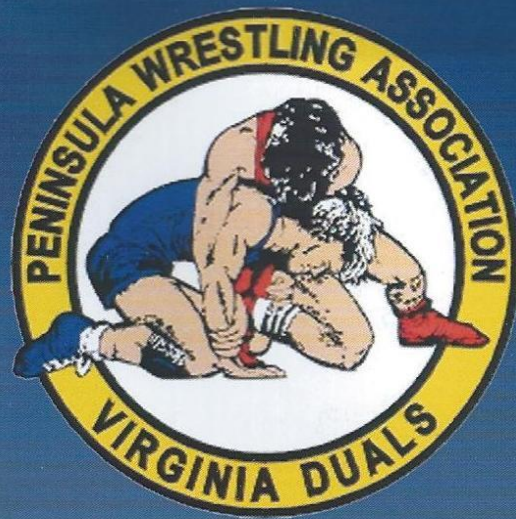
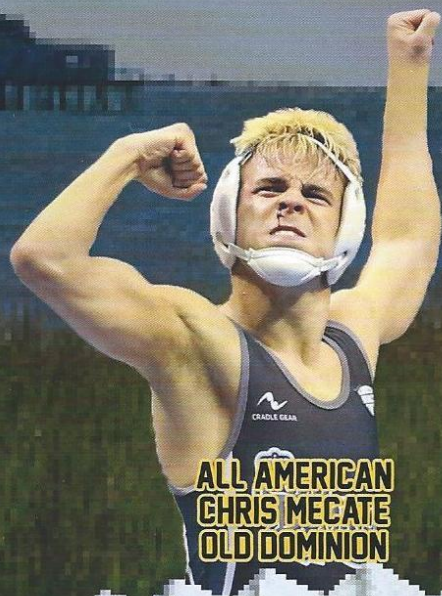


# 36TH ANNUAL VIRGINIA DUALS

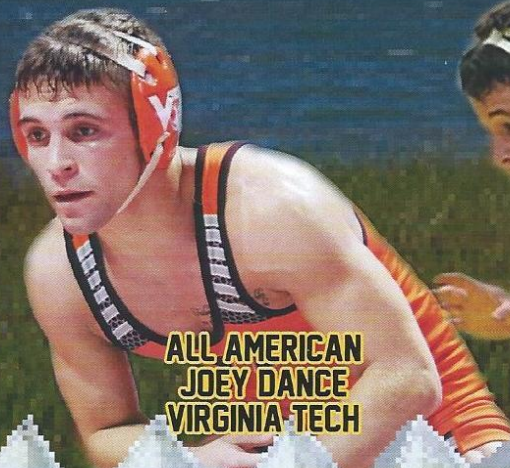


JANUARY 8-9 2016

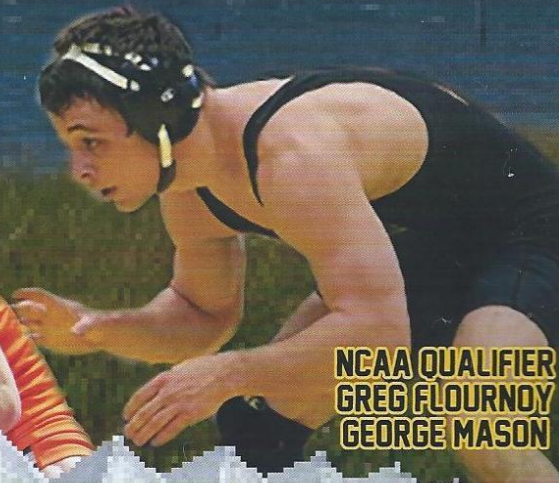
## 2016 Virginia Duals College Coach's Handbook



**ALL AMERICAN  
CHRIS MECATE  
OLD DOMINION**



**ALL AMERICAN  
JOEY DANCE  
VIRGINIA TECH**



**NCAA QUALIFIER  
GREG FLOURNOY  
GEORGE MASON**



**2016 GRAND MARSHAL  
PAT MCCORMICK**

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# **VIRGINIA DUALS**

## **January 8-9, 2016**

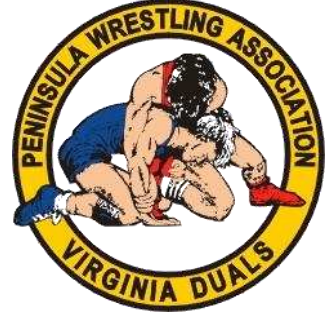
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# PENSINULA WRESTLING ASSOCIATION

