



2020 Virginia Duals High School Coach's Handbook

THIS PAGE LEFT BLANK

VIRGINIA DUALS

January 10-11, 2020

Table of Contents

	Page
1. Welcome Letter	3
2. Hampton Coliseum Drop-Off/Bus Parking	4
3. Hampton Coliseum Security Procedures	5
4. General Information	
a. NFHS Competition Rules	6
b. State Competition Rules	8
c. Scrimmage Opportunities	9
d. Guaranteed 3 rd Matches	10
e. Thursday Workouts/Weigh Checks	11
f. Timeliness	12
g. Medical – Skin Checks	13
h. Media	14
i. Hotel Contact List	15
j. Hospitality Information	17
k. Security Passes (Armbands)	18
l. Tournament Schedule	19
m. Protest Procedures	21
n. Protest Form	22
o. Team Tie-Breaker Criteria	23
p. Grand March/Awards Presentation	24
q. Outstanding Wrestler Form	25
5. Weigh-In Schedule	
a. General Information	26
b. Schedule (Friday & Saturday)	27
6. Bracket Sheets	
a. National College	33
b. American College	34
c. National High School	35
d. American High School	36
e. Black & Blue High School	37



PENSINULA WRESTLING ASSOCIATION

P.O. Box 12003
Newport News, VA23612



24 December 2019

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 40th 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, 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 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
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

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 in any capacity, 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 at the Virginia Duals.
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. The NFHS has clarified the consecutive competition weight allowance rule to only apply to teams within an individual competition bracket. Since the Virginia Duals holds three (3) separate 16-man division tournament divisions, the consecutive competition weight allowance will only apply to teams within the specific division in which a team(s) have competed in a varsity event the day before. For example, if Team A in the National Division competes on Thursday, ONLY teams in the National Division will receive the additional weight allowance.
4. The NFHS has clarified the consecutive competition weight allowance rule may only be applied when consecutive competition occurs at the same competition level. This means that in order to apply the consecutive competition allowance a team must have competed in a varsity level competition the day before. Team(s) that compete at a JV event the day before and weigh in a wrestler that competed the day prior do not qualify the event to apply a consecutive competition allowance.

5. 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 in reference to this situation as they have already agreed to participate with this modification.
6. 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.
7. NFHS mandates the use the Federation's published weight classes and evening weigh-outs are not allowed for the next day's competition.
8. NFHS rules to **do not** allow a wrestler to participate in more than 2 weight classes in a single or multi-day event. For example, if a wrestler makes weight for 106 on the first day, they are eligible to compete at 106 and 113. However, if that wrestler does not make weight on the second day for 106, they can **ONLY** compete as a 113.

If you have any questions or concerns regarding this Competition Memorandum please feel free to contact Mr. John Swartz, Tournament Co-Director, (cell) 757-650-4424, or via e-mail at vadualswc@aol.com.

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

Scrimmage 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. To provide opportunities for these non-starting athletes, we'll try to match up as many non-starting wrestlers from the different teams to wrestle 1:30-1:30-1:30 matches as we can during these rounds.

We designed times and mats are provided below:

Friday

1:00 p.m.	Scrimmage Matches	1 Mat 6
3:00 p.m.	Scrimmage Matches	1 Mat 6
7:00 p.m.	Scrimmage Matches	2 Mats 1 & 6
8:30 p.m.	Scrimmage Matches	2 Mats 1 & 6

We'll pair the wrestlers up by weight class mat side just before the start of each round. This process has worked very well over the years.

The Virginia Duals is a NFHS sanctioned event, 8th graders may not participate in the Virginia Duals in any capacity.

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 (Top Bracket) Mat 6 (Bottom Bracket).

