

2025 Virginia Duals High School Coach's Handbook

*"Every bout is essential, but it takes a Team to win
the VA Duals... One Team, One Score"*
John "Angry Hammer" Swartz

VIRGINIA DUALS 2025

PENINSULA
WRESTLING ASSOCIATION

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VIRGINIA DUALS

January 10-11, 2025

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PENSINULA WRESTLING ASSOCIATION

P.O. Box 12003
Newport News, VA23612



20 November 2024

Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 44th 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 19 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 National College Division duals and 4 tournaments. The American College Division 16-team bracket, the Black & Blue High School Division 16-team bracket, and the American High School Division that is divided into two (2) separate, but equally weighted 16-team brackets. At the end of Saturday night, we will have completed 100+ dual meets and 1500+ bouts to determine 4 championship teams and 4 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**

<http://virginiaduals.mattalkonline.com/>

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. See Image below for Team Entry location. 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: The Coliseum has directed that all bus parking needs to be in the gravel lot next to the Team Entry locations (see image below).



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

Each year, the Virginia Duals National Invitational Wrestling Tournament provides a short list of important competition and eligibility rules for our high school divisions. Please review the information below in preparation for this year's tournament.

1. As a National Federation of State High School Associations (NFHS) sanctioned varsity tournament, 8th graders may not participate in the Virginia Duals in any capacity, to include scrimmage matches and participation in the official weigh-ins. In short, Coaches shall not weigh-in a wrestler below 9th grade or permit them to compete at any time on the mat at the Virginia Duals.
2. By agreement to participate in the tournament, coaches acknowledge the 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 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 shall only apply to teams within an individual competition bracket. Since the Virginia Duals holds three (3) separate tournament divisions, the consecutive competition and/or inclement weather rule weight allowances will only apply to teams within the specific division in which a team(s) has competed in a varsity event the day before or had a loss of practice/inclement weather rule situation. 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. Further, NFHS has clarified the consecutive competition weight allowance rule itself 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 the 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 in the grades of 9th through 12th 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 as well as return to play in your own State.

7. NFHS mandates the use the Federation's published weight classes and evening weigh-outs are not permitted for the next day's competition. The Virginia Duals competition official weight classes are: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.

8. NFHS rules **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.

9. To avoid confusion reference multi-day team advancement tournaments concerning a specific eligibly situation that may occur, NFHS rules permit an athlete that did not weigh-in on day 1 to weigh-in and participate on day 2. However, that individual is not eligible to receive any allowance for consecutive competition or loss of practice/inclement weather rule (that may have been allowed on Day 1). They must weigh-in at scratch plus whatever growth weight that host state is currently under at the time of the weigh-in (for VHSL, it is scratch +1).

10. VHSL does NOT require any athlete to wear an undergarment for weigh-ins ONLY. VHSL has adopted and filed an approved exception with the National Federation. Athletes MUST report to the competition mat wearing suitable undergarments as defined in the NFHS rulebook.

11. To participate in the varsity scrimmage bouts, all athletes must have weighed in with the team each day.

12. Only the top 4 teams in each Division are guaranteed a spot in next year's tournament. All teams shall reapply using the Team Application Form on the VA Duals Tournament Website. Link: <https://viriniaduals.mattalkonline.com/team-application-form/>

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.

RESPECTFULLY,

//SIGNED/JDS/20NOV24//

JOHN D. SWARTZ, VA DUALS TOURNAMENT CO-DIRECTOR

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 Tournament 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.

The designed times and mats are provided below:

Friday

10:30 a.m.	Scrimmage Matches (American Division Only)	Mat 6
9:00 a.m.	Scrimmage Matches (American Division Only)	Mat 6
6:00 p.m.	Scrimmage Matches	Mat 6
7:30 p.m.	Scrimmage Matches	Mat 6

Saturday

9:00 a.m.	Scrimmage Matches	Mat 10
3:00 p.m.	Scrimmage Matches	Mat 5 & 10
6:00 p.m.	Scrimmage Matches	Mat 10

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.

Please keep in mind that wrestlers participating in the scrimmages can be used in the tournament's team duals, but athletes are all limited to five (5) total matches per day rule.

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

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 10:00pm.

The tournament uses 14 wrestling mats. Ten (10) competition mats are located on the main Coliseum floor, 2 warmup mats are located next to security where the teams enter, and the other 2 warmup mats 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 6:00pm on Thursday. The weigh check scales will close by 10:00pm, 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

The Virginia Duals works with the Hampton Convention & Visitor Bureau to get the best rates in the local area.

