



# 2026 NY-USA Wrestling Nassau County Youth Championships

- Top 6 wrestlers in each weight will earn ALL COUNTY HONORS and given awards
- **All Nassau County** Champions will be invited to wrestle against the **Suffolk County** Champions for the **Long Island Championship** on site after both champions are determined.

**Event Date:** Sunday Feb. 1st

**Tournament Location:** Bay Shore HS, 155 E 3rd Ave, Bay Shore NY 11706

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

**Online Registration ONLY (instructions below)**

**Entry fee** - \$55 plus \$2.00 online processing fee (\$57 total). **NO REFUNDS.**

**Registration Deadline:** Friday, January 30th @ 9:00pm

## Schedule

**\*Saturday, Jan. 31st: Early weigh in, All age groups: 7-8:30pm at Bay Shore Gym \$10 fee. Sunday, Feb 1st: 8U & 10U weigh in (if you did not weigh in Sat. Night): 6:30 - 7:30 am Wrestling begins approx 8am.**

**12U & 14U weigh in (if you did not weigh in Sat. Night): 9:30-10:30am**

**Wrestling begins approx. 11am**

(Must wear singlet or shorts at weigh-in) Singlets or gym shorts, wrestling shoes or sneakers required for competition

## Boys

Age Group	Weight Classes	Match Length
<b>8U</b> <b>Born 2018-'19</b>	40 lbs, 43lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs	<b>Champ &amp; Consolations:</b> <b>3 one-minute periods</b>
<b>10U</b> <b>Born 2016-'17</b>	49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs	<b>Champ &amp; Consolations:</b> <b>3 one-minute periods</b>
<b>12U</b> <b>Born 2014-'15</b>	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	<b>Champ: 1- 1½ - 1½ min</b> <b>Consolations: 3 one-minute periods</b>
<b>14U</b> <b>Born 2012-'13</b>	75lbs, 80lbs, 84 lbs, 88 lbs, 92 lbs, 96 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 126 lbs, 132 lbs, 140 lbs, 155 lbs, 175 lbs, 225 lbs	<b>Champ: 1- 1½ - 1½ min</b> <b>Consolations: 3 one-minute periods</b>

Questions or concerns, please contact Tim Pescatore, NY-USA Wrestling Long Island Director

Email: [tim.pescatore@gmail.com](mailto:tim.pescatore@gmail.com)



# 2026 NY-USA Wrestling Nassau County Youth Championships

## Girls

Age Group	Weight Classes	Match Length
<b>8U</b> <b>Born 2018-'19</b>	40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs	Two 2 min periods with 30 seconds rest between periods
<b>10U</b> <b>Born 2016-'17</b>	45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs	Two 2 min periods with 30 seconds rest between periods
<b>12U</b> <b>Born 2014-'15</b>	55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 126 lbs, 140 lbs	Two 2 min periods with 30 seconds rest between periods
<b>14U</b> <b>Born 2012-'13</b>	75 lbs, 80 lbs, 85 lbs, 90 lbs, 95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 150 lbs, 165 lbs, 180 lbs.	Two 2 min periods with 30 seconds rest between periods

**\*\*Girls Matches will be freestyle and the tournament director reserves the right to combine weight classes**

## Additional Information

- **Event Fees:** \$10 adults, \$5 Kids \$25 max per family, Children under 10 free.
- Concession stand will be open all day.
- **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**
  - Gold, silver, bronze, copper, teal and wrestling leaders with a current USA Wrestling Card will be given free coaches pass and event admission (Coaches pass registration below)
  - No one will be allowed to coach mat side without a pass. NO EXCEPTIONS!

**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 '13 or '14, 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.

Questions or concerns, please contact Tim Pescatore, NY-USA Wrestling Long Island Director

Email: [tim.pescatore@gmail.com](mailto:tim.pescatore@gmail.com)



## 2026 NY-USA Wrestling Nassau County Youth Championships

**Long Island Championship:** The champions of each weight class will be invited to wrestle for the Long Island Championship on site after each county champion is determined. If the champion declines, the second place finisher will be invited and so on.

---

Wrestler registration and Coaches pass registration:

[https://www.usawmembership.com/usaw\\_events/2600241602?section=registration](https://www.usawmembership.com/usaw_events/2600241602?section=registration)