

# **2009 Virginia Duals**



## **College Coach's Handbook**

# **VIRGINIA DUALS**

## **January 9-10 2009**

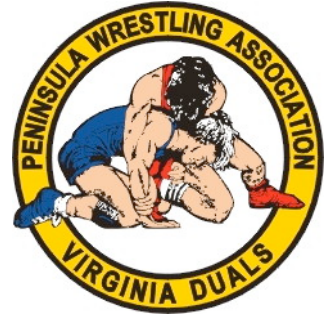
### **Table of Contents**

	<b>Page</b>
<b>1. Welcome Letter</b>	<b>2</b>
<b>2. Hampton Coliseum Drop-Off/Bus Parking</b>	<b>3</b>
<b>3. Hampton Coliseum Security Procedures</b>	<b>4</b>
<b>4. General Information</b>	
<b>a. Medical – Skin Checks</b>	<b>5</b>
<b>b. Media</b>	<b>5</b>
<b>c. Hotel Contact List</b>	<b>6</b>
<b>d. Hospitality Information</b>	<b>7</b>
<b>e. Timeliness</b>	<b>8</b>
<b>f. Tournament Schedule</b>	<b>9</b>
<b>g. Protest Procedures</b>	<b>11</b>
<b>h. Protest Form</b>	<b>12</b>
<b>i. Team Tie-Breaker Criteria</b>	<b>13</b>
<b>j. Grand March/Awards Presentation</b>	<b>14</b>
<b>k. Outstanding Wrestler Form</b>	<b>15</b>
<b>5. Weigh-In Schedule</b>	
<b>a. General Information</b>	<b>16</b>
<b>b. Schedule (Friday &amp; Saturday)</b>	<b>17</b>
<b>6. Bracket Sheets</b>	
<b>a. National College</b>	<b>21</b>
<b>b. American College</b>	<b>22</b>
<b>c. National High School</b>	<b>23</b>
<b>d. American High School</b>	<b>24</b>
<b>e. Black &amp; Blue High School</b>	<b>25</b>



# **PENSINULA WRESTLING ASSOCIATION**

P.O. Box 12003  
Newport News, VA 23612



**20 November, 2008**

**Dear Coach,**

**On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 29<sup>th</sup> Annual Virginia Duals Wrestling Tournament. Our tournament staff is very excited about this year's event and we all look forward to what will surely be an action packed weekend! This packet of information contains several items for your review. Please look these items over and let me know if you have any questions.**

**The Dual Team advancement concept started here in Hampton, Virginia in 1981. We started with 8 colleges and 4 high schools and over the years grown to 24 colleges, 48 high schools, and 4 middle school all star teams. Not bad for a concept that we were told would never work. We were the very first wrestling tournament to use team advancement and now our format has spread throughout the wrestling community across the United States and the globe. But this is the Virginia Duals and it is the "Grand Daddy of them All!"**

**The 2009 VA Duals consists of 6 tournaments and at the end of Saturday night will have completed 122 dual meets and 1660 bouts to determine 6 championship teams and 6 Outstanding Wrestler Awards.**

**We wish you and your team Good Luck and hope that you have a safe and enjoyable weekend!**

**If you have any questions or comments, I can be found at the Head Table.**

**Respectfully,**

**Mike McCormick**

**Virginia Duals 2009**  
**College Tournament Director**

[www.virginiaduals.org](http://www.virginiaduals.org)

# Hampton Coliseum Drop-Off/Bus Parking

## Bus Drop-Off Location

**Rear Parking Lot by Back Doors of the Coliseum:** All wrestlers, coaches, and staff can be dropped off in the rear parking lot at the competitor entry doors. DO NOT use the side the parking slot along the street due to potential damage to the Coliseum marble decorator boulders. Each year we have several busses that hit and damage them.

## Bus Parking Location

**Rear Parking Lot at Back of the Coliseum:** With exception of the first 2 rows, all busses and vans may park anywhere in the remaining rear parking lot at the back the Coliseum. The first 2 rows are reserved for the VA Duals Staff, referees, and Coliseum workers.