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

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

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

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: 757-503-8107
E-mail: 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

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: 2020 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

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



Tournament Schedule

2019 Virginia Duals Tournament Schedule

Thursday, January 9th

39th Anniversary Coaches Social at The Embassy Suites Hotel 7:00 pm

Friday, January 10th

8:30 a.m.	<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
4:30 p.m.	<i>American/Black & 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 11th

8:30 am	American High School, 1st Round Consolations	4 mats
	Black & Blue High School, 1st Round Consolations	4 mats
	Open mats	2 mats
10:00 am	National College, 7th & 8th Place match	1 mat
	American College, 7th & 8th Place match	1 mat
	National High School 2nd Round Consolations	4 mats
	Black & Blue High School, Loser & Loser Consolation	2 mats
	Open mats	2 mats
12:00 pm	American High School 2nd Round Consolations	4 mats
	Black & Blue High School 2nd Round Consolations	4 mats
	American High School Loser & Loser Consolations	2 mats
2:00 p.m.	National College 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.	National College, Consolation Semi-Finals	2 mats
	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
6:00 p.m.	National College, 5th & 6th Place match	1 mat
	American College, 5th & 6th Place match	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	2 mats
8:30 p.m.	National College Finals	1 mat
	National College 3rd & 4th Place match	1 mat
	American College Finals	1 mat
	American College 3rd & 4th Place match	1 mat
	National High School Finals	1 mat
	National High School 3rd & 4th Place match	1 mat
	American High School Finals	1 mat
	American High School 3rd & 4th Place match	1 mat
	Black & Blue High School Finals	1 mat
	Black & Blue High School 3rd & 4th Place match	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**
- **The Southeastern Referees Association – Nelson Woodhouse**
- **Head Referee – Mike Caison**

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 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 giving up the least number of forfeits. (2019-2020 NFHS Change)**
- G. The team having the greater number of technical falls shall be declared the winner.
- H. The team having the greater number of major decisions shall be declared the winner.
- I. The team having the greater number (total match points) of **first-point(s) scored** shall be declared the winner.
- J. The team having the greater number of points for near-falls shall be declared the winner.
- K. The team having the greater number of takedowns shall be declared the winner.
- L. The team having the greater number of reversals shall be declared the winner.
- M. The team having the greater number of escapes shall be declared the winner.
- N. The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.
- O. The team whose opponent has been warned more often for stalling shall be declared the winner.
- P. The team whose opponent has the greater number of penalties for all other infractions (i.e. false starts) shall be declared the winner.
- Q. If none of the above resolves the tie, a flip of a disk will determine the winner.
- R. 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

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!

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



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 24th. 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

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	Nazareth (PA)	7:42 am	Smyrna (DE)
	Tabb		Christiansburg
7:36 am	South Plainfield (NJ)	7:48 am	St. Peter's Prep (NJ)
	Oscar Smith		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	Canon-McMillan (PA)	9:22 am	Camden Catholic (NJ)
	West Deptford (NJ)		New Kent
9:16 am	St. Augustine Prep (NJ)	9:28 am	Jefferson Forest
	South Dade (FL)		Erie Cathedral Prep (PA)

2:10 PM Skin checks **American and Black & Blue 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	Kellam	2:42 pm	Benedictine College Prep
	Millbrook		Woodbridge Senior
2:36 pm	Fauquier	2:48 pm	Grassfield
	Lexington (SC)		Grundy

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	Great Bridge	3:06 pm	Cox
	Hayfield		Powhatan
3:00 pm	Hanover	3:12 pm	York
	Tallwood		Skyline

4:10 PM Skin checks **American and Black & Blue 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	Bellefonte (PA)	4:42 pm	Eastern View
	First Colonial		Butler Senior (PA)
4:36 pm	Chantilly	4:48 pm	Princess Anne
	St. John's (DC)		St. Mary's Ryken (MD)

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	Cosby	5:06 pm	Ocean Lakes
	Smithfield		Lafayette
5:00 pm	Spotsylvania	5:12 pm	Culpeper
	Poquoson		Landstown

SATURDAY

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

"40 Years of Excellence"