P.O. Box 12003  
Newport News, VA23612



14 December 2015

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 36<sup>th</sup> 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 it has grown to 24 colleges, 48 high schools. 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 2016 VA Duals consists of 5 tournaments and at the end of Saturday night we will have completed 122 dual meets and 1660 bouts to determine 5 championship teams and 5 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,

Mike McCormick  
Virginia Duals 2016  
College Tournament Director

# 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 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 Security Personnel.

## Food

**Food:** Wrestlers will be allowed to bring in fruit, drinks, and snacks for **personal use ONLY** into the warm-up and competition area.

Coolers and large food containers are **not permitted** in the general seating stands (where the fans sit).

## 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

# General Information

## Medical

### **SKIN CHECKS** will be an emphasis point at the **Virginia 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.

The Virginia Duals provides one of the most robust on site medical staffs in the Nation. All our on-site doctors are volunteers that support the sport of wrestling! We typically have 3 emergency room doctors, 2 orthopedic doctors, 2 sports medicine doctors, a dentist, and an oral surgeon on call for any facial fractures. The event will also have 3-5 professional trainers at all times. The Coliseum further provides a direct radio channel to the Hampton Fire Department and Ambulance Service, which can be on site in less than 3 minutes with two primary care hospitals within 1.5 miles of the building.

# **General Information**

## **Media**

### **VA Duals Media Relations Director:**

Mr. Jim Heath

Cell: 757-503-8107

Phone: 757-503-8107

E-mail: [james.heath@theuscaa.com](mailto:james.heath@theuscaa.com)

**All Press, Radio, or Video Personnel Must Pre-Coordinate Their Activities with Mr. Heath**



# **General Information**

## **Hotel Information**

### **EMBASSY SUITES**

**Hampton Coliseum Central  
1700 Coliseum Dr, Hampton, VA 23666  
Contact: Brandon BALL  
757-213-8501**

---

### **HILTON GARDEN INN**

**Hampton Coliseum Central  
1999 Power Plant Parkway, Hampton, VA 23666  
Contact: Kris Johnson  
757-310-6333**

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### **Spring Hill Suites**

**(Adjacent to Hilton Garden)  
1997 Power Plant Parkway, Hampton, VA 23666  
Contact: Kris Johnson  
757-310-6333**

---

### **The Hampton Courtyard by Marriott**

**1917 Coliseum Drive, Hampton, VA 23666  
Contact: Candace Sluder  
757-329-0608**

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### **Holiday Inn Express**

**813 West Mercury Boulevard, Hampton, VA 23666  
Contact: Leann Clarke/Christine Biggs  
757-838-8484**

# General Information

## Hospitality

### THURSDAY EVENING: 2016 VA Duals Coach's Social

**Location:** Embassy Suites  
**Time:** 7:00 pm – 10:00 pm  
**Dress:** Casual Attire  
**Invitation Only:** Cash Bar

-----

### 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 start on time, every time! It is one of the particular areas that sets us apart of the all the other major tournaments. This is highly appreciated 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

