

## **2025 Long Island Folkstyle Wrestling Championships**

Presented by Longwood Wrestling Program

**“Come prove you’re the best on Long Island or beat the best from Long Island”**

**When: Sunday March 23rd**

**Where: Longwood High School 100 Longwood Rd. Middle Island, NY 11953**

**Who: Wrestlers in grades 7-12th. We welcome New Jersey, Pennsylvania, Connecticut, Rhode Island, ETC Our last tournament had over 600 wrestlers from 4 different states & 6 NY sections were represented. You can wrestle up a division but NOT DOWN!**

**What: 10 full mats of wrestling officiated by Suffolk's best refs. We will be using the 3 point Takedown!**

**Registration cost: \$60 Registration closes Saturday March 22nd at 4pm! No walkins!**

**Sign up at <https://wrestlingtournaments.com/>**

**Division and Weight Classes (by birth year) double bracketing is allowed contact Coach Sarwari**

**(High School Varsity)2006-2008:** 101, 108, 116, 124, 131, 138, 145, 152, 160, 170, 190, 215, 285

**(Freshmen/Sophomore)2009-2010:** 94, 101, 108, 116, 124, 131, 138, 145, 152, 160, 170, 190, 215, 285

**(7th/8th grade)2011-2012:** 84, 92, 100, 108, 116, 124, 132, 140, 148, 160, 180, 210, 250

**We reserve the right to combine smaller weight classes.**

**Weigh-ins and start times:** Weigh in and start times information is available on [wrestlingtournaments.com](https://wrestlingtournaments.com). There will be a warm up mat available all day. No weight allowance. Weigh-ins will take place ten minutes before your bracket begins. Start times are staggered by weight class. All information will be at [www.wrestlingtournaments.com](http://www.wrestlingtournaments.com). This information will be texted to you as we get closer to event. All weigh ins on day of competition.

**Competition:** Folkstyle, Championship Bracket, Double elimination

**HS 2:2:2 wrestlebacks 1:2:2 Fresh/Soph & 7th/8th grade 1:30 wrestlebacks 1:1:1**

**Awards: 1st-3rd place for HS Varsity and 7th-8th grade**

**1st place:** T shirt, Drawstring bag, and Medal 2nd place/3rd place: Medal

**1st–3rd place for Freshman/Sophomore**

1st. CUSTOM SINGLET, T Shirt, Drawstring bag and Medal 2nd place/3rd place: Medal

T shirts will be handed out to the wrestler with most pins in least time and most points scored in each division.

**Tournament Directors:** Brenden Nunziata, Emman Sarwari Questions to [brenden.nunziata@longwoodcsd.org](mailto:brenden.nunziata@longwoodcsd.org) or text Coach Sarwari [emman.sarwari@longwoodcsd.org](mailto:emman.sarwari@longwoodcsd.org)

**Admission:** \$7 cash, apple pay, debit card, credit card. Coaches & children under 6 are free.

There will be an on-site food concession. Wrestling gear and clothing will be sold! **Coaches please come check with Coach Sarwari for a coaching band. They’re FREE!**