

2026 VIRGINIA DUALS KIDS ROOKIE & KIDS NATIONALS HANDBOOK



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VIRGINIA DUALS KIDS TOURNAMENT

January 11, 2026

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31 December 2025



Coaches, Parents, and Athletes,

On behalf of the Peninsula Wrestling Association (PWA), I would like to take this opportunity to welcome you to the 45th Annual VA 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 contains information about the Kids Tournament and the Hampton Coliseum.

The Dual Team advancement concept started here in Hampton, Virginia in 1981 after a PWA Board Meeting to offer Virginia wrestlers a new way to compete in the world's oldest sport. 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. Our format has spread throughout the wrestling community across the globe. But this is the Virginia Duals and it is the "Grand Daddy of them All!"

In 2011, the PWA Board sought to expand the VA Duals experience to the K-8th grade levels. Working with the City of Hampton and the Coliseum Staff, the VA Duals to able offer the Kids Rookie and Kids Nationals Tournament in 2012. For over a decade now, our youth have been competing in very same venue as their high school and college athlete counterparts and many have gone on to participate in the high school and college divisions.

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

For any questions or comments, we can be found at the Head Table.

Respectfully,

**John Swartz
PWA, Vice President
vadualswc@aol.com**

**Rodney Grainer
VA Duals Kids Tournament Director
vadualskids@aol.com**

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

Tournament Details

DIRECTORS: Rodney & Darlene Grainger, 757-286-7982,
vadualskids@aol.com

SANCTION: This is a USAW wrestling event.
MUST have/present USAW card at Weigh-Ins to participate

KIDS ROOKIE DIVISION
0-1 Years Experience Only!
5 Mats
Headgear Mandatory

KIDS NATIONAL DIVISION
5 Mats
Headgear Mandatory

GIRLS DIVISION
5 Mats
Headgear Mandatory

STYLE: Folkstyle

FORMAT:
Double Elimination Brackets
Seeding Criteria provided in On-Line Registration seeding questionnaire

DIVISIONS:
K-2: 40, 44, 48, 52, 56, 60, 64, 68, 72, OVER 72***
3-5: 48, 52, 56, 60, 64, 68, 72, 76, 80, 84, 88, 92, 96, 105, OVER 105***
6-8: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 145,
165, 185, OVER 185***
*** Max Limits will be applied for separation

WEIGH-INS: (See Weigh-In's Section for additional information)
Saturday: Embassy Suites (1700 Coliseum Drive, Hampton, Va 23666)
Rookie: 3:00-4:30pm
Girls/National: 4:30-6:00pm
Sunday: Hampton Coliseum
7:30-8:00am (Extra \$50 Charge)
***Wrestlers must wear a singlet for weigh in.
***Registration weight changes must be changed before 5pm
Thursday night. After that, there will be an extra \$20 charge.

SCHEDULE:

Start Time – 9:30am for All Divisions & Weight Classes

ENTRY FEE:

Kids Rookie: \$35.00

Kids Nationals: \$40.00

Girls Tourney: \$40.00

SPECTATOR FEE: \$12.00 (Does Not Include Coliseum Service Charge)

COACHES FEE: (See Coach's Passes Section)

AWARDS:

ALL K-2 MEDAL

All other divisions medal 1st-6th Place

FloWrestling Event Video Access

All 10 mats will be live video casted for the tournament. Individuals can purchase access to watch the tournament video FloWrestling.

A link to the FloWrestling link will be provided on the VA Duals website two (2) weeks prior to the start of the event.

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

The VA Duals is partnered with FloWrestling, but does not control pricing rates for the content streamed on FloWrestling.

Registration Process

Registration will only be through Trackwrestling.

On-line registration cannot be completed without payment at time of Registration in Trackwrestling.

Registrations will be limited to the **first 650 paid athletes**.

Note 1: For Kids Rookie participants, make sure you register them under the Kids Rookie Division. These participants may only have 0-1 years' experience in the sport.

Note 2: Requests for Late Registrations after the Trackwrestling registration process closes will not be accepted. Once on-line registrations are closed, registrations are closed!

A link to the Trackwrestling registration will also be provided on the VA Duals website two (2) weeks prior to the start of the event.

