



# 2020 Virginia Duals College Coach's Handbook

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# **VIRGINIA DUALS**

## **January 10-11, 2020**

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# **PENSINULA WRESTLING ASSOCIATION**

P.O. Box 12003  
Newport News, VA23612



**30 December 2019**

**Dear Coach,**

**On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 40<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 16 colleges, 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 VA Duals consists of 5 tournaments and at the end of Saturday night we will have completed 122 dual meets and 1660 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,**

**Mike McCormick  
Virginia Duals  
College 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

## Medical

### **SKIN CHECKS** will be 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 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 surgeons, 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: 757-503-8107  
Phone: 757-503-8107  
E-mail: [james.heath@theuscaa.com](mailto:james.heath@theuscaa.com)

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



# General Information

## Hotel Information

### **Best Western**

1916 Coliseum Drive - Hampton, VA 23666

757-827-5052

Ask for Virginia Duals block

Rate: \$79.99

Reserve by: December 8, 2019

### **Courtyard Marriott**

1917 Coliseum Drive

Hampton, VA 23666

757-838-3300

On-Line: Book your group rate for VA DUALS Block

Call-In: Ask for Virginia Duals block

Rate: \$114

Reserve by: December 18, 2019

### **Hampton Marina Hotel**

700 Settlers Landing Road

Hampton, VA 23669

Contact: Kelli Lantz

757-727-8915

[kelli.lantz@hamptonmarinahotel.com](mailto:kelli.lantz@hamptonmarinahotel.com)

Ask for Virginia Duals Block

Rate: \$119 – includes breakfast

Reserve by: December 19, 2019

### **Hilton Garden Inn**

1999 Power Plant Pkwy, Hampton, VA 23666

757-310-6323

Rate: \$129.00 (King) – includes breakfast

Rate: \$139.00 (Queen/Queen) – includes breakfast

Ask for Virginia Duals Block

Reserve by: December 19, 2019

**Holiday Inn Express**

1813 West Mercury Blvd.

Hampton, VA 23666

757-838-8484 (Ask for Sales Office)

Ask for Virginia Duals Block

Rate: \$114 – includes Breakfast

Reserve by December 10, 2019

**Hyatt Place**

1905 Coliseum Drive

Hampton, Virginia 23666

757-213-4380

Ask for Virginia Duals block

Rate: \$119 – includes breakfast

Reserve by: November 29, 2019

**Embassy Suites by Hilton Hampton****Hotel Convention Center & Spa**

1700 Coliseum Drive – Hampton, VA 23666

Three Night Stay Required for Thursday, Friday and Saturday Nights  
(1/9/20 to 1/12/20).

King Bedded Suites Only (living room has full size sleeper sofa) and  
maximum occupancy is four people per suite.

You may cancel your reservation by 1/5/20 without a financial  
responsibility.

Rate: \$179 per suite, per night plus taxes (\$206.06 inclusive per suite, per  
night) for Single through Quadruple Occupancy.

Reserve by: December 10, 2019

Reservation Procedure:

Call: 1-800-EMBASSY (1-800-362-2779)

Call-in Name: VA DUALS WRESTLING

OR On-Line:

<http://embassysuites.hilton.com/en/es/groups/personalized/P/PHFCCES-VAD-20200109/index.jhtml>

# General Information

## Hospitality

### **THURSDAY EVENING: VA Duals Coach's Social**

<b>Location:</b>	<b>Embassy Suites</b>
<b>Time:</b>	<b>7:00 pm – 10:00 pm</b>
<b>Dress:</b>	<b>Casual Attire</b>
<b>Invitation Only:</b>	<b>Cash Bar</b>

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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. 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



