

2009 Virginia Duals



Middle School Coach's Handbook

VIRGINIA DUALS

January 9-10 2009

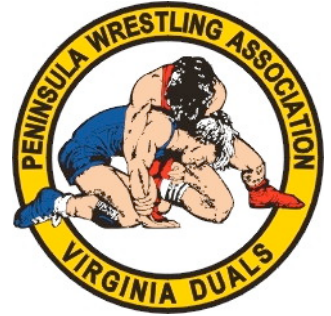
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PENSINULA WRESTLING ASSOCIATION

P.O. Box 12003
Newport News, VA 23612



14 December, 2008

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 29th 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,

Jim Casey

Virginia Duals 2009
Middle School Tournament Director

www.virginiaduals.org

Middle School Teams

For the 2009 VA Duals, and as a means to promote wrestling across the State of Virginia, the middle school division will consist of 4 Regional Virginia Teams from the matrix below. The entry fee for each team is \$400. The Virginia Duals has selected 2 primary coaches from each region to build and coach the team from their respective region.

Teams Rules:

1. Each team must have a minimum of two (2) coaches and they cannot be from the same club; maximum number of coaches is four (4).
2. No more than 24 wrestlers can be on the roster.
3. No more than five (5) wrestlers from any one (1) club unless no other eligible wrestlers are available and must be coordinated with Jim Casey (757) 438-1399
4. Uniforms: Wrestlers wear singlet from their registered youth/middle school team.
5. Coaches names and lineups are due to info@caseysseafood.com by 5 Jan 09

Northern Region		Northern Region Coaches	
North	Counties: Loudoun, Fairfax, Prince William, Fauquier, Stafford, and Culpeper Cities: Falls Church, Manassas Park, Fairfax, and Alexandria		703-830-52
		Sam Smith	55 mwrestler3@aol.com
			571-437-75
		Derek Donahue	56 coachdonahue@cox.net
Western Region		Western Region Coaches	
Northwest	Counties: Frederick, Clarke, Warren, Shenandoah, Page, Rappahanock, Rockingham, Greene, and Madison Cities: Winchester and Harrisonburg		540-239-43
		Rick Pollock	91 rpollock@mcps.org
			276-759-86
		Greg Toler	42 tolerg@nationwide.com
West	Counties: Highland, Bath, Augusta, Rockbridge, Nelson, Amherst, Allegheny, Albemarle, Botetourt, and Bedford Cities: Waynesboro, Charlottesville, Staunton, Lexington, Buena Vista, Lynchburg, Bedford, Clifton Forge, Covington, and Lexington		
Central Region		Central Region Coaches	
Central	Counties: Orange, Spotsylvania, King George, Caroline, Louisa, Fluvanna, Hanover, Goochland, Powhatan, Cumberland, Buchanan, Henrico, Chesterfield, Dinwiddie, and Prince George Cities: Fredericksburg, Richmond, Hopewell, Colonial Heights, and Petersburg		804-370-96
		Larry Allen	54 larryallen5@comcast.net
			804-605-17
		Neal Richards	35 nealethan@yahoo.com
South Central	Counties: Amelia, Prince Edward, Nottaway, Lunenburg, Mecklenburg, Appomatox, Campbell, Pittsylvania, Charlotte, and Halifax Cities: Danville and South Boston		
Eastern Region		Eastern Region Coaches	
East	Counties: Westmoreland, Northumberland, Richmond, King William, Middlesex, King & Queen, Gloucester, Mathews, James City, New Kent, Charles City, and York Cities: Hampton, Newport News, Poquoson, and Williamsburg		757-679-61
		Wayne Gibson	89 wgibson2@gmail.com
		Shawn	757-535-81 shawn.visionscapes@cox.net
		Anderson	91 cox.net

<p><u>Counties:</u> Isle of Wight, Surry, Brunswick, Southeast Sussex, Southampton, Greenville, Accomack, and Northampton</p> <p><u>Cities:</u> Norfolk, Virginia Beach, Portsmouth, Emporia, Suffolk, and Chesapeake</p>
<p>Weight Classes 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 145, 165, HWT</p>

Entry Fee

\$400 per team

While entry fee is \$400 per team, and most teams get a sponsor or multiple sponsors to help off-set the entry fee cost. A sponsor will receive a banner on the Coliseum wall with their name on it and 2 free passes into the event.

