



Virginia Folkstyle Club Dual State Championships

Date: Sunday, March 8, 2015

Location: Arthur Ashe Center, Richmond, VA

Divisions: **Dual Team** – Elementary School K-6th 8-teams
Middle School 7th – 8th 8-teams

Tourney Directors: Kids Director: Bill Grubbs, 757-207-1518; 2grubswrestle@gmail.com
And Andrew Farrar 919-616-6636; asfarrar@gmail.com

Dual Team Entry Fee: \$350.00 EMAIL BILL GRUBBS (2grubswrestle@gmail.com) to confirm your club's spot in the Elementary and or Middle School dual tournaments. Payment and preliminary rosters will be due by Friday Feb 27th. Checks made out to Virginia wrestling association send check to 203 Warehouse course, Yorktown, VA, 23692.

Admission: \$5.00
(Under 12 & Coaches with 2015 USAW Coach Card Free)

Deadline For Registration is Friday, Feb 27th at midnight

COACHES must present a 2015 USAW Coaches Card to get a floor pass to coach mat side.
REMINDER: On-line background checks are required every 2 years and a completed background check is required **BEFORE** you can purchase a current USAW Coach Card. Background checks may take **UP TO 2 WEEKS** to process, so do **NOT** delay. If a current USAW Coach Card cannot be presented at the door, You will **NOT** be able to coach mat side.

COMPETITORS take advantage of the new \$15 folkstyle only USAW card you must present a 2015 USAW Athlete Card at Weigh-ins. Proof of grade will be required at weigh-ins if questioned.

HEAD GEAR IS REQUIRED



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To purchase or print a USAW Card or complete the required background check, go to <http://www.usawmembership.com>. If assistance is needed, call Corey Beckner 757-343-8474.

The Arthur Ashe Center has plenty of seating --No Lawn Chairs allowed

Awards: Banners for the top 3 teams
medals for wrestlers that are undefeated, one loss & two losses

CLUB TEAMS ONLY!! NO ALL STAR TEAMS! THE MAJORITY OF YOUR ROSTER SHOULD BE WRESTLERS FROM YOUR CLUB, IF YOU ARE UNABLE TO FILL A WEIGHT YOU MAY GO OUTSIDE YOUR CLUB (3 WRESTLERS MAX). VIRGINIA RESIDENTS ONLY!!

Dual Team weights

Elementary (K-6th): 40, 45, 48, 55, 60, 65, 70, 75, 80, 85, 90, 97, 105, 135, *135+(20 pound max difference).

Middle School (7th-8th): 65, 70, 77, 82, 87, 92, 98, 105, 112, 120, 128, 136, 144, 160, 175, 210, 250.

All wrestlers must wear a singlet to weigh in.

Schedule

Sunday, March 8th at the Arthur Ashe Center

8:00 – 8:30 AM weigh-ins and skin checks

9:30 am first round for dual team championships

IF YOU WEIGHED-IN FOR THE INDIVIDUAL STATE CHAMPIONSHIPS YOU WILL NOT NEED TO WEIGH-IN AGAIN.