MANCHESTER POLICE ATHLETIC LEAGUE

MPAL Holiday Wrestling Tournament

presented by NHWAY

N★H★W★A★Y
New Hampshire Wrestling Association for Youth

Sunday, December 16, 2018

Location: Hollis Brookline High School, Cavalier Court, Hollis, NH

Who: Open to boys and girls ages 14 and under

Equipment: Headgear required (and head covering for long hair)

Cost: $20 registration fee per wrestler
$5 insurance day pass for wrestlers who are not members of NHWAY*
$5 spectator fee for over age 12, $20 immediate family max

Registration: Online registration and payment. **Registration closes on Dec 10, 2018.** Registration is limited to the first **400** wrestlers on first come, first served basis.

Registration Link: **https://nhway.sportngin.com/register/form/959953147**

Coaches: All coaches **must** complete the NHWAY Abuse Prevention System (APS) training or posses a current USA Wrestling Coaches' card in order to be matside at this tournament. Coaches will check-in to receive coaches' bands.

APS Training Link: **https://nhway.sportngin.com/register/form/425256180**

Format: Madison weights; age divisions; 4-man round-robins for 6U and 8U age divisions; double elimination brackets for 10U, 12U & 14U. Flo Arena scoring.

Weight: **No weigh-in tournament**. Actual weights must be submitted with online registrations. **A wrestler must be no more than 2 lbs over reported weight on day of event.** Any wrestler or coach may issue a weight challenge against another wrestler. **The challenger must provide $50 cash to the head table to issue the challenge**. If the challenged wrestler is more than 2 lbs over his/her reported weight, the wrestler will be disqualified and the $50 will be returned to the challenger. If the wrestler is less than his/her reported weight plus 2 lbs, then the head table keeps the $50. Coaches may adjust weights for registered wrestlers via e-mail to ***gary@nhway.org*** before Dec 10, 2018.

Ages:
6U Birth Years 2012-2014
8U Birth Years 2010-2011
10U Birth Years 2009-2009
12U Birth Years 2006-2007
14U Birth Years 2004-2005 (NO High School Wrestlers)

Awards: Medals for 1st, 2nd, 3rd and 4th place for 6U & 8U divisions
Medals for 1st, 2nd & 3rd place for 10U, 12U & 14U divisions

Time:

7:00–7:45 am	6U & 8U Check-ins	10:30–11:15 am	10U, 12U & 14U Check-ins
8:00 am	Coaches meeting	11:30 am	Coaches meeting
8:30 am	6U & 8U Wrestling	12:00 pm	10U, 12U & 14U Wrestling

Concessions: **Please leave coolers at home and take advantage of affordable concessions!** Breakfast, lunch and snacks available all day.

Contact: Gary Krupp, gary@nhway.org

** NHWAY Membership available on NHWAY.org website for $17*