

35th annual
**VIRGINIA
DUALS**

JANUARY 9-10 2015



The Granddaddy of them all!

**2015 Virginia Duals
High School Coach's
Handbook**



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VIRGINIA DUALS

January 9-10 2015

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PENSINULA WRESTLING ASSOCIATION



P.O. Box 12003
Newport News, VA23612

18 November, 2015

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 35th Annual Virginia Duals Wrestling Tournament. Our tournament staff is very excited about this year's event and we all look forward to what will surely be an action packed weekend! This packet of information contains several items for your review. Please look these items over and let me know if you have any questions.

The Dual Team advancement concept started here in Hampton, Virginia in 1981. We started with 8 colleges and 4 high schools and over the years it has grown to 24 colleges, and 48 high schools. Not bad for a concept that we were told would never work. We were the very first wrestling tournament to use team advancement and now our format has spread throughout the wrestling community across the United States and the globe. But this is the Virginia Duals and it is the "Grand Daddy of them All!"

The 2015 VA Duals consists of 5 tournaments and at the end of Saturday night we will have completed 114 dual meets and 1532 bouts to determine 5 championship teams and 5 Outstanding Wrestler Awards.

We wish you and your team Good Luck and hope that you have a safe and enjoyable weekend!

If you have any questions or comments, I can be found at the Head Table.

Respectfully,

**Bill Grubbs
Virginia Duals 2015
High School Tournament Director**

www.virginiaduals.org

Hampton Coliseum Drop-Off/Bus Parking

Bus Drop-Off Location

Rear Parking Lot by Back Doors of the Coliseum: All wrestlers, coaches, and staff can be dropped off in the rear parking lot at the competitor entry doors. DO NOT use the side parking slot along the street due to potential damage to the Coliseum marble decorator boulders. Each year we have several busses that hit and damage them.

Bus Parking Location

Rear Parking Lot at Back of the Coliseum: With exception of the first 2 rows, all busses and vans may park anywhere in the remaining rear parking lot at the back the Coliseum. The first 2 rows are reserved for the VA Duals Staff, referees, and Coliseum workers.

Hampton Coliseum Security Procedures

Access to Coliseum

Front Doors: Will be controlled by the Hampton Coliseum.

Back Door: Will be controlled by the Hampton Coliseum and PWA Security Personnel.

Food

Food: Wrestlers will be allowed to bring in fruit, drinks, and snacks for **personal use ONLY** into the warm-up and competition area.

Coolers and large food containers are **not permitted** in the general seating stands (where the fans sit).

Inspections

All personnel entering the coliseum may be subject to the following inspection:

- Personal Bags may be checked!
- Walk-thru metal detectors
- Wand of personnel and property
- Dogs

General Information

Junior Varsity (JV) Wrestling Opportunities

Over the years, one of the most consistent feedback comments we've gotten from the high school coaches has been the desire to get more junior varsity (JV) wrestling opportunities. For the last 7 years we have only had one (1) open mat in the entire event during the Friday 3pm round and we've tried to match up as many JV wrestlers from the different teams to wrestle 1-1-1 matches as we could wrestle during that round.

With the rise of popularity/participation in the our VA Duals Kids Nationals on Sunday, this year we have eliminated the middle school division and will now offer 4 rounds (a total of 6 mats) for high school JV wrestling opportunities. Additionally, we've up the bout time for each JV match to three 1:30 periods. To help make sure as many teams as possible can participate, we have broken the open mats for JV bouts as follows:

Friday		
3:00pm	JV Matches (National Division Teams)	Mat 1
7:00 p.m.	JV Matches	Mat 1
9:00 p.m.	JV Matches	Mat 1
Saturday		
8:30am	JV Matches	Mat 1

In the past, we tried to pre-pair JV wrestlers from coaches e-mail requests, but had many problems with a lot of no shows and cancellations. Instead, we'll continue to pair the wrestlers up by weight class mat side at the tournament. This process has worked very well for the past three years.

General Information

State Competition Rules

It is the responsibility of all high school coaches attending the Virginia Duals to ensure their competition schedule meets their home State competition rules.

Coaches must ensure they have the correct number of competition dates, points, and/or in State-dual percentages required. For example:

- VHSL uses a 12-date competition date system:
 - VHSL holds the Virginia Duals as 1 Date
- NJSIAA requires 70% of all dual meets to be wrestled in State
 - The Virginia Competition Bracket has a maximum of 6 dual meets, please ensure you have enough in-State duals to compensate
- PIAA uses a point system

Coaches that fail to ensure enough competition dates, points, or percentages which result in their team not being able to continue in the event will not be invited back to the tournament.

General Information

NFHS Competition Rules

The Virginia Duals National Invitational Wrestling Tournament would like to clarify three completion eligibility rules for the high school divisions at the VA Duals:

1. By agreement to participate in the tournament, coaches acknowledge the National Federation of High Schools (NFHS) sanctioning rule that limits athlete eligibility to no more than 4 years of high school participation in athletics in the grades of ninth (9th) through twelfth (12th) grade. Student-athletes that do not meet the NFHS criteria are ineligible to compete in the tournament and may not be participate in the official weigh-ins. It is the responsibility of the head coach of each team to enforce this rule. Failure to enforce this rule will result in forfeiture of the bout; and if determined intentional under protest, the team's removal from the tournament.
2. By agreement to participate in the tournament, coaches acknowledge the host-State's Virginia High School League (VHSL) modification to allow wrestlers with varsity experience in the 8th grade to participate in the tournament. By agreeing to compete in the tournament, coaches may not submit a protest form reference this situation as they have already agreed to participate with this modification. All other VHSL rules remain in enforcement.
3. NFHS requires the use the Federation's published weight classes and evening weigh-outs are not allowed for the next day's competition. However, all coaches are responsible for ensuring they meet their own State's weight management program requirements for each wrestler on their team to be eligible for their weight classes.

