

2024 HUDSON VALLEY REGIONAL QUALIFIER

When: Sunday- March 3rd, 2024

Session 1- D1, D2, D3, D4, D10; wrestling will begin at 9:30 am.

Session 2- D5, D6, D7, D8, D9; wrestling will begin at 1:00 pm

Where: Valley Central High School-1175 Rt. 17k Montgomery, NY 12549

Weigh-ins: Sunday, March 3rd, 2024- D1-D4, D10 from 7:00 am to 8:00 am

Sunday, March 3rd, 2024- D5-D9 from 11:00 am-12:00 pm

Registration: \$30 and limited to current NYWAY Members. No day passes available.

Online Registration only! @ Registration closes @ 11:59 pm on Friday-February 29th

NYWAY Memberships can be purchase - www.nyway.org

Admission: \$5 for Adults, \$1 for children over the age of 6. 5 & under are **FREE**.

Tournament Director: Peter Merli -- Contact via email- pmerli76@gmail.com

2024 NYWAY Regional Divisions & Weights on full mats:

D1 (2018):	38, 41, 45, 50, 56, HWT (Max 65)
D2 (2017):	41, 44, 47, 50, 54, 58, 63, 68, HWT (Max 78)
D3 (2016):	44, 47, 50, 53, 57, 61, 65, 70, 76, 83, HWT (Max 94)
D4 (2015):	50, 53, 56, 59, 63, 67, 71, 75, 80, 86, 93, 101, HWT (Max 115)
D5 (2014):	54, 58, 62, 66, 70, 75, 80, 86, 94, 102, 112, 122, HWT (Max 140)
D6 (2013):	58, 62, 66, 70, 74, 78, 83, 88, 94, 102, 112, 122, 134, HWT (Max 155)
D7 (2012):	65, 70, 75, 80, 85, 90, 96, 102, 110, 120, 130, 142, 155, HWT (Max 175)
D8 (2011):	70, 75, 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, HWT (Max 195)
D9 (2010):	81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, 188, 210, HWT (Max 245)
D10 (2009/2006):	101, 108, 116, 124, 131, 138, 145, 152, 160, 170, 190, 215, HWT (Max 285)

Exemptions - All wrestlers with 3 varsity matches (forfeits do not count) automatically qualify for the NYWAY State Championships but are highly encouraged to participate in the Regionals. 7th and 8th graders who are 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. Top 6 place finishers at NYSPHSAA High School State Championships, regardless of grade, will need to compete in the D10 division. All 2005 born wrestlers must still be in high school. **NO** Double bracketing.

TO BE MAT-SIDE YOU MUST HAVE PRESENTED YOUR SAFE SPORT TRAINING CARD & PHOTO ID AT ADMISSIONS TO RECEIVE YOUR WRIST BAND-All spectators MUST stay behind the ropes and off the mats UNLESS YOUR WRESTLER IS WRESTLING

NO EXCEPTIONS WILL BE MADE- FOR ANY NYWAY REGIONAL & STATE CHAMPIONSHIPS

2024 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 & D10.
- ✓ **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 & D10 (1:30, 1:30, 1:30) true overtime
- ✓ Top 6 in each weight class qualify for the NYWAY Championships on March 9th and 10th 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 Hudson Valley 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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