If you have a sponsor, please send the following information to John Swartz at john.swartz.ctr@langley.af.mil

Sponsor Name: _____

Sponsor Contact Number: _____

Sponsor E-Mail: _____

What they want the Banner to Say:

Note: Banner is limited to 35 characters. You can place the name of a sponsor here, your school/team motto, etc. Vulgar or inflammatory statements will NOT be accepted.

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.

Food

Food: Wrestlers will be allowed to bring in fruit, drinks, and snacks for **personal use ONLY**.

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

Middle School Coliseum Entry Procedure

All middle school wrestlers must enter the Coliseum from the rear competitor entry. Coliseum and VA Duals security workers will be posted at the rear entry point inside the Coliseum where the wrestlers will be verified against their team's middle school roster provided by the coach.

All middle school teams are directed to assemble in the rear entry point next to the security checkpoint by 3:30pm on Friday, 11 January. The middle school wrestlers will proceed to the skin check/weigh-in area as a team. Skin checks will begin at 3:40pm, with the first team weighing in at 4:00pm sharp! (Please refer to the weigh-in schedule in this handbook your exact weigh-in time)

Parents will not be permitted to go beyond the security checkpoint after the wrestlers have proceeded to the skin check/weigh-in area with their coach(s). All parents will be required to enter through the main lobby.

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

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

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 8th



- 4:00 p.m.** National College Coaches Meeting, Hampton Coliseum
4:30 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 9th

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

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

Black & Blue High School Finals	1 mat
Black & Blue 3 rd & 4 th Place	1 mat
Middle School Finals	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: _____

Official's Name: _____	Official's Signature: _____
Upheld <input type="checkbox"/>	Disapproved <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. The team whose opposing wrestlers or team has been penalized the greater number of team points for flagrant or unsportsmanlike conduct shall be declared the winner.
- B. The team having won the greater number of matches (including forfeits) shall be declared the winner.
- C. The team having accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
- D. The team having the greater number of technical falls shall be declared the winner.
- E. The team having the greater number of major decisions shall be declared the winner.
- F. The team having the greater number (total match points) of first-points(s) scored shall be declared the winner.
- G. The team having the greater number of points for near-falls shall be declared the winner.
- H. The team having the greater number of takedowns shall be declared the winner.
- I. The team having the greater number of reversals shall be declared the winner.
- J. The team having the greater number of escapes shall be declared the winner.
- K. The team whose opponent has been penalized the greater number of points for stalling.
- L. The team whose opponent has been warned more often for stalling.
- M. The team whose opponent has the greater number of points for all other infractions (i.e. false starts).
- N. If none of the above resolves the tie, a flip of a disk will determine the winner. Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the scored followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e)

O. Championship Finals Only – The two teams shall be declared Co-Champions

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 three (3) scales, each manned with two (2) operators on the first weigh-in. Medical checks will begin 20 minutes prior to each scheduled weigh-in. Weigh classes will be assigned to specific scales and weight must be made on that scale. Weigh-in times will be scheduled by team. Scales will be available at the Hampton Coliseum at 2:30 p.m. on Thursday for weight checks. Only 24 wrestlers per team are permitted to weigh-in each day. If a wrestler does not make weight he goes to a designated holding area until his team has finished weighing-in. No form of dehydration will be allowed in the holding area. He will not be allowed to leave the weigh-in room at any time during his team's weigh-ins. The wrestler will then be permitted a second chance to weigh-in on the scale of his choice immediately after the completion of his team's weigh-in.

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

Weigh-In Schedule

Schedule

Friday-January 11th

3:30 PM Assemble in the rear competitor entrance with coach(s).

3:40 PM Skin checks **Middle School Division (4 Teams.)**
Skin checks follow the same order as team weigh-in schedule below.

4:00 PM Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	65, 70, 75, 80, 85, 90,	95, 100, 105, 110, 115, 120,	125, 130, 135, 145, 165, HWT
Time	Team	Time	Team
4:00 pm		4:10 pm	
4:05 pm		4:15 pm	