### 2016 Virginia Duals Tournament Schedule

Thursday, January 7<sup>th</sup>



7:00 p.m. – 11:00 p.m. Coaches Social at THE EMBASSY SUITES

Friday, January 8<sup>th</sup>

9:00 a.m.	National College, 1st Round All Pools	4 mats
	American College, Top Bracket	2 mats
	National High School, 1st Round-Top Bracket	4 mats
11:00 a.m.	National College, 2nd Round All Pools	4 mats
	American College, Bottom Bracket	2 mats
	National High School, 1st Round-Bottom Bracket	4 mats
1:00 p.m.	National College, 3rd Round All Pools	4 mats
	American College, 1st Round Consolation (upper & lower)	2 mats
	National High School, Quarter Finals-Top Bracket	2 mats
	National High School 1st Round Consolations – Top Bracket	2 mats
3:00 p.m.	National College, Semi-Finals Silver & Bronze Brackets	4 mats
	American College, 7th & 8th Place match	1 mat
	National High School, Quarter Finals- Bottom Bracket	2 mats
	National High School, 1st Round Consolation- Bottom	2 mats
	H.S. JV Challenge Mat	1 mat
5:00 p.m.	American High School 1st Round – Top Bracket	4 mats
	Black & Blue High School, 1st Round- Top Bracket	4 mats
	National High School – Loser & Loser Consolation	2 mats
7:00 p.m.	American High School, 1st Round – Lower Bracket	4 mats
	Black & Blue High School 1st Round – Lower Bracket	4 mats
	H.S. JV Challenge Mat	1 mat
	Open Mat	1 mat
8:30 p.m.	American High School, Quarter Finals- Upper & Lower	4 mats
	Black & Blue H. School, Quarter Finals- Upper & Lower	4 mats
	H.S. JV Challenge Mat	1 mat
	Open Mat	1 mat

## Saturday, January 9<sup>th</sup>

<b>8:30 a.m.</b>	<b>American High School, 1st Round Consolations</b>	<b>4 mats</b>
	<b>Black &amp; Blue High School, 1st Round Consolations</b>	<b>4 mats</b>
	<b>H.S. JV Challenge Mat</b>	<b>1 mat</b>
	<b>Open Mat</b>	<b>1 mat</b>
<b>10:00 a.m.</b>	<b>College, Silver/Bronze Bracket 1st/2nd and 3rd/4th Matches</b>	<b>2 mats</b>
	<b>National High School 2nd Round Consolation</b>	<b>4 mats</b>
	<b>Black &amp; Blue High School, Loser &amp; Loser Consolation</b>	<b>2 mats</b>
<b>12:00 p.m.</b>	<b>American High School 2nd Round Consolation</b>	<b>4 mats</b>
	<b>Black &amp; Blue High School 2nd Round Consolations</b>	<b>4 mats</b>
	<b>American High School- Loser &amp; Loser Consolation</b>	<b>2 mats</b>
<b>2:00 p.m.</b>	<b>National College, Gold Bracket Semi-Finals</b>	<b>2 mats</b>
	<b>American College, Semi-Finals</b>	<b>2 mats</b>
	<b>National High Schools, Semi-Finals</b>	<b>2 mats</b>
	<b>American High School, Semi-Finals</b>	<b>2 mats</b>
	<b>Black &amp; Blue High School, Semi-Finals</b>	<b>2 mats</b>
<b>4:00 p.m.</b>	<b>American College, Consolation Semi Finals</b>	<b>2 mats</b>
	<b>National High School, Consolation Quarter Finals</b>	<b>2 mats</b>
	<b>American High School, Consolation Quarter Finals</b>	<b>2 mats</b>
	<b>Black &amp; Blue High School, Consolation Quarter Finals</b>	<b>2 mats</b>
	<b>Open Mats</b>	<b>2 mats</b>
<b>6:00 p.m.</b>	<b>American College, 5th &amp; 6th Place</b>	<b>1 mat</b>
	<b>National High School, Consolation Semi-Finals</b>	<b>2 mats</b>
	<b>American High School, Consolation Semi-Finals</b>	<b>2 mats</b>
	<b>Black &amp; Blue, Consolation Semi-Finals</b>	<b>2 mats</b>
	<b>Open Mats</b>	<b>3 mats</b>
<b>8:30 p.m.</b>	<b>National College Gold Bracket Finals</b>	<b>1 mat</b>
	<b>National College Gold Bracket 3rd &amp; 4th Place</b>	<b>1 mat</b>
	<b>American College Finals</b>	<b>1 mat</b>
	<b>American College 3rd &amp; 4th</b>	<b>1 mat</b>
	<b>National High School Finals</b>	<b>1 mat</b>
	<b>National High School 3rd &amp; 4th Place</b>	<b>1 mat</b>
	<b>American High School Finals</b>	<b>1 mat</b>
	<b>American High School 3rd &amp; 4th Place</b>	<b>1 mat</b>
	<b>Black &amp; Blue High School Finals</b>	<b>1 mat</b>
<b>Black &amp; Blue 3rd &amp; 4th Place</b>	<b>1 mat</b>	

