

# COLUMBUS WRESTLING LEAGUE

Schedule: Tuesdays and Thursdays (June 1, 3, 8, and 10)

Weigh-ins: 6:00 PM      Wrestling: 6:30 PM

Weight Classes: NO assigned weight classes – wrestlers will be paired based on their weigh-in weight (and wrestling ability). Weight pairings must be within a 5-7 pound range.

Mats: Each site must be capable of having 2 full size mats down. Three mats are preferred.

Scoring: NO team scoring. All individual matches will be scored.

Match Length: 3 periods – 1-1/2 minutes each, overtime – same as high school

Grade Level: Current 7<sup>th</sup> through 11<sup>th</sup> grade [2009-2010 school year]

Uniforms: Due to OHSAA rules NO school uniforms may be worn. Wrestlers may wear personal singlets or practice clothes. Headgear is required.

Eligibility: OHSAA grade requirements do not apply.

Liability Waiver: Each athlete and a parent/guardian will be required to sign a liability waiver before he/she can compete. The waiver sheet will be passed out at a later date.

Officials: Responsibility of site school. However, try contacting the CDWOA to see if they are interested in using the CWL as a training session for the newer officials.

Dates:	Host: Site 1	Host: Site 2
Tues. June 1	New Albany	
Thu. June 3	Franklin Heights	
Tues. June 8	Hilliard Bradley	
Thu. June 10	Grove City	

