT INITIAL WEIGH-IN

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Freestyle, Greco-Roman &  
Women's Freestyle



JULY 23 - 30, 2005

FARGODOME

NORTH DAKOTA STATE UNIVERSITY

FARGO, ND

Event Director: Pete Isais  
Phone: 719/598-8181  
Fax: 719/598-9440  
Email: pisais@usawrestling.org  
Address: USA Wrestling  
6155 Lehman Drive  
Colorado Springs, CO 80918

Registration Form and Waiver available at  
<http://www.themat.com>

FUEL THE DREAM

**ENTRY INFORMATION:** The OFFICIAL ENTRY BLANK (both sides) must be accurately completed. The \$30.00 entry fee (per style) along with the COMPLETED OFFICIAL ENTRY BLANK must be filed with the athlete's Team Leader. Team Leaders must file all entries during the specified registration period. **NO INDIVIDUAL ENTRIES WILL BE ACCEPTED.**

**RULES:** The 2004 rules of FILA, with USA Wrestling modifications where applicable, will govern the event and the competition. The new/revised rules of FILA WILL NOT be administered for this event.

### ABBREVIATION KEY

**GR - Greco-Roman FS - Freestyle WM FS - Women's Freestyle**  
**FD - FARGODOME CT - Century Theatre MU - Memorial Union**  
**BSA - Bison Sports Arena Conf. Room - Conference Room**

### EVENT SCHEDULE

Thursday, July 21	Location	Start	Finish
Pre-tournament Team & Official Registration	BSA	12:00 pm	5:00 pm
<b>Friday, July 22</b>	<b>Location</b>	<b>Start</b>	<b>Finish</b>
FILA Clinic (Part I)	CT	9:00 am	12:00 pm
<sup>1</sup> Mats Open for Workouts	BSA-Gym	9:00 am	9:00 pm
Tournament Registration & Housing Check-in	BSA	10:00 am	9:00 pm
GR Technique Clinic	BSA-Gym	12:00 pm	1:00 pm
FILA Clinic (Part I Continued)	CT	2:00 pm	4:00 pm
USWOA National Clinic	CT	2:00 pm	4:00 pm
USWOA Mat Chairperson Meeting	CT	4:00 pm	5:00 pm
<b>MANDATORY:</b> Submit Cadet GR Team Weigh-in List	BSA	<b>Deadline</b> 5:00 pm	
FILA Clinic(Part I Continued)	CT	6:00 pm	8:00 pm
USWOA Pairing Officials Clinic	FD-Room A/B	7:00 pm	7:30 pm
Cadet GR Tournament Setup	TBA	7:00 pm	10:00 pm
<b>MANDATORY:</b> Pick-up Cadet GR Team Weigh-in Cards	BSA	<b>9:00 pm</b>	<b>9:30 pm</b>
<b>Saturday, July 23</b>	<b>Location</b>	<b>Start</b>	<b>Finish</b>
<sup>2</sup> Cadet GR Medical Check/Weigh-in	BSA-Gym	8:00 am	8:20 am
Bronze Coaches Clinic (Session I)	FD-Room C	9:00 am	11:00 am
Tournament Registration & Housing Check-in	BSA	9:00 am	5:00 pm
<sup>1</sup> Mats Open for Workouts	BSA-Gym	9:00 am	9:00 pm
GR Rules Clinic (Athletes & Coaches)	FD-Main Floor	10:00 am	10:15 am
Cadet GR (Session I)	FD-Main Floor	11:00 am	2:00 pm
Bronze Coaches Clinic (Session II)	FD-Room C	2:00 pm	4:00 pm
Cadet GR (Session II)	FD-Main Floor	4:00 pm	8:30 pm
<b>MANDATORY:</b> Submit Junior GR Team Weigh-in List	BSA	<b>Deadline</b> 5:00 pm	
Junior GR Tournament Setup	FD-Stage	7:00 pm	10:00 pm
<b>MANDATORY:</b> Pick-up Junior GR Team Weigh-in Cards	BSA	<b>9:00 pm</b>	<b>9:30 pm</b>
<b>Sunday, July 24</b>	<b>Location</b>	<b>Start</b>	<b>Finish</b>
State Chairperson's Welcome Breakfast	MU	7:30 am	8:30 am
<sup>2</sup> Junior GR Medical Check/Weigh-in	BSA-Gym	8:00 am	8:20 am
Bronze Coaches Clinic (Session III)	TBA	9:00 am	11:00 am
<sup>1</sup> Mats Open for Workouts	BSA-Gym	9:00 am	9:00 pm
GR Rules Clinic (Athletes & Coaches)	FD-Main Floor	10:00 am	10:15 am
Junior GR (Session I)	FD-Main Floor	11:00 am	2:00 pm
<sup>2</sup> Cadet GR Weigh-in (+2lbs.)	BSA-Gym	2:00 pm	2:10 pm
Tournament Registration & Housing Check-in	BSA	2:00 pm	5:00 pm
Parade of States - Cadets & Juniors	FD-Main Floor	2:50 pm	---
Junior GR (Session II)	FD-Main Floor	4:00 pm	8:30 pm
Cadet GR (Session III)	FD-Main Floor	4:00 pm	8:30 pm
USWOA Executive Committee Meeting	Conf. Room	8:30 pm	10:00 pm

