



# The Long Island Youth Wrestling League

## A Fun And Safe Wrestling League Designed For Beginners and Beyond

For boys and girls ages 4-15



The Long Island Youth Wrestling League uses the **W.A.R. Zone rapid pairing software**, a revolutionary new technology that gives accurate skill ratings to all wrestlers. Wrestlers will only compete in well balanced matches against equally skilled opponents within safe margins of age, weight, and skill. **We will not allow children to get dominated**, even complete beginners can safely compete; no experience is necessary! Events will run much faster than typical wrestling tournaments, you will be in and out in less than 2 hours!

**Getting Rated:** The season starts with the “get rated” event. This hour and a half long event gives all wrestlers their initial rating so that they can safely compete throughout the season. Ratings are automatically adjusted after each match and are highly accurate. You can learn more about the rating software at [www.WellRunTournaments.com](http://www.WellRunTournaments.com)

Date	Host Team	Location
12/2/2018	<b>“GET RATED” EVENT</b>	The Player’s Futsol: 5600 old sunrise highway, massapequa, NY 11758
12/16/2018	Kings Park	William T Rogers Middle School: 97 Old Dock Road, Kings Park, NY 11754
12/23/2018	Dynamic	The Sports Arena: 620 Middle Country Road, St James, NY 11780
12/30/2018	WAR Zone hosted	The Player’s Futsol: 5600 old sunrise highway, Massapequa, NY 11758
1/6/2019	Lindenhurst	Lindenhurst High School: 300 Charles Street, Lindenhurst, NY 11757
1/13/2019	TBA	TBA
1/20/2019	Mid-Season “get rated” event	The Player’s Futsol: 5600 old sunrise highway, massapequa, NY 11758
1/27/2019	TBA	TBA
2/3/2019	Kings Park	William T Rogers Middle School: 97 Old Dock Road, Kings Park, NY 11754
2/24/2019	WAR Zone Super Event	The Sports Arena: 620 Middle Country Road, St James, NY 11780
	Events will continue after the NY State championships	

**ARRIVAL/WEIGH-IN TIMES:** Arrival times will be emailed to you, and posted on our website [www.WellRunTournaments.com](http://www.WellRunTournaments.com) at 6pm the night before each event.

**ADMISSION:** There will be a \$5 general admission at each event (kids under 5 are free).

**CONTACT INFO:** [WellRunTournaments@gmail.com](mailto:WellRunTournaments@gmail.com)

**List of participating teams so far, all teams are welcome:** Bethpage, Bluewave, Connequat, Dynamic, FiveStar, Hauppauge, Kings Park, Lindenhurst, Longwood, Mt Sinai, Patchogue/Medford, Port Jefferson, Rocky Point, Sayville, Seaford, UFC (New Hyde Park). **We are still looking for more teams! Individuals without a team can participate in league events.**