

2025 LONG ISLAND REGIONAL QUALIFIER

When: February 23rd, 2025- **THIS IS A SPLIT SESSION TOURNAMENT**
Session 1- D1, D2, D3, D4, D5 & D6; wrestling will begin at 9:00 am.
Session 2- D7, D8, D9; wrestling will begin at 1:00 pm

Where: Nassau Community College- George B Costigan Physical Education Complex-
1 Education Drive. Garden City, NY

Weigh-ins: Sunday, February 23rd, 2025- D1-D6 from 7:00 am to 8:00 am
Sunday, February 23rd, 2025- D7-D9 from 11:00 am-12:00 pm

Registration: \$40 and limited to current NYWAY Members. No day passes available.
Online Registration only - Registration closes on 02/15 @ 11:59 pm
NYWAY Memberships can be purchase - www.nyway.org
NO REFUNDS



Admission: \$10.00 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
2025 NYWAY Regional Divisions & Weights on full mats:

D1 (2019): 38, 41, 45, 50, 56, HWT (Max 65)
D2 (2018): 41, 44, 47, 50, 54, 58, 63, 68, HWT (Max 78)
D3 (2017): 44, 47, 50, 53, 57, 61, 65, 70, 76, 83, HWT (Max 94)
D4 (2016): 50, 53, 56, 59, 63, 67, 71, 75, 80, 86, 93, 101, HWT (Max 115)
D5 (2015): 54, 58, 62, 66, 70, 75, 80, 86, 94, 102, 112, 122, HWT (Max 140)
D6 (2014): 58, 62, 66, 70, 74, 78, 83, 88, 94, 102, 112, 122, 134, HWT (Max 155)
D7 (2013): 65, 70, 75, 80, 85, 90, 96, 102, 110, 120, 130, 142, 155, HWT (Max 175)
D8 (2012): 70, 75, 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, HWT (Max 195)
D9 (2011): 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, 188, 210, HWT (Max 245)

Exemptions - All JV and Varsity wrestlers are exempt from the Regional Qualifiers and can register for the State Championship at any time. 7th and 8th graders who are JV/Varsity wrestlers are also exempt from the regionals if they wrestle in D10, if wrestling in their age bracket they will need to qualify at a Regional.

***TO BE MAT-SIDE YOU MUST BE A CLUB-HEAD COACH and/or LISTED ON A CLUBS LIST. SAFE SPORT WILL NOT BE OPEN TO THE GENERAL PUBLIC. All spectators MUST stay behind the ropes. ONLY 2 COACHES TO A CORNER and WRESTLERS WHO ARE NOT WRESTLING MUST STAY BEHIND THE ROPES. This will be enforced heavily this year.**
NO EXCEPTIONS WILL BE MADE- FOR ANY NYWAY REGIONAL & STATE CHAMPIONSHIPS

2025 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.
- ✓ **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 (1:30, 1:30, 1:30) true overtime. Divisions D7-D9 wrestle backs will be 1-1-1.
- ✓ Top 6 in each weight class qualify for the NYWAY Championships on March 8th and 9th 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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