Information also available on the VA Duals website: [HTTPS://VIRGINIADUALS.MATTALKONLINE.COM](https://virginiaduals.mattalkonline.com)

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General Information

Hospitality

THURSDAY EVENING: VA Duals Coach's Social

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

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 adult coaches, trainers, etc.
- Wrestling managers will receive handstamps with the wrestlers.
- 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

Virginia Duals Tournament Schedule

Thursday

Coaches Social at The Embassy Suites Hotel 7:00 pm

Friday

8:30 AM	<i>Cliff Keen and TowneBank High School Coaches Meeting on Mat 1</i>	
9:00 AM	TowneBank High School, all teams 1st Round Open Mat	8 mats 2 mats
10:30 AM	Cliff Keen High School, all teams 1st Round High School Scrimmage Mat Open Mat	8 mats 1 mat 1 mat
12:00 PM	TowneBank High School, Champ Quarters TowneBank High School, 9th Quarters High School Scrimmage Mat Open Mat	4 mats 4 mats 1 mat 1 mat
1:30 PM	Cliff Keen High School, Champ Quarters Cliff Keen High School, 9th Quarters Open Mat	4 mats 4 mats 2 mats
3:00 PM	American College, all teams 1st Round Open Mat	8 mats 2 mats
4:30 PM	American College, Champ Quarters American College, 9th Quarters Open Mat	4 mats 4 mats 2 mats
5:30 PM	<i>Getem Services Black & Blue High School Coaches Meeting on Mat 1</i>	
6:00 PM	Getem Services B&B High School, all teams 1st Round High School Scrimmage Mat Open Mat	8 mats 1 mat 1 mat
7:30 PM	Getem Services B&B High School, Champ Quarters Getem Services B&B High School, 9th Quarters High School Scrimmage Mat Open Mat	4 mats 4 mats 1 mat 1 mat

Saturday

9:00 AM	Cliff Keen High School, 9th/13th Semi-Finals	4 mats
	TowneBank High School, 9th/13th Semi-Finals	4 mats
	High School Scrimmage Mat	1 mat
	Open Mat	1 mat
10:30 AM	Cliff Keen, TowneBank, Getem Services HS, 5th Semi-Finals	6 mats
	Getem Services B&B High School, 9th/13th Semi-Finals	4 mats
12:00 PM	Iowa St. vs Rider	1 mat
	Cliff Keen High School, 11th Place	1 mat
	Cliff Keen, TowneBank, Getem Services HS 13th/15th Place	6 mats
	Open Mat	2 mats
1:30 PM	Rider vs. Bucknell	1 mat
	Cliff Keen High School, Champ Semi-Finals	2 mats
	TowneBank High School, Champ Semi-Finals	2 mats
	Getem Services B&B High School, Champ Semi-Finals	2 mats
	TowneBank High School, 11th Place	1 mat
	Open Mat	2 mats
3:00 PM	Iowa St. vs. Bucknell	1 mat
	American College, 9th/13th Semi-Finals	4 mats
	High School Scrimmage Mat	2 mats
	Open Mat	3 mats
4:30 PM	American College Champ Semi-Finals	2 mats
	American College, 5th Semi-Finals	2 mats
	American College, 13th/15th Place	2 mats
	Cliff Keen, TowneBank, Getem Services HS 9th Place	3 mats
	Getem Services B&B High School, 11th Place	1 mat
6:00 PM	American College, 7th/9th/11th Places	3 mats
	Cliff Keen, TowneBank, Getem Services HS 5th Place	3 mats
	Cliff Keen, TowneBank, Getem Services HS 7th Place	3 mats
	High School Scrimmage Mat	1 mat
8:00 PM	American College, 1st/3rd/5th Place	3 mats
	Cliff Keen High School, 1st/3rd Place	2 mats
	TowneBank High School, 1st/3rd Place	2 mats
	Getem Services B&B High School, 1st/3rd Place	2 mats
	Open Mat	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 & Tournament Co-Director – Mike McCormick**
- **PWA Vice President & Tournament Co-Director – John Swartz**
- **High School Director – Bill Grubbs**
- **The Southeastern Referees Association – Nelson Woodhouse**
- **Head High School 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

(NFHS 2020-2021 ART.2) In dual-meet competition, if team have identical scores, the follow team tie-breaking system shall be used to determine the 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. (VA Duals) Championship Finals Only – Both teams are 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, 144, 150, 157, 165, 175, 190, 215, 285

We will have a total of three (6) scales, each manned with one (1) operator 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

AMERICAN HIGH SCHOOL – TOWNEBANK ALL TEAMS (16)

5:45 AM Weigh-In room open. Scales available for weight checks.