## **2016 Team Tie-Breaker Criteria**

**When two teams finish in a tie, the following criteria shall be applied to determine a winner.**

- 1. Greater number of victories. (Including forfeits, defaults and disqualifications)**
- 2. Combined total number of falls, forfeits, defaults and disqualifications.**
- 3. Total match points scored only from decisions, majors and tech falls.**
- 4. Total number of fall points scored pm; from decisions, major decisions and tech falls.**
- 5. Total number of takedowns scored from only from decision, major decisions, and tech falls.**
- 6. Least number of unsportsmanlike conduct calls.**
- 7. First takedown scored during the dual meet.**

**Note: The method of recording the score in breaking team ties shall be to award one team point to the team winning by criteria followed by the letter of criteria that broke the tie (e.g., Team A 17, Team B 16, criteria A.)**

# **General Information**

## **Grand March/Awards Presentation**

### **GRAND MARCH**

**JANUARY 9, 2016**

**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 Johnny Graham 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 both college and all high 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



**2016 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 (3) scales each manned with (2) operators for each team. On the first and second weigh-in, medical checks will begin 15 minutes prior to each scheduled weigh-in. Teams will proceed through the skin check area in the order they are scheduled to be weighed-in. Weight classes will be assigned to a specific scale and weight must be made on that scale. Weigh-in time is scheduled by team and each wrestler will have one attempt to make weight. If he does not make weight on the first attempt, he will be permitted to step on any or all additional official scales one time in an attempt to make weight immediately following the heavyweight weight class. Wrestlers are not permitted to leave the weigh-in room during their team's weigh-in. Specific team weigh-in times will be assigned when the seeding has been completed. Weigh-ins will be held two (2) hours before the first session on Friday. On Saturday morning, weigh ins for all college teams will be done one hour before the first college match begins. A one pound growth allowance will be granted on the second day if the wrestler weighed in on the first day. A wrestler cannot weigh in the second day if he/she did not weigh in on Friday.

The weigh-in room will be in the Hampton Coliseum and will be open (1) hour before weigh-ins. Preferably only fifteen (15) wrestlers per team will weigh-in each day. Please notify me if you plan on bringing more wrestlers. The Scales will be available at the Coliseum at 2:30 p.m. Thursday for weight checks.

**If you cannot make your scheduled time, call Mike McCormick at 757-570-1439, in advance.**



# Weigh-In Schedule

## Schedule

### Friday-January 8<sup>th</sup>

**6:00 AM** Weigh-in room open. Scales available for weight checks.

**6:45 AM** Skin checks **National College Division 1st Round (all 12 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**7:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

#### National College All Pool Teams (12)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>7:00 am</b>	The Citadel Bucknell	<b>7:09 am</b>	Grand Canyon Chattanooga
<b>7:03 am</b>	George Mason Kent State	<b>7:12 am</b>	Virginia Tech Iowa State
<b>7:06 am</b>	Campbell Arizona State	<b>7:15 am</b>	Old Dominion Rider

**7:03 AM** Skin checks **American College Division 1st Round, Top Bracket (4 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**7:18 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>7:18 am</b>	Kutztown	<b>7:21 am</b>	Camden County
	Central Florida		Liberty

**8:45 AM** Skin checks **American College Division 1st Round, Bottom Bracket (4 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:00 am</b>	Minn. St.-Moorhead	<b>9:03 am</b>	Anderson
	Apprentice School		Ferrum

## Saturday-January 9<sup>th</sup>

**8:00 AM** Weigh-in room open. Scales available for weight checks.

**8:45 AM** Skin checks **National College Teams (12 Teams.)**  
Skin checks follow the same order as team weigh-in schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

### National College Silver & Bronze Bracket Teams (8)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:00 am</b>		<b>9:06 am</b>	
<b>9:03 am</b>		<b>9:09 am</b>	