Monday, July 25	Location	Start	Finish
<sup>2</sup> Junior GR Weigh-in (+2lbs.)	BSA-Gym	7:00 am	7:10 am
Junior GR (Session III)	FD-Main Floor	9:00 am	1:00 pm
Cadet GR (Session IV)	FD-Main Floor	9:00 am	1:00 pm
<sup>1</sup> Mats Open for Workouts	BSA-Gym	9:00 am	6:00 pm
Tournament Registration & Housing Check-in	BSA	2:00 pm	5:00 pm
Cadet GR (Session V)	FD-Main Floor	3:00 pm	6:30 pm
Finals, Medal Matches & Awards			
USWOA General Membership Meeting	TBA	6:30 pm	8:30 pm

Tuesday, July 26	Location	Start	Finish
Junior GR (Session IV)	FD-Main Floor	9:00 am	12:00 pm
<sup>1</sup> Mats Open for Workouts	BSA-Gym	9:00 am	9:00 pm
Pairing Testing Session	FD	9:30 am	11:00 am
Tournament Registration & Housing Check-in	BSA	1:00 pm	5:00 pm
Junior GR (Session V)	FD-Main Floor	1:30 pm	4:00 pm
Finals, Medal Matches & Awards			
<b>MANDATORY:</b> Submit Cadet FS Team Weigh-in List	BSA	<b>Deadline</b> 5:00 pm	
FILA Clinic (Part II)	CT	6:00 pm	9:00 pm
Housing Check-in	BSA	7:00 pm	9:00 pm
Cadet FS Tournament Setup	FD-Stage	7:00 pm	10:00 pm
Coaches Appreciation BBQ	FD	8:00 pm	10:00 pm
<b>MANDATORY:</b> Pick-up Cadet FS Team Weigh-in Cards	BSA	<b>9:00 pm</b>	<b>9:30 pm</b>

Wednesday, July 27	Location	Start	Finish
<sup>2</sup> Cadet FS Medical Check/Weigh-in	BSA-Gym	7:00 am	7:20 am
FS Rules Clinic (Athletes & Coaches)	FD-Main Floor	9:00 am	9:15 am
<sup>1</sup> Mats Open for Workouts	BSA-Gym	9:00 am	9:00 pm
Cadet FS (Session I)	FD-Main Floor	10:00 am	2:00 pm
Tournament Registration & Housing Check-in	BSA	1:00 pm	5:00 pm
Cadet FS (Session II)	FD-Main Floor	4:00 pm	9:00 pm
<b>MANDATORY:</b> Submit Junior FS Team Weigh-in List	BSA	<b>Deadline</b> 5:00 pm	
WM FS Tournament Check-in Team (Dual) & Individual	BSA	7:00 pm	9:00 pm
Housing Check-in	BSA	7:00 pm	9:00 pm
Junior FS Tournament Setup	FD-Stage	7:00 pm	10:00 pm
<b>MANDATORY:</b> Pick-up Junior FS Team Weigh-in Cards	FD-Stage	<b>9:00 pm</b>	<b>9:30 pm</b>