General Information

VHSL Pilot Concussion Assessment Rule

11/20/12

The language as submitted to the NHFS by Mike Ingrao VHSL Rule Interpreter:

Should an appropriate health-care professional deem it necessary to conduct a concussion assessment on an a contestant, a maximum of up to three minutes will allocated for such an assessment. Should the three minute assessment exceed the injury time remaining for that contestant and the result of the concussion assessment by the appropriate health-care professional allows the contestant to continue, he may do so even if the one and a half minutes of injury time has been exceeded. If the contestant needs to take injury time for any reason following the concussion assessment, then that contestant will lose by injury default.

A concussion assessment caused by an illegal maneuver, unnecessary roughness or unsportsmanlike action by the opposing contestant must still be conducted within the two minutes of recovery time. If the assessment is not complete and/or the offended contestant cannot continue to wrestle at the end of the recovery time, the offended contestant shall be declared the winner by default.

1. Concussion assessment time is three minutes and may be used only **once per match per wrestler**.
2. If concussion assessment time is deemed necessary by an appropriate health care professional (AHCP), any remaining injury time **must** run concurrently with concussion assessment time.
3. Concussion assessment time may be used at any point that there is any injury time remaining even if, for example, it is taken on a second injury time with only 5 seconds remaining.
4. Concussion assessment time begins when an AHCP says an assessment is needed. So if the referee notices signs of a concussion while starting injury time and the AHCP begins the assessment, the assessment time runs exactly concurrently with the injury time. The referee should ask the AHCP if he/she is going to conduct a concussion assessment. But if a referee calls for injury time for some reason other than concussion symptoms, but during the injury time the AHCP deems a concussion assessment to be necessary, the three minute assessment period begins then.
5. If the concussion assessment runs longer than a wrestler's allotted minute and a half injury time and the wrestler is allowed to continue, any other injury to that wrestler would cause him to default the match as injury time was exhausted during the previous concussion assessment.
6. An "appropriate health-care professional" in Virginia means a certified school trainer (will be this person 99% of our situations) or other medical personnel

- designated by the school as such prior to the beginning of the event.** This means the father of a wrestler who happens to be a health care professional attending the match **may not** be pulled out of the stands to do the concussion assessment.
7. Near the end of the concussion assessment, the referee will communicate with the person conducting the assessment in a similar manner as injury time...he will communicate in 15 second intervals during the last minute. The wrestler must be in the wrestling area and cleared to wrestle at the three minute mark in order to continue wrestling.
 8. The referee is to communicate to the designated AHCP any observed symptoms of concussion while concurrently starting the injury time. The decision to conduct the assessment is the AHCP's alone. Coaches may not call for a concussion assessment, although they may point out the symptoms to the referee who then may call injury time as needed.
 9. Concussion assessment time does not apply to a potential concussion situation caused by an illegal act. Should that occur, the usual two minute recovery time protocol is applicable.
 10. Should there be bleeding from the head when the match is stopped by the official noticing symptoms of a concussion, bleeding time takes precedence over injury time (as has always been the case) and concussion assessment time. Once the bleeding is stopped and an AHCP has yet to start or complete a concussion assessment, the injury time and the concussion assessment time immediately begin concurrently.
 11. If both wrestlers are observed with symptoms of a concussion and the referee begins the injury time on both of them concurrently, the three minute concussion assessment also begins for both of them. The presence of only one AHCP does not extend the concussion for either wrestler and it is the responsibility of the AHCP to decide how to best use that time to assess both wrestlers. Some people will not like this interpretation, but the language we submitted to and the authority granted to VHSL by the NFHS under this pilot does not provide for back to back concussion assessments potentially leading to a six minute delay.
 12. As soon as possible upon completion of any wrestling event involving a VHSL school where concussion assessment time is utilized, the official should report to his Commissioner the following information: school of the assessed wrestler; weight class of the assessed wrestler; and the result of the assessment, i.e. was the wrestler allowed to continue or not. The Commissioner should then send that information to Tom Dolan via email.

General Information

Thursday Workouts/Weight Checks

Workouts

Due to the Coliseum schedule, the facility is not available prior to Thursday afternoon for teams to work out. Teams are welcome to use the facility after the tournament set-up committee has completed laying down the mats and taped them into place. Prior to taping the mats into place, teams WILL NOT be allowed onto the mats.

As a general rule of thumb, mat setup is accomplished by 3pm on Thursday. Teams seeking a workout at the Duals should schedule to arrive after this time and must complete their workouts prior to 11pm.

The tournament uses 14 wrestling mats. Ten (10) competition mats are located on the main Coliseum floor, 2 are located next to security where the teams enter, and the other 2 can be found on the opposite side of the Coliseum near the weigh-in area.

