

2016 NORTHERN REGION WRESTLING TOURNAMENT

Directors: Nancy Melnick, DSA, Fairfax High School
(703) 219-4062, Mike Brown ADSA, Fairfax High School
(703) 219-2201

Dates: February 12-13, 2016

Site: L. Patrick Laing, Field House
Fairfax High School
3501 Rebel Run
Fairfax, VA 22030

Time Schedule: Friday – February 12
11am Scales available
12:30 pm Weigh-in for all contestants in boys locker room
2:30 pm First round
6:15 pm First round consolation
(Gym is cleared after First round consolation)
8:00 p.m. Quarter-final championship

Saturday – February 13
8:00 am Scales available
8:30 am Coaches meeting
9:00 am Weigh-in for all contestants in boys locker room
11:00 am Second round consolations (4 mats)
12:30 pm Championship Semi-finals and Consolation quarterfinals
2:30 p.m. Consolation Semi-finals (2-2-2 format)
3:30 pm Consolation Finals (2-2-2 format)
Gym is cleared after Consolation Finals
6:00 p.m. Championship Matches

Awards: First and Second place team will receive trophies
Top 3 individuals in each weight class will receive medals
Most pins in the least amount of time
Outstanding wrestler
Team Sportsmanship Award

The consolation bouts are not included in determining individual trophy winners.

Entries: Each conference will determine its four representatives in each of the 14 weight classes for the Regional Wrestling Tournament. Each conference will determine their #1, #2, #3 and #4 seeds. Each Participant must have participated in their District Tournament. In the

event of illness, each conference shall designate a # 5 and # 6 seeds as alternates. The alternates shall take the last place represented by their conference in that weight class. All other contestants shall move up in bracket position. This must be done prior to or AT the region scratch meeting.

Scratch Meeting: To confirm entries, coaches must attend the scratch meeting on Wednesday, February 10 at 6:30 pm, Fairfax High School the Aux Gym.(Enter through door # 21)

*** Rotation will be available on Feb 8th. 2015***

Uniforms: Refer to the National Federation Rule Book.

Rules Committee: Consists of the Tournament Director, Assistant Director, Head Official and one coach, selected by the Tournament Director, from each Conference not involved in the dispute.

Rules: The tournament is used to determine the first six places, of which the first four qualify for the VHSL tournament participation. The two losers of the consolation semi-finals shall wrestle to determine 5th and 6th place. Fifth is the first alternate to the state tournament.

Weigh-Ins: Weigh-ins will be conducted at least an hour and a half prior to the first scheduled round of wrestling in the boys room. All contestants for the weight class shall be present in and remain in the designated weigh-in area at the time established by meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The weigh-in shall proceed through the weight class. A contestant shall weigh-in for only one weight class during the weigh-in period. Three scales will be available. A contestant may step on and off that scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale (s), activities that promote dehydration are prohibited. (NFHS Wrestling Rule Book 4-5-2)

Scoring: National Federation Rule Book

Overtime: National Federation Rule Book

Consolation Matches: Shall consist of three periods; 1st period – 1 minute, 2nd and 3rd periods will be 2 minutes in length.

In the consolation semi-final matches, the 1st period will be 2 minutes in length.

- Dressing Rooms:** Each Conference will be assigned a locker room. There are no lockers available. Wrestlers should keep the valuables and bags with them at all times.
- Meals and Travel:** Responsibility of each individual school.
- Concessions:** Responsibility of the host school. Proceeds go to the host school.
- Hospitality Room:** Available only to coaches, school officials, and Tournament personnel. No students should be in the hospitality area.
- Ticket/Passes:** 4 sessions. Tickets for each session will be \$7. Region and Coaches' Associations passes will be accepted. Each coach and wrestler will be issued a wrist band to the tournament. These are not transferable and replacement cost for any pass is \$7.00. Press, officials will be admitted free with proper identification.
(4 session pass will be available on Friday for \$24)