VIRGINIA DUALS 2020

National Invitational Team Championships

NATIONAL COLLEGE TOURNAMENT BRACKET

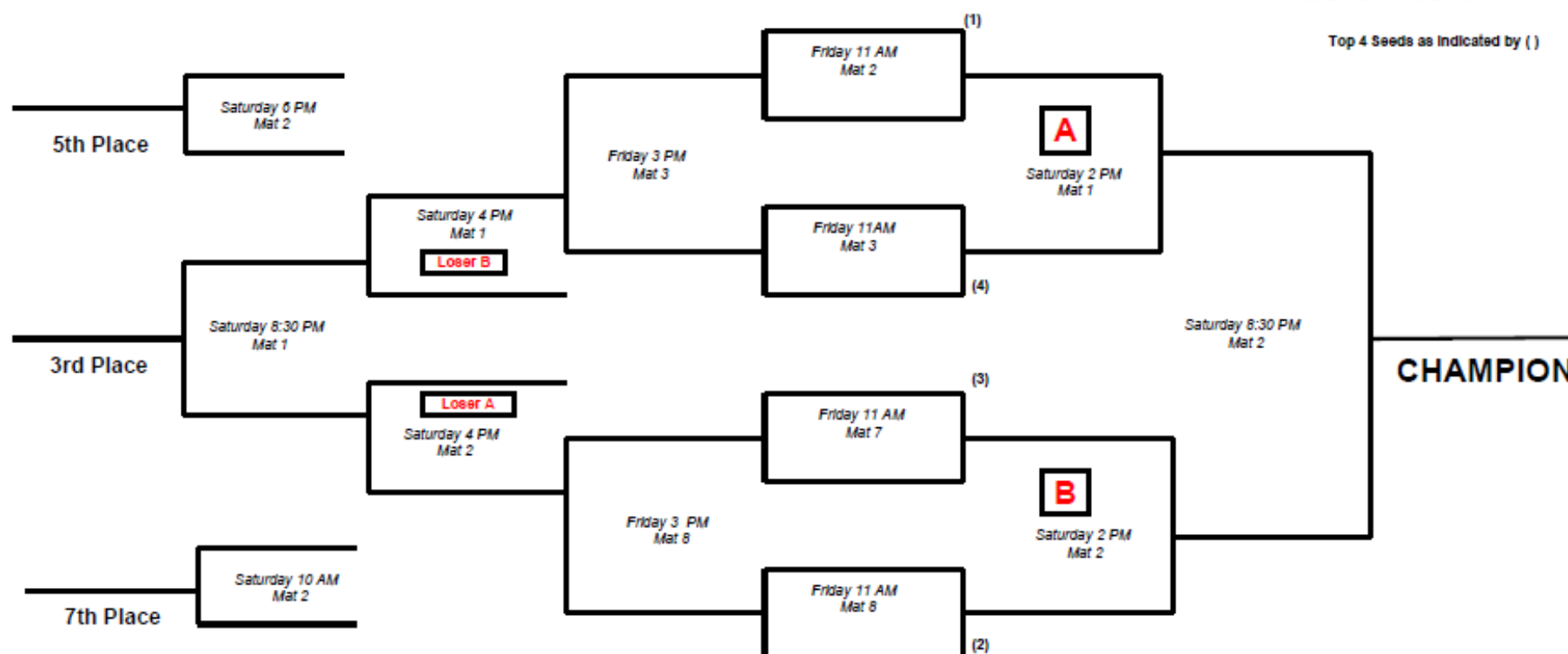
The 2020 Virginia Duals National College
Tournament Championship

Sponsored by

Towne Bank

12/24/2019 2:23:37 PM

Top 4 Seeds as Indicated by ()



"40 Years of Excellence"



