

# **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 45<sup>th</sup> 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-8<sup>th</sup> grade levels. Working with the City of Hampton and the Coliseum Staff, the VA Duals were able to 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](mailto:vadualswc@aol.com)**

**Rodney Grainer  
VA Duals Kids Tournament Director  
[vadualskids@aol.com](mailto:vadualskids@aol.com)**

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

# Tournament Details

**DIRECTORS:** Rodney & Darlene Grainger, 757-286-7982,  
[vadualskids@aol.com](mailto: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**

**STYLE:** Folkstyle

**GIRLS DIVISION**  
**5 Mats**  
**Headgear Mandatory**

**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.

**SCHEUDLE:**

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://virginiaduals.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

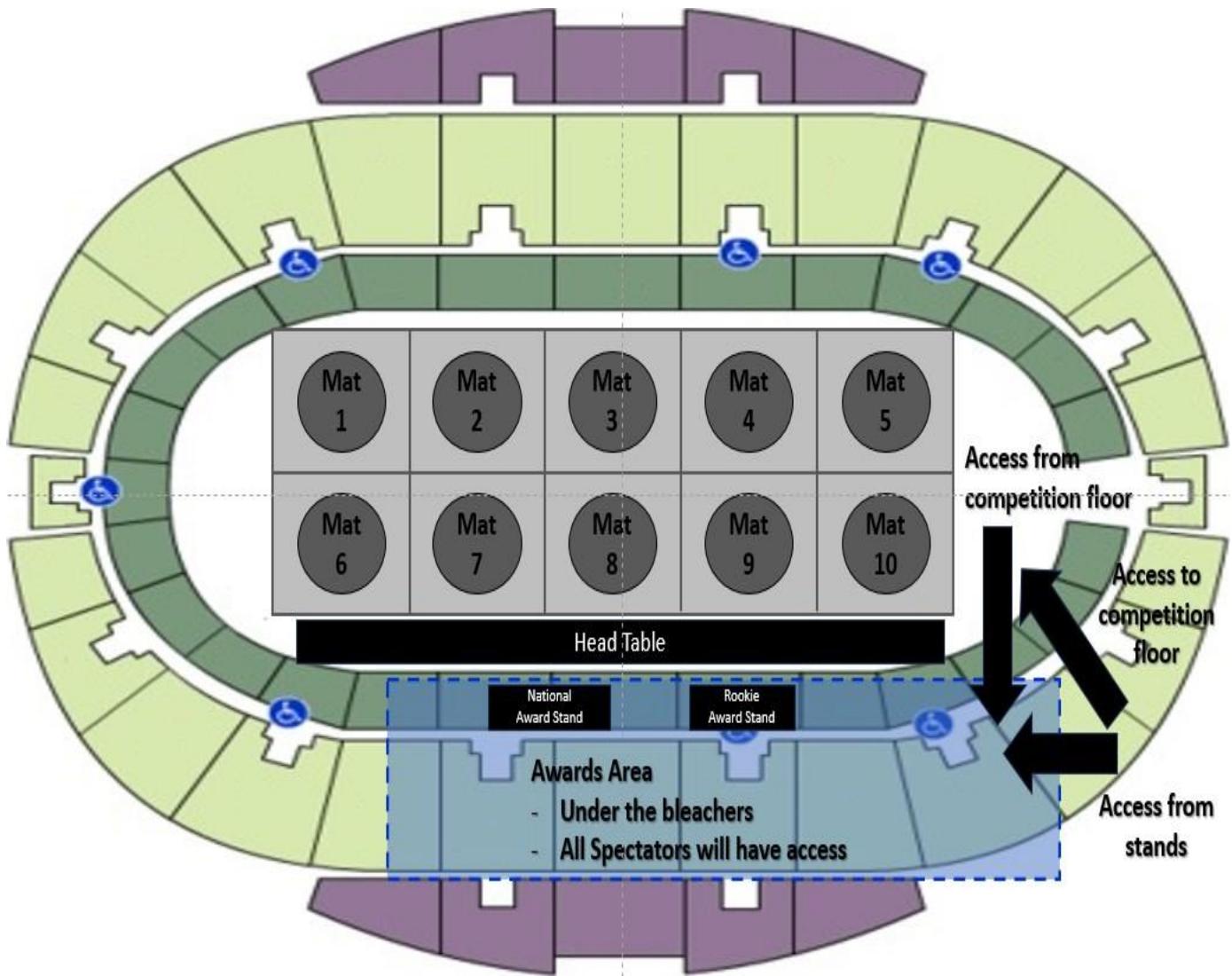
## Custom Medals Provided

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

All other Divisions and age groups will medal 1<sup>st</sup> – 6<sup>th</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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](mailto:vadualswc@aol.com)

# Concessions

**All Concessions** will be located on the 2<sup>nd</sup> 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.