## Tournament Schedule

### 2020 Virginia Duals Tournament Schedule

Thursday, January 9<sup>th</sup>

40<sup>th</sup> Anniversary Coaches Social at The Embassy Suites Hotel 7:00 pm

Friday, January 10<sup>th</sup>

<i>8:30 a.m.</i>	<i>National High School Coaches Meeting</i>	
9:00 a.m.	American College 1st Round, all teams	4 mats
	National High School, 1st Round, Top Bracket	4 mats
	Open mats	2 mats
11:00 a.m.	National College, 1st Round, all teams	4 mats
	National High School, 1st Round, Bottom Bracket	4 mats
	Open mats	2 mats
1:00 p.m.	American College, 1st Round Consolation, 4 teams	2 mats
	National High School, Quarter Finals – Top Bracket	2 mats
	National High School 1st Round Consolations – Top Bracket	2 mats
	H.S. Scrimmage Mats	1 mats
	Open mats	3 mats
3:00 p.m.	National College, 1st Round Consolation, 4 teams	2mats
	National High School, Quarter Finals – Bottom Bracket	2 mats
	National High School, 1st Round Consolation – Bottom	2 mats
	H.S. Scrimmage Mats	1 mats
	Open mats	3 mats
<i>4:30 p.m.</i>	<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 (Top)	1 mat
	National High School – Loser & Loser Consolation (Bottom)	1 mat
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 Mats	2 mats
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 Mats	2 mats

**Saturday, January 11<sup>th</sup>**

<b>8:30 am</b>	<b>American High School, 1<sup>st</sup> Round Consolations</b>	<b>4 mats</b>
	<b>Black &amp; Blue High School, 1<sup>st</sup> Round Consolations</b>	<b>4 mats</b>
	<b>Open mats</b>	<b>2 mats</b>
<b>10:00 am</b>	<b>National College, 7<sup>th</sup> &amp; 8<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>American College, 7<sup>th</sup> &amp; 8<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>National High School 2<sup>nd</sup> Round Consolations</b>	<b>4 mats</b>
	<b>Black &amp; Blue High School, Loser &amp; Loser Consolation</b>	<b>2 mats</b>
	<b>Open mats</b>	<b>2 mats</b>
<b>12:00 pm</b>	<b>American High School 2<sup>nd</sup> Round Consolations</b>	<b>4 mats</b>
	<b>Black &amp; Blue High School 2<sup>nd</sup> Round Consolations</b>	<b>4 mats</b>
	<b>American High School Loser &amp; Loser Consolations</b>	<b>2 mats</b>
<b>2:00 p.m.</b>	<b>National College 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>National College, Consolation Semi-Finals</b>	<b>2 mats</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>6:00 p.m.</b>	<b>National College, 5<sup>th</sup> &amp; 6<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>American College, 5<sup>th</sup> &amp; 6<sup>th</sup> Place match</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>2 mats</b>
<b>8:30 p.m.</b>	<b>National College Finals</b>	<b>1 mat</b>
	<b>National College 3<sup>rd</sup> &amp; 4<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>American College Finals</b>	<b>1 mat</b>
	<b>American College 3<sup>rd</sup> &amp; 4<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>National High School Finals</b>	<b>1 mat</b>
	<b>National High School 3<sup>rd</sup> &amp; 4<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>American High School Finals</b>	<b>1 mat</b>
	<b>American High School 3<sup>rd</sup> &amp; 4<sup>th</sup> Place match</b>	<b>1 mat</b>
	<b>Black &amp; Blue High School Finals</b>	<b>1 mat</b>
	<b>Black &amp; Blue High School 3<sup>rd</sup> &amp; 4<sup>th</sup> Place match</b>	<b>1 mat</b>

# **General Information**

## **Team Tie-Breaker Criteria**

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

- 1. Greater number of victories. (Including forfeits, defaults and disqualifications)**
- 2. Combined total number of falls, forfeits, defaults and disqualifications.**
- 3. Total match points scored only from decisions, majors and tech falls.**
- 4. Total number of fall points scored pm; from decisions, major decisions and tech falls.**
- 5. Total number of takedowns scored from only from decision, major decisions, and tech falls.**
- 6. Least number of unsportsmanlike conduct calls.**
- 7. First takedown scored during the dual meet.**