6:45 AM All Skin Checks (10 min prior to scheduled weigh-in time).

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

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
7:00 am	Nazareth (PA)	7:24 am	Grassfield
	Denbigh		Patrick Henry (Ash)
7:06 am	Kellam	7:30 am	Independence
	Woodgrove		Delaware Mil (DE)
7:12 am	Skyline	7:36 am	Mountain View
	McGuffey (PA)		Liberty (PA)
7:18 am	McLean	7:42 am	Princess Anne
	St. Augustine (NJ)		South Carroll (MD)

AMERICAN HIGH SCHOOL – CLIFF KEEN ALL TEAMS (16)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
7:48 am	Erie Cathedral (PA)	8:12 am	West Deptford (NJ)
	Gloucester		Tallwood
7:54 am	Westfield	8:18 am	Loudoun County
	Whitehall (PA)		Canon-McMillan (PA)
8:00 am	Cox	8:24 am	Freedom (PA)
	Heritage (L)		Lake Norman (NC)
8:06 am	Riverbend	8:30 am	Battlefield
	Grundy		Great Bridge

BLACK & BLUE HIGH SCHOOL ALL TEAMS (16)

3:45 PM All Skin Checks (10 min prior to scheduled weigh-in time).

4:00 PM 1st Weigh-in Schedule (6 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
4:00 pm	Landstown	4:24 pm	Orange County
	Smithfield		Tabb
4:06 pm	Grafton	4:30 pm	Mathews
	Mills Godwin		Oscar Smith
4:12 pm	Eastern View	4:36 pm	Western Branch
	Kings Fork		Richlands
4:18 pm	Franklin County	4:42 pm	Maury
	Ocean Lakes		Poquoson

SATURDAY

AMERICAN HIGH SCHOOL – TOWNEBANK & CLIFF KEEN

ALL TEAMS

- 5:45 AM** Weigh-In room open. Scales available for weight checks.
- 6:45 AM** All Skin Checks (10 min prior to scheduled weigh-in time).
- 7:00 AM** 1st Weigh-in Schedule (6 Scales, 6 Operators, 1 Medic)

AMERICAN HS – TOWNBANK & CLIFF KEEN SCHOOL TEAMS (GROUP 1)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
TOWNEBANK			
7:00 am (9th Semi-Final)		7:06 am (9th Semi-Final)	
7:12 am (13th Semi-Final)		7:18 am (13th Semi-Final)	
CLIFF KEEN			
7:24 am (9th Semi-Final)		7:30 am (9th Semi-Final)	
7:36 am (13th Semi-Final)		7:42 am (13th Semi-Final)	

AMERICAN HS – TOWNBANK & CLIFF KEEN SCHOOL TEAMS (GROUP 2)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
TOWNEBANK			
7:48 am (5th Semi-Final)		7:54 am (5th Semi-Final)	
CLIFF KEEN			
8:00 am (5th Semi-Final)		8:06 am (5th Semi-Final)	

BLACK & BLUE HS TEAMS (GROUP 3)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
BLACK & BLUE			
8:12 am (5th Semi-Final)		8:18 am (5th Semi-Final)	
8:24 am (9th Semi-Final)		8:30 am (9th Semi-Final)	
8:36 am (13th Semi-Final)		8:42 am (13th Semi-Final)	

ALL CHAMPIONSHIP SEMI-FINAL HIGH SCHOOL TEAMS (GROUP 4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 144, 150, 157	165, 175, 190, 215, 285
Time	Teams		Teams
TOWNEBANK			
8:48 am (Champ Semi-Final)		8:54 am (Champ Semi-Final)	
CLIFF KEEN			
9:00 am (Champ Semi-Final)		9:06 am (Champ Semi-Final)	
BLACK & BLUE			
9:12 am (Champ Semi-Final)		9:30 am (Champ Semi-Final)	

Bracket Sheets

"44 Years of Excellence"