VIRGINIA DUALS 2020

National Invitational Team Championships
AMERICAN COLLEGE DIVISION

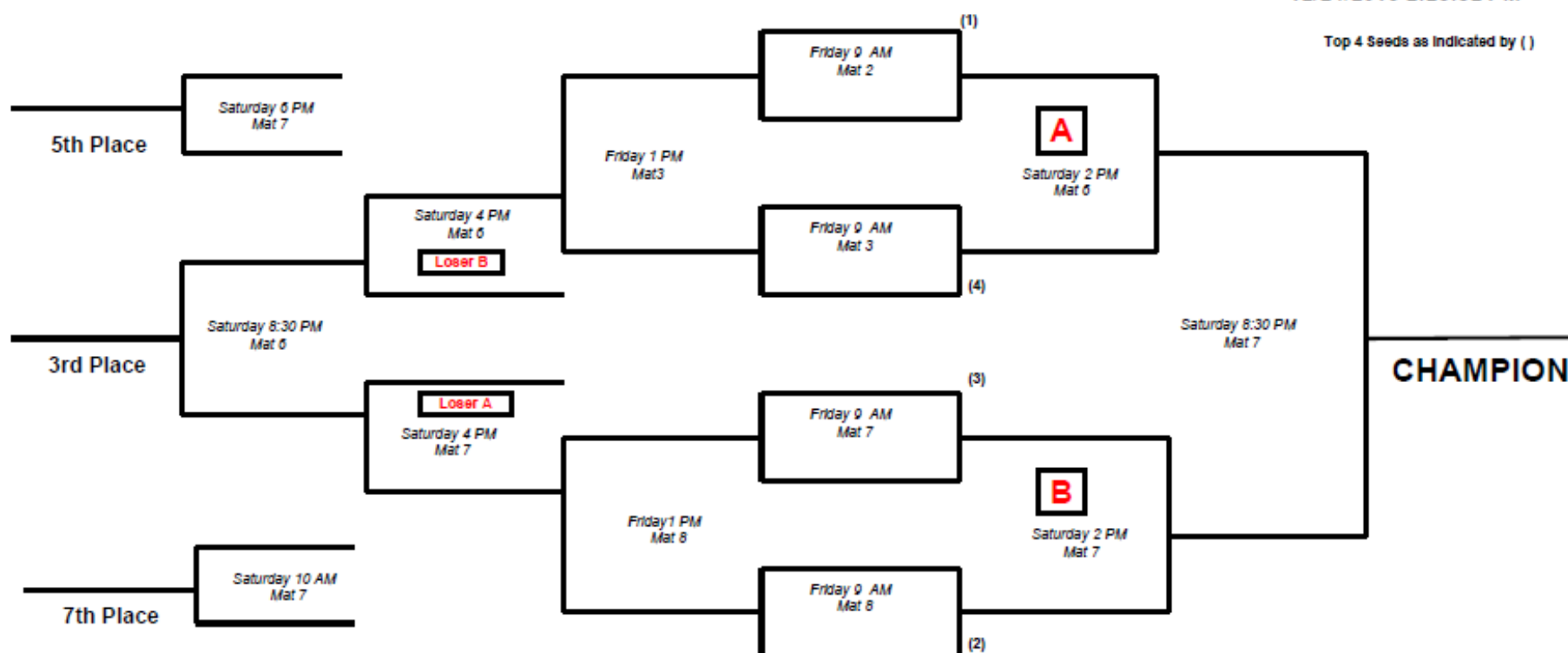
The 2020 Virginia Duals American College
Tournament Championship

Sponsored by

**CITY OF HAMPTON,
VIRGINIA**

12/24/2019 2:25:32 PM

Top 4 Seeds as Indicated by ()



"40 Years of Excellence"