### National College Gold Bracket Teams (4)

	Scale # 1	Scale # 2	Scale # 3
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:12 am</b>		<b>9:15 am</b>	

**9:03 AM** Skin checks **American College Division Semi-Finals (4 Teams)** and the two teams in consi-semis Skin checks

**9:18 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	<b>Scale # 1</b>	<b>Scale # 2</b>	<b>Scale # 3</b>
<b>Weight Class</b>	<b>125, 133, 141</b>	<b>145, 157, 165</b>	<b>174, 184, 197, HWT</b>
<b>National Division</b>		<b>American Division</b>	
<b>Time</b>	<b>Team</b>	<b>Time</b>	<b>Team</b>
<b>9:18 am</b>		<b>9:24 am</b>	
<b>9:21 am</b>		<b>No teams</b>	

# **Bracket Sheets**

"36 Years of Excellence"



# VIRGINIA DUALS 2016

National Invitational Team Championships

NATIONAL COLLEGE TOURNAMENT BRACKET

The 2016 Virginia Duals National College  
Tournament Championship  
Sponsored by  
**Towne Bank**

### Hampton River Pool

- (A) **The Citadel**  
Friday 9 AM Mat 2

---

- (B) **Bucknell**

---

- (A) **The Citadel**  
Friday 11 AM Mat 2

---

- (C) **Virginia Tech**

---

- (B) **Bucknell**  
Friday 1 PM Mat 2

---

- (C) **Virginia Tech**

### James River Pool

- (A) **George Mason**  
Friday 9 AM Mat 3

---

- (B) **Kent State**

---

- (A) **George Mason**  
Friday 11 AM Mat 3

---

- (C) **Iowa State**

---

- (B) **Kent State**  
Friday 1 PM Mat 3

---

- (C) **Iowa State**

### Poquoson River Pool

- (A) **Campbell**  
Friday 9 AM Mat 7

---

- (B) **Arizona State**

---

- (A) **Campbell**  
Friday 11 AM Mat 7

---

- (C) **Old Dominion**

---

- (B) **Arizona State**  
Friday 1 PM Mat 7

---

- (C) **Old Dominion**

### York River Pool

- (A) **Grand Canyon**  
Friday 9 AM Mat 8

---

- (B) **Chattanooga**

---

- (A) **Grand Canyon**  
Friday 11 AM Mat 8

---

- (C) **Rider**

---

- (B) **Chattanooga**  
Friday 1 PM Mat 8

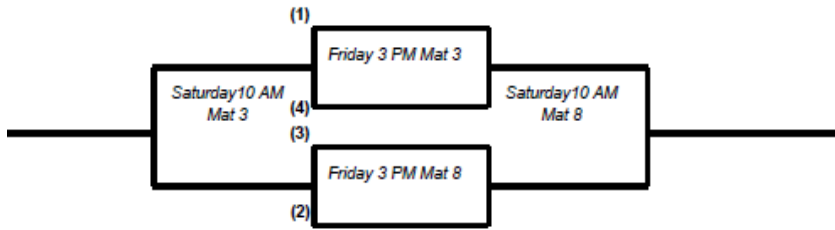
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- (C) **Rider**

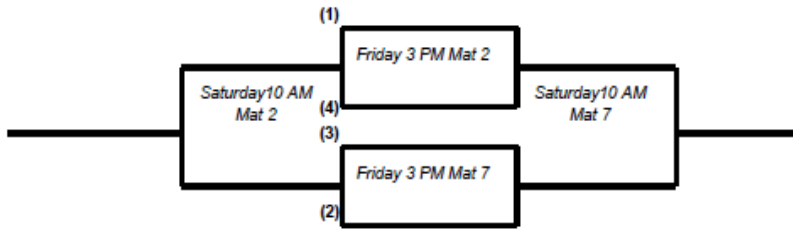
## GOLD



## SILVER



## BRONZE





"36 Years of Excellence"