Weight Checks

The tournament uses 10 scales that are all professionally calibrated on the Thursday morning/afternoon prior to the Duals.

Weight checks can be performed in the weigh-in area after 6pm on Thursday. The weigh check scales will close by 11pm, so please plan accordingly. If there is an issue with your weight, you can be assured the scales are not wrong!

General Information

Medical

SKIN CHECKS will remain an emphasis point at the Virginia Duals.

Coaches, please ensure your wrestler's skin conditions have all been addressed and proper medical forms are brought with each wrestler. Our medical staff has been informed to emphasize skin checks this year and will strictly enforce them.

The Virginia Duals provides one of the most robust on site medical staffs in the Nation. All our on-site doctors are volunteers that support the sport of wrestling! We typically have 3 emergency room doctors, 2 orthopedic doctors, 2 sports medicine doctors, a dentist, and an oral surgeon on call for any facial fractures. The event will also have 3-5 professional trainers at all times. The Coliseum further provides a direct radio channel to the Hampton Fire Department and Ambulance Service, which can be on site in less than 3 minutes with two primary care hospitals within 1.5 miles of the building.

General Information

Media

VA Duals Media Relations Director:

Mr. Jim Heath
Cell: 757-846-5369
Phone: 757-688-4935
Fax: 757-688-3750
E-mail: james.heath@hii-nns.com

All Press, Radio, or Video Personnel Must Pre-Coordinate Their Activities with Mr. Heath

General Information

Hotel Information

EMBASSY SUITES

Hampton Coliseum Central
1700 Coliseum Dr, Hampton, VA 23666
Contact: Jarrat Watkins
757-827-8200

HILTON GARDEN INN

Hampton Coliseum Central
1999 Power Plant Parkway, Hampton, VA 23666
Contact: Kelly White
757-310-6333
Email: Kelly.White@Hilton.com

Spring Hill Suites

(Adjacent to Hilton Garden)
1997 Power Plant Parkway, Hampton, VA 23666
Contact: Kelly White
757-310-6333
Email: Kelly.White@Hilton.com

The Hampton Courtyard by Marriott

1917 Coliseum Drive, Hampton, VA 23666
Contact: Candace Sluder
804-201-8838
Email: candace.Sluder@marriott.com

The Holiday Inn Express

1813 West Mercury Boulevard, Hampton, VA 23666
Contact: Lori Leib, Director of Sales
757-838-8484
Email: candace.Sluder@marriott.com

General Information

Hospitality

THURSDAY EVENING: 2015 VA Duals Coach's Social

Location: EMBASSY SUITES
Hampton Coliseum Central
Time: 7:00 pm – 10:00 pm
Dress: Casual Attire
Invitation Only: Cash Bar

HAMPTON COLISEUM:

- **Hours of Operation:** Open during tournament hours, will close prior to final round each night
- **Open For:** Coaches, staff, sponsors, hosts, and tournament committee chairpersons.
Must have armband or VIP pass to enter.

General Information

Timeliness

Be on time!

The Virginia Duals is noted for many things, but one item we strive extremely hard to maintain is timeliness. The Virginia Duals start on time, every time! It is one of the particular areas that sets us apart of the all the other major tournaments. This is highly appreciated by the fans, coaches, athletes, and volunteer staff.

- Please have your team ready at your Pre-Assigned Weigh-In Time. An entire team is weighed in every 3 minutes!
- 10 minutes prior to start of each round, please be at your assigned mat or location. Each round will start at its designed time sharp.
- If you are in the Grand March, please form up at the rear (North end) of the Coliseum at 7:30 pm Saturday night. The Grand March will start at exactly 8:00 pm.

General Information

Security Armbands

A major focus point at this year's event will be security passes (armbands) for high school teams. There has been a continuous issue with friends, parents, and self-declared coaches (non-VHSL or other official State-sanctioned interscholastic card holders) tailgating at the entry door and receiving coach's arm bands for inappropriate entry. To assist our Security Staff and to reduce issues at our entry point, we have implemented the following VA Duals High School Coaching/Staff Armband Policy below.

High School Coaching/Staff Armband Policy:

- High School Teams will be strictly limited to 6 arm bands per team for coaches, trainers, etc.
- Anyone receiving an armband **MUST** be acting in an **OFFICIAL** capacity of the high school they have declared. (Head Coach will be held accountable for them)
- All names must be identified on the Team Roster (please list trainers in the additional Assistant Coaches field) and sent to Mr. Swartz sent via e-mail to vadualswc@aol.com. Late changes to the roster for staff must be e-mailed or hand carried to the VA Duals.

NOTE: Separate arm bands will be provided to the team sponsors.

General Information

Guaranteed 3rd Matches

To ensure every team gets 3 matches at the tournament, a 3rd match will be wrestled amongst the 4 National High School team eliminated in the 1st Round Consolation (Friday 11:00 am & 1:00 pm) on **Friday 5:00 pm on Mat 1 and Mat 6.**

The guaranteed 3rd matches for the American and Black & Blue High School Divisions will be wrestled Saturday. **The Black & Blue Division teams will be at 10:00 am on Mat 1 and Mat 6. American Division teams will be at 12:00 pm on Mat 1 and Mat 6.**

In general the losing top upper bracket team will be paired with the losing bottom lower bracket team, with the remaining two teams wrestling each other.

