

NYWAY Spring National Duals

When: Friday- April 19th, 2019
Where: College at Brockport-SERC Center- 321 New Campus Drive. Brockport, NY 14420
Start time: 2:00pm with doors opening at 12:00pm. Coaches meeting at 1:30pm
Cost: \$700 for all boy's divisions and \$500 for girls only division. \$200 deposit must be received by February 28th, 2019 via on-line registration.
Weigh-ins: Thursday- April 18th, 2019 from 6-8 pm. Friday- April 19th, 2019 at from 12-1 pm
Weigh-ins for the NYWAY National Duals will count towards the G2 King of the Mat. NO WEIGHT ALLOWANCE.



Weights & Divisions:

Boys are Folkstyle and Girls are Freestyle

Freestyle: **Girls K-12th** 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 140, 155, HWT (Max 180)

Folkstyle: **K-8th Grade** 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 100, 105, 110, 120, 130, 140, 160, 180, HWT (200)

High School 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, HWT (Max 285)

8th graders may compete in the HS division

Alternates will be allowed and exhibition matches as time permits. 3 per team

Format: This is a grade based National dual meet tournament. Trackwrestling will be utilized for pairing and matside scoring. Each team will be given 3 free admission passes for Head Coach, Assistant Coach and a table worker.

Rules: N.Y. S modified high school rules with NYSPHSAA certified varsity officials to be utilized for all duals and exhibitions matches. 5th and 8th graders may wrestle up a division. Wrestlers allowed to bump up 1 weight class and can only compete on one team. NFHS modified overtime rules in affect. 1-minute neutral the 30 second ride out.

To be matside you will need your Safe Sport Training via NYWAY

Periods: K-8th - 90:90:90, HS - 120:90:90 and Girls 120:120 (:60 break)

Scoring: 6pt forfeit or injury default, 6pt fall, 5pt Tech-fall, 4pt Major Dec & 3pt Dec

Eligibility: Athletes must have proof of age/grade via a school report card to show if challenged
Cost is \$100 to challenge/wrestler. Challenger must show proof as well.

Awards: Championship Award for 1st - 3rd places in all divisions and 20 fight shorts tournament t-shirts to Championship team. Finalist and 3rd place teams receive tees.

Admission: \$15 for Adults, \$5 for children over the age of 8. 7U are FREE.

Contact: Tournament information and payment Kristen Tessier kristentessier@gmail.com.
Tournament Directors Seth Jones ~ nywaywestern@gmail.com

Hotels: Links to hotels will be on the National Tournament tab and will also be in welcome packet to prospective teams on NYWAY homepage - www.nyway.org