# Hampton Coliseum Security Procedures

## Access to Coliseum

**Front Doors:** Will be controlled by the Hampton Coliseum.

**Back Door:** Will be controlled by the Hampton Coliseum and PWA Security Personnel.

## Food

**Food:** Wrestlers will be allowed to bring in fruit, drinks, and snacks for **personal use ONLY** into the warm-up and competition area.

Coolers and large food containers are **not permitted** in the general seating stands (where the fans sit).

## Inspections

**All personnel entering the coliseum may be subject to the following inspection:**

- Personal Bags may be checked!
- Walk-thru metal detectors
- Wand of personnel and property
- Dogs

# General Information

## Medical

**SKIN CHECKS** will be an emphasis point at the  
**2009 VA Duals.**

Coaches, please ensure your wrestler's skin conditions have all been addressed and proper medical forms are brought with each wrestler. Our medical staff has been informed to emphasize skin checks this year and will strictly enforce them.

## Media

### VA Duals Media Relations Director:

Mr. Jim Heath  
Cell: 757-846-5369  
Phone: 757-688-4935  
Fax: 757-688-3750  
E-mail: [James.Heath@ngc.com](mailto:James.Heath@ngc.com)

**All Press, Radio, or Video Personnel Must Pre-Coordinate Their Activities with Mr. Heath**



# General Information

## Hotel Information

### Holiday Inn Hotel and Conference Center

1815 W. Mercury Blvd.

Hampton, VA 23666

(1 Block from Hampton Coliseum)

Toll Free: (800) 631-2662

Phone: (757) 896-3352 (Direct Number)

Contact Person: Bryan Jackson

[bjackson@hihampton.com](mailto:bjackson@hihampton.com)

Team Rate: \$79 + Tax (per night)

*\*\*\*Host for Reception Thursday & Banquet Saturday\*\*\**

# General Information

## Hospitality

### THURSDAY EVENING: 2009 VA Duals Banquet

**Location:** Holiday Inn Hampton  
**Time:** 7:00 pm – 11:30 pm  
**Dress:** Casual Attire  
**Tickets:** 2 Free Tickets per High School –  
Everyone else \$10.00 per person

---

### HOTEL (Holiday Inn Hampton):

#### Ballroom:

- **Hours of Operation:** Saturday evening after Tournament 11:00 pm – 2:00 am
- **Open For:** Coaches, staff, sponsors, hosts, and tourney workers
- **Passes Required:** Special passes may be obtained by Jim Casey or Bill Smith on Saturday afternoon.

### HAMPTON COLISEUM:

- **Hours of Operation:** Open during tournament hours, will close prior to final round each night
- **Open For:** Coaches, staff, sponsors, hosts, and tournament. Must have armband or VIP pass to enter.

# General Information

## Timeliness

### Be on time!

The Virginia Duals is noted for many things, but one item we strive extremely hard to maintain is timeliness. The Virginia Duals starts on time, every time! It is one of the particular areas where we stand out amongst all the big tournaments and is respected by the fans, coaches, athletes, and volunteer staff.

- Please have your team ready at your Pre-Assigned Weigh-In Time. An entire team is weighed in every 3 minutes!
- 10 minutes prior to start of each round, please be at your assigned mat or location. Each round will start at its designed time sharp.
- If you are in the Grand March, please form up at the rear (North end) of the Coliseum at 7:30 pm Saturday night. The Grand March will start at exactly 8:00 pm.

# General Information



## Tournament Schedule

### 2009 Virginia Duals Tournament Schedule

Thursday, January 8<sup>th</sup>



- 4:30 p.m.** National College Coaches Meeting, Hampton Coliseum  
**5:00 p.m.** American College Coaches Meeting, Hampton Coliseum  
**7:30 p.m. – 11:30 p.m.** Reception, Holiday Inn Hotel and Conference Center