However, depending on resulting pairings, teams may be manually matched by the High School Tournament Director to avoid 2 teams from the same district getting automatically paired. Coaches' requests may also be accepted given that all teams agree.

General Information



Tournament Schedule

2015 Virginia Duals Tournament Schedule

Thursday, January 8th



7:00 p.m. – 11:00 p.m. Coaches Social at THE EMBASSY SUITES

Friday, January 9th

9:00 a.m.	National College, 1st Round All Pools	4 mats
	American College, Top Bracket	2 mats
	National High School, 1st Round-Top Bracket	4 mats
11:00 a.m.	National College, 2nd Round All Pools	4 mats
	American College, Bottom Bracket	2 mats
	National High School, 1st Round-Bottom Bracket	4 mats
1:00 p.m.	National College, 3rd Round All Pools	4 mats
	American College, 1st Round Consolation (upper & lower)	2 mats
	National High School, Quarter Finals-Top Bracket	2 mats
	National High School 1st Round Consolations – Top Bracket	2 mats
3:00 p.m.	National College, Semi-Finals Silver & Bronze Brackets	4 mats
	American College, 7th & 8th Place match	1 mat
	National High School, Quarter Finals- Bottom Bracket	2 mats
	National High School, 1st Round Consolation- Bottom	2 mats
	National H.S. JV Challenge Mat	1 mat
5:00 p.m.	American High School 1st Round – Top Bracket	4 mats
	Black & Blue High School, 1st Round- Top Bracket	4 mats
	National High School – Loser & Loser Consolation	2 mats
7:00 p.m.	American High School, 1st Round – Lower Bracket	4 mats
	Black & Blue High School 1st Round – Lower Bracket	4 mats
	H.S. JV Challenge Mat	1 mat
	Open Mat	1 mat
8:30 p.m.	American High School, Quarter Finals- Upper & Lower	4 mats
	Black & Blue H. School, Quarter Finals- Upper & Lower	4 mats
	H.S. JV Challenge Mat	1 mat
	Open Mat	1 mat

Saturday, January 10th

8:30 a.m.	American High School, 1st Round Consolations	4 mats
	Black & Blue High School, 1st Round Consolations	4 mats
	H.S. JV Challenge Mat	1 mat
	Open Mat	1 mat
10:00 a.m.	College, Silver/Bronze Bracket 1st/2nd and 3rd/4th Matches	2 mats
	National High School 2nd Round Consolation	4 mats
	Black & Blue High School, Loser & Loser Consolation	2 mats
12:00 p.m.	American High School 2nd Round Consolation	4 mats
	Black & Blue High School 2nd Round Consolations	4 mats
	American High School- Loser & Loser Consolation	2 mats
2:00 p.m.	National College, Gold Bracket Semi-Finals	2 mats
	American College, Semi-Finals	2 mats
	National High Schools, Semi-Finals	2 mats
	American High School, Semi-Finals	2 mats
	Black & Blue High School, Semi-Finals	2 mats
4:00 p.m.	American College, Consolation Semi Finals	2 mats
	National High School, Consolation Quarter Finals	2 mats
	American High School, Consolation Quarter Finals	2 mats
	Black & Blue High School, Consolation Quarter Finals	2 mats
	Open Mats	2 mats
6:00 p.m.	American College, 5th & 6th Place	1 mat
	National High School, Consolation Semi-Finals	2 mats
	American High School, Consolation Semi-Finals	2 mats
	Black & Blue, Consolation Semi-Finals	2 mats
	Open Mats	3 mats
8:30 p.m.	National College Gold Bracket Finals	1 mat
	National College Gold Bracket 3rd & 4th Place	1 mat
	American College Finals	1 mat
	American College 3rd & 4th	1 mat
	National High School Finals	1 mat
	National High School 3rd & 4th Place	1 mat
	American High School Finals	1 mat
	American High School 3rd & 4th Place	1 mat
	Black & Blue High School Finals	1 mat
Black & Blue 3rd & 4th Place	1 mat	

General Information

Protest Procedures

Protest may be lodged only for errors in the recording of points, match results and/or for non-judgment errors in the application of rules. The coach must inform the official scorer and the referee of his intent to protest the bout before the bout sheet is removed from the scorer's table. The referee will note this intent to protest the bout on the bout sheet and will notify the opposing wrestler not to leave the area until the matter is settled. A protest must be filed in writing with the protest committee within a 10-minute period after the bout. The protest must be in written form and accompanied by a \$25.00 protest fee. Should the appellant's protest be upheld, the fee will be returned. Film or videotapes will not be used in the appeals process.

The committee will review your protest and rule within 30 minutes.

PROTEST COMMITTEE

- **PWA President – Mike McCormick**
- **Tournament Co-Director – John Swartz**
- **High School Director – Bill Grubbs**
- **Peninsula Officials Commissioner – Chris Groman**
- **VHSL State Interpreter – Mike Ingrao**

General Information

Protest Form

Protest Team: _____

Coach's Name: _____

Protest Narrative:

Coaches Signature: _____

Official's Name: _____ Official's Signature: _____

Upheld

Disapproved

General Information

Team Tie-Breaker NFHS Criteria

When two teams finish in a tie, the following criteria shall be applied to determine a winner.

