

adidas presents

**POP & FLO**

**Mini-Men Nationals**

**NATIONAL FOLKSTYLE YOUTH/MODIFIED WRESTLING CHAMPIONSHIPS**

Where the young guns come to settle their differences

**Saturday, April 25, 2015**

**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 – **The Pop & Flo Wrestling Series**. That alliance spawned three of the most renowned tournaments in the country – The Pop & Flo National Duals in Lake Placid, NY, Pop & Flo Southern Style Duals, and this - Pop & Flo Mini Men Nationals, an individual tournament focused on getting the best wrestlers in the North-east together in late spring. 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 Flo Wrestling. You and your teammates are cordially invited to scrap with some of the toughest wrestlers in the country

**OFFICIAL WEIGHT CLASSES:**

**Bantam 2007 and later birthdate**

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

**Midget 2005/2006 birthdays**

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

**Junior 2003/2004 birthdays**

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

**Intermediate 2001/2002 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)

**NEW High School 2000-1997 birthdays**

(14 weights): 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285

**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 24 – 6:30-8:00 p.m. • Union College – Messa Rink at Achilles Center
- **Second Weigh In:** Saturday, April 25 – 7:10-7:30 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 23, 2015.

**Wrestling begins at 9:30 a.m. on Sat., April 25 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: \$52.50 (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 effect. 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. High School – 1:30-1:30-1:30. 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), however, the high school division may be a bit more suitable.
- You **MUST** bring proof of grade and age to tournament!
- Trainer will be on-site throughout the competition

**AWARDS:**

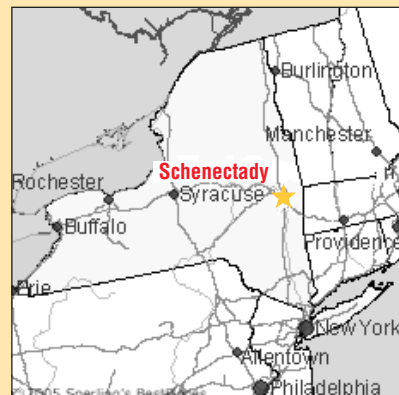
- Adidas singlets
  - Hoodie sweatshirts by Forever Fierce
  - Trophies by Hasty Awards
  - Club Team Champion
- There is no exchanging sizes - all weights have a predetermined size associated with singlets and hoodies.

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

**CONTACT:** Frank Popolizio – [Frank@journeymenwrestling.com](mailto:Frank@journeymenwrestling.com) or (518) 441-2374

[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.



**ACCOMMODATIONS:**

- **Hampton Inn** \$115  
45 British American Blvd.  
Latham, NY (518) 782-7500
- **Comfort Inn & Suites Airport – Wolf Rd** \$115  
16 Wolf Road  
Albany, NY (518) 459-3600

Participants are asked to stay at the host hotels. There are several hotels in the area, but we caution you to do your research or use our host hotels. Some of the hotels in close proximity to the arena simply do not measure up to our organization's standards.

**Pop & Flo's Mini-Men Dual Competition**

**Sunday, April 26, 2015**

Compete in the individual event on Saturday, and then stick around to grab 5 more matches on Sunday, side-by-side with the high school and college freestyle competition.

**Format:** 8 teams broken up into 2 pools on 4 mats. Each team will receive 5 duals (3 within their respective pool and then two cross over with the corresponding pool).

**Time:** Duals will begin at 9:00 a.m. and finish by 4:30 p.m.

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

**Mail money order to:**  
Journeymen Wrestling  
101 Mohawk Ave., Scotia, NY 12302  
(Indicate "Mini-Men Duals" in the memo line)

**DO NOT MAIL ENTRY FEES FOR INDIVIDUAL REGISTRATIONS**





## REGISTRATION

**ALL registrations must be RECEIVED BY Saturday, April 18, 2015, 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 Journeyman 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 (Journeyman Wrestling)  
518-441-2374 • Frank@Journeymanwrestling.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 "Releasers") 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. Releaser 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. Releaser acknowledges and fully understands that each participant in any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including Releaser, 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 Releaser'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, Releaser 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