



Mini-Men Nationals



NATIONAL FOLKSTYLE YOUTH/MODIFIED WRESTLING CHAMPIONSHIPS

Where the young guns come to settle their differences

Saturday, April 16, 2016

UNION COLLEGE – Messa Rink at Achilles Center

807 Union St. • Schenectady, NY

TOURNAMENT CONCEPT: In 2010 Journeyman 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 in NC, and this – Pop & Flo Mini Men Nationals, an individual tournament focused on getting the best wrestlers in the Northeast 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 2008 and later birthdate

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

Midget 2006/2007 birthdays

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

Junior 2004/2005 birthdays

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

Intermediate 2002/2003 birthdays – 2001 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)

High School 2001-1998 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 15 – 6:30-8:00 p.m. • Union College – Messa Rink at Achilles Center
- **Second Weigh In:** Saturday, April 16 – 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 15, 2015.

Wrestling begins at 9:30 a.m. on Sat., April 16 on 10 mats

REGISTRATION and ENTRY FEES:

- **Registration is done online** 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: \$54.00 (includes PayPal admin. fee)**
- **Spectator Entry: \$5, under 5 free**
- **Coaching Passes: \$25** (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.

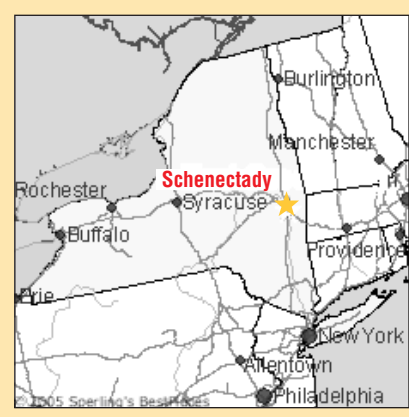
OT for All Divisions – 1-minute OT, 2 @ 30-second OT, Final 30-second Ultimate Tie Break.

GENERAL RULES:

- College boundaries
- Scholastic style. Headgear, singlet recommended and 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

CONCESSIONS: Food and drinks sold on premises

CONTACT: Frank Popolizio
Frank@journeymenwrestling.com or (518) 441-2374
www.journeymenwrestling.com



ACCOMMODATIONS:

- **Holiday Inn Express Suites**
Rooms: 25 • \$115/night • (11.25 mi)
18 Clifton Park Village Rd.
Clifton Park, NY (518) 782-7500
- **Hampton Inn - Albany Airport**
\$115/night • (7.7 mi)
45 British American Blvd.
Latham, NY 12110 (518) 782-7500
- **Hampton Inn Clifton Park**
\$119/night • (12 mi)
620 Plank Rd.
Clifton Park, NY (518) 373-2345
- **Doubletree Schenectady**
\$159/night • (1 mi) use group code JMA
100 Nott Terrace
Schenectady, NY (518) 393-4141

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.

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.



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.

