1st Annual Duels Tournament

Date:	Sunday December 18th, 2022 Doors open at 7:00 A.M. - Wrestling Starts at 9:00 A.M.
Location:	Vineland High School South Building, 2880 East Chestnut Avenue, Vineland New Jersey 08361
Teams:	The Duels will consist of (8) teams and each team will be allowed to weigh-in (1) alternate per weight class. Each Team will have a CO-ED division and a GIRLS only division. Girl wrestler may compete in either division, however once per team match. Each team will be allowed (2) Coaches on the mat. Each team will be required to provide (1) table worker/ score keeper. This is a **RECREATION** level duels. No club teams permitted to enter. All wrestlers MUST wrestle for and be registered on your recreational team (NO TEAM STACKING).
Rules:	Periods will be 1 - 1.5 - 1.5 - OT: 1SD - 30RO - 30RO - 30 URO. Headgear and "Rec Team" Singlets are mandatory. All teams will be placed in two groups, consisting of four teams per group. Each team will wrestle every team in their group. Teams will compete in the final round based on the results of the previous matches. Teams will be wrestling for 1st/ 2nd, 3rd/ 4th, 5th/ 6th, and 7th/ 8th. Start Times: ROUND 1: 9:00am * ROUND 2: 10:30am ROUND 3: 12:00pm * FINAL ROUND: 1:30pm
Weigh-Ins:	Weigh-Ins will be held from 7:00 A.M. to 8:00 A.M. All wrestlers will be given a (1) pound weight allowance (MUST Wear Singlet). Girls wrestlers will be given a (1.5) pound weight allowance (MUST Wear Singlet). CO-ED: 50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 -100 - 107 - 115 - 125 - 145 - HWT (180) GIRLS: 60 - 75 - 90 - 105 - 125 (More weight classes will be added if enough Girls enter)
Rosters:	Each team will be required to provide a roster of their team, including the two Coaches on the mat, and the one table worker/ score keeper; **NO LATER** then December 10th.
Fee's:	Team Registration Cost $450.00. A $250.00 *nonrefundable* deposit will be required to reserve your spot and is due by December 1st. Admission: Adults $5.00 - Kids $3.00 - 4 and under free The two Coaches and one table worker/ score keep will be given free entry and (1) free meal ticket.
Awards:	Team Trophies will awarded to the top three teams.
Questions:	A Coaches Meeting will be held at 8:30 A.M. prior to the start of the duels. For more information contact Duels Tournament Director Coach Tim 856-558-3862 or Vldminiwrestling@gmail.com

Red & Grey for Life