

# 2023 FAR WESTERN REGIONAL

**When:** March 4<sup>th</sup>, 2023. Session 1: D1 - D5 starts @ 9:00am. Session 2: D6 - D10 starts @ 1:30pm  
**Where:** North Tonawanda High School-405 Meadow Drive, North Tonawanda, NY 14120 (enter through the Alumni Center)

**Weigh-ins:** **NO DAY OF WEIGH-INS!!! Locations below- NO EXCEPTIONS**

Friday- March 3<sup>rd</sup>, 2023- Eden High School-3150 School view Road, Eden, NY 14057 from 6:30-7:30 pm

Friday- March 3<sup>rd</sup>, 2023-Gowanda Central School- 10674 Prospect St. Gowanda, NY 14070 from 6:30-7:30 pm

Friday- March 3<sup>rd</sup>, 2023-North Tonawanda- 405 Meadow Drive, North Tonawanda, NY 14120 from 6:30-7:30 pm

Friday- March 3<sup>rd</sup>, 2023-Revolution Elite- 119 Main St. Lockport, NY 14108 from 6:30-7:30 pm

**Registration:** \$30 and limited to current NYWAY Members. No day passes available. Online Registration only - closes 11:59 on Thursday- March 2<sup>nd</sup>, 2023 NYWAY Memberships can be purchase - [www.nyway.org](http://www.nyway.org)  
Regional Tournament registration-

**Admission:** \$5 for Adults, \$2 for children over the age of 6. 5 under are FREE.

**Awards:** Top 4 in each weight class will receive ALL Regional Certificates and Medals.

**Tournament Director:** Kristen Tessier-- Contact via email- [kristentessier@gmail.com](mailto:kristentessier@gmail.com)

**2023 NYWAY Regional Divisions & Weights on full mats:**

D1 (2017):	38, 41, 45, 50, 56, HWT (Max 65)
D2 (2016):	41, 44, 47, 50, 54, 58, 63, 68, HWT (Max 78)
D3 (2015):	44, 47, 50, 53, 57, 61, 65, 70, 76, 83, HWT (Max 94)
D4 (2014):	50, 53, 56, 59, 63, 67, 71, 75, 80, 86, 93, 101, HWT (Max 115)
D5 (2013):	54, 58, 62, 66, 70, 75, 80, 86, 94, 102, 112, 122, HWT (Max 140)
D6 (2012):	58, 62, 66, 70, 74, 78, 83, 88, 94, 102, 112, 122, 134, HWT (Max 155)
D7 (2011):	65, 70, 75, 80, 85, 90, 96, 102, 110, 120, 130, 142, 155, HWT (Max 175)
D8 (2010):	70, 75, 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, HWT (Max 195)
D9 (2009):	81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, 188, 210, HWT (Max 245)
D10 (2008/2004):	102, 110, 118, 126, 132, 138, 145, 152, 160, 170, 189, 215, HWT (Max 285)



**Exemptions** - All wrestlers with 3 varsity matches (forfeits do not count) automatically qualify for the NYWAY State Championships but are highly encouraged to participate in the Regionals. 7<sup>th</sup> and 8<sup>th</sup> graders who are varsity wrestlers are also exempt from the regionals **IF** they are wrestling in the D10 division. Top 6 place finishers at NYSPHSAA High School State Championships, regardless of grade, will need to compete in the D10 division. All 2004 born wrestlers must still be in high school. **NO** Double bracketing.

**\*TO BE MAT-SIDE YOU MUST HAVE PRESENTED YOUR SAFE SPORT TRAINING CARD AT ADMISSIONS TO RECEIVE YOUR WRIST BAND\***

**NO EXCEPTIONS WILL BE MADE- FOR ANY NYWAY REGIONAL & STATE CHAMPIONSHIPS**

**2023 Regional Rules:**



- ✓ All divisions are determined by birth year.
- ✓ Open to all Girls. Must qualify to compete in boys division at NYWAY State Championships. All girls auto qualify for **Girls only** division at the NYWAY State Championships.
- ✓ Modified NYS High School Rules with NYS Certified Referees
- ✓ NFHS overtime rules apply to D8, D9 & D10. Headgear is highly encouraged. Mouth Gear Mandatory with braces.
- ✓ Period lengths - Divisions 1-7 (1-1-1) Overtime 1 min then: 30 sudden victory. D8, D9 & D10 (1:30, 1:30, 1:30) true overtime
- ✓ Top 4 in each weight class qualify for the NYWAY Championships on March 25<sup>th</sup> and 26<sup>th</sup> at Expo Center-Syracuse, NY and **MUST** compete at same weight class at the NYWAY States.
- ✓ Welcome to all wrestlers who attend a school within the Far Western Regional boundaries
- ✓ Weight classes with 5 or fewer wrestlers will wrestle in a round robin format. Weight classes' will not be combined. This is a NYWAY State Championship qualifier. Exhibitions will be allowed.
- ✓ **No weight allowance** and must weigh in a singlet.
- ✓ If wrestlers do not make the weight they are registered in, they will be moved to the next weight class up and **must** compete at the same weight in the NYWAY State Championships.

**Follow live at [www.trackwrestling.com](http://www.trackwrestling.com)**