### Friday, January 9<sup>th</sup>

- |                   |   |        |
|-------------------|---|--------|
| <b>9:00 a.m.</b>  | College, 1 <sup>st</sup> Round-Top Bracket                            | 4 mats |
|                   | National High School, 1 <sup>st</sup> Round-Top Bracket               | 4 mats |
|                   | American College, Top Bracket   | 2 mats |
| <b>11:00 a.m.</b> | College, 1 <sup>st</sup> Round-Bottom Bracket                         | 4 mats |
|                   | National High School, 1 <sup>st</sup> Round-Bottom Bracket            | 4 mats |
|                   | American College, Bottom Bracket                                      | 2 mats |
| <b>1:00 p.m.</b>  | College, Quarter Finals-Top Bracket                                   | 2 mats |
|                   | National High School, Quarter Finals-Top Bracket                      | 2 mats |
|                   | College 1 <sup>st</sup> Round Consolations – Top Bracket              | 2 mats |
|                   | National High School 1 <sup>st</sup> Round Consolations – Top Bracket | 2 mats |
|                   | American College, 1 <sup>st</sup> Round Consolation (upper & lower)   | 2 mats |
| <b>3:00 p.m.</b>  | College, Quarter Finals-Bottom Bracket                                | 2 mats |
|                   | National High School, Quarter Finals- Bottom Bracket                  | 2 mats |
|                   | College, 1 <sup>st</sup> Round Consolation – Bottom Bracket           | 2 mats |
|                   | National High School, 1 <sup>st</sup> Round Consolation- Bottom       | 2 mats |
|                   | American college, Loser & Loser Consolation                           | 1 mat  |
|                   | Open Mat  | 1 mat  |
| <b>5:00 p.m.</b>  | American High School 1 <sup>st</sup> Round – Top Bracket              | 4 mats |
|                   | Black & Blue High School, 1 <sup>st</sup> Round- Top Bracket          | 4 mats |
|                   | College, Loser & Loser Consolations                                   | 2 mats |
| <b>7:00 p.m.</b>  | American High School, 1 <sup>st</sup> Round – Lower Bracket           | 4 mats |
|                   | Black & Blue High School 1 <sup>st</sup> Round – Lower Bracket        | 4 mats |
|                   | Middle School Division – 1 <sup>st</sup> Round                        | 2 mats |

<b>9:00 p.m.</b>	Black & Blue High School, Quarter Finals- Upper & Lower	4 mats
	American High School, Quarter Finals- Upper & Lower	4 mats
	2 <sup>nd</sup> Round Middle School Division	2 mats
<b><u>Saturday, January 10<sup>th</sup></u></b>		
<b>8:00 a.m.</b>	Black & Blue High School, 1 <sup>st</sup> Round Consolations	4 mats
	American High School, 1 <sup>st</sup> Round Consolations	4 mats
	National High School – Loser & Loser Consolation	2 mats
<b>10:00 a.m.</b>	College, 2 <sup>nd</sup> Round Consolations	4 mats
	National High School 2 <sup>nd</sup> Round Consolation	4 mats
	Black & Blue High School, Loser & Loser Consolation	2 mats
<b>12:00 p.m.</b>	American High School 2 <sup>nd</sup> Round Consolation	4 mats
	Black & Blue High School 2 <sup>nd</sup> Round Consolations	4 mats
	American High School- Loser & Loser Consolation	2 mats
<b>2:00 p.m.</b>	College, Semi-Finals	2 mats
	National High Schools, Semi-Finals	2 mats
	American High School, Semi Finals	2 mats
	Black & Blue High School, Semi- Finals	2 mats
	American College, Semi – Finals	2 mats
<b>4:00 p.m.</b>	College, Consolation Quarter Finals	2 mats
	National High School, Consolation Quarter Finals	2 mats
	American High School, Consolation Quarter Finals	2 mats
	American College, Consolation Semi Finals	2 mats
	Black & Blue High School, Consolation Quarter Finals	2 mats
<b>6:00 p.m.</b>	College, 5 <sup>th</sup> & 6 <sup>th</sup> Place	1 mat
	College, 7 <sup>th</sup> & 8 <sup>th</sup> Place	1 mat
	National High School, Consolation Semi-Finals	2 mats
	American High School, Consolation Semi-Finals	2 mats
	Black & Blue, Consolation Semi- Finals	2 mat
	American College, 3 <sup>rd</sup> & 4 <sup>th</sup> Place	1 mat
	Middle School Division, 3 <sup>rd</sup> & 4 <sup>th</sup> Place	1 mat
<b>8:30 p.m.</b>	National College Finals	1 mat
	Nation College 3 <sup>rd</sup> & 4 <sup>th</sup> Place	1 mat
	American College Finals	1 mat
	National High School Finals	1 mat
	National High School 3 <sup>rd</sup> & 4 <sup>th</sup> Place	1 mat
	American High School Finals	1 mat
	American High School 3 <sup>rd</sup> & 4 <sup>th</sup> Place	1 mat

