



## 15th Annual Bald and Fat Classic

A fast paced, high energy, non-stop wrestling tournament for real men who've passed their prime and have a hard time getting out of bed in the morning. Proceeds benefit the Hampton Bays Wrestling Program.

**Saturday, March 28th, 2026**

**Long Island NY Event**

**Tournament site:** Hampton Bays Middle School, 70 Ponquogue Ave, Hampton Bays, NY 11946  
**Starting Time:** 10:00 am.  
**Weigh Ins:** Friday night 3/27/26 6pm – 7:00pm  
Saturday morning 3/28/26 7:15am – 8:00am **(No weigh-ins after 8am)**  
**Awards:** 1<sup>st</sup> -4<sup>th</sup> place in each bracket

**Rules:** All wrestlers must be a minimum of 18 years old and not currently competing in the Olympics or on an Olympic team. Must have valid ID available for challenges! There is no weight allowance and singlets are preferred but not mandatory. No T-shirts and basketball shorts allowed, you must wear wrestling shoes and have tight fitting apparel, similar to Under Armor if you are not wearing a singlet! This is simply a fun tournament for grown men to have a good time and raise money for a good cause...the sport of wrestling!

**This is a Double Elimination Tournament!! Guaranteed 2 matches, even if you're awful!!**

**Joan of Arc, Past My Prime, Dead & Fully Decomposed Divisions**

Bout times 1 -1 -1

**Tommy Toughnuts** Bout times 2 – 2 – 2

**Weight Classes 140, 150, 160, 170, 185, 200, 220, 250, HWT**

Weight classes can be combined. OT is 1 min sudden death followed by 1 ultimate ride out.

**Matches will be officiated by experienced wrestlers and coaches, there will be no challenging the officials' calls! Good sportsmanship is one of our goals.**

**\*AGAIN THIS YEAR\*** We will be keeping team scores for a chance to hold the Golden Cup! Wrestlers can form teams with the following rules: maximum 9 wrestlers per team, all wrestlers must have either wrestled at the school they are representing, or must coach at the school, or must have conceived a wrestler currently wrestling for that school. Varsity sweaters, class rings, yearbooks, report cards, etc. can be used as proof if your team is challenged. **NO ALL-STAR TEAMS!** Winner will be decided by Team with the most amount of team points. You **MUST** register with your team name. **ALL TEAM ROSTERS** must be submitted by team captain by 3/27/26 at 12 noon.

**AND...we have 5 Divisions this year, Past my Prime 25 - 35 years, Dead 36 – 45 years, Fully Decomposed 46 – 80 yrs., Tommy Toughnuts 18 - ??(open) and again this year our ladies division Joan of Arc! See our website at [baldandfatclassic.com](http://baldandfatclassic.com) for all details, rules and regulations, format and pics from previous years!**

**REGISTRATION IS ONLINE ONLY...GO TO [baldandfatclassic.com](http://baldandfatclassic.com) and click on the TOURNAMENTS TAB to view local event details and CLICK the RED REGISTER NOW button to get registered!!!**

***Online \$35.00 registration must be received by 4 pm on March 27th, 2026 or you must pay walk-in rate No shows will NOT receive a refund, must notify us of cancellation by 4pm March 27th, 2026.***

**Pre-registered, Pre-PAID wrestlers may weigh in Friday night or Saturday morning, your choice!!**

**\*No Checks accepted - Walk-ins can pay \$45 Cash/Venmo Only at door Fri night & Sat Morning**

**General Admission: Adult \$10. Student \$5. Contact Joe Musti w/ questions**

**[Joemusti@gmail.com](mailto:Joemusti@gmail.com) 717-817-3522 cell OR CHECK OUT [baldandfatclassic.com](http://baldandfatclassic.com)**