



Rules and Induction Pack

History of the Club

Harbour City Wrestling Club was founded in 1994. The club was formed to promote Amateur Wrestling. The club usually focuses on Freestyle, one of the styles of the Modern Olympics.

Our philosophy is based on that of Dr. Tom Wadell an Olympian and founder of the International Gay Games. His philosophy stressed participation as the real way to win at sport, rather than beating an opponent - That seeking one's own *Personal Best* is the greater achievement.

Our club follows his lead in fighting racism, ageism, sexism, and seeks to be inclusive of all who wish to promote the sport of Amateur Wrestling.

We welcome your support and participation.

Goals of the Club

The club is currently involved in promoting the club's activities within the community, building on membership levels, and exploring fundraising options.

A number of club members are also gearing up to represent Sydney at a wrestling tournament in San Francisco in November 2011 and, as always, the next Gay Games, this time in Cleveland USA in 2014.

Acknowledgements

We wish to acknowledge the assistance and cooperation over many years of Larry Papadopolous, the owner of the Boxing Works, and his wife Aly. Without this assistance HCWC would not otherwise be able to achieve its aims. The club has also benefited greatly from its past coaches Brendan O'Shea, Neil Bowyer, and Calvin Malone.

They are all champions!

Current Coach

Our current coach Lenoid "Len" Zaslavsky is an 1996 Olympian and current Australian Olympic wrestling coach. He brings a wealth of knowledge and wrestling experience to the club.

General Training

The club arranges weekly training every Friday night from 7pm to 8:30pm at City Gym, 107-113 Crown St East Sydney NSW 2010. Beginners to experienced wrestlers are welcome.

Beginner Nights and Workshops

If you have not had any prior wrestling experience and want to give it a go, the first Friday night of each month is designated Beginner Night. Beginners are teamed up with experienced wrestlers. The club also holds Beginner Workshops a few times a year.

To keep updated check out our facebook page. Search Harbour City Wrestling Club or go to web address: facebook.com/harbourcitywrestling

What to expect

A typical Friday night training involves a 15 minute warm-up consisting of exercises that begin to build on techniques needed in wrestling. This is followed by stretching and few basic wrestling drills. The majority of the night is then spent on learning and practicing technique. Wrestling is kept at an 80% effort level while learning technique so as not to expend too much energy. The night may end in some open wrestling or modified wrestling games to build on the skills learnt that night.

What to wear

Just wear what you would to workout at the gym. Some members wear wrestling singlets, while some just wear shorts and a shirt/singlet. For hygiene reasons street shoes are not permitted on the mat, however, wrestling shoes are allowed. You can also go barefoot or wear socks.

How much does it cost?

All fees go towards cost of coaching, venue hire, insurance, and affiliation costs.

- First wrestling session is free!
- One time introductory offer for beginners : 3 sessions for \$30
- Thereafter, \$15 per session or become a member and purchase 12 sessions for \$150.
- Yearly Club Membership costs \$48

Wrestling fees can be paid on training night to the club's Treasurer or transferred via electronic transfer to the club's bank account.

Payment details

Payment can be made by cash or cheque/money order made payable to *Harbour City Wrestling Club*. Deposits can also be made into the Club's bank account. Please use your name as reference:

Bank: Commonwealth Bank
Account name: Harbour City Wrestling Club
BSB: 06 2133
Account No.: 10928567

Social

Most members had to a local restaurant after training for a bite to eat (usually Grill'd on Crown St), then for a few drinks at the Oxford. We are a friendly bunch and welcome all comers.

Competitions

The club organises internal wrestling competitions to give members the opportunity to practice their skills under modified competition rules. There are also external competitions that are open for entry in the Greater Sydney area and internationally (i.e. Gay Games).

Spectators

Spectators are welcome on all Friday night training sessions and wrestling competition nights. To help out the club we ask for a gold coin donation on training nights and \$5 on competition nights.

Health & Safety

Wrestling is a contact sport. Whilst the chance of serious injury is relatively low, injuries can, and do occur. Most often these will be minor injuries, such as bruises and scrapes.

A good warm-up at the start of each training session warms up the muscles and reduces the chances of injury. It is therefore important you arrive ready for the 7pm warm-up. If you turn up late for training, it is expected that you do some warm-up exercises before you join training.

Part of the warm-up involves neck strengthening exercises (primarily bridging exercises). Neck exercises such as bridging and neck presses can also be done outside of training days to strengthen the neck.

Forward, backward and shoulder rolls are also part of the warm-up. In wrestling it is important to know how to fall correctly. Doing exercises such as rolls will give you the skills to be able to fall properly.

It should be noted that beginners starting wrestling for the first time will experience muscle soreness for a few days after initial training. Just like any other exercise, muscle soreness will reduce with regular wrestling.

It is advisable to invest in a pair of wrestling shoes to protect injury to toes and prevent blisters from mat friction. Some members also find knee pads protect the knees from bruising.

Mouthguards can be worn for training and competitions. It is best to get a properly fitted guard from your dentist. If you have private health insurance, they will refund a significant part of the cost. Otherwise, mouthguards available from pharmacies are suitable for basic protection.

To prevent injury to your wrestling buddy, fingernails need to be cut short and all jewelry taken off before getting on the mats.