VIRGINIA DUALS 2025

National Team Invitational
NATIONAL COLLEGE DUALS

National College
Team Duals
Sponsored by

Worley's Home
Services

12/13/2024
9:55:56 PM

Iowa State

Saturday 12:00 PM
Mat 2

Rider

Bucknell

Saturday 1:30 PM
Mat 2

Rider

Bucknell

Saturday 3:00 PM
Mat 2

Iowa State



VIRGINIA DUALS 2025

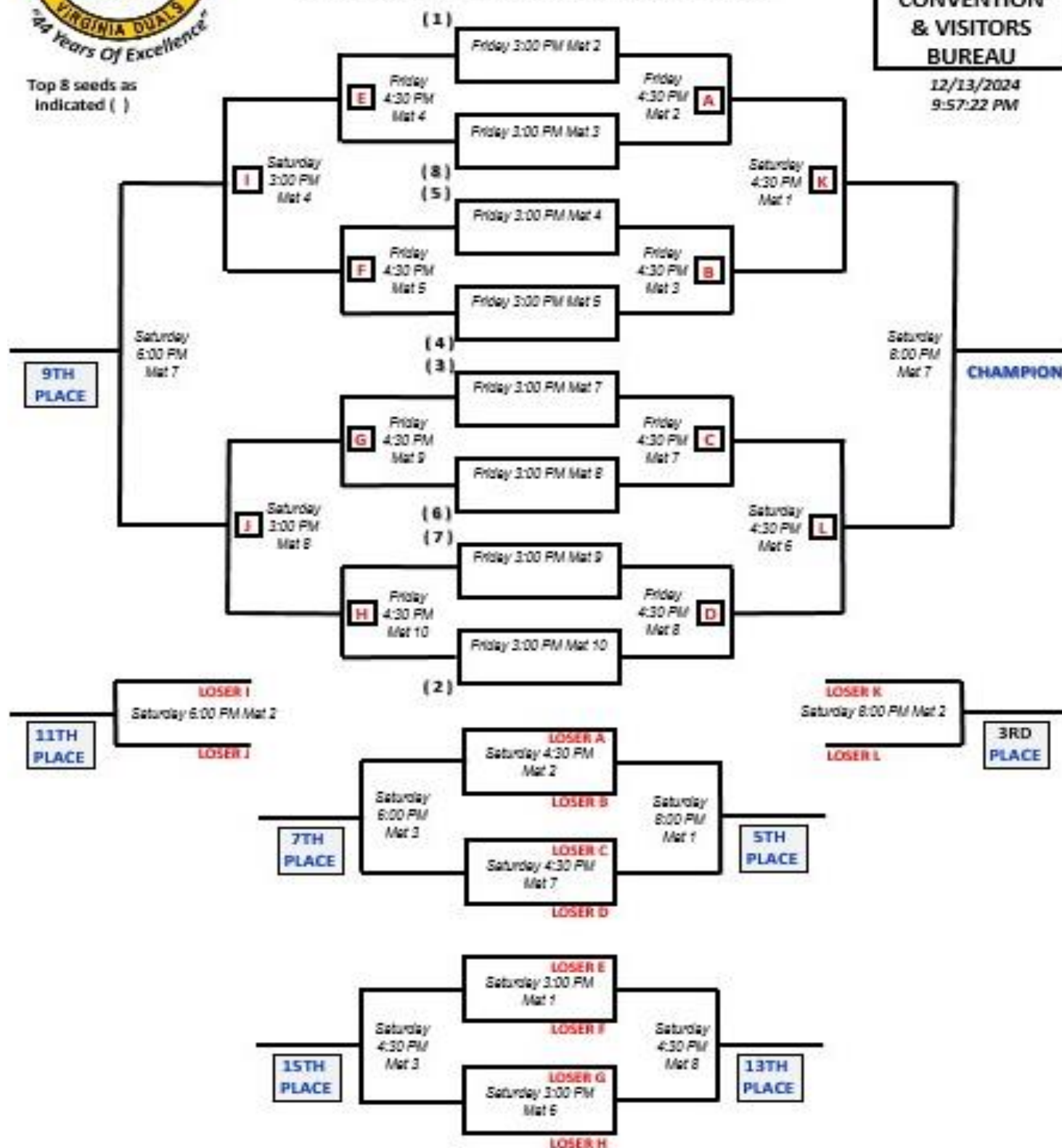
National Invitational Team Championship

AMERICAN COLLEGE DIVISION

American College
Championship
Sponsored By
**HAMPTON
CONVENTION
& VISITORS
BUREAU**