- A. The team whose opposing wrestlers or team has been penalized the greater number of team points for flagrant or unsportsmanlike conduct shall be declared the winner.
- B. The team whose opposing wrestlers or team personnel has been penalized the greater number of team point deductions shall be declared the winner
- C. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during the match shall be declared the winner.
- D. The team having accumulated the greater total number of falls, defaults, and forfeits shall be declared the winner.
- E. The team having the greater number of technical falls shall be declared the winner.
- F. The team having the greater number of major decisions shall be declared the winner.
- G. The team having the greater number (total match points) of first-points(s) scored shall be declared the winner.
- H. The team having the greater number of points for near-falls shall be declared the winner.
- I. The team having the greater number of takedowns shall be declared the winner.
- J. The team having the greater number of reversals shall be declared the winner.
- K. The team having the greater number of escapes shall be declared the winner.
- L. The team whose opponent has been penalized the greater number of points for stalling.
- M. The team whose opponent has been warned more often for stalling.
- N. The team whose opponent has the greater number of points for all other infractions (i.e. false starts).
- O. If none of the above resolves the tie, a flip of a disk will determine the winner. Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the scored followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e)
- P. Championship Finals Only – The two teams shall be declared Co-Champions

General Information

Grand March/Awards Presentation

GRAND MARCH

JANUARY 10, 2015

All teams wrestling in the Finals on Saturday night will participate in the Virginia Duals Grand March. The participants in the Grand March will gather at the rear (North end) of the Coliseum at 7:30pm sharp. All wrestlers must be in uniform/warm-ups. Coaches and all other participants should be appropriately dressed. Contact Johnny Graham for instructions and Grand March position.

The Virginia Duals Grand March will start at 8:00 PM sharp!

AWARDS PRESENTATION

All teams wrestling in the Finals on Saturday are requested to remain in their seats at the conclusion of their match. Awards for college, high school, and middle school place winners shall be presented to the team coach at the center of their mat. The Outstanding Wrestler Awards for each tournament division will be presented in the center of Mat #7 after all team awards have been presented. All teams and wrestlers are to remain in place until all awards have been presented and Announcer Ken Berger releases them.

General Information

Outstanding Wrestler Award

An Outstanding wrestler will be selected for each of the tournament divisions at the Virginia Duals. At the end of each match, coaches will be given a ballot and asked to vote for the wrestler on the opposing team as their outstanding wrestler for the match. Ballots will be returned to the table workers at the mat upon completion of the form at the end of the match.

It is important that these ballots be completed and turned in after each match. The awards will be made at the end of the tournament on Saturday.

SAMPLE BALLOT



**2015 VIRGINIA DUALS
OUTSTANDING WRESTLER BALLOT**
Peninsula Wrestling Association (PWA)



The Outstanding Wrestler (OW) in the tournament is selected by the coaches. At the end of each Dual Meet, you are asked to choose the outstanding wrestler from the opponent team in that Dual. (Please provide your opponent's OW vote below and then sign the form.)

DUAL MEET: _____ vs _____

Opposing Team's OW: _____ / *Weight Class* _____

OW's TEAM: _____

VOTING COACH: _____

VADUALS_OW_2007_V01

Weigh-In Schedule

General Information

Weight Classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

We will have a total of three (3) scales, each manned with two (2) operators on the first weigh-in. Medical checks will begin 15 minutes prior to each scheduled weigh-in. Weight classes will be assigned to specific scales and weight must be made on that scale. Weigh-in times will be scheduled by team. Scales will be re-certified the week of the Duals and available at the Hampton Coliseum at 2:30 p.m. on Thursday for weight checks. **Only 24 wrestlers per team** are permitted to weigh-in each day and all weight classes must make scratch plus two (2) pounds (due to the consecutive day competition rule). One (1) additional pound will be given on Saturday's weigh-in for the same rule. Thus as an example, **Friday will be 106 +2 (108) and Saturday will be 106 + 3 (109)**. If a wrestler does not make weight, they will go to a designated holding area until the team finishes weighing-in. No form of dehydration will be allowed in the holding area, nor will they be allowed to leave the weigh-in room at any time during their team's weigh-ins. The wrestler will then be permitted a second chance to weigh-in on the scale of his choice immediately after the completion of his teams weigh-in.

Additional Notes:

- If a wrestler only weighs-in at the second weigh-in, they are only allowed the first weigh-in allowance (scratch + 1 lb).
- **Weight Class Eligibility:** At the second weigh-in, a wrestler cannot declare a weight class below the original weight class they qualified for on Friday.
- VHS� coaches please remember to keep your individual wrestler(s) weight loss schedules in mind. If you have an early week competition next week (e.g. Monday/Tuesday), the extra pound on Friday could affect their eligible weight class.
- Non-Virginia coaches, state growth allowances vary and VHS� is +1 lb until January 24th. NHSCA requires all inter-State competition to follow the host State's growth allowance rules.

If you cannot make your scheduled time, call Bill Grubbs at 757-207-1518 or John Swartz at 757-650-4424, in advance.

Weigh-In Schedule

Schedule

Friday-January 10th

6:00 AM Weigh-in room open. Scales available for weight checks.