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

Weigh-Ins

Saturday: Embassy Suites (1700 Coliseum Drive, Hampton, Va 23666)

Rookie: 3:00-4:30pm

Girls/National: 4:30-6:00pm

If you have a child in both divisions, we'll weigh them in together

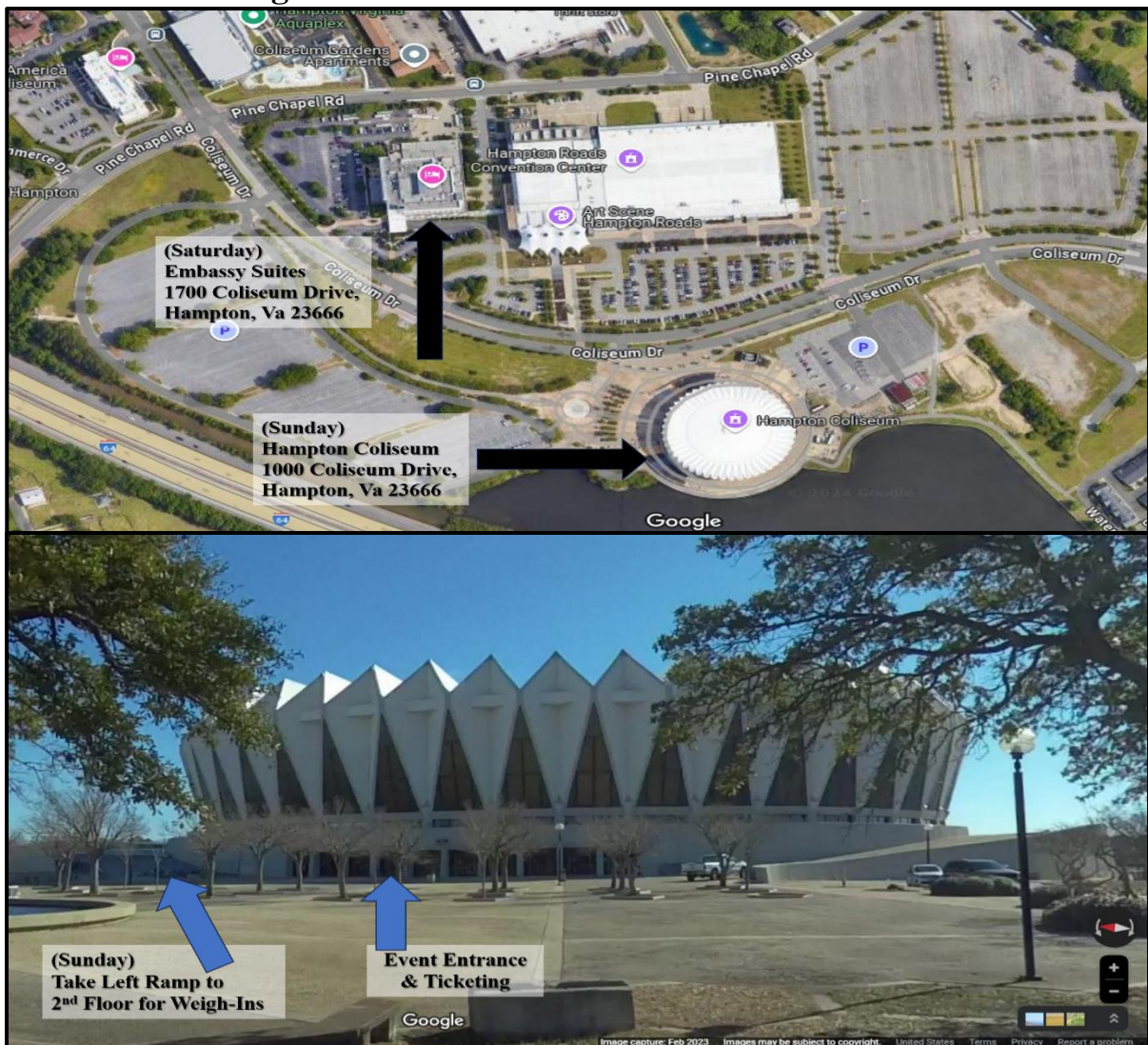
Sunday: Hampton Coliseum

7:30-8:00am (Extra \$50 Charge – **Cash only**)

*****Wrestlers must wear a singlet for weigh in.**

*****Registration weight changes must be changed before 5pm Thursday night. After that, there will be an extra \$20 charge – **Cash only**)**

Locations for weigh-ins:



Skin Checks & Medical

Skin Checks: Will be conducted by Certified Athletic Trainers at Weigh-Ins. All wrestlers must clear skin check to participate.

Medical Staff: The tournament will provide Certified Athletic Trainers on-site for the entire event.