VIRGINIA DUALS 2020

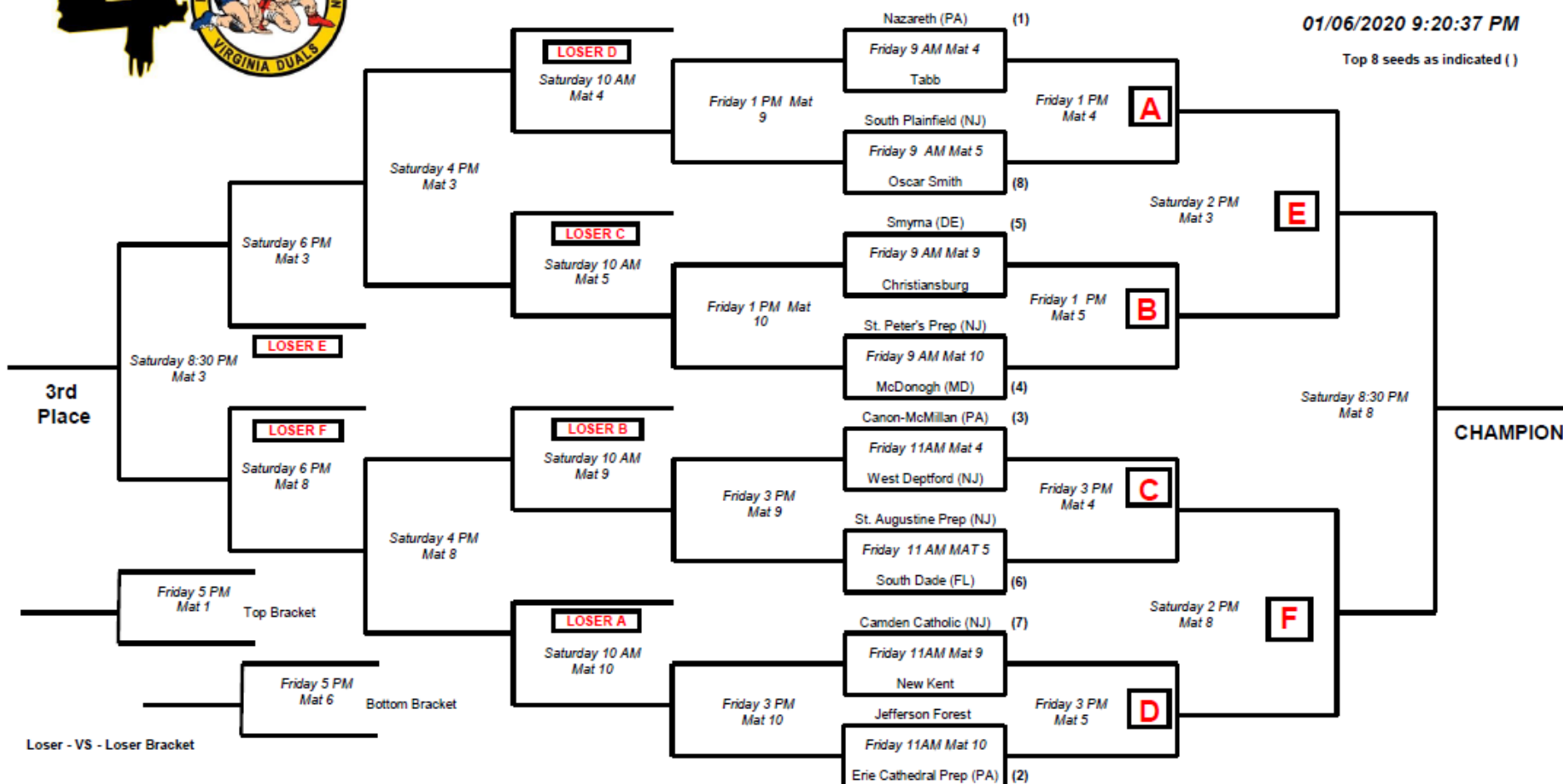
National Invitational Team Championships
NATIONAL HIGH SCHOOL DIVISION

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"



