



# POP & FLO



# Mini-Men Nationals

**NATIONAL FOLKSTYLE YOUTH/MODIFIED WRESTLING CHAMPIONSHIPS**

*Where the young guns come to settle their differences*

**Saturday, April 26, 2014**

**UNION COLLEGE – Messa Rink at Achilles Center**

807 Union St. • Schenectady, NY

**TOURNAMENT CONCEPT:** In 2010 Journeymen Wrestling and Flowrestling joined forces to create one of the top alliances in wrestling – Pop & Flo Wrestling. That alliance spawned one of the most renowned tournaments in the country – The Pop & Flo National Duals in Lake Placid, NY. Now that Pop & Flo National Duals is up and running, we are shifting some of our energy, creativity and resources to the wrestling young guns! The goal is to use our relationships within the wrestling community to bring the best youth wrestlers together for this event. We plan to properly showcase and promote the legends of tomorrow by giving them the platform they deserve with some airtime on Flowrestling. You and your teammates are cordially invited to scrap with some of the toughest wrestlers in the country.

**OFFICIAL WEIGHT CLASSES:**

**Bantam 2006 and later birthdate**

(6 weights): 43, 48, 53, 60, 70, and HWT (95 lb max)

**Midget 2004/2005 birthdays**

(11 weights): 50, 55, 60, 65, 70, 75, 80, 90, 100, 115, and HWT (145 lb. max)

**Junior 2002/2003 birthdays**

(13 weights): 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 135, 160, and HWT (190 lb. max)

**Intermediate 2000/2001 birthdays – 1999 birthdays permitted if still in 8th grade**

(14 weights): 73, 78, 83, 90, 95, 100, 105, 110, 115, 125, 135, 150, 175, and HWT (230 lb. max)

**WEIGH INS and SKIN CHECK:** on 6 scales

- Weigh ins are Friday afternoon/night. There is a reserve secondary weigh in set for Sat. morning, but this is for extenuating circumstances only and requires pre-approval.
- **First Weigh In:** Friday, April 25 – 5:30-8:30 p.m. • Union College – Messa Rink at Achilles Center
- **Second Weigh In:** Saturday, April 26 – 7:00-7:30 a.m. • Union College – Messa Rink at Achilles Center
- NO WEIGHT ALLOWANCE!
- WEIGHTS CAN ONLY BE CHANGED ONLINE using your user id and password selected at time of registration and payment. Weight changes are allowed through April 22, 2014.

**Wrestling begins at 9:15 a.m. on Sat., April 26 on 10 mats**

**REGISTRATION and ENTRY FEES:**

- **Registration is done online** [www.journeymenwrestling.com](http://www.journeymenwrestling.com) via the tournaflex section (left side of the site). Once tournaflex is accessed, please look for **Pop & Flo Mini-Men Nationals** drop down.
- **Participant Entry Fee: \$51 (includes PayPal admin. fee)**
- **Spectator Entry: \$5, under 5 free**
- **Coaching Passes: \$20** (price includes Admission Pass + Coach's Pass). Only coaches with this pass will be able to enter the wrestling area.

**FORMAT:**

- All divisions feature a full double-elimination format, with wrestle-backs to 4th place.
- Club/Team scoring in affect. Roster should consist of club or school teammates. NO recruiting please.

**SEEDING:** There is no seeding, however, an attempt will be made to separate top tier wrestlers and separate competitors from same state/team when possible.

**MATCH LENGTHS:** All Bouts (Bantams, Midgets, Juniors, Intermediate) 1:30-1:00-1:00.

ALL Wrestle-backs – 1:00-1:00-1:00. OT for All Divisions – 1-minute OT, 2 @ 30-second OT, Final 30-second Ultimate Tie Break.

