

2025 CAPITAL REGIONAL QUALIFIER

When: February 9th, 2025 Doors open at 7am
Where: South Colonie High School - 1 Raider Blvd. Albany, NY 12205
Weigh-ins: 7:15-8:30 am- South Colonie High School-Wrestling will begin when brackets are completed.
Registration: \$35 and limited to current NYWAY Members. No day passes available.
Online Registration only -Registration closes on Friday- February 7th at 11:59 pm
NYWAY Memberships can be purchased at www.nyway.org
Admission: \$5 for Adults, \$2 for children over the age of 6. 5 & under are **FREE**.

Tournament Director: Matt Foster @ matt25112@gmail.com

2025 NYWAY Regional Divisions & Weights on full mats:

D1 (2019):	38, 41, 45, 50, 56, HWT (Max 65)
D2 (2018):	41, 44, 47, 50, 54, 58, 63, 68, HWT (Max 78)
D3 (2017):	44, 47, 50, 53, 57, 61, 65, 70, 76, 83, HWT (Max 94)
D4 (2016):	50, 53, 56, 59, 63, 67, 71, 75, 80, 86, 93, 101, HWT (Max 115)
D5 (2015):	54, 58, 62, 66, 70, 75, 80, 86, 94, 102, 112, 122, HWT (Max 140)
D6 (2014):	58, 62, 66, 70, 74, 78, 83, 88, 94, 102, 112, 122, 134, HWT (Max 155)
D7 (2013):	65, 70, 75, 80, 85, 90, 96, 102, 110, 120, 130, 142, 155, HWT (Max 175)
D8 (2012):	70, 75, 81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, HWT (Max 195)
D9 (2011):	81, 87, 93, 99, 106, 113, 120, 128, 136, 145, 155, 170, 188, 210, HWT (Max 245)



Exemptions - All JV and Varsity wrestlers are exempt from the Regional Qualifiers and can register for the State Championship at any time. 7th and 8th graders who are JV/Varsity wrestlers are also exempt from the regionals if they wrestle in D10, if wrestling in their age bracket they will need to qualify at a Regional.

***TO BE MAT-SIDE YOU MUST HAVE PRESENTED YOUR SAFE SPORT TRAINING CARD & PHOTO ID AT ADMISSIONS TO RECEIVE YOUR WRIST BAND-All spectators MUST stay behind the ropes and off the mats UNLESS YOUR WRESTLER IS WRESTLING* This will be enforced heavily this year.**

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

2025 Regional Rules:

- ✓ All divisions are determined by birth year.
- ✓ Open to all Girls. Must qualify to compete in boys' open 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.
- ✓ **Headgear is MANDATORY. Mouth Gear MANDATORY with braces.**
- ✓ Period lengths - Divisions 1-6 (1-1-1) Overtime 1 min then: 30 sudden victory. D7, D8, D9 & D10 (1:30, 1:30, 1:30) true overtime. Divisions D7-D9 wrestle backs will be 1-1-1.
- ✓ Top 6 in each weight class qualify for the NYWAY Championships on March 8th and 9th 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 Capital 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 time depending.
- ✓ **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.



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