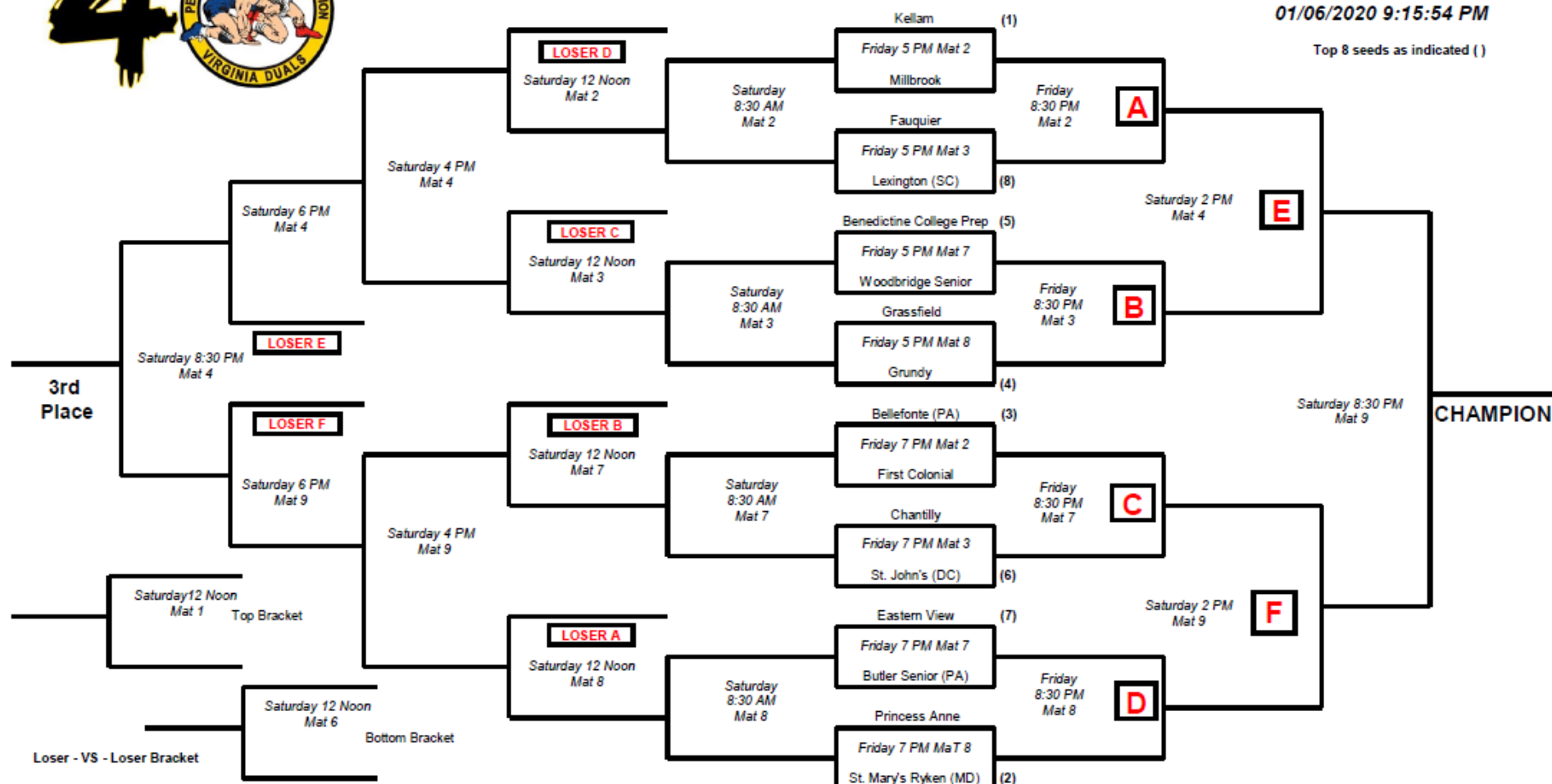
VIRGINIA DUALS 2020

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 ()



"40 Years of Excellence"



VIRGINIA DUALS 2020

National Invitational Team Championships

BLACK and BLUE HIGH SCHOOL DIVISION

The 2020 Virginia Duals Black and Blue High School Tournament Championship
Sponsored by
BAY PORT CREDIT UNION

01/06/2020 9:41:54 PM

Top 8 seeds as indicated ()