Thursday, July 28	Location	Start	Finish
<sup>2</sup> Junior FS Medical Check/Weigh-in	BSA-Gym	7:00 am	7:20 am
<sup>2</sup> WM FS Duals Medical Check/Weigh-in	BSA-Gym	7:30 am	7:40 am
FS Rules Clinic (Athletes & Coaches)	FD-Main Floor	9:00 am	9:15 am
WM FS National Duals	BSA-Gym	9:00 am	Concl.
Junior FS (Session I)	FD-Main Floor	10:00 am	2:00 pm
WM FS Tournament Registration & Housing Check-in	BSA	1:00 pm	3:00 pm
<sup>2</sup> Cadet FS Weigh-in (+2lbs.)	BSA-Gym	2:00 pm	2:10 pm
State Chairperson's Luncheon	MU	2:30 pm	3:30 pm
Parade of States - Cadets & Juniors	FD-Main Floor	2:50 pm	---
Junior FS (Session II)	FD-Main Floor	4:00 pm	9:00 pm
Cadet FS (Session III)	FD-Main Floor	4:00 pm	9:00 pm
<b>MANDATORY:</b> Submit WM FS Team Weigh-in List	BSA	<b>5:00 pm</b>	<b>Deadline</b>
WM FS Tournament Setup	FD-Stage	5:00 pm	7:00 pm
<sup>1</sup> Mats Open for Workouts	BSA-Gym	5:00 pm	8:00 pm
<b>MANDATORY:</b> Pick-up WM FS Team Weigh-in Cards	FD-Stage	<b>8:30 pm</b>	<b>9:30 pm</b>
Junior Olympic Wrestling Committee Meeting	TBA	9:00 pm	10:00 pm

Friday, July 29	Location	Start	Finish
<sup>2</sup> Junior FS Weigh-in (+2lbs.)	BSA-Gym	7:00 am	7:10 am
<sup>2</sup> WM FS Medical Check/Weigh-in	BSA-Gym	7:20 am	7:30 am
Junior FS (Session III)	FD-Main Floor	9:00 am	1:00 pm
Cadet FS (Session IV)	FD-Main Floor	9:00 am	1:00 pm
WM FS (Session I)	FD-Main Floor	11:00 am	1:00 pm
Parade of States - WM FS	FD-Main Floor	1:50 pm	---
WM FS (Session II)	FD-Main Floor	3:00 pm	6:00 pm
Junior FS (Session IV)	FD-Main Floor	3:00 pm	6:00 pm
Cadet FS (Session V)	FD-Main Floor	6:30 pm	10:00 pm
Finals, Medal Matches & Awards			

Saturday, July 30	Location	Start	Finish
<sup>2</sup> WM FS Weigh-in (+2lbs.)	BSA-Gym	8:00 am	8:05 am
Junior FS (Session V)	FD-Main Floor	9:00 am	12:00 pm
WM FS (Session III)	FD-Main Floor	10:00 am	12:00 pm
WM FS (Session IV)	FD-Main Floor	1:30 pm	3:30 pm
Finals, Medal Matches & Awards			
Junior FS (Session VI)	FD-Main Floor	4:00 pm	8:00 pm
Finals, Medal Matches & Awards			

### EVENT PROCEDURES KEY

- 1 A Team Leader or Coach must sign up for workout times at the BSA**
- 2 All athletes must be present at the start of all weigh-ins**

### USAW MEDICAL CHECK/WEIGH-IN POLICY

**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 athletes **MUST** be present at the **BEGINNING** of **ALL WEIGH-INS** and **MUST** be dressed in a COMPETITION SINGLET --- **NO weight allowance is given for the singlet.** All athletes shall weigh in during scheduled weigh-in times for each style wrestled. Athletes shall have two (2) consecutive opportunities during the scheduled weigh-in to make the weight indicated. Once weigh-ins have started, athletes shall not be allowed to leave the designated weigh-in area during the weigh-in process. Athletes must weigh in the second day of competition, per style, during scheduled weigh-in times. There is a +2 lb. allowance for the second day.