7:00 AM Skin checks **National High School Division, 1st Round Top Bracket (8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

7:30 AM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:30 am	Don Bosco (NJ)	7:42 am	Christiansburg (VA)
	St. Georges (DE)		St. Augustine Prep (NJ)
7:36 am	Independence (WV)	7:48 am	New Kent (VA)
	Council Rock (S) (PA)		McDonogh (MD)

8:40 AM Skin checks **National High School Division, 1st Round Bottom Bracket (8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

9:10 AM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
9:10 am	Arvada West (CO)	9:22 am	South Plainfield (NJ)
	St. Christopher's (VA)		Fauquier (VA)
9:16 am	Hanover (VA)	9:28 am	Pine Richland (PA)
	Nazareth (PA)		Colonial Forge (VA)

2:10 PM Skin checks **Black & Blue and American High School Divisions, 1st Round Top Bracket (8 Teams each.)** Skin checks follow the same order as team weigh-in schedule below.

2:30 PM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

American High School Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
2:30 pm	Freedom (PA)	2:42 pm	Kellam
	Westfield		Hollis Brookline (NH)
2:36 pm	Lexington (SC)	2:48 pm	Gloucester
	Benedictine Col Prep		Eastern View

Black & Blue High School Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
2:54 pm	Chantilly	3:06 pm	Great Bridge
	Lafayette		Amherst County
3:00 pm	Grassfield	3:12 pm	Powhatan
	Loudon County		Tallwood

4:10 PM Skin checks **Black & Blue and American High School Divisions, 1st Round Bottom Bracket (8**

Teams each.) Skin checks follow the same order as team weigh-in schedule below.

4:30 PM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

American High School Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
4:30 pm	Haddonfield (NJ)	4:42 pm	St. Mark's (DE)
	Sanford School (DE)		Smithfield
4:36 pm	Princess Anne	4:48 pm	Camden Catholic (NJ)
	Poquoson		Matoaca

Black & Blue High School Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
4:54 pm	Osborn Park	5:06 pm	Grundy
	Cape Henry		Indian River
5:00 pm	Nansemond River	5:12 pm	Tabb
	Centerville		Hickory

SATURDAY-January 11th

5:30 AM Weigh-In room open. Scales available for weight checks.

6:30 AM **American Division and Black & Blue Division 1st Round Consolations (8 Teams each).**
(3 Scales, 6 Operators, 1 Medic)

American Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
6:30 am		6:42 am	
6:36 am		6:48 am	

Black & Blue Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
6:54 am		7:06 am	
7:00 am		7:12 am	

7:30 AM **National Division 2nd Round Consolation (8 Teams).**
(3 Scales, 6 Operators, 1 Medic)

National Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285

Time	Team	Time	Team
7:30 am		7:42 am	
7:36 am		7:48 am	

8:00 AM **National Division Semi-Finals (4 Teams); and
American Division, Black & Blue Division Semi-
Finals (4 Teams each) & 2nd Round American
Division, Black & Blue Division 2nd Round
Consolations (4 Teams each).**
(3 Scales, 6 Operators, 1 Medic)

American Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:00 am		8:12 am	
8:06 am		8:18 am	

Black & Blue Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:24 am		8:36 am	
8:30 am		8:42 am	

National Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:48 am		8:54 am	

Bracket Sheets

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VIRGINIA DUALS 2015

National Invitational Team Championships
NATIONAL COLLEGE TOURNAMENT BRACKET

The 2015 Virginia Duals National College
Tournament Championship
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Towne Bank

