



3rd Annual Vineland Holiday Duels

Date & Time
Sunday December 22nd, 2024 Doors open at 8:00 A.M. - Wrestling Starts at 10:00 A.M.
Location
Vineland High School South Building, 2880 East Chestnut Avenue, Vineland New Jersey 08361
Team Registration
The Duels will consist of up to eight teams and each team will be allowed up to two wrestlers per weight class; one varsity wrestler and one alternate varsity wrestler. Each team will be required to provide one table worker/ scorekeeper. Each team will be allowed two Coaches on the mat. This is a RECREATION level Duels . No club teams permitted to enter. All wrestlers participating on your team MUST BE REGISTERED on your recreational team. Any wrestler determined to not be on your recreation team will be disqualified. Teams with weight class vacancies may use wrestlers ONLY from other teams participating in the Duels.
Rules
Bouts will be 1m - 1.5m - 1.5m - Overtime: 1m - 30s - 30s. Headgear, wrestling shoes, and "Recreation Team" singlets are mandatory, no club singlets, or personalized singlets. All teams will be placed in two groups, consisting of four teams per group. Each team will wrestle every team in their group during the first three rounds. Teams will compete in the final round based on the results of the previous matches. Teams will be wrestling for 1st-2nd, 3rd-4th, 5th-6th, and 7th-8th. ROUND 1: 10:00 A.M. ROUND 2: 11:30 A.M. ROUND 3: 1:00 P.M. FINAL ROUND: 2:30 P.M.
Weigh-Ins
Weigh-Ins will be held from 8:00 A.M. to 9:00 A.M. All wrestlers will be given a (1) pound weight allowance. 52, 56, 60, 65, 70, 75, 80, 85, 90, 95, 100, 106, 112, 118, 125, 135, 145, 165, 200
Rosters
Each team will be required to provide a roster of their team, including the two Coaches on the mat, and the one table worker/ scorekeeper; NO LATER than Wednesday December 18th.
Fees
Team Registration \$450.00. A \$250.00 nonrefundable deposit will be due December 10th to reserve your spot Admission: Adults \$5.00 - Kids \$3.00 - 4 and under free Two Coaches and one table worker from each team will be given free entry and one free meal ticket.
Awards
Team Trophies will be awarded to the Top Four Teams.
Concession
Breakfast & Lunch available all day (Cash or Venmo)
More Information
A Coaches Meeting will be held at 9:30 A.M. prior to the start of the Duels. For more information contact Tournament Director Coach Tim at Vldwrestlingtournaments@gmail.com or Vinelandwrestling.com