

# **BASED**

**YOUTH OUTREACH WRESTLING PROGRAM**

# Freestyle!



**BASED Wrestling presents a new WAR Zone! Freestyle wrestling!**

Starting: 10:00, 15th November 2020. Registration/weigh in from 9:30.

Finishing: 12:00.

Location: Combat Arts Institute of Australia.

Cost: Non-members/1st timers: \$16AUD (includes WAR zone & BASED registration).

Members \$6AUD.

- These events run on the 3rd Sunday of every month.
- Membership is a BASED promotion membership unless stated otherwise.
- Rules are current UWW with exceptions as follows;
  - Uniforms are wrestling suit, rash vest & fight shorts or rash vest & leggings.
  - Wrestling boots are optional, however highly recommended.
  - Circle is 7m diameter.

## FAQ

- ⇒ What is the latest I can register? Registrations can be done on the day however it is best to do them early and just weigh in on the day.
- ⇒ What if there is nobody in my division? There are no "divisions" as such the WAR system uses an algorithm to look for the closest person that may prove a challenge for you and creates a match.
- ⇒ Do I get a medal or prize? No, this is not a "competition". It is an event designed to provide grapplers with a competition environment including referees and staff in order to have fun and develop skills of all involved. More matches experience = Better performance.
- ⇒ How many matches can I expect to get? This is largely up to you. The system keeps hunting for pairings as soon as there are people in the pairing pool. On average people do 5+ matches in the 2 hour period.
- ⇒ I've never wrestled or done any combat sport, is it safe for me? Yes, there are players of all different ages and abilities.
- ⇒ I do another grappling sport, can I play? Yes, experienced referees and coaches make it easy to get the rules and many of your existing moves are allowed.

