

**2016 Virginia Duals  
High School Coach's  
Handbook**

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# **VIRGINIA DUALS**

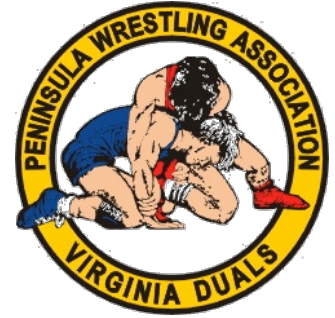
## **January 8-9 2016**

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# PENSINULA WRESTLING ASSOCIATION



P.O. Box 12003  
Newport News, VA23612

20 July, 2015

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 36<sup>th</sup> 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 20 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 2016 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 2016  
High School Tournament Director

[www.virginiaduals.org](http://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

## Varsity Scrimmage Match 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 varsity wrestling scrimmage opportunities for the non-starters. 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 non-starting wrestlers from the different teams to wrestle 1:30-1:30-1:30 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 non-starting wrestlers wrestling scrimmage opportunities. Additionally, we've up the bout time for each scrimmage match to three 1:30 periods. To help make sure as many teams as possible can participate, we have broken the open mats for scrimmage bouts as follows:

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

In the past, we tried to pre-pair 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.

**The Virginia Duals is a varsity sanctioned event, 8<sup>th</sup> graders may not participate in the Virginia Duals in any capacity.**

# 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/VHSL Competition Rules

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

1. The Virginia Duals is a varsity sanctioned tournament under the National Federation of High Schools (NFHS) and Virginia High School League (VHSL). 8th graders may not participate in the Virginia Duals, to include scrimmage matches and may not be participate in the official weigh-ins. In short, Coaches shall not weigh-in a wrestler below 9th grade.
2. 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.
3. 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.
4. All coaches are reminded they must follow their home-State's Weight Loss Plan rules during the official weigh-in process for each wrestler on their team to be eligible for their weight classes.
5. NFHS mandates the use the Federation's published weight classes and evening weigh-outs are not allowed for the next day's competition.
6. Recent interpretations of the NFHS rules on consecutive competition weight allowance have changed. Consecutive weight allowance may only be allowed within the competitive division in which the school the competing. For example, if School A is in the American Division and has a competition on Thursday, then only the American Division schools will be authorized an extra pound.

# 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](mailto:james.heath@hii-nns.com)

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

# General Information

## Hotel Information

### Hilton Garden Inn

Liz Parker

757-310-6333

[lparker@ltdhospitality.com](mailto:lparker@ltdhospitality.com)

### Spring Hill Suites ( adjacent to Hilton Garden )

Katie Casson

757-310-6333

[kcasson@ltdhospitality.com](mailto:kcasson@ltdhospitality.com)

*Includes breakfast*

*Pull out sofa in every room*

### The Hampton Courtyard by Marriott

Contact: Dee Garland

757-329-0608

[Dee.Garland@Marriott.com](mailto:Dee.Garland@Marriott.com)

### The Embassy Suites

Contact Brandon Ball

757-213-8501

[Brandon.Ball@jqh.com](mailto:Brandon.Ball@jqh.com)

### The Crowne Plaza Hampton Marina Hotel

Contact: Adam Tippett

757-727-8915

[Adam.tippett@cphamptonmarina.com](mailto:Adam.tippett@cphamptonmarina.com)

### Holiday Inn Express

Christine Biggs 757-838-8484

[cbiggs@hixhampton.com](mailto:cbiggs@hixhampton.com)



# General Information

## Hospitality

### THURSDAY EVENING: 2016 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

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### 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](mailto: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 3<sup>rd</sup> Matches

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

The guaranteed 3<sup>rd</sup> 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

### 2016 Virginia Duals Tournament Schedule

Thursday, January 7<sup>th</sup>



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

### Friday, January 8<sup>th</sup>

8:30 a.m.	<i>National High School Coaches Meeting</i>	
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. Scrimmage Mat	1 mat
4:30 p.m.	<i>American/Black &amp; Blue High School Coaches Meeting</i>	
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. Scrimmage 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. Scrimmage Mat	1 mat
	Open Mat	1 mat

## Saturday, January 9<sup>th</sup>

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

# **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**
- **The Southeastern Referees Association – Nelson Woodhouse**
- **VHSL State Interpreter – Mike Ingrao**

# General Information

## Protest Form

Protest Team: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Protest Narrative:

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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 personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
- B. The team whose **opposing** head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.
- C. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
- D. The team having won the greater number of matches (including forfeits) shall be declared the winner.
- E. The team having accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
- F. The team having the greater number of technical falls shall be declared the winner.
- G. The team having the greater number of major decisions shall be declared the winner.
- H. The team having the greater number (total match points) of **first-point(s) scored** shall be declared the winner.
- I. The team having the greater number of points for near-falls shall be declared the winner.
- J. The team having the greater number of takedowns shall be declared the winner.
- K. The team having the greater number of reversals shall be declared the winner.
- L. The team having the greater number of escapes shall be declared the winner.
- M. The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.
- N. The team whose opponent has been warned more often for stalling shall be declared the winner.
- O. The team whose opponent has the greater number of penalties for all other infractions (i.e. false starts) shall be declared the winner.
- P. If none of the above resolves the tie, a flip of a disk will determine the winner.
- Q. Championship Finals Only – The two teams shall be declared Co-Champions**

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 ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16, Team B-17, Criterion E).

# **General Information**

## **Grand March/Awards Presentation**

### **GRAND MARCH**

**JANUARY 9, 2016**

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!

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### **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



**2016 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 one (1) pound. One (1) additional pound will be given on Saturday's weigh-in for consecutive competition rule. Thus as an example, **Friday will be 106 +1 (107) and Saturday will be 106 + 2 (108).** (NOTE: An additional scratch weight of +1 pound may be allowed Friday only for a specific Division if a team in that Division is competing Thursday night – all teams in that Division will be given a 24-hr notice.) 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:

- Due to NFHS interpretations, consecutive weight allowance on Friday may only be provided to the specific Division in which the team is competing at the VA Duals.
- 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.
- VHSL 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 VHSL is +1 lb until January 24<sup>th</sup>. NFHS 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 8<sup>th</sup>

**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
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>7:30 am</b>		<b>7:42 am</b>	
<b>7:36 am</b>		<b>7:48 am</b>	

**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)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:10 am</b>		<b>9:22 am</b>	
<b>9:16 am</b>		<b>9:28 am</b>	

**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)**

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

**Black & Blue High School Teams (8)**

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>2:54 pm</b>		<b>3:06 pm</b>	
<b>3:00 pm</b>		<b>3:12 pm</b>	

**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)**

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>4:30 pm</b>		<b>4:42 pm</b>	
<b>4:36 pm</b>		<b>4:48 pm</b>	

**Black & Blue High School Teams (8)**

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>4:54 pm</b>		<b>5:06 pm</b>	
<b>5:00 pm</b>		<b>5:12 pm</b>	

## SATURDAY-January 9<sup>th</sup>

**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
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>6:30 am</b>		<b>6:42 am</b>	
<b>6:36 am</b>		<b>6:48 am</b>	

### Black & Blue Teams (8)

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

**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
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>

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
<b>Weight Class</b>	<b>106, 113, 120, 126</b>	<b>132, 138, 145, 152, 160</b>	<b>170, 182, 195, 220, 285</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
8:00 am		8:12 am	
8:06 am		8:18 am	

**Black & Blue Teams (8)**

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

**National Teams (4)**

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



# **Bracket Sheets**