Black & Blue High School Finals  
Black & Blue 3<sup>rd</sup> & 4<sup>th</sup> Place  
Middle School Finals

1 mat  
1 mat  
1 mat

# **General Information**

## **Protest Procedures**

**Protest may be lodged only for errors in the recording of points, match results and/or for non-judgment errors in the application of rules. The coach must inform the official scorer and the referee of his intent to protest the bout before the bout sheet is removed from the scorer's table. The referee will note this intent to protest the bout on the bout sheet and will notify the opposing wrestler not to leave the area until the matter is settled. A protest must be filed in writing with the protest committee within a 10-minute period after the bout. The protest must be in written form and accompanied by a \$25.00 protest fee. Should the appellant's protest be upheld, the fee will be returned. Film or videotapes will not be used in the appeals process.**

**The committee will review your protest and rule within 30 minutes.**

### **PROTEST COMMITTEE**

- **PWA President – John Swartz**
- **Tournament Director – Jim Casey**
- **College Director – Mike McCormick**
- **Table Director – Jessica Wood**
- **Supervisor of Officials – Pat McCormick**
- **Head Official**



**Coaches Signature:** \_\_\_\_\_

<b>Official's Name:</b> _____	<b>Official's Signature:</b> _____
<b>Upheld</b> <input type="checkbox"/>	<b>Disapproved</b> <input type="checkbox"/>



# General Information

## Team Tie-Breaker Criteria

When two teams finish in a tie, the following criteria shall be applied to determine a winner.

- A. Greater number of victories.
- B. Greater number of six-point victories. (Including falls, forfeits, defaults and disqualifications)
- C. Greater number of five-point technical falls.
- D. Greater number of four-point technical falls.
- E. Greater number of major decisions.
- F. Fewest number of matches forfeited.
- G. Greater number of total near-fall points earned. (This should include additional points earned for excessive bleeding or injury when near-fall points are awarded)
- H. Greater number of takedowns.
- I. Greater number of reversals.
- J. Greater number of escapes.
- K. Greater number of riding-time points.
- L. Greater number of stalling points.
- M. Non Championship Round - Colored disk toss  
Championship Round - The two teams shall be declared Co-Champions.

**Note:** The method of recording the score in breaking team ties shall be the score followed by the letter of criteria that broke the tie (e.g., Team A 16, Team B 16, criteria e.)

# **General Information**

## **Grand March/Awards Presentation**

### **GRAND MARCH**

**JANUARY 10, 2009**

**All teams wrestling in the Finals on Saturday night will participate in the Virginia Duals Grand March. The participants in the Grand March will gather at the rear (North end) of the Coliseum at 7:30pm sharp. All wrestlers must be in uniform/warm-ups. Coaches and all other participants should be appropriately dressed. Contact Bill Smith for instructions and Grand March position.**

**The Virginia Duals Grand March will start at 8:00 PM sharp!**

### **AWARDS PRESENTATION**

**All teams wrestling in the Finals on Saturday are requested to remain in their seats at the conclusion of their match. Awards for college, high school, and middle school place winners shall be presented to the team coach at the center of their mat. The Outstanding Wrestler Awards for each tournament division will be presented in the center of Mat #7 after all team awards have been presented. All teams and wrestlers are to remain in place until all awards have been presented and Announcer Ken Berger releases them.**

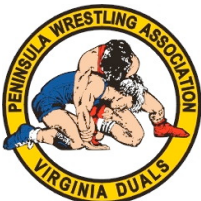
# General Information

## Outstanding Wrestler Award

An Outstanding wrestler will be selected for each of the tournament divisions at the Virginia Duals. At the end of each match, coaches will be given a ballot and asked to vote for the wrestler on the opposing team as their outstanding wrestler for the match. Ballots will be returned to the table workers at the mat upon completion of the form at the end of the match.

It is important that these ballots be completed and turned in after each match. The awards will be made at the end of the tournament on Saturday.