Important Points

- Make sure you are sufficiently warmed-up to prevent injuries
- Wrestle at around 80% effort when training
- Do not put up too much resistance when training so people can learn technique
- The aim of freestyle wrestling is to pin your opponent's shoulders to the mat, therefore you want to avoid being on your back
- Do not go out to deliberately hurt your opponent whether in training or in competition
- No choke holds, eye gouging, or twisting joints against their natural alignment
- Make sure your fingernails are clipped short and all jewelry taken off
- Bring a sweat towel and wipe down regularly so you are not slippery
- As a sign of respect, shake your opponents hand before bouts
- Train with different people at each training night to get used to diverse wrestling styles
- Watch videos on youtube to expand on your technique and get good pointers

Wrestling Gear

Wrestling singlets and wrestling shoes can be purchased online. The following websites are given in good faith based on the experience of members. The club cannot take any responsibility for the quality of the offered services.

- <http://suplay.com>
- <http://wwsport.com>
- <http://www.wrestlinggear.com/>

Club T-shirts

Club T-shirts are available.

Community Support

Our club would not exist without our supporters. Harbour City Wrestling Club would like to thank all our supporters for their donations and efforts in support of the club.

Committee Members

Please see Contact Us page on our website for current committee members:

<http://hwc.com.au>

Communication

The club communicates with its members via its facebook page and via email. If you would like to be included on our mailing list please send us an email.

facebook page: www.facebook.com/harbourcitywrestling

email: harbourcitywrestling@gmail.com

website: <http://hwc.com.au>

Media

The club often takes photographs to use in publicity (ie in gay media, website, facebook). If you are uncomfortable with having a photograph of you being used in this way, please let a committee member know.

Constitution

The club has a constitution that sets out the governance of the club. This is available on our website.

Wrestling Overview

There are two styles of Olympic Wrestling: **FREESTYLE** and **GRECO-ROMAN**. Harbour City Wrestling Club concentrates on Olympic Freestyle.

The world-wide governing body for both types of Olympic Wrestling is the **Federation Internationale de Lutte Amateur**.

RULES

The aim of both Greco-Roman and freestyle wrestling is to pin the opponent's shoulders to the mat for long enough to be in control.

The difference with Freestyle and Greco-Roman is basically that in **Greco-Roman** no holds are permitted below the waist. Holds using the legs in scissor fashion are also not allowed.

In **Freestyle** a wide range of tactics and holds are permitted above and below the waist. It is not permitted to speak to your opponent.

Matches begin with opponents standing and facing each other. A bout can be won by pinning an opponents back or shoulders to the mat until the referee awards a pin. This can be for as little as half a second. **The referee and judges decide if a pin has occurred.**

A bout lasts up to **six minutes** with a compulsory **30 second** time out for both wrestlers after each period of 2 minutes wrestling.

A bout can be won by accumulating points by gaining advantages over an opponent. A match is terminated by the referee when one wrestler scores **10 points** in excess of his opponent. Otherwise, the wrestler with the **highest accumulated point total** wins.

It is illegal to injure your opponent. A handkerchief must be carried by wrestlers during all bouts at tournaments. This is to wipe sweat and any blood from minor injuries and from the mat.

SCORING

Points are scored:

- for taking an opponent to the mat and momentarily holding him there **under control**
- when holding an opponent's shoulders so there is **danger of a pin**
- for execution of **a lift and throw** (e.g. Grand Amplitude)
- for any hold in which an opponent is **taken immediately to his back** OR control is demonstrated

ATTIRE

In competition, Wrestlers are required to wear a one piece, close fitting garment (a wrestling singlet) in **RED** or **BLUE**. The colour is assigned as part of draw at each bout.

Light knee guards are permitted.

Shoes are specific to wrestling and are soft with no nailed soles or buckles. They are heavily laced.

GROOMING

Wrestlers must present themselves before a match at the Mat. They must be **DRY**, with **short fingernails**, their **shoe laces must be short** (or taped). Beards are permitted providing they are not spikey. A **handkerchief** must be carried within the singlet.

Wrestling Jargon

Takedown	A wrestler brings his opponent's knees down to the mat and has control over his opponent - 2 points .
Control	When a wrestler has his opponent in a disadvantaged position and is capable of scoring.
Escape	When the wrestler is no longer controlled by his opponent, body contact has ceased, and they are facing each other in a neutral position - 1 point .
Reversal	When body contact is constant and the controlled wrestler gains control - 2 points .
Near Fall/ Danger of Pin	When an opponent's back is facing the mat in less than 90 degree angle for a 2 second count - 2 points . When an opponent's back is facing the mat in less than 90 degree angle for a 5 second count - 3 points .
Fall / Pin	Both shoulder blades are touching the matt for 2 seconds.
Par terre	A starting position for a wrestler, who begins the bout with his hands and knees on the ground.

I have read and understood the Harbour City Wrestling Rules & Induction Pack and agree that I will comply with all appropriate OHS requirements, codes of practice and Harbour City Wrestling Club policies and guidelines while attending events and training sessions organised by Harbour City Wrestling Club.

Full Name: _____

Address: _____

Signature: _____

Date: _____