**Note: The method of recording the score in breaking team ties shall be to award one team point to the team winning by criteria followed by the letter of criteria that broke the tie (e.g., Team A 17, Team B 16, criteria A.)**



# **General Information**

## **Grand March/Awards Presentation**

### **GRAND MARCH**

#### **SATURDAY NIGHT**

**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 both college and all high 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



#### 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

We will have a total of (3) scales each manned with (2) operators for each team. On the first and second weigh-in, medical checks will begin 15 minutes prior to each scheduled weigh-in. Teams will proceed through the skin check area in the order they are scheduled to be weighed-in. Weight classes will be assigned to a specific scale and weight must be made on that scale. Weigh-in time is scheduled by team and each wrestler will have one attempt to make weight. If he does not make weight on the first attempt, he will be permitted to step on any or all additional official scales one time in an attempt to make weight immediately following the heavyweight weight class. Wrestlers are not permitted to leave the weigh-in room during their team's weigh-in. Specific team weigh-in times will be assigned when the seeding has been completed. Weigh-ins will be held two (2) hours before the first session on Friday. On Saturday morning, weigh ins for all college teams will be done one hour before the first college match begins. A one pound growth allowance will be granted on the second day if the wrestler weighed in on the first day. A wrestler cannot weigh in the second day if he/she did not weigh in on Friday.

The weigh-in room will be in the Hampton Coliseum and will be open (1) hour before weigh-ins. Preferably only fifteen (15) wrestlers per team will weigh-in each day. Please notify me if you plan on bringing more wrestlers. The Scales will be available at the Coliseum at 2:30 p.m. Thursday for weight checks.

**If you cannot make your scheduled time, call Mike McCormick at 757-570-1439, in advance.**

# Weigh-In Schedule

## Schedule

**Friday-January 10<sup>th</sup>**

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

**6:45 AM** Skin checks **American College Division 1st Round (all 8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**7:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

### All 8 American College Teams

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>7:00 am</b>	Kutztown	<b>7:06 am</b>	Emmanuel
	Apprentice School		Waynesburg
<b>7:03 am</b>	Averett	<b>7:09 am</b>	Alderson Broaddus
	Liberty		Ferrum

**8:45 AM** Skin checks **National College Division 1st Round, All 8 teams.** Skin checks follow the same order as team weigh-in schedule below.

**9:00 AM** 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>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:00 am</b>	Virginia	<b>9:06 am</b>	Fresno State
	Kent State		Maryland
<b>9:03 am</b>	Penn	<b>9:09 am</b>	Duke
	Old Dominion		River

## Saturday-January 11<sup>th</sup>

**8:00 AM** Weigh-in room open. Scales available for weight checks.

**8:45 AM** Skin checks **National College Teams (8 Teams)** and **American College Teams (8 Teams)** Skin checks follow the same order as team weigh-in schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

### National College 7th & 8th place teams

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
9:00 am			

### American College 7th & 8th place teams

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
9:03 am			

**8:50 AM** Skin checks **Remaining National College (6 teams)** & **American College Division Teams (6 Teams)**

**9:06 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

### National College Teams

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>National Division</b>		<b>American Division</b>	
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:06 am</b>		<b>9:12 am</b>	
<b>9:09 am</b>			

### American College Teams

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>National Division</b>		<b>American Division</b>	
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:15 am</b>		<b>9:21 am</b>	
<b>9:18 am</b>			



# **Bracket Sheets**

"40 Years of Excellence"