An athlete failing to make weight at the initial weigh-in shall be placed in the next weight class only if the state's limit of four athletes per weight class is not exceeded. If the athlete's state has four registered wrestlers in that weight class, the athlete failing to make weight will not be entered in the event --- **WITH NO REFUND.** The four (4) wrestler limit does not apply to athletes who qualified through a regional or national qualifier. An athlete that does not weigh in or fails to make weight at the second day weigh-in cannot place and is eliminated from the competition.

### \*\*\* ADDITIONAL INFORMATION \*\*\*

**IMPORTANT:** Visit [www.TheMat.com](http://www.TheMat.com), the official website of USA Wrestling, for additional event information including waiver and consent forms, accommodation information and specific event procedures (i.e. uniform/headgear policies, coaching requirements/policies, etc.)

## ADDITIONAL EVENT INFORMATION

**UNIFORMS:** Red and blue singlets, or red/blue reversible singlet with underbriefs required. For the Women's Division, a red and blue high-cut singlet or women's reversible singlet is required and a sleeveless sport top is to be worn under the singlet (no t-shirts). States encouraged to clear all uniform designs with USA Wrestling prior to the event. Call USA Wrestling to get specific rules. The use of headgear is permitted and encouraged.

**COACHING:** Floor pass required. A floor pass does not entitle one to free admission. Free admission is only obtained with a USA Wrestling Coach's Membership and NCEP Certification (photo ID required). Coaches' floor passes will be issued only to those individuals with a current USAW Coach's Membership Card, are a minimum USAW/NCEP Bronze certified (photo ID required) and are listed on the official state roster that is submitted at registration. All coaches must have all cards and photo ID with them at registration. Coaches' Membership Cards should be obtained from your State Chairperson. Please contact Ted Witulski (USA Wrestling - Coaches Education) at 719/598-8181 (ext. 636) if you have not received or need a replacement card. Floor passes based on state entry numbers.

**INDIVIDUAL AWARDS:** Attractive wooden plaques to the top eight (8) place winners in each style, in each weight class of all divisions. Most Falls and Outstanding Wrestler Awards in each style of all divisions. Wrestlers must be in uniform for the awards presentation.

## U.S. Senior World Team Trials

June 17-19, 2005

Ames, Iowa

For event information, visit [www.TheMat.com](http://www.TheMat.com)  
or

call USA Wrestling at 719/598-8181

## HOTEL INFORMATION

**FOR RESERVATIONS CALL:**

**1-800-235-7654**

**or Visit**

**[www.fargomoorhead.org](http://www.fargomoorhead.org)**



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## CAMPUS HOUSING

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AND WOMEN'S JUNIOR DUAL NATIONAL  
CHAMPIONSHIPS  
ENTRY, WAIVER & CONSENT FORMS  
-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.**

CADET (Born 1989-90) FS  GR

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

WM FS

FS = Freestyle

WM FS = Women's Freestyle

GR = Greco-Roman

**CONSENT AND RELEASE**

In consideration for the opportunity to participate in the JUNIOR & CADET NATIONAL CHAMPIONSHIPS AND WOMEN'S JUNIOR DUAL NATIONAL 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 Associees ("FILA") and hereby consents that USAW, for purposes of USAW's athletics/sports programs and related events and activities, and

any television network, production 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 JUNIOR & CADET NATIONAL CHAMPIONSHIPS AND WOMEN'S JUNIOR DUAL NATIONAL 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