# VIRGINIA DUALS 2016

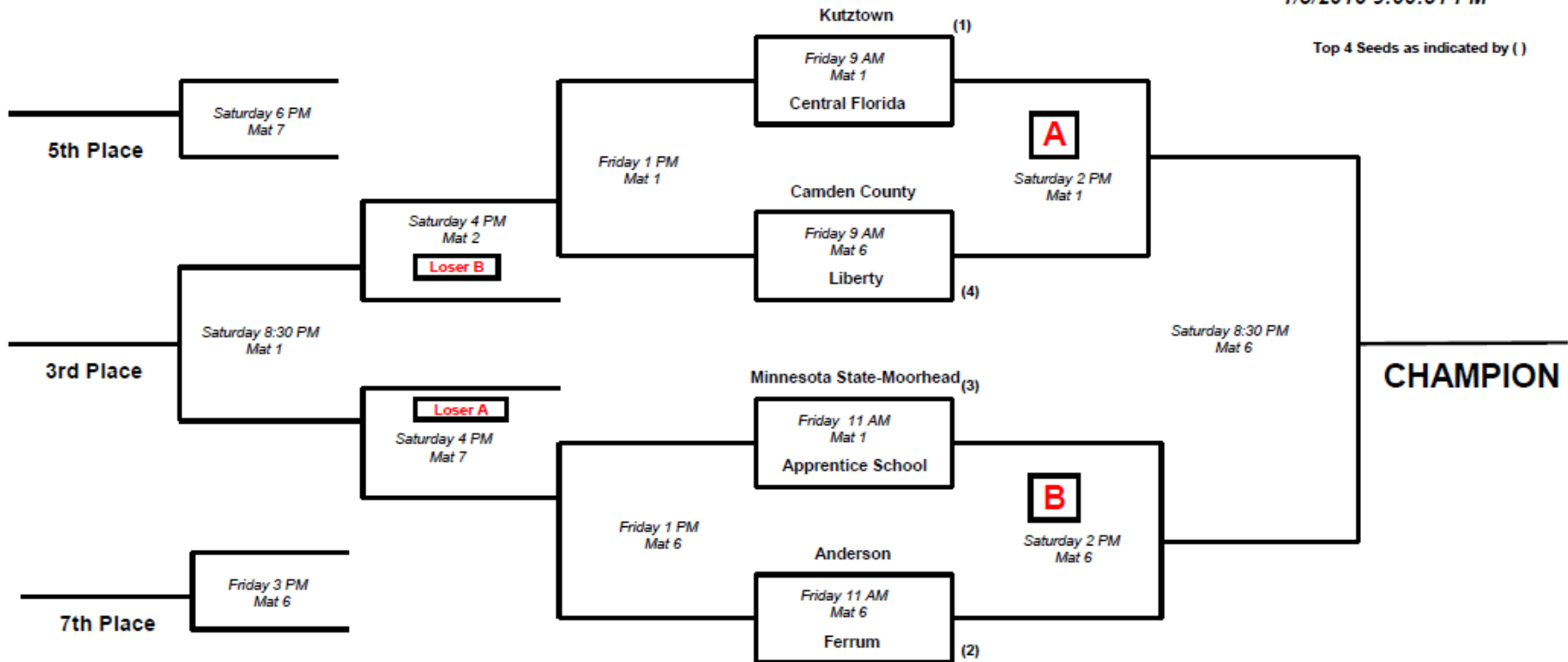
National Invitational Team Championships

AMERICAN COLLEGE DIVISION

The 2016 Virginia Duals American College  
Tournament Championship  
Sponsored by  
**CITY OF HAMPTON,  
VIRGINIA**

1/3/2016 9:00:51 PM

Top 4 Seeds as indicated by ( )



"36 Years of Excellence"