Hampton River Pool



James River Pool



Poquoson River Pool



York River Pool



GOLD



SILVER



BRONZE



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VIRGINIA DUALS 2015

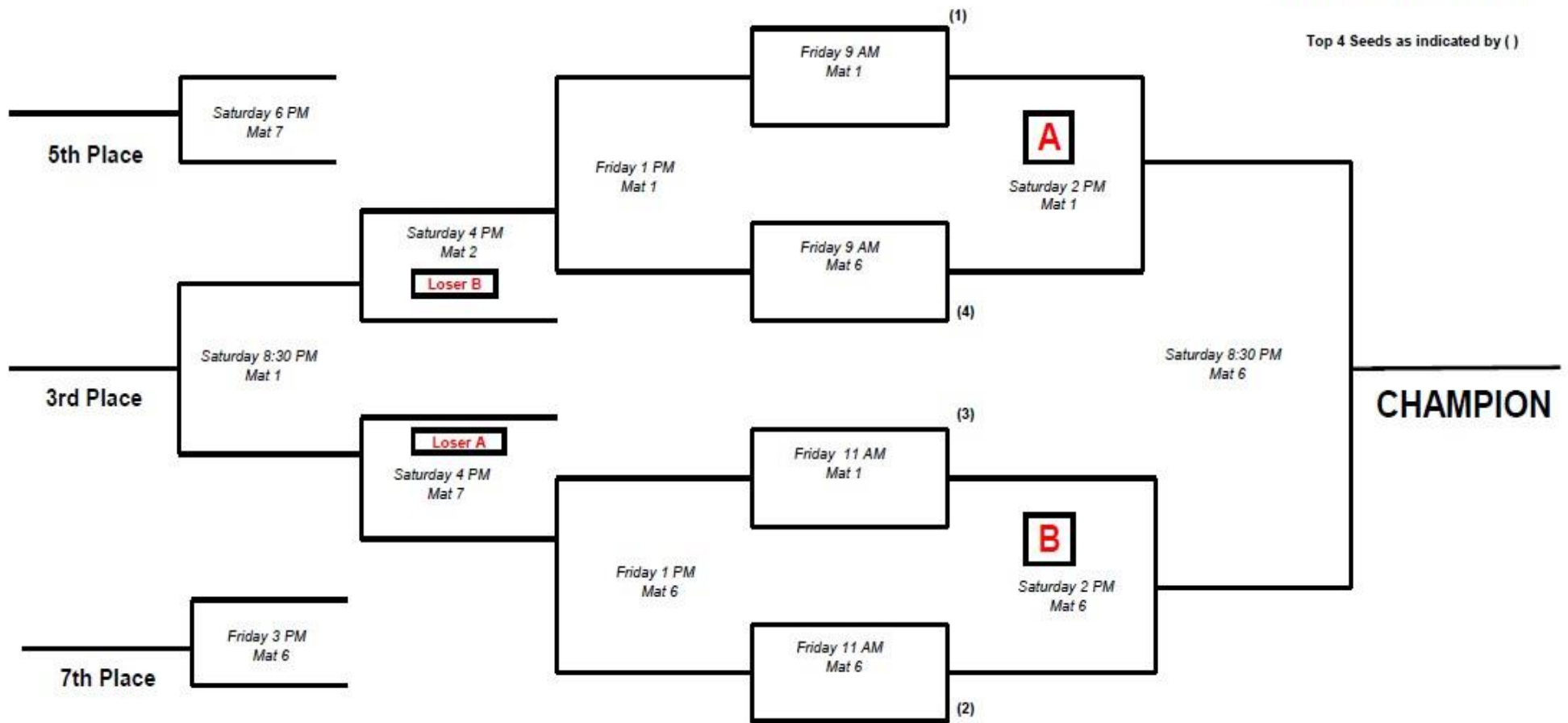
National Invitational Team Championships

AMERICAN COLLEGE DIVISION

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Top 4 Seeds as indicated by ()



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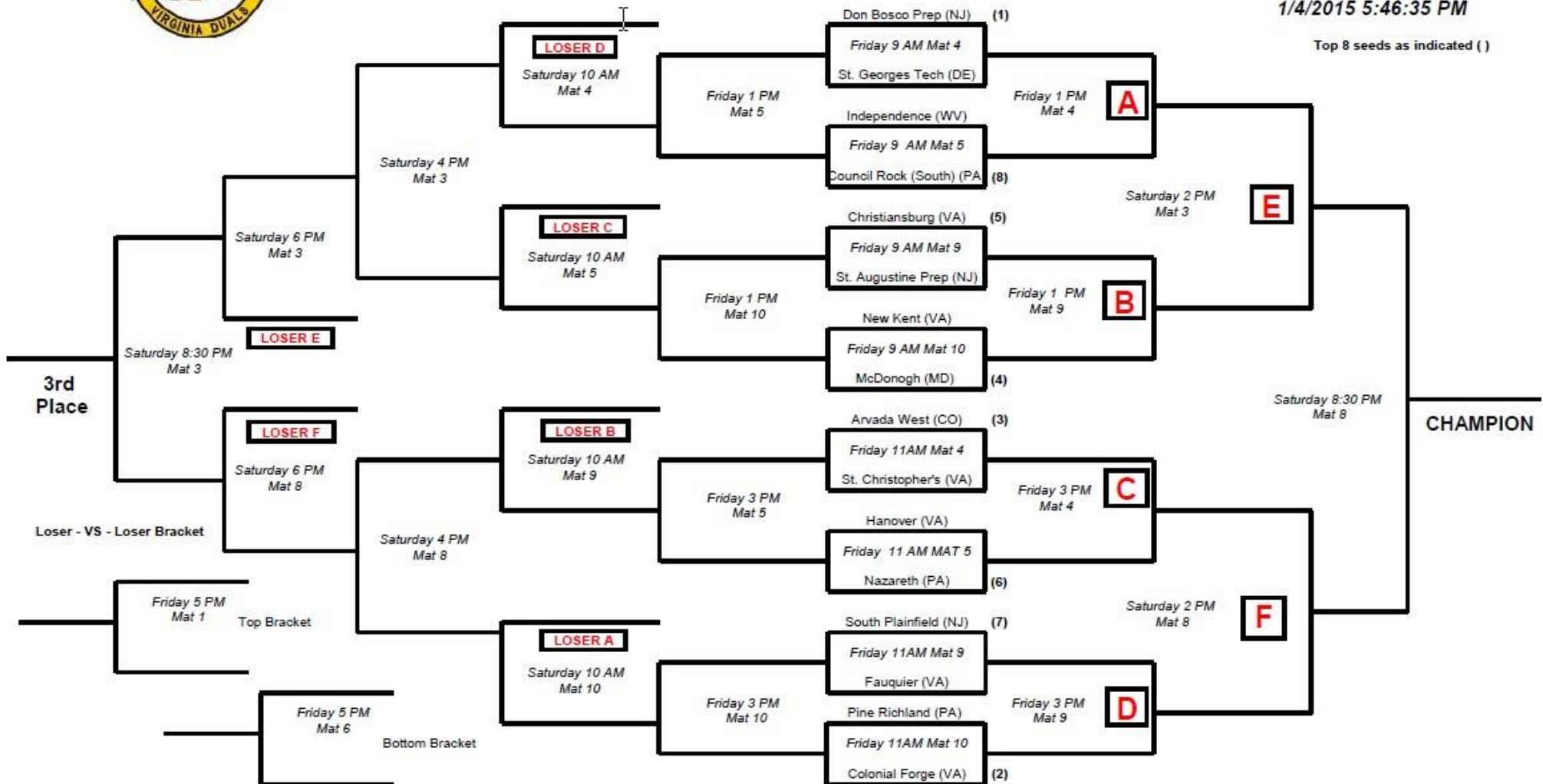
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National Invitational Team Championships
NATIONAL HIGH SCHOOL DIVISION