# VIRGINIA DUALS 2020

National Invitational Team Championships

## NATIONAL COLLEGE TOURNAMENT BRACKET

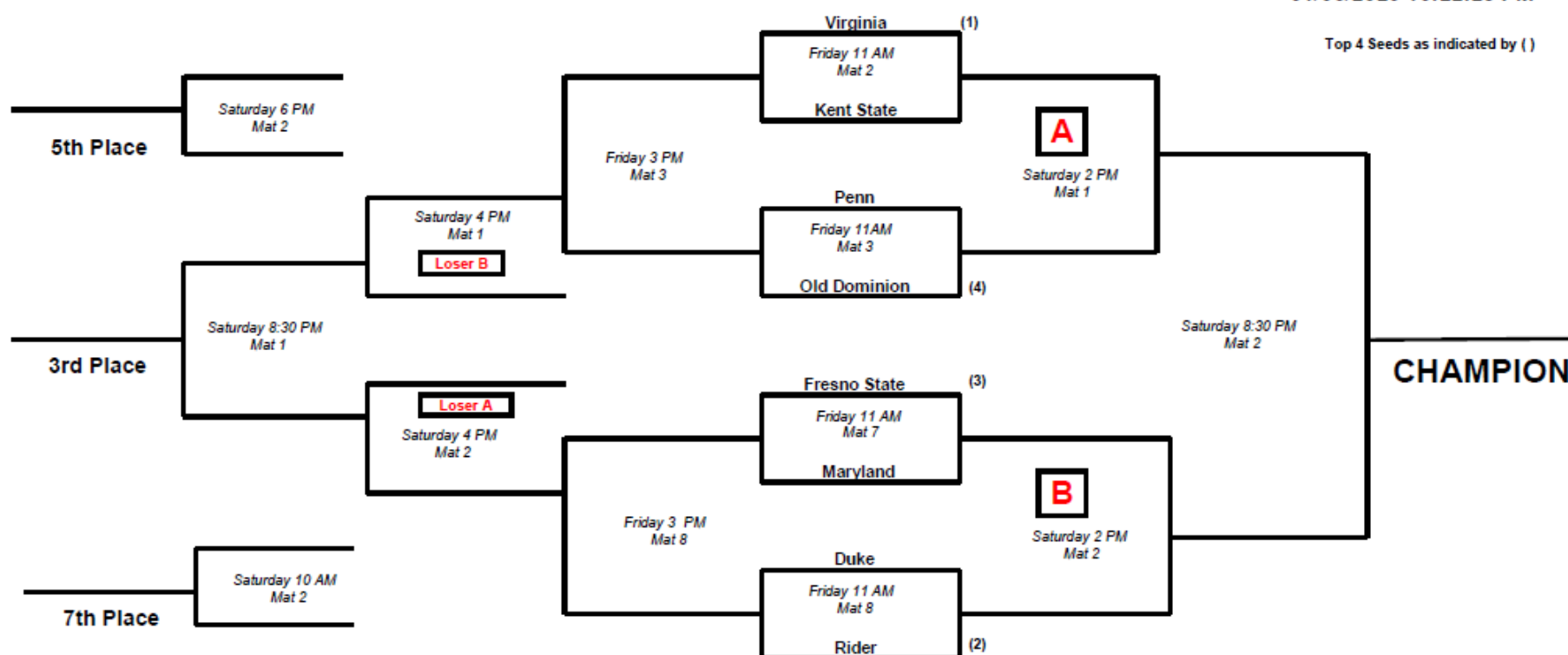
The 2020 Virginia Duals National College  
Tournament Championship

Sponsored by

**Towne Bank**

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Top 4 Seeds as indicated by ( )



"40 Years of Excellence"



