

The 10th freestyle wrestling tournament of Maaleht and Maaspordikeskus

INVITATION

TIME AND PLACE The tournament takes place on January 26-27, 2019 in the Paide E-Piim Sport Center in Paide, Aiavilja 1. The weigh-in of the athletes takes place in the same location on January 26, 2019 at 10.00 - 10.30 a.m.

On January 26, the beginning of general physical try-outs at 11:00 a.m

On January 27, the beginning of wrestling at 10 a.m

PURPOSE To popularise the event that has brought much fame to Estonia; to add variety to the athlete's tournament schedules; to inspire young athletes to be more active in doing general physical preparation.

PARTICIPANTS Boys who have been born between the years 2002 and 2004 and girls who have been born between 2002 and 2007 can take part in the tournament. There is no age limitations to girl's maximum weight category. Athletes who are younger than that can participate on a special permission of their coach and parent.

STRUCTURE OF THE TOURNAMENT The tournament has two distinct parts. On the first day, the general physical try-outs are carried out; these include:

- 1) Number of chin-ups the athlete can perform; one attempt
- 2) Stationary long-jump; three attempts
- 3) Circular backbends with a fixed head position (3 to the right, and 3 to the left)
- 4) Interval sprint
- 5) Throws with a wrestling dummy.

The ranking of the general physical try-outs is made within each weight category. The winner of each event gets 30 points, the second place gets 27 point, the third place gets 25 points, the fourth place gets 23 points, the fifth place gets 22 points etc. The winner of the weight category is whoever has scored the highest number of points. In case of equal results, the winner is whoever was better in circular backbends; secondly, better in chin-ups; thirdly in dummy throws. The winner of the general physical try-outs gets 30 points in their weight category; the second place gets 27 points; the third place gets 25 points; the fourth place gets 24 points; the fifth place gets 22 points, etc. The placement for the wrestling tournament is according to the results of the try-outs.

WEIGHT CATEGORIES For boys: -32kg; -35kg; -38kg; -41kg; -45kg; -51kg; -55kg; -60kg; -65kg; -71kg; -76kg; -80kg and over 92 kg.

For girls: -33kg; -37kg; -44kg; -52kg and over 52 kg.

AWARDS The three best in each category in both wrestling and physical try-outs are awarded with a medal/award and a diploma.

ORGANIZERS The tournament is organised by Maaspordikeskus in co-operation with Maaleht and wrestling club Järvamaa Matimehed.

FINANCIAL COSTS The costs of the organisation of the tournament are covered by the organisers and the sponsors. The participation fee of the tournament is 7 € per participant.

REGISTRATION Registration with the number of participants, coaches and referees should be sent by January 18 to toomas@maaspordikeskus.ee .

ADDITIONAL INFORMATION The results of the tournament will be published in Maaleht. The results will also be published on the website www.maaspordikeskus.ee. Additional information about the tournament is available via telephone or e-mail. All the issues concerning the tournament will be settled at the venue by the referees together with the organisers.

On behalf of the organisers

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SCHEDULE

Saturday, January 26, 2019

10.00-10.30 weigh-in

11.00- ... tryouts – chin-ups, interval run, stationary long-jump, exercises with the dummy, circular backbends

Show events:

- handwalking race (each club has to have one participant)

Sunday, January 29, 2017

10.00- Wrestling tournament

14.00 Awards ceremony and a photo shoot.

All results are published on the website www.maaspordikeskus.ee