The 2015 Virginia Duals National High School
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Top 8 seeds as indicated ()



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VIRGINIA DUALS 2015

National Invitational Team Championships

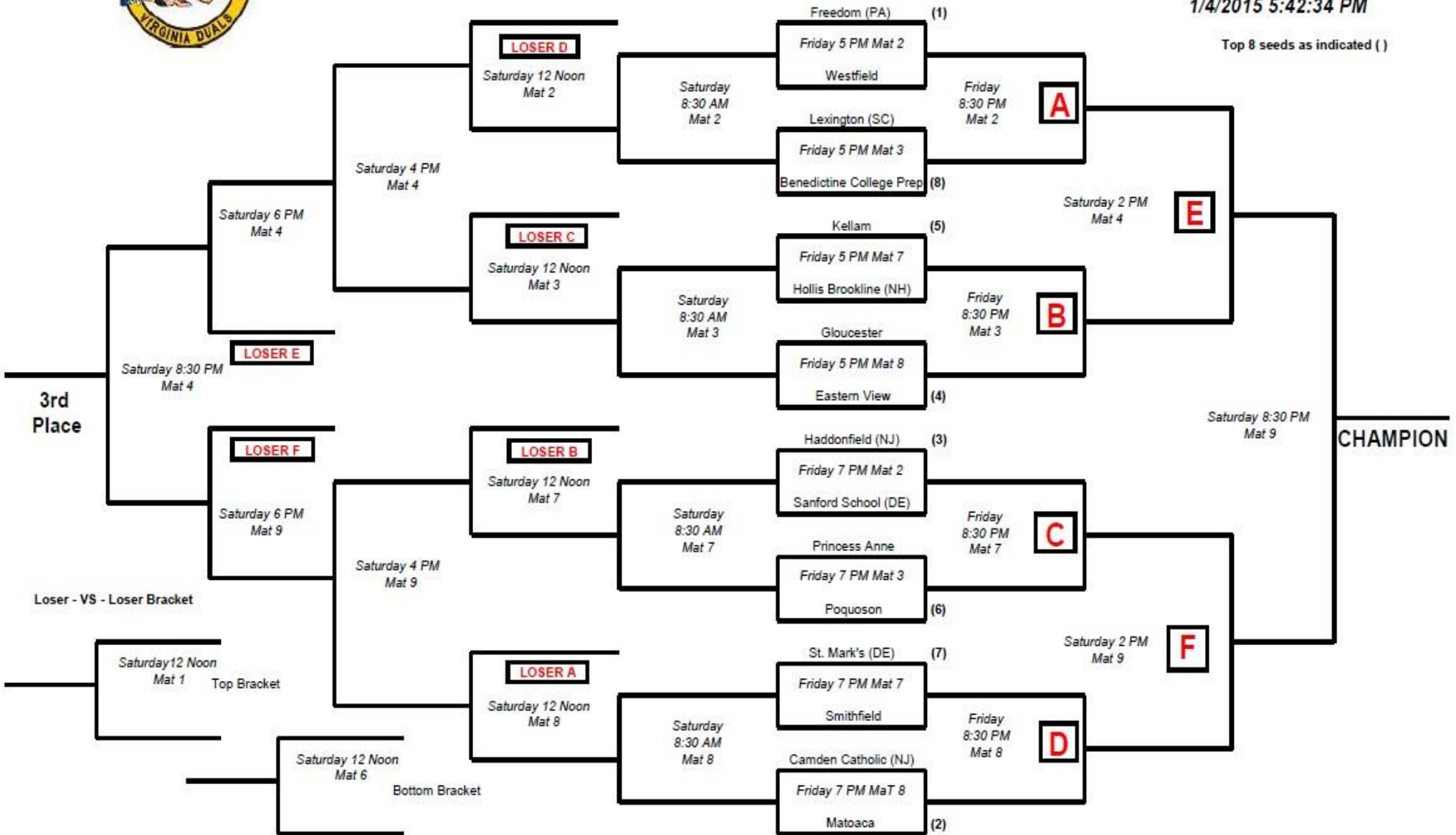
AMERICAN HIGH SCHOOL DIVISION

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VIRGINIA DUALS 2015

National Invitational Team Championships

BLACK and BLUE HIGH SCHOOL DIVISION

The 2015 Virginia Duals Black and Blue High School Tournament Championship

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Top 8 seeds as indicated ()