# VIRGINIA DUALS 2020

National Invitational Team Championships  
AMERICAN COLLEGE DIVISION

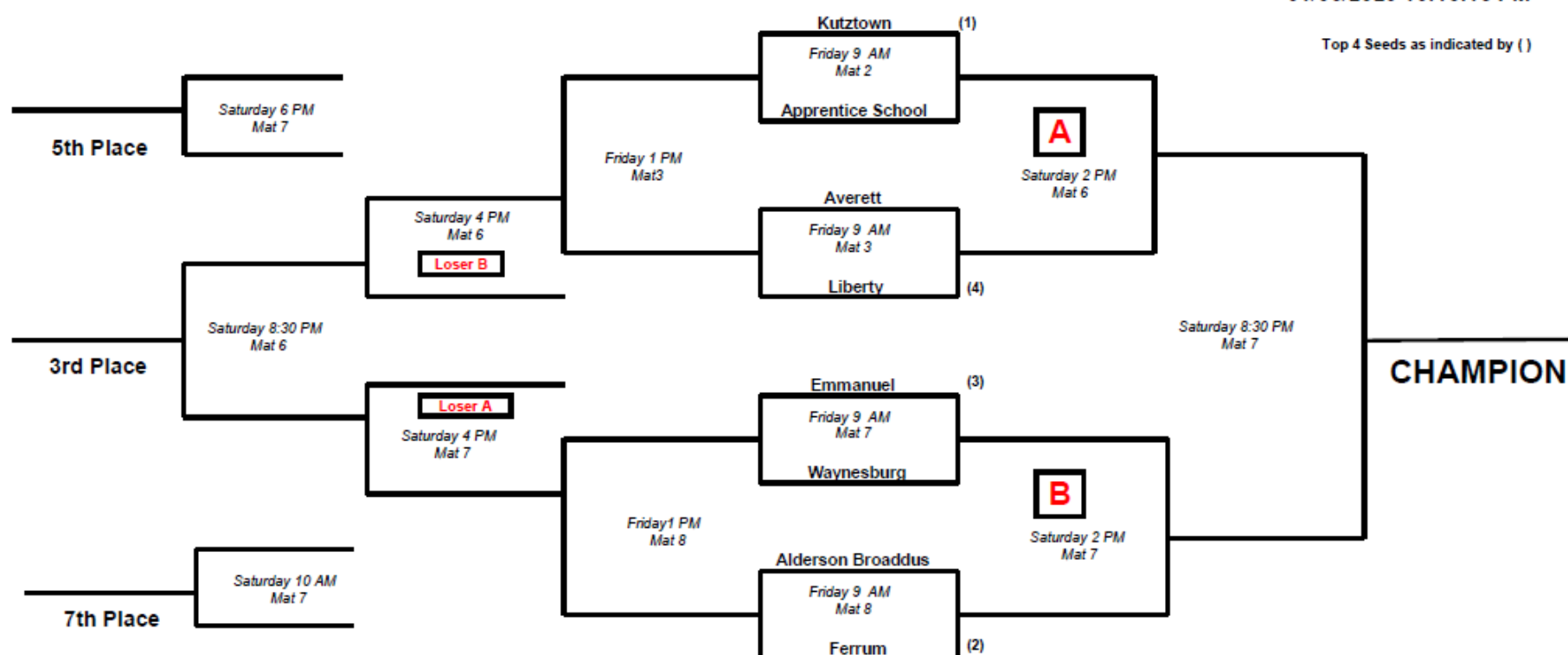
The 2020 Virginia Duals American College  
Tournament Championship

Sponsored by

**CITY OF HAMPTON,  
VIRGINIA**

01/06/2020 10:16:15 PM

Top 4 Seeds as indicated by ( )



"40 Years of Excellence"