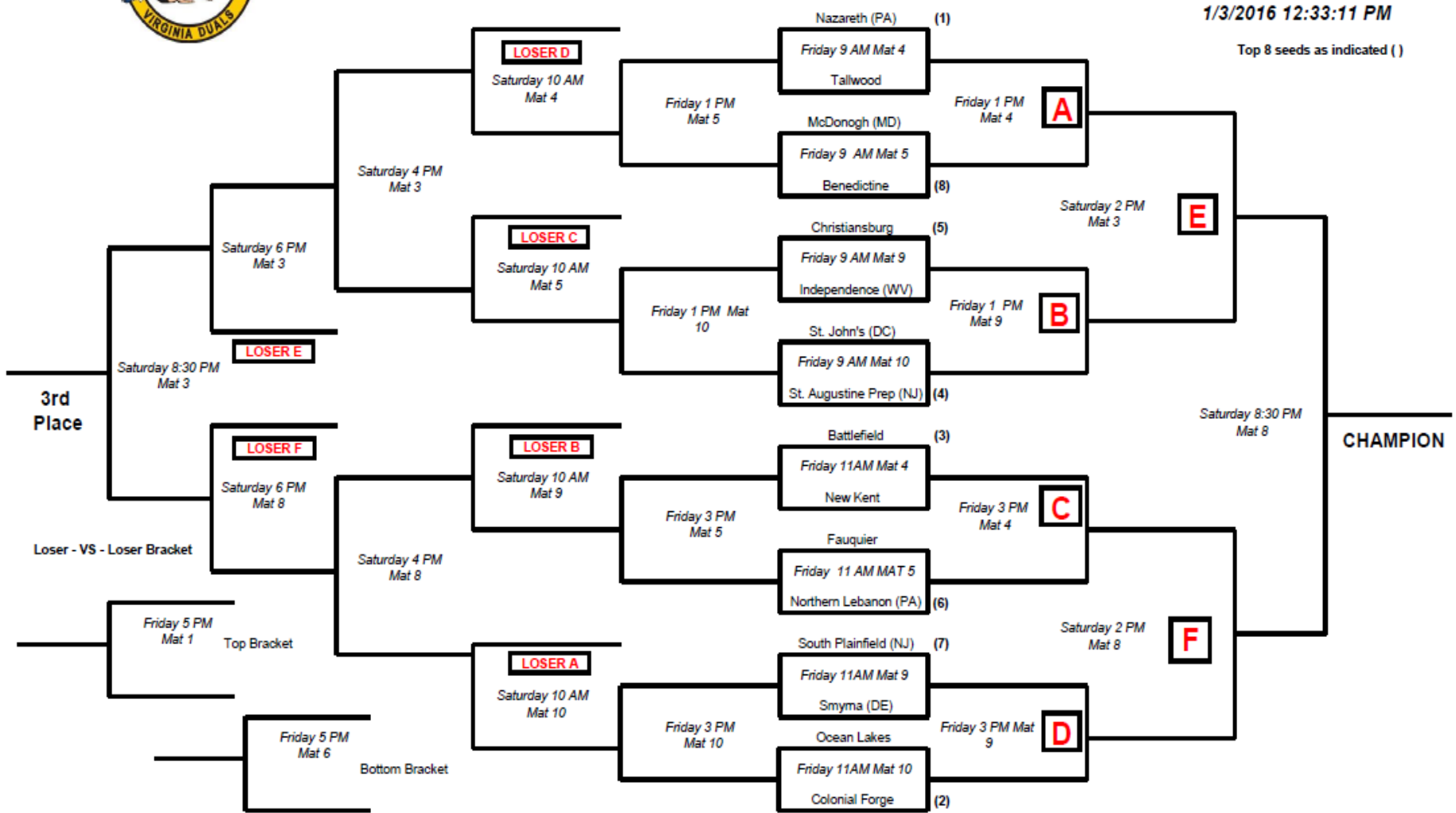
# VIRGINIA DUALS 2016

National Invitational Team Championships  
NATIONAL HIGH SCHOOL DIVISION

The 2016 Virginia Duals National High School  
Tournament Championship  
Sponsored by  
**CLIFF KEEN ATHLETIC**

1/3/2016 12:33:11 PM

Top 8 seeds as indicated ( )



"36 Years of Excellence"



