

# ADMIN ALL STARS

SAWF Tournament Admin

June 2024, 2nd Edition – Upcoming number in August 2024

## Highlights of Past Tournaments

### Abraham Geldenhuys Open.

Western Province held the Abraham Geldenhuys Open on the 4th of May at Proteaville in Bellville with a total of 233 entries (consisting of 24 female and 199 male wrestlers). They welcomed 12 clubs from various areas in the Western Cape with special guests from the Windhoek Club in Namibia. Our wrestlers outdone themselves with spectacular wrestling on the day.

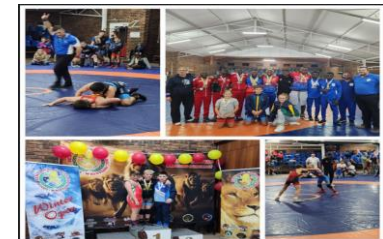
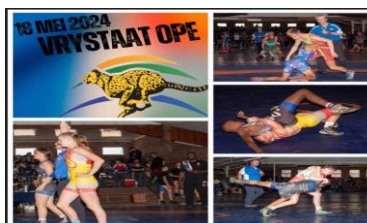


### Free State Open

The FreeState Open took place on the 18th of May in Pretoria with a whopping 410 entries. Wrestlers and officials representing 24 Clubs around the FreeState, Gauteng, Limpopo and Mpumalanga to showcase their skills and determination. Yet again a long day of awesome wrestling for all our spectators.

### North West Invitational

The North West Invitational was held in Klerkdorp on the 4th of May with 113 entries. It was a great day of wrestling in the North West Province with wrestlers from Gauteng, FreeState and Sedibeng participating.



### Central Gauteng Winter Open

Central Gauteng showcased their Winter Open with a total of 538 entries on the 1st of June at the NG Wrestling hall in Pretoria and welcomed special guests all the way from Namibia. Wrestlers representing 40 Clubs from various areas in SA displayed great wrestling spirit and wit. Although a few system glitches added to the long day, the tournament had incredible matches with all wrestlers bringing out their best wrestling. Afriforum provided Security personnel and Paramedics as support at the tournament.



## 2024 African Championships

Several of our finest Wrestlers, Coaches, Referees & Team Managers represented SAWF at the 2024 African Continental Championships in Alexandria, Egypt. It was a showcase of exceptional wrestling and our Team of SA Wrestlers did us immensely proud.

## WOMEN IN WRESTLING

A Select group of female wrestlers and female coaches represented SA at the African Championships. Our ladies wrestled excellently against their counterparts and proudly held the SA flag high in the wrestling arenas of Africa.

We are proud of all the Female Wrestlers and Coaches and endeavor to continue to promote and grow Women's Wrestling in South Africa.



In Wrestling there is no substitute for hard work



## THE FOLLOWING ADMIN'S CELEBRATED THEIR BIRTHDAY'S RECENTLY

- Bianca van der Walt (Mpumalanga) – 22 April
- Pieter van Blerk (Gauteng North) – 09 May
- Alet Steenberg (Gauteng North) – 24 May
- Jan-Gert Nel (Gauteng North) – 28 May

## Beach Wrestling

- With the ideal number of 24 wrestlers per weight category (Perfect Number of entries 8, 12, 16, 20 or 24)
- Paired in groups of 4 wrestlers
- Nordic system are wrestled
- The matches consist in 1 period of 3 minutes for all age categories
- Beach wrestling is only practiced in standing position. The use of legs is allowed in all actions.
- The first wrestler to get 3 points wins the match. If there is a tie at the end of the match, the following criteria will be used to declare the winner:
  - Last point scored
  - Weight of the wrestlers
  - The lowest (smallest) number pulled during the draw/rank
  - Their weights (at the official weigh-in of the concerned day) will be checked and the lighter (lightweight) one will be declared as the winner.



## Our suggested watch

### Paris 2024 – Olympic Games.

Steyn De Lange will be representing SA at the Olympic Games. Coach Jan Roets will accompany Steyn on his journey to Olympic stardom!



## Did you know?

Here are some interesting facts about Wrestling Matches

- **LTPD**
  - Two rounds of 1 minute & 30 seconds each with a 30 second rest interval.
- **u/8 to u/17 & Cadets**
  - Two rounds of 2 minutes with a 30 second rest interval
- **Presidents**
  - Two rounds of 3 minutes with 30 seconds rest interval
- **Juniors & Seniors**
  - Two rounds of 3 minutes with a 30 second rest interval
- **Masters**
  - Two rounds of 2 minutes with a 30 second rest interval

## Upcoming Tournaments & Events!

- SAWF National Championships 28 & 29 June '24 (u/17, u/20, Seniors & Masters)
- Snr African Beach Wrestling Championship (Dakar, Senegal) 23 & 24 June '24

### Calendar Opens

- Beast of the East 20 July '24
- Big 5 3 August '24
- Centurion Warrior Open 17 August '24
- Mpumalanga Open 7 September '24

