



2026 6th Annual HHH Battle of the Hammers

9AM Folkstyle (Open/Rookie) and 1PM Freestyle Individual Tournament

Saturday, April 18th 2026

Location: Tallwood High School 1668 Lions Way Virginia Beach, VA 23462

Event Director: Travis Ferguson Email: HeavyHittingHammers@gmail.com

Folkstyle Registration Link
Freestyle Registration Link

<https://flowrestling.org/events/15450557>

<https://flowrestling.org/events/15450561>

WEIGHT CLASS SYSTEM- ***Early Registration ends at 5pm April 17th, 2026

* **PEE WEE** (Grades K-2)

* **ELEMENTARY** (Grades 3-5)

* **WOMEN'S ELEMENTARY SCHOOL** (Grades K-5)

MIDDLE SCHOOL (Grades 6-8)

74, 80, 86, 92, 98, 103, 108, 115, 122, 129, 136, 144, 150, 157, 175, 215 plus 1

* **WOMEN'S MIDDLE SCHOOL** (Grades 6-8)

HIGH SCHOOL (Grades 9-12)

106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 plus 3

* **WOMEN'S HIGH SCHOOL** (Grades 9-12)

* **OPEN ADULT DIVISION**

* We will use the Madison Weight System- This is a popular tournament format where there are NO weight classes and the tournament director pairs wrestlers into brackets.

** DOUBLE BRACKETING IS ALLOWED

WEIGH IN INFORMATION

FRIDAY - 5pm-6pm at Tallwood High School

SATURDAY 730am-8am AND 11am-12pm

****Satellite Weigh Ins are preferred. All weights must be emailed by 6pm on Friday, April 17, 2026 to Travis Ferguson at Heavyhittinghammers@gmail.com for satellite weigh-ins information.

SCHEDULE (*Times are subject to change*) - **There will be 2 Sessions, both will max out with 300 participants each.**

Folkstyle (K-12) Starts at **9am**

Freestyle (K-12) Starts at **1pm**

AWARDS - Top 3 in each weight class will receive an award and their picture will be taken on the Podium.

FYI...

- **USAW Card REQUIRED For All Wrestlers! USAW Freestyle Card Required for the Freestyle session. (If you have a modified Folkstyle card you must upgrade to a full membership) Purchase cards at www.usawmembership.com.**
- **USAW Coaches Card REQUIRED for All Coaches! No Exceptions! You MUST have a current USAW Card to Coach Matside! Coaches Must go through Safe Sport and a Background Check.**
- **Early Registration ENDS Friday, April 17th at 5pm Late Registration ENDS Saturday April 18th at 8am for the Rookie/Open Division, 12pm for Freestyle Divisions**
- **NFHS and USAW Rules. Headgear, Hair Rule, and Mouthpieces (with Braces).**
- **Folkstyle Period Lengths: PEE WEE/ELEM: 1-1-1; Middle School and High School: 90-90-90; Overtime: 1min-Disk Flip-30sec.**
- **Freestyle Period Length: **ALL FREESTYLE MATCHES 2 PERIODS** High School: 2- 3 minute periods with a 30 second break between periods. Middle School/Elementary: 2- Two minute periods with a 30 second break between periods.**
- **Spectator Fee is \$15 Adults, \$10 Children, Free for non-school aged children. Coaches with a Current USA Wrestling Card, free entry. Spectator tickets will be available onsite,cash and card will be accepted.**