### SAMPLE BALLOT



**2009 VIRGINIA DUALS  
OUTSTANDING WRESTLER BALLOT**  
Peninsula Wrestling Association (PWA)



The Outstanding Wrestler (OW) in the tournament is selected by the coaches. At the end of each Dual Meet, you are asked to choose the outstanding wrestler from the opponent team in that Dual. (Please provide your opponent's OW vote below and then sign the form.)

DUAL MEET: \_\_\_\_\_ vs  
\_\_\_\_\_

*Opposing Team's OW:* \_\_\_\_\_ / *Weight Class*  
\_\_\_\_\_

*OW's TEAM:* \_\_\_\_\_

VOTING COACH: \_\_\_\_\_

VADUALS\_OW\_2007\_V01



# Weigh-In Schedule

## General Information

We will have a total of (3) scales each manned with (2) operators. On the first and second weigh-in, medical checks will begin 30 minutes prior to each scheduled weigh-in. Teams will proceed through the skin check area in the order they are scheduled to be weigh-in. Weight classes will be assigned to a specific scale and weight must be made on that scale. Weigh-in time is scheduled by team and each wrestler will have one attempt to make weight. If he does not make weight on the first attempt, he will be permitted to step on any or all additional official scales one time in an attempt to make weight immediately following the heavyweight weight class. Wrestlers are not permitted to leave the weigh-in room during their team weigh-in. Specific team weigh-in times will be assigned when the seeding has been completed. A weigh-in will be held within (2) hours before the first session for each team. On the second day the weigh in for all college teams will be done at 1 time one hour before the first college match begins.

The weigh-in room will be in the Hampton Coliseum and will be open (1) hour before weigh-ins. Only (15) wrestlers per team will be permitted to weigh-in each day. Scales will be available at the Coliseum at 2:30 p.m. Thursday for weight checks.

**If you cannot make your scheduled time, call Mike Casey at 757-928-1979, in advance.**

# Weigh-In Schedule

## Schedule

### Friday-January 9<sup>th</sup>

**6:00 AM** Weigh-in room open. Scales available for weight checks.

**6:30 AM** Skin checks **National College Division 1st Round Top Bracket (8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**7:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>7:00 am</b>		<b>7:12 am</b>	
<b>7:03 am</b>		<b>7:15 am</b>	
<b>7:06 am</b>		<b>7:18 am</b>	
<b>7:09 am</b>		<b>7:21 am</b>	

**7:00 AM** Skin checks **American College Division 1st Round, Top Bracket (4 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**7:24 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>7:24 am</b>		<b>7:30 am</b>	
<b>7:27 am</b>		<b>7:33 am</b>	

**8:30 AM** Skin checks **National College Division 1st Round Bottom Bracket (8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:00 am</b>		<b>9:12 am</b>	
<b>9:03 am</b>		<b>9:15 am</b>	
<b>9:06 am</b>		<b>9:18 am</b>	
<b>9:09 am</b>		<b>9:21 am</b>	

**9:00 AM** Skin checks **American College Division 1st Round, Bottom Bracket (4 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**9:24 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:24 am</b>		<b>9:30 am</b>	
<b>9:27 am</b>		<b>9:33 am</b>	

## Saturday-January 10<sup>th</sup>

**8:00 AM** Weigh-in room open. Scales available for weight checks.

**8:30 AM** Skin checks **National College Division 2nd Round Consolation Teams (8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:00 am</b>		<b>9:12 am</b>	
<b>9:03 am</b>		<b>9:15 am</b>	
<b>9:06 am</b>		<b>9:18 am</b>	
<b>9:09 am</b>		<b>9:21 am</b>	

**9:00 AM** Skin checks **National and American College Division Semi-Finals Teams (8 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**9:24 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>National Division</b>		<b>American Division</b>	
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:24 am</b>		<b>9:36 am</b>	
<b>9:27 am</b>		<b>9:39 am</b>	
<b>9:30 am</b>		<b>9:42 am</b>	
<b>9:33 am</b>		<b>9:45 am</b>	

**9:20 AM** Skin checks **American College Division skin checks Consolation Semi-Finals (4 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**9:48 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:48 am</b>		<b>9:51 am</b>	

# **Bracket Sheets**









