

# HAMPTON BEACH WRESTLING TOURNAMENT



**W**restlers compete on sand, inside a 23' diameter circle – from a standing position only, no ground wrestling.

**The rules are simple:**

- 1 period, maximum of 3 minutes
- 3 points wins the match (no fall)
- 1 point for a Takedown or Push-out
- 2 points for a Takedown with Back Exposure

**When: July 30, 2017**

**Where: Hampton Beach, Hampton NH**

**Host: The NH Department of Resources and Economic Development, Division of Parks and Recreation**

**Registration and Weigh In:**

- Morning of from 8:30 am-9:30 am.
- Wrestling begins at 10:30 am.

**Registration Fee: \$15.00**

**Misc:**

- Wrestlers Dress: Swimwear, shorts, workout gear (no singlets needed)
- No headgear needed
- No wrestling shoes needed – beach wrestlers compete barefoot
- No oily substances on the skin

**Questions or to join the email list for the tournament – email [enlarcomb@gmail.com](mailto:enlarcomb@gmail.com)**

**Wrestling Divisions:**

- Elementary (K-4)
- Adult Division (age 18-30)
- Middle School (Gr. 5-8)
- Veteran Division (age 31-44)
- High School (Gr 9-12)
- Senior Division (age 45+)

**There will be men's and women's competition.**

**Weight classes will be created based on registered contestants.**

**~ Round robins will be used.**