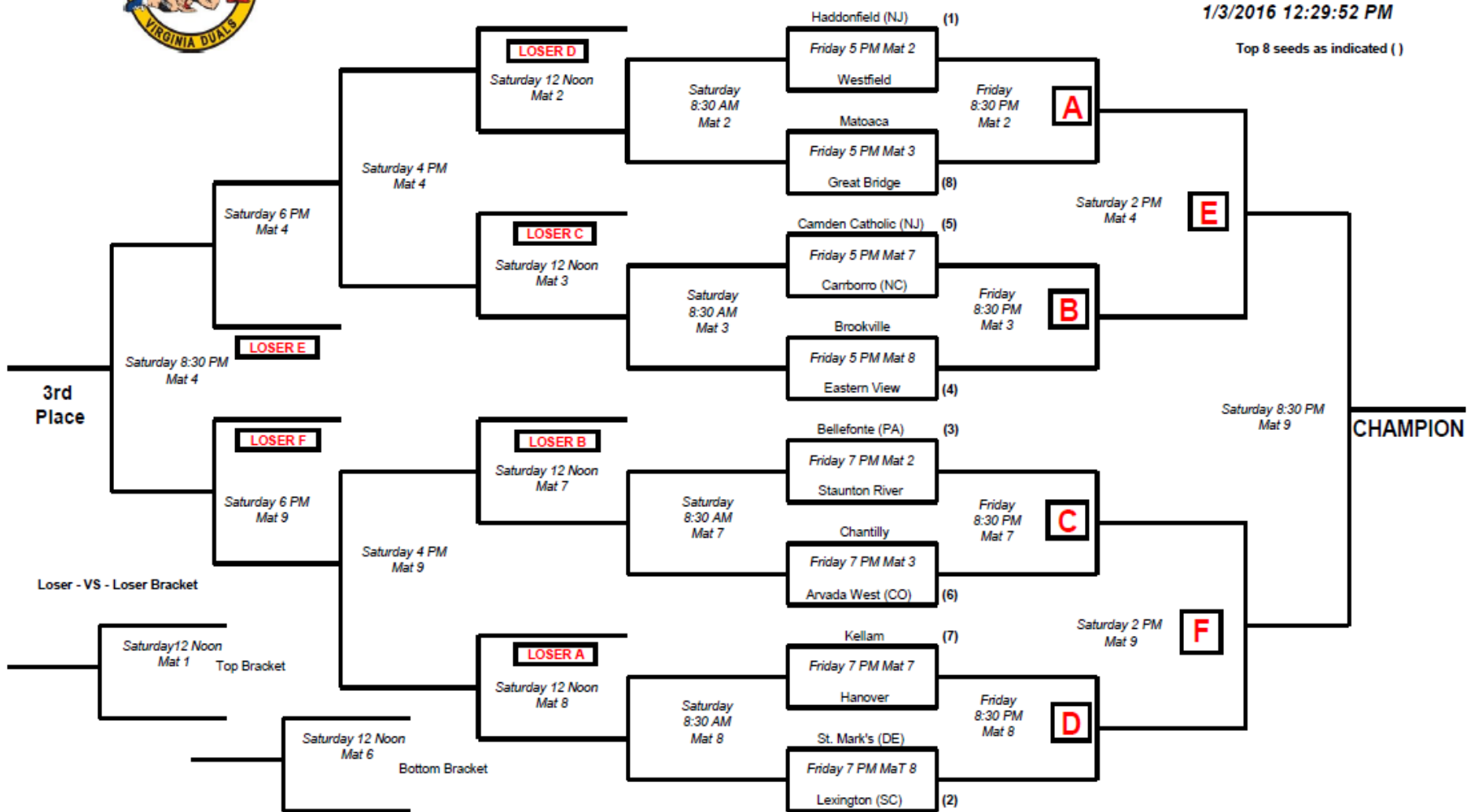
# VIRGINIA DUALS 2016

National Invitational Team Championships  
AMERICAN HIGH SCHOOL DIVISION

The 2016 Virginia Duals American High School  
Tournament Championship  
Sponsored by  
**VIRGINIA ENTERPRISES, INC.**

1/3/2016 12:29:52 PM

Top 8 seeds as indicated ( )



"36 Years of Excellence"



# VIRGINIA DUALS 2016

National Invitational Team Championships

BLACK and BLUE HIGH SCHOOL DIVISION

The 2016 Virginia Duals Black and Blue High School Tournament Championship  
Sponsored by  
**BAY PORT CREDIT UNION**

1/3/2016 3:00:06 PM

Top 8 seeds as indicated ( )

