



NY-USA Wrestling Nassau County Youth Championships

- Top 6 wrestlers in each weight will earn ALL COUNTY HONORS and given awards
- ****New This Year** All Nassau County Champions** will be invited to wrestle against the Suffolk County Champions for the **Long Island Championship on Thursday Feb. 9th, 6pm at Nassau Community College**
- True second place will be awarded (information below)

Event Date: Sunday Feb. 5th

Tournament Location: Long Beach HS, 322 Lagoon Dr W, Lido Beach NY 11561

- **Wrestlers must have a Current USA Wrestling card (verified upon registration)**
- **MUST BE A CURRENT NASSAU COUNTY RESIDENT (proof required, see below)**

Online Registration ONLY (instructions below)

Entry fee - \$50 plus \$2.00 online processing fee (\$52 total). NO REFUNDS.

Registration Deadline: Friday Feb. 3rd @ 9:00pm

Schedule

Sunday, Feb 5: 8U & 10U weigh in: 6:30 - 7:30 am Wrestling begins approx 8am.

12U & 14U weigh in: 9:30-10:30am Wrestling begins approx. 11am

(Must wear singlet or shorts at weigh-in)

- Headgear, Singlets or gym shorts, wrestling shoes or sneakers required

Age Group	Weight Classes	Match Length
8U Born '15 - '16	43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs	Champ & Consolations: 3 one-minute periods
10U Born '13-'14	49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs	Champ & Consolations: 3 one-minute periods
12U Born '11 -'12	58 lbs, 63 lbs, 67 lbs, 70 lbs, 74 lbs, 78 lbs, 82 lbs, 86 lbs, 92 lbs, 98 lbs, 108 lbs, 117 lbs, 135 lbs, 160 lbs	Champ: 1- 1½ - 1½ min Consolations: 3 one-minute periods
14U Born '09 - '10	71 lbs, 77 lbs, 83 lbs, 87 lbs, 92 lbs, 97 lbs, 102 lbs, 106 lbs, 110 lbs, 114 lbs, 119 lbs, 125 lbs, 130 lbs, 136 lbs, 149 lbs, 165 lbs, 187 lbs, 250 lbs	Champ: 1- 1½ - 1½ min Consolations: 3 one-minute periods



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Additional Information

- **Event Fees:** \$10 adults, \$5 Kids \$25 max per family, Children under 10 free.
- Concession stand will be open both days.
- **Weigh-ins** - once wrestlers enter the weigh-in area, they will not be allowed to leave. A check scale will be provided in the weigh-in area.
- **Nassau County residents only**- Wrestlers must have some proof of residence to show at weigh-in. (School report card, School I.D. Card, library card, etc.).
- **Seeding**
 - Wrestlers from the same club or school will be separated as much as possible. Please make sure the correct club or school name is used when registering.
- **True Second** - Any wrestler who finishes 3rd will be given an opportunity to wrestle the 2nd place finisher if they have not met in the earlier rounds.
- No team scoring.
- Apparel will be for sale.
- **Coaches Pass**

Coaches must register online ensuring they have a current USA Wrestling Leader Membership. Coach bands will be provided at \$0.00. No one will be allowed to coach mat side without a pass. NO EXCEPTIONS!

Coaches registration link:

https://www.usawmembership.com/usaw_events/2300144102?section=coach_bands

Note 1: Overtime will follow current High School Rules. The first Overtime period will be 1 minute sudden victory. If necessary (2) :30 second periods. If necessary (1) :30 second ultimate ride out, choice determined by 1st point scored or disk flip if no score.

Note 2: Age group is determined by Year of Birth (for example - if you were born in '11 or '12 , you are considered in the 12U age category.

Each wrestler may have a maximum of two USA Wrestling Certified Coaches holding a current USA Wrestling Coaching Card at mat side. No parents will be allowed mat side unless they meet the above coaching criteria. Coaches must remain in corner at all times and High School rules governing interaction between coaches and officials will be strictly enforced. No exceptions. Anyone not abiding by these rules will be ejected from the event.

Long Island Championship: The champions of each weight class will be invited to wrestle for the Long Island Championship on Thursday Feb. 9th at 6pm at Nassau Community College. If the champion declines, the second place finisher will be invited and so on. Wrestlers must declare their intention to wrestle prior to leaving the County Championships.

Online Registration

Wrestler Registration:

https://www.usawmembership.com/usaw_events/2300144102?section=registration

The Tournament will be run on FloArena.