

NYWAY LONG ISLAND REGIONAL

When: Sunday, February 28th, 2016, Doors open at 10:30am, start time Noon.
Where: * Eastport South-Manor HS, 543 Moriches-Middle Island Rd., Manorville, NY 11949
Weigh-ins: [Friday, Feb 26, 2016. 6 - 8 PM, Hauppauge HS Wrestling Room](#) [Friday, Feb 26, 2016. 6 - 8 PM, Massapequa HS Wrestling Room](#)
**Brackets to be finalized at 11:30am, pending bracket adjustments, wrestling will begin at Noon*
Wrestlers **MUST** weigh-in in a singlet.

Registration: \$25 and limited to current NYWAY Members. [Online Registration](#)
Online Registration only - closes 11:59 pm on Thursday, Feb 25th, 2016
NYWAY Memberships can be purchased at www.nyway.org.

Admission: \$3 for Adults, \$2 for children over the age of 5. 5 & under and senior citizens are FREE.

Divisions & Weights:

D1 (2009/Under): 37, 40, 43, 46, 50, 55, 60, 65, 72, 79, HWT (Max 90)
D2 (2007/2008): 43, 47, 51, 55, 60, 65, 70, 75, 82, 90, 98, 108, HWT (Max 120)
D3 (2005/2006): 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 115, 125, HWT (Max 145)
D4 (2003/2004): 60, 65, 70, 75, 80, 85, 90, 98, 105, 113, 121, 130, 140, 155, HWT (Max 175)
D5 (2001/2002): 81, 87, 93, 99, 105, 111, 118, 125, 132, 139, 146, 153, 160, 170, 185, HWT (Max 220)
D6*(2000-1997): Wrestlers will be paired using the Madison Style Pairing System at the Regional Tournament, but HS weight classes will be used at the State Tournament.

**Wrestlers born in 2000 must compete in this group at Regional and State regardless of their grade level.*

***EXEMPTIONS** - Varsity Wrestlers automatically qualify for the NYWAY State Tournament in Syracuse, NY, but are still encouraged to participate in their Regional Tournaments. The \$17 NYWAY Membership is required for all wrestlers at the Regional and State Tournaments.

Rules:

- All divisions are determined by birth year.
- NYS Modified High School Rules with NYS Certified Referees.
- NFHS overtime rules apply. Headgear is highly encouraged.
- Period lengths - Divisions 1, 2, & 3 (1-1-1) Divisions 4, 5, & 6 (1:30, 1:30, 1:30)
- Top 4 in each weight class qualify for the NYWAY Championships on March 12th and 13th at The SRC Arena, Onondaga Community College in Syracuse, NY and **MUST** compete at same weight class at the NYWAY States
- Welcome to all wrestlers residing within Regional boundaries: Suffolk & Nassau Counties
- Weight classes with 5 or fewer wrestlers will wrestle in a round robin format.
- **No weight allowance** and must weigh-in, in a singlet.
- If wrestlers do not make the weight they are registered in, they will be moved to the next weight class up, and must compete at the same weight in the NYWAY State Championships.
- **Tournament Director** - Gary Redding, nywayli@gmail.com



www.nyway.org

