

2024 LONG ISLAND REGIONAL QUALIFIER

When: March 2nd, 2024- *THIS IS A SPLIT SESSION TOURNAMENT*

Session 1- D1, D2, D3, D4, D5; wrestling will begin at 9:30 am.

Session 2- D6, D7, D8, D9; wrestling will begin at 1:00 pm

Where: Union Dale High School- 933 Goodrich Street. Uniondale, NY 11553

Weigh-ins: Friday, March 1st, 2024– NO WEIGH-INS on Saturday!!

John Glenn High School- 478 Elwood Road. Elwood, NY from 6:00-8:00 pm

Wantagh Middle School Wrestling Room-3297 Beltagh Ave. Wantagh, NY from 5:30-7:30 pm

Uniondale High School- (Enter poolside) 933 Goodrich Street. Uniondale, NY from 5:30-7:30 pm

Barn Brothers- 713 Wading River Road. Manorville, NY from 6:00-7:00 pm

Registration: \$30 and limited to current NYWAY Members. No day passes available.

Online Registration only – Registration closes on Thursday-February 29th, 2024 @ 11:59 pm

NYWAY Memberships can be purchase - www.nyway.org

Admission: \$8 for Adults, \$2 for children over the age of 6. 5 & under are **FREE**.

Tournament Directors: Aeriell Clem @ aeriellclem@gmail.com / Harry Coffin @ harrycoffin77@gmail.com

2024 NYWAY Regional Divisions & Weights on full mats:

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| D1 (2018): | 38, 41, 45, 50, 56, HWT (Max 65) |
| D2 (2017): | 41, 44, 47, 50, 54, 58, 63, 68, HWT (Max 78) |
| D3 (2016): | 44, 47, 50, 53, 57, 61, 65, 70, 76, 83, HWT (Max 94) |
| D4 (2015): | 50, 53, 56, 59, 63, 67, 71, 75, 80, 86, 93, 101, HWT (Max 115) |
| D5 (2014): | 54, 58, 62, 66, 70, 75, 80, 86, 94, 102, 112, 122, HWT (Max 140) |
| D6 (2013): | 58, 62, 66, 70, 74, 78, 83, 88, 94, 102, 112, 122, 134, HWT (Max 155) |
| D7 (2012): | 65, 70, 75, 80, 85, 90, 96, 102, 110, 120, 130, 142, 155, HWT (Max 175) |
| D8 (2011): | 70, 75, 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, HWT (Max 195) |
| D9 (2010): | 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, 188, 210, HWT (Max 245) |



Exemptions – All D10 wrestlers auto-qualify for the 2024 NYWAY State Championship

***TO BE MAT-SIDE YOU MUST HAVE PRESENTED YOUR SAFE SPORT TRAINING CARD & PHOTO ID AT ADMISSIONS TO RECEIVE YOUR WRIST**

BAND-All spectators MUST stay behind the ropes and off the mats UNLESS YOUR WRESTLER IS WRESTLING*

NO EXCEPTIONS WILL BE MADE- FOR ANY NYWAY REGIONAL & STATE CHAMPIONSHIPS

2024 Regional Rules:



- ✓ All divisions are determined by birth year.
- ✓ Open to all Girls. Must qualify to compete in boys division at NYWAY State Championships. All girls auto qualify for **Girls only** division at the NYWAY State Championships.
- ✓ Modified NYS High School Rules with NYS Certified Referees
- ✓ NFHS overtime rules apply to D8, D9 & D10.
- ✓ Headgear is MANDATORY. Mouth Gear MANDATORY with braces.
- ✓ Period lengths - Divisions 1-6 (1-1-1) Overtime 1 min then: 30 sudden victory. D7, D8, D9 & D10 (1:30, 1:30, 1:30) true overtime
- ✓ Top 6 in each weight class qualify for the NYWAY Championships on March 9th and 10th at Expo Center- Syracuse, NY and MUST compete at same weight class at the NYWAY States.
- ✓ Welcome to all wrestlers who attend a school within the Long Island Regional boundaries.
- ✓ Weight classes with 5 or fewer wrestlers will wrestle in a round robin format. Weight classes will not be combined. This is a NYWAY State Championship qualifier. Exhibitions will be allowed time depending.
- ✓ **No weight allowance** and must weigh in a singlet.
- ✓ If wrestlers do not make the weight they are registered in, they will be moved to the next weight class up and **must** compete at the same weight in the NYWAY State Championships.

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