



# POP FLO Mini-Men Nationals

NATIONAL FOLKSTYLE YOUTH/HIGH SCHOOL WRESTLING CHAMPIONSHIPS AND YOUTH DUALS  
Where the young guns come to settle their differences

**Saturday, April 29 & Sunday April 30, 2017**

**Union College – Messa Rink at Achilles Center | 807 Union St. • Schenectady, NY**

**Tournament Concept:** In 2010 Journeyman Wrestling and Flo Wrestling joined forces to create one of the top alliances in wrestling – **The Pop & Flo Wrestling Series**. That alliance spawned two of the most renowned tournaments in the country – The Pop & Flo National Duals in Lake Placid, NY and this – Pop & Flo Mini Men Nationals, an individual tournament focused on getting the best wrestlers in the Northeast together in spring. The goal is to use our relationships within the wrestling community to bring the best youth wrestlers together for this event. We plan to properly showcase and promote the legends of tomorrow by giving them the platform they deserve with some airtime on Flo Wrestling. You and your teammates are cordially invited to scrap with some of the toughest wrestlers in the country.

## INDIVIDUAL TOURNAMENT - SATURDAY, APRIL 29

**Bantam 2009 and later birthdate (6 weights):** 43, 48, 53, 60, 70, and HWT (95 lb. max)

**Midget 2007/2008 birthdays (11 weights):** 50, 55, 60, 65, 70, 75, 80, 90, 100, 115, and HWT (145 lb. max)

**Junior 2005/2006 birthdays (13 weights):** 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 135, 160, and HWT (190 lb. max)

**Intermediate 2003/2004 birthdays – 2002 birthdays permitted if still in 8th grade (14 weights):** 73, 78, 83, 90, 95, 100, 105, 110, 115, 125, 135, 150, 175, and HWT (230 lb. max)

**High School 2002-1999 birthdays (14 weights):** 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285

## DUAL TOURNAMENT - SUNDAY, APRIL 30

### Pop & Flo's Mini-Men Dual Competition

Compete in the individual event on Saturday, and then stick around to grab 4 more matches on Sunday.

**Format:** 8 teams broken up into 2 pools on 4 mats. Each team will receive 4 duals (3 within their respective pool and then one cross over with the corresponding pool).

**Time:** Duals will begin at 9:00 a.m. and finish by 3:00 p.m.

**DUAL Weight Classes:** 53, 58, 63, 68, 73, 78, 83, 88, 93, 100, 107, 115, 125, 135, and HWT (150 max)

**Dual Tournament Cost:** Team entry fee \$500 - Spectator fee \$5

Mail money order to:

Journeyman Wrestling • 753 Tanner Rd., Clifton Park, NY 12065 (Indicate "Mini-Men Duals" in memo line)

**DO NOT MAIL ENTRY FEES FOR INDIVIDUAL TOURNAMENT REGISTRATIONS**

## Weigh Ins and Skin Check: Friday evening on 6 scales

- **First Weigh In:** Friday, April 28 – 6:00-7:30 p.m. • Union College Fieldhouse, 807 Union St., Schenectady, NY
- **NO WEIGHT ALLOWANCE!**
- **WEIGHTS CAN ONLY BE CHANGED ONLINE** using your user ID and password selected at time of registration and payment. Weight changes are allowed through April 27, 2017.

**Wrestling begins at 9:30 a.m. • Sat., April 29 on 10 mats. No entrance into arena until 8:00 a.m.**

## INDIVIDUAL TOURNAMENT Registration and Entry Fees:

- **Registration is done online** [www.journeymanwrestling.com](http://www.journeymanwrestling.com) via the tournaflex section (left side of the site) OR Directly to [www.tournaflex.com](http://www.tournaflex.com) – **Pop & Flo Mini-Men Nationals** drop down.
- **Participant Entry Fee: \$55.00 (includes PayPal admin. fee)**
- **Spectator Entry: \$5, under 5 free**
- **Coaching Passes: \$25** (price includes Admission Pass + Coach's Pass). Only coaches with this pass will be able to enter the wrestling area.

### Format:

- All divisions feature a full double-elimination format, with wrestle-backs to 4th place.
- Club/Team scoring in effect. Best 10 wrestlers. Roster should consist of club or school teammates. NO recruiting please.

**Seeding:** There is no seeding, however, an attempt will be made to separate top-tier wrestlers and separate competitors from same state/team when possible.