12/13/2024
9:57:22 PM

Top 8 seeds as
indicated ()





VIRGINIA DUALS 2025

National Invitational Team Championship

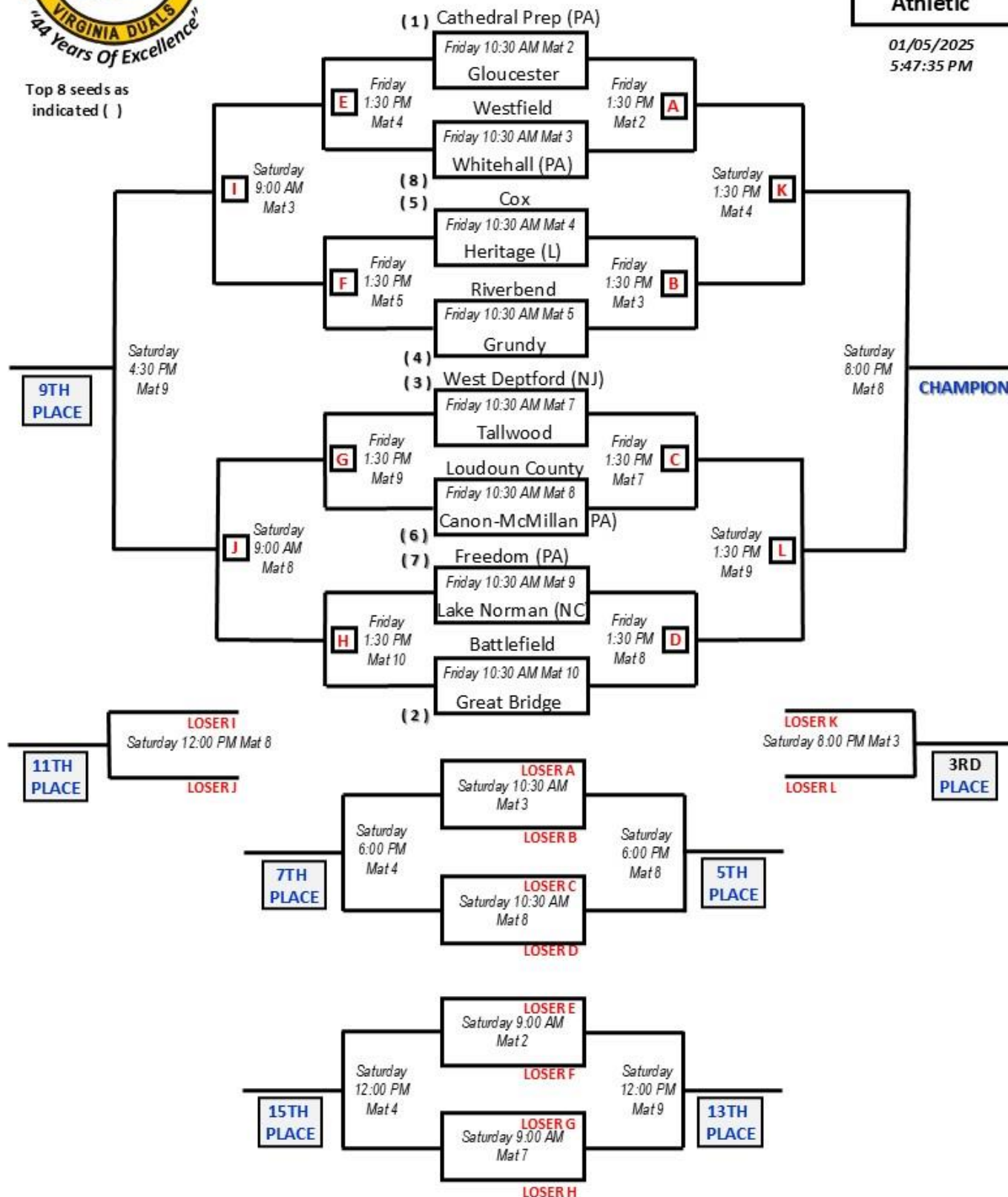
CLIFF KEEN – AMERICAN HIGH SCHOOL DIVISION

High School
Championship
Sponsored By

Cliff Keen
Athletic

01/05/2025
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Top 8 seeds as
indicated ()





