

# 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 18<sup>th</sup>, 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-12<sup>th</sup>** 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 140, 155, HWT (Max 180)

Folkstyle: **K-8<sup>th</sup> 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)

*8<sup>th</sup> 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-8<sup>th</sup> - 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 3<sup>rd</sup> 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](mailto:kristentessier@gmail.com).  
Tournament Directors Seth Jones ~ [nywaywestern@gmail.com](mailto: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](http://www.nyway.org)