Awards

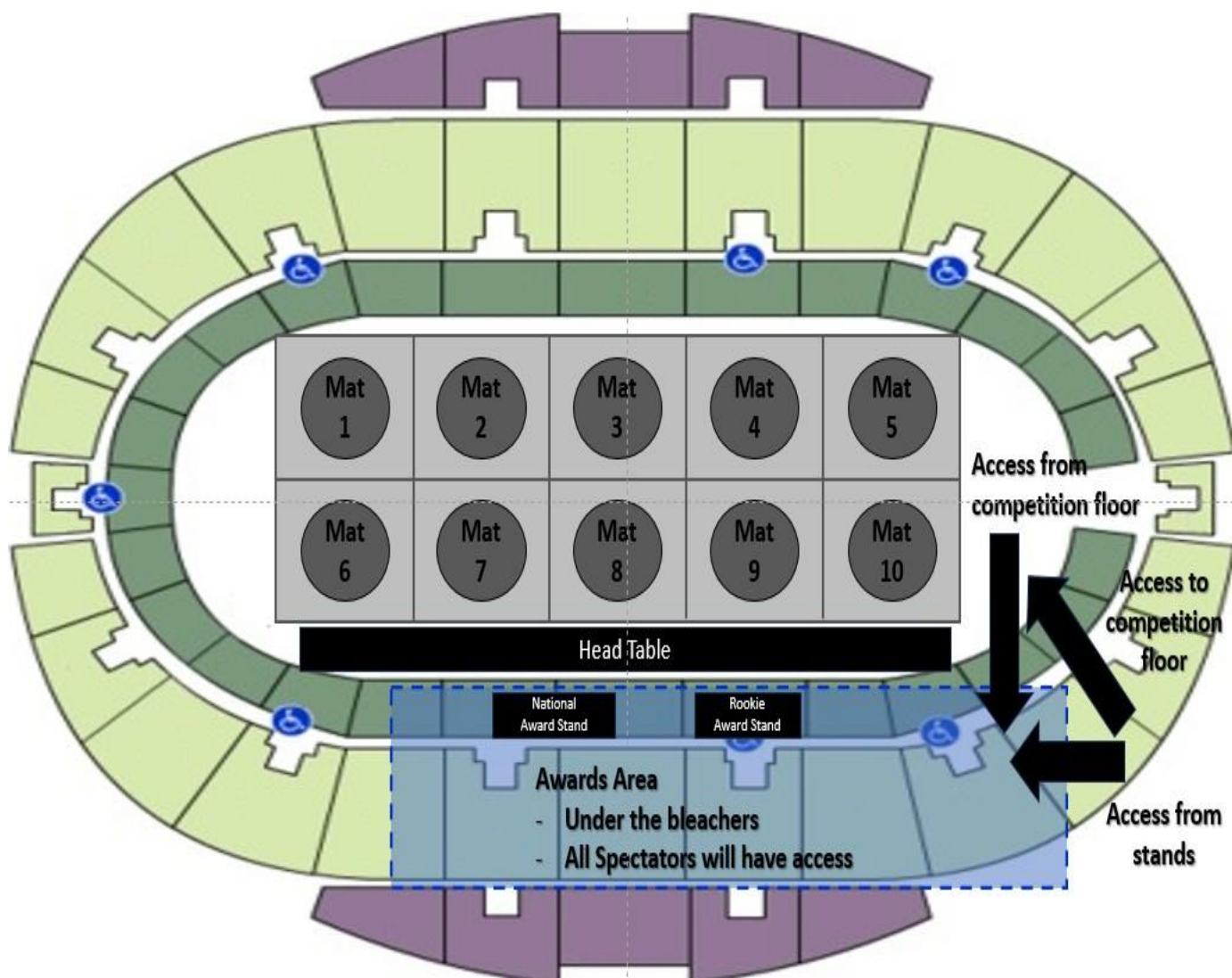
Custom Medals Provided

ALL K-2 will medal (Athletes that do not place will receive a Bronze Medal)

All other Divisions and age groups will medal 1st – 6th Place

Awards will be provided as quickly as possible after the completion of the bracket as fast as we can process them.

Awards location/layout in the Hampton Coliseum:



Coach's Passes

Coach's Pass Fee: \$10.00 (Cash Only)

Coaches **must have current USAW Coach's Card and present it** to purchase a coach pass for access to the Floor. No coach pass will be sold to any individual that does not possess a current USAW Coach's Card – no exceptions allowed per Virginia USA Wrestling (VAWA) guidance.

