

2023 HUDSON VALLEY REGIONAL QUALIFIER

When: Sunday- March 5th, 2023

Session 1- D1, D2, D3, D4, D10; wrestling will begin at 9:30 am.

Session 2- D5, D6, D7, D8, D9; wrestling will begin at 1:00 pm

Where: Valley Central High School-1175 Rt. 17k Montgomery, NY 12549

Weigh-ins: Sunday, March 5th, 2023- D1-D4, D10 from 7:00 am to 8:00 am

Sunday, March 5th, 2023- D5-D9 from 11:00 am-12:00 pm

Registration: \$30 and limited to current NYWAY Members. No day passes available.

Online Registration only! @ Registration closes @ 11:59 pm on Friday-March 3rd, 2023

If you attend Hudson Valley's Premier Wrestling Tournament on March 4th your weigh-in will count for the NYWAY Hudson Valley Regional. All 1st place winners in Saturday's tournament will be seeded #1 into the Regional. The Regional is ONLY open to residents who reside in the Hudson Valley Region! Top 4 qualifier in the HV Regional qualify for the 2023 NYWAY State Championship!

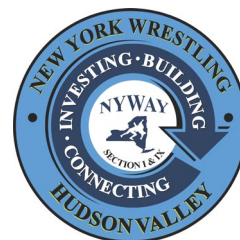
NYWAY Memberships can be purchase - www.nyway.org

Admission: \$5 for Adults, \$1 for children over the age of 6. 5 & under are **FREE**.

Tournament Director: Peter Merli -- Contact via email- pmerli76@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. 7th and 8th graders who are varsity wrestlers are also exempt from the regionals **IF** they are wrestling in the D10 division. Top 6 place finishers at NYS PHSAA 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 25th and 26th 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 Hudson Valley 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