### Match Lengths:

**All Bouts (Bantams, Midgets, Juniors, Intermediate) 1:30-1:00-1:00.**

**High School – 1:30-1:30-1:30.**

**OT for All Divisions – 1-minute OT, 2 @ 30-second OT, Final 30-second Ultimate Tie Break.**

### GENERAL RULES:

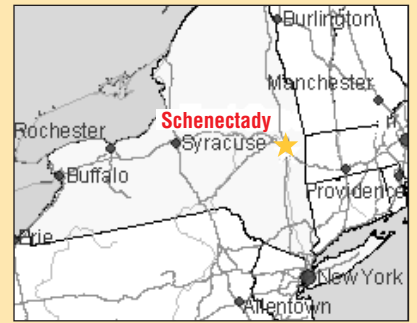
- College boundaries
- Scholastic style. Headgear, singlet recommended and mouth guards (with braces) required.
- **INDIVIDUAL WRESTLER ELIGIBILITY:** For Bantam, Midget, and Junior categories, eligibility by birth year as described on info form.
- JV and varsity-experienced wrestlers ARE allowed to compete if they meet the age requirements (8th grade and below), however, the high school division may be a bit more suitable.
- You **MUST** bring proof of grade and age to tournament!
- Trainer will be on-site throughout the competition

**Concessions:** Food and drinks sold on premises

**CONTACT:** Frank Popolizio  
[Frank@journeymenwrestling.com](mailto:Frank@journeymenwrestling.com) or (518) 441-2374  
[www.journeymenwrestling.com](http://www.journeymenwrestling.com)



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## ACCOMMODATIONS:

- **Courtyard Schenectady at Mohawk Harbor • \$156/night**  
240 Harborside Dr.  
Schenectady, NY 12305 (518) 579-6620
- **Doubletree by Hilton**  
\$146/night  
100 Nott Terrace  
Schenectady, NY 12308 (518) 393-4141
- **Holiday Inn Express Suites**  
Rooms: 15 • \$129/night • (11.25 mi)  
18 Clifton Park Village Rd.  
Clifton Park, NY 12065 (518) 579-3000
- **Hampton Inn - Albany Airport**  
Rooms: 25 • \$115/night • (7.7 mi)  
45 British American Blvd.  
Latham, NY 12110 (518) 782-7500
- **Comfort Inn & Suites Airport**  
Rooms 20 • \$115/night • (7 mi)  
16 Wolf Rd.  
Albany, NY (518) 459-3600

Participants are asked to stay at the host hotels. There are several hotels in the area, but we caution you to do your research or use our host hotels. Some of the hotels in close proximity to the arena simply do not measure up to our organization's standards.

## AWARDS:

- Adidas singlets
  - Hoodie sweatshirts by Forever Fierce
  - Trophies by Hasty Awards
  - Club Team Champion
- There is no exchanging sizes - all weights have a predetermined size associated with singlets and hoodies.



## YOU CAN BE A STAR:

Flo Wrestling covers the top wrestling events in the nation, big and small! Be prepared to bask in the spotlight as Flo Wrestling highlights participants and matches from the Mini-Men Nationals.





## REGISTRATION

**ALL registrations must be RECEIVED BY April 21, 2017, AND before the 400 wrestler cap has been reached!**

- All contestants are to weigh in with singlets on
- Any suspect skin conditions should be accompanied by the NYSPHAA skin condition form, accessible on Journeyman Wrestling website.

**WAIVER:** Participation at the POP & FLO Mini-Men Nationals requires that all contestants complete and hand in the applicable waiver at check in.

**ONLINE REGISTRATION/PAYMENT:** Registration is done online [www.journeymenwrestling.com](http://www.journeymenwrestling.com) via the tournaflex section. Once tournaflex is accessed, please look for Pop & Flo Mini-Men Nationals drop down.

### Contact Information:

Frank Popolizio (Journeyman Wrestling)  
518-441-2374 • [Frank@Journeymanwrestling.com](mailto:Frank@Journeymanwrestling.com)

DETACH WAIVER AND HAND IN, SIGNED, AT CHECK IN

## PARTICIPANT'S WAIVER AND RELEASE FROM LIABILITY

1. I, \_\_\_\_\_, the undersigned, on behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE Union College or Pop & Flo Productions, LLC, its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of Union College/Pop & Flo Productions, LLC, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past present or future, direct or consequential that I may hereinafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any Union College/Pop & Flo Productions, LLC sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
2. Releasor understands and acknowledges that Union College/Pop & Flo Productions, LLC activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
3. Releasor acknowledges and fully understands that each participant in any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from Releasor's own actions, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Further, Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Relationship to Minor