Where to purchase:

Saturday: At Weigh-ins from 3:00-6:00pm
Embassy Suites (1700 Coliseum Drive, Hampton, Va 23666)

Sunday: 0730-0800 at late Weigh-ins on 2nd floor of Hampton Coliseum
0800-1030 in Ticket Lobby of Hampton Coliseum

Locations to purchase passes:



Clothing & Gear Sales

All Clothing and Gear Sales will be located on the 2nd floor of the Hampton Coliseum.

Note: The Virginia Duals contracts with the vendor and feedback on products and requests for products are always welcomed by the vendor and the VA Duals Event Staff. However, the VA Duals has no control over quantities and pricing.

Please provide any feedback to:

John Swartz

PWA Vice President

vadualswc@aol.com

Concessions

All Concessions will be located on the 2nd floor of the Hampton Coliseum.

Note: The Virginia Duals does not provide concessions and has no control over the vendors or their sales.

Hampton Coliseum Security Procedures

Access to Coliseum

Doors Open: 8:00am

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

Hotel Information



Hampton Convention & Visitor Bureau
1919 Commerce Drive
Suite 290
Hampton, VA 23666
757-722-1222
800-487-8778
fax: 757-896-4600

We are excited to welcome back the *Virginia Duals* to Hampton, VA - **January 9-11 2026**
As you start to make preparations for the upcoming tournament please note the below
hotels are offering special **discounted** rates to VA Duals participants and families

**YOU MUST CALL, OR USE RESERVATION LINK, IF PROVIDED, & MENTION THAT YOU ARE WITH THE
VIRGINIA DUALS TO TAKE ADVANTAGE OF DISCOUNTED RATES**

Best Western – Hampton Coliseum Inn

1916 Coliseum Drive - Hampton, VA 23666
757-827-5052
Rate: \$149.00 - *Includes Breakfast*
Call-In: Ask for VA Duals 2026 Block
Reserve by: December 21, 2025

Courtyard by Marriott

1917 Coliseum Drive, Hampton, VA 23666
757-838-3300
Rates: \$139.00-144.00
Call-In: Ask for Virginia Duals JAN 2026 Block
Reserve by: December 10, 2025

Element - Hampton Peninsula Town Center

1851 Merchant Lane, Hampton, VA 23666
757-251-6586
Rate: \$145.00 - *Includes Breakfast*
Call-in: Ask for VA Duals block
Reserve by: December 17, 2025

Embassy Suites

1700 Coliseum Drive, Hampton, VA 23666
757-827-8200
Rate: \$199.00-219.00 - *Includes Breakfast*
Call-in: Ask for VA Duals (VAD) block
Reserve by: December 8, 2025

Hampton Inn (Hampton)

3101 Coliseum Drive, Hampton, VA 23666
757-838-1400
Rate: \$139.00 - *Includes Breakfast*
Call-in: Ask for VA Duals 2026 Block
Reserve by: December 20, 2025

Hilton Garden Inn (Hampton)

1999 Power Plant Pkwy, Hampton, VA 23666
757-310-6323
Rate: \$134.00 - *Includes Breakfast*
Call-in: Ask for VA Duals 2026 Block
Reserve by: December 8, 2025

Holiday Inn Express Hampton

1813 W. Mercury Blvd. Hampton, VA 23666
757-838-8484 (ask for Sales Department)
Rate: \$159.00 - *Includes Breakfast*
Call-In: Ask for 2026 Virginia Duals block
Reserve by: December 9, 2025

Hyatt Place

1905 Coliseum Drive, Hampton, VA 23666
757-788-8400 (ask for Sales Department)
Rate: \$159.00 - *Includes Breakfast*
Call-In: Ask for 2026 Virginia Duals block
Reserve by: December 9, 2025

SpringHill Suites Hampton Coliseum

1997 Power Plant Parkway, Hampton, VA 23666
757-310-6333
Rate: \$154.00 - *Includes Breakfast*
Call-In: Ask for 2026 Virginia Duals block
Reserve by: December 11, 2025

The Landing at Hampton Marina

700 Settlers Landing Road, Hampton, VA 23669
757-727-9700
Rate: \$125.00
Call-In: Ask for 2026 Virginia Duals block
Reserve by: December 8, 2025

Volunteers

For volunteers that are working at the tournament and have pre-coordinated with a Committee Chairperson.

Back Doors (Any Time): Preferred entry location to the facility and to receive your armband for access to volunteer.

Front Doors (0800-1000): A VA Duals representative will be in the front lobby selling Coaches Passes, that individual can provide you an access band while they are there.

***Hospitality Room will be provided for the volunteers.