VIRGINIA DUALS 2025

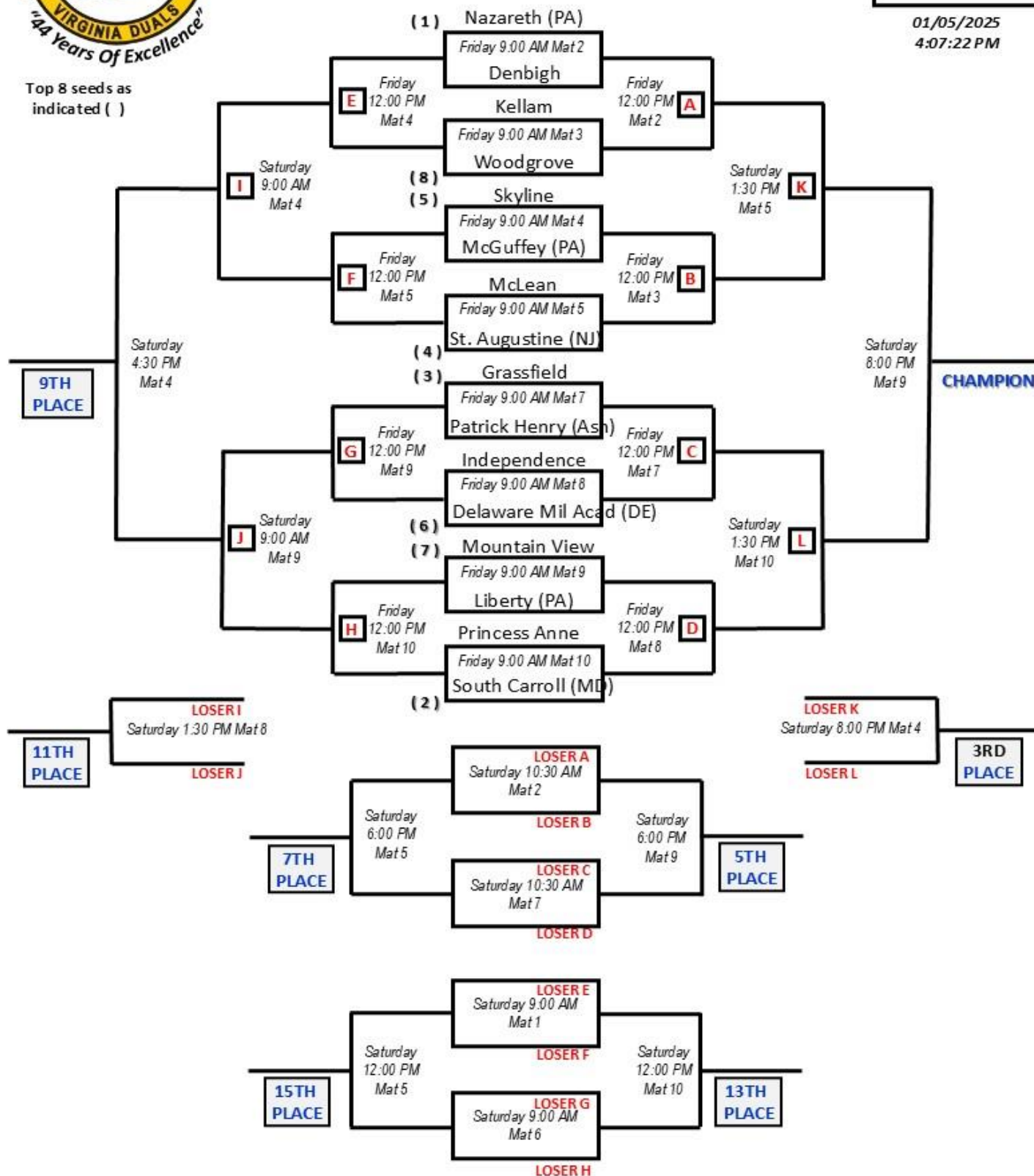
National Invitational Team Championship

TOWNEBANK – AMERICAN HIGH SCHOOL DIVISION

High School
Championship
Sponsored By
TowneBank

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Top 8 seeds as
indicated ()





VIRGINIA DUALS 2025

National Invitational Team Championship

GETEM SERVICES BLACK & BLUE HIGH SCHOOL DIVISION

High School
Championship
Sponsored By

**GETEM
SERVICES**

01/05/2025
3:53:45 PM

Top 8 seeds as
indicated ()