**GENERAL RULES:**

- Scholastic style. Headgear, singlet, mouth guards (with braces) required.
- **INDIVIDUAL WRESTLER ELIGIBILITY:** For Bantam, Midget, and Junior categories, eligibility by birth year as described on info form.
- JV and varsity-experienced wrestlers ARE allowed to compete if they meet the age requirements (8th grade and below)
- You **MUST** bring proof of grade and age to tournament!
- Trainer will be on-site throughout the competition

**AWARDS:**

- Adidas singlets
- Hoodie sweatshirts by Forever Fierce
- Trophies by Hasty Awards
- Club Team Champion

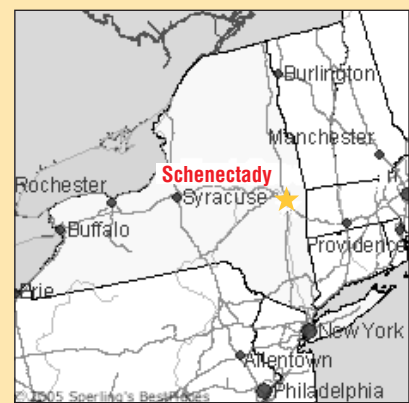
There is no exchanging sizes - all weights have a predetermined size associated with singlets and hoodies.

**CONCESSIONS:** Food and drinks sold on premises

**CONTACT:** Frank Popolizio – [Frank@journeymenwrestling.com](mailto:Frank@journeymenwrestling.com) or (518) 377-5309

[www.journeymenwrestling.com](http://www.journeymenwrestling.com)

**YOU CAN BE A STAR:** Flowrestling covers the top wrestling events in the nation, big and small! Be prepared to bask in the spotlight as Flowrestling highlights participants and matches from the Mini-Men Nationals.



**HOST HOTELS:**

• <b>Hampton Inn</b>	\$109
45 British American Blvd. Latham, NY (518) 782-7500	
• <b>Hilton Garden Inn</b>	\$109
800 Albany-Shaker Rd. Albany, NY (518) 464-6666	

**NEW** **Pop & Flo's Mini-Men Dual Competition**  
**Sunday, April 27, 2014**

Compete in the individual event on Saturday, and then stick around to grab 4 more matches on Sunday, side-by-side with the high school freestyle competition.

**Format:** 8 teams broken up into 2 pools on 4 mats. Each team will receive 4 duals (3 within their respective pool and then one cross over with the corresponding pool).

**Time:** Duals will begin at 9:00 a.m. and finish by 3:00 p.m.

**Cost:** Team entry fee \$400  
Spectator fee \$5

**Mail money order to:**  
Journeyman Wrestling  
101 Mohawk Ave., Scotia, NY 12302  
(Indicate "Mini-Men Duals" in the memo line)  
**DO NOT MAIL ENTRY FEES FOR INDIVIDUAL REGISTRATIONS**





Where the young guns come to settle their differences

## REGISTRATION

**ALL registrations must be RECEIVED BY Saturday, April 19, 2014, AND before the 400 wrestler cap has been reached!**

- All contestants are to weigh in with singlets on
- Any suspect skin conditions should be accompanied by the NYSPHAA skin condition form, accessible on Journeymen Wrestling website.

**WAIVER:** Participation at the POP & FLO Mini-Men Nationals requires that all contestants complete and hand in the applicable waiver at check in.

**ONLINE REGISTRATION/PAYMENT:** Registration is done online [www.journeymenwrestling.com](http://www.journeymenwrestling.com) via the tournaflex section. Once tournaflex is accessed, please look for Pop & Flo Mini-Men Nationals drop down.

### Contact Information:

Frank Popolizio (Journeymen Wrestling)  
518-377-5309 • Frankiepesce@hotmail.com

DETACH WAIVER AND HAND IN, SIGNED, AT CHECK IN

## PARTICIPANT'S WAIVER AND RELEASE FROM LIABILITY

1. I, \_\_\_\_\_, the undersigned, on behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE Union College or Pop & Flo Productions, LLC, its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of Union College/Pop & Flo Productions, LLC, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past present or future, direct or consequential that I may hereinafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any Union College/Pop & Flo Productions, LLC sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
2. Releasor understands and acknowledges that Union College/Pop & Flo Productions, LLC activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
3. Releasor acknowledges and fully understands that each participant in any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from Releasor's own actions, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Further, Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Relationship to Minor