# VIRGINIA DUALS 2020

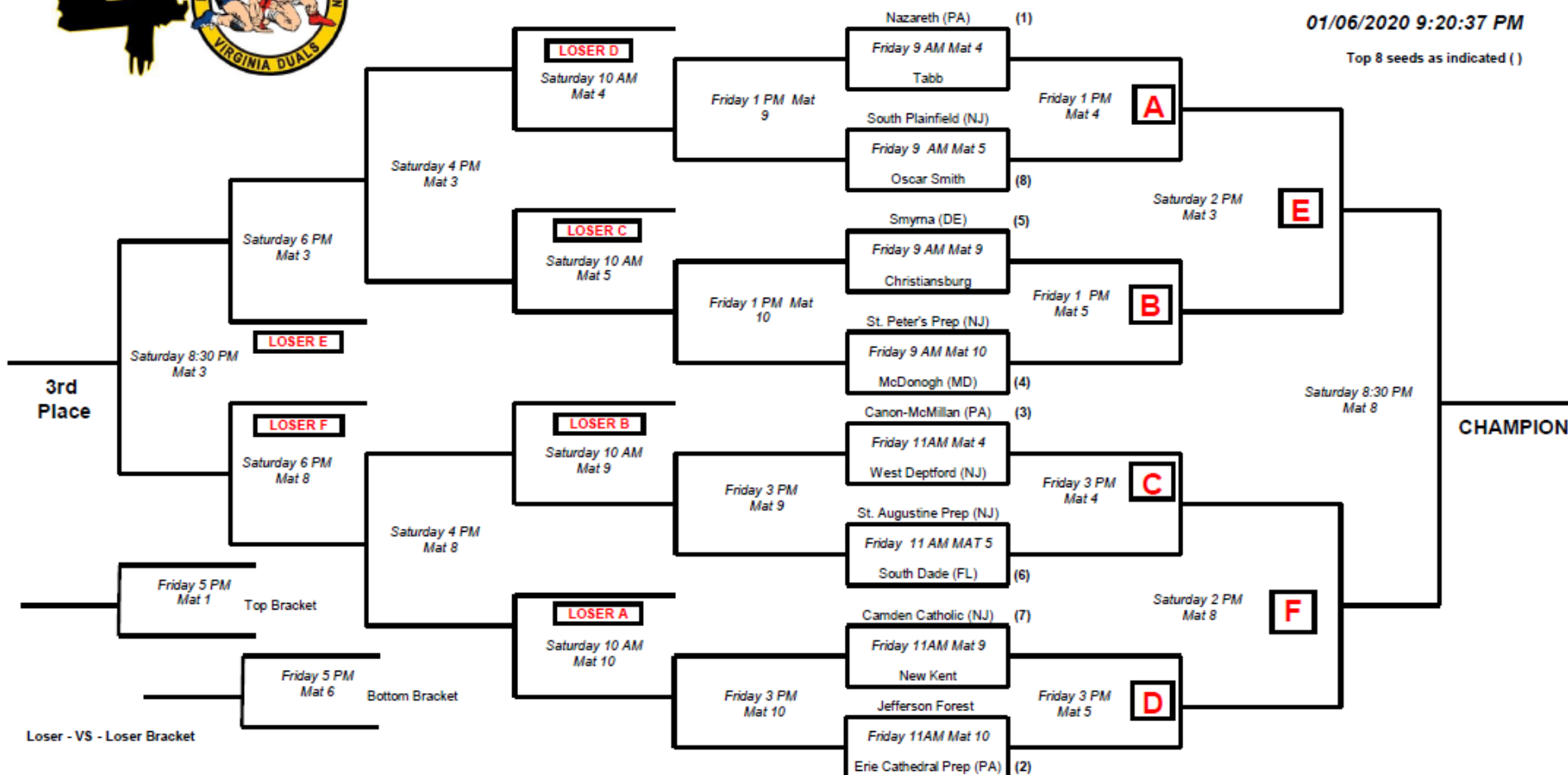
National Invitational Team Championships  
NATIONAL HIGH SCHOOL DIVISION

The 2020 Virginia Duals National High School  
Tournament Championship  
Sponsored by

CLIFF KEEN ATHLETIC

01/06/2020 9:20:37 PM

Top 8 seeds as indicated ( )



"40 Years of Excellence"



# VIRGINIA DUALS 2020

National Invitational Team Championships  
AMERICAN HIGH SCHOOL DIVISION

The 2020 Virginia Duals American High School  
Tournament Championship  
Sponsored by  
**VIRGINIA ENTERPRISES, INC.**

01/06/2020 9:15:54 PM

Top 8 seeds as indicated ( )

