

NYWAY KICKOFF DUALS

When: Sunday- December 2nd, 2018

Where: SUNY Ulster Community College- 491 Cottekill Road. Stone Ridge, NY 12484

Start time: Doors opening at 7am. Wrestling to begin at 8:30am

Cost: **FREE.** This is the 8th annual NYWAY Boys K-8th grade and Girls 14U Dual Meet Regional Tournament

Weigh-ins: Saturday- December 1st, 2018 from 7pm- 9pm

There is no weight allowance

Weights: Boys & Girls: 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 100, 110, 120, 130, 145, 180 (Max HWT)

Format: This is a grade based dual meet tournament; teams will be selected to represent each of the 8 and 4 girls combined NYWAY Regions.

Trackwrestling will be utilized for pool pairing and matside with 4 matches guaranteed.



Each Regional team will be allowed 3 alternates and exhibitions will be completed at the end of the dual as long they don't hold up the next round of wrestling. Wrestlers must make weight in order to wrestle. NO WEIGHT ALLOWANCE.

Eligibility: Athletes who are current NYWAY members and are in K-8th grade.

Wrestlers must reside in the Region that they are representing. Teams will not be allowed to borrow wrestlers from other regions. In the event that wrestler eligibility is challenged the wrestler's parents must provide proof of residence. No JV or Varsity experience for regional dual teams.

Teams: Each of the 8 Regional Directors will determine how their regional teams are selected. If you have any question on regional participation, please contact your Regional Director. Information is listed on www.nyway.com

Admissions: \$5 for Adults, \$1 for children over the age of 6. 5 & under are FREE.

Rules:

- ✓ **Only Safe Sport Certified Coaches and spectators will be allowed mat side.**
- ✓ N.Y.S Modified high school rules. Wrestlers will be allowed to bump only one weight class. Period lengths will be 90:90:90 for all duals with NFHS modified overtime rules in affect.

Tournament Director: Adam Burgos~ adamburgos1735@gmail.com

Seth Jones~ nywaywestern@gmail.com

Hotel information: Link available soon on www.nyway.com

