

Northern Virginia Wrestling Federation



NVWF

20141207-1800



Event Preparation Guide for Clubs, Coaches, and Parents

Including the table assignment process,
event registration, weighin, pairings,
table management, and scoring matches

Contact Bill Marck, NVWF Secretary, for comments and suggestions to this document
www.nvwf.net

Getting NVWF Table Assignments – Step 1

www.nvwf.net

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Fairfax, VA July 9-12
To Register for Northern VA Camp Click Here

Northern Virginia Wrestling Federation
of Fairfax, VA

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WELCOME TO NVWF'S HOME ON THE WEB!



The Northern Virginia Wrestling Federation (NVWF) is an all-volunteer Non-profit 501(c)3 Non-Stock Corporation formed by 4 clubs in 1966 to promote wrestling in the Northern Virginia area. NVWF is the ONLY beginners' wrestling organization for the D.C. Metropolitan Area. 38 wrestling clubs with over 1,800 coed wrestlers ages 5 to 14 from 12 different cities and towns in 11 Virginia counties are NVWF members.

NVWF stresses safety and sportsmanship while having fun. Fairfax County Department of Recreation presented NVWF a Community Service Award "for enriching the lives of Fairfax County citizens by providing opportunities for quality amateur athletic competition."

Clubs start registration in September. Please contact individual clubs regarding registration timeframes and costs. NVWF requires separate membership with USA Wrestling for their secondary medical insurance coverage.

Practices start in November with the first meet in December. Please contact individual clubs regarding practice schedules.

NVWF holds up to 16 meets on 8 weekends from December through February. A Final Tournament with all clubs is held in late February or early March. We contract with Fairfax County Public School Athletic Trainers to provide professional medical care at our tournaments.

If you have any questions, contact us at syawrestling@aol.com

NEWS HEADLINES

JANUARY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Loading Weather...

Note: some information may be filed under "Hey Coaches"

Click here to get table assignments

- Enter the website: www.nvwf.net
- Click on parent's corner, but hold the mouse button down when dragging it next to the right

Getting NVWF Table Assignments – Step 2

The screenshot shows a web browser window with the URL www.nvwf.net/Documents.asp?n=47508&org=nvwf.net. The browser's address bar and search bar are visible. The website's header features a banner for the "Virginia Camp" and the "Northern Virginia Wrestling Federation of Fairfax, VA". Below the banner is a navigation menu with links: NVWF Home, Teams, and NVWF Forms. A sidebar on the left contains a list of links: Home, Registration Info, Parent's Corner, Meet Information, Regional Tournament Procedures, Hey Coaches!, Feedback, Integrate Websites, Team Contacts, Master Schedule, Meet Directions, Exchange, Sponsors, and Edit My Account. The main content area is titled "Meet Information" and lists several items: Table Assignments, Meet Procedures, Meet Results, Regional Tournament Results, Osbourn Meet #4 Bantam- Midget Bouts, and 2013- 14 NVWF Schedule. A red arrow points from the "Parent's Corner" link in the sidebar to the "Table Assignments" link in the main content area.

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- Table Assignments
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- Regional Tournament Results
- Osbourn Meet #4 Bantam- Midget Bouts
- 2013- 14 NVWF Schedule

Note some or all of the preceding documents can be downloaded and displayed and/or printed in Adobe's Acrobat format. If you do not have Adobe's free Acrobat Reader software, **download** it now.

Drag the mouse here after selecting Parent's Corner

Getting NVWF Table Assignments – Step 3

The screenshot shows the Northern Virginia Wrestling Federation (NVWF) website. The browser address bar displays www.nvwf.net/Documents.asp?n=47508&org=nvwf.net. The website header features a navigation bar with links like 'NVWF Home', 'Teams', and 'NVWF Forms'. Below the header, the 'Meet Information' section is active, displaying a list of 'Table Assignments'. The list includes links for '2012-2013 Meet Table Assignments', '2011-2012 Meet Table Assignments', and '2013-2014 Meet Table Assignments'. Under the '2013-2014 Meet Table Assignments' section, there are several links: 'FAQ Meet 1, 12-15-13', 'King George Meet 4, 1-5-14', 'Manassas Park Meet 3, 1-5-14' (highlighted with a red dashed box and a red arrow), and 'OHS Meet 2, 12-15-13'. Below the 'Table Assignments' section, there is a 'Meet Procedures' section with a link for '2013- 14 NVWF Schedule'. At the bottom of the page, there is a link for 'Meet Schedule 2013-14' (highlighted with a blue arrow). A red text box with an arrow points to the 'Manassas Park Meet 3, 1-5-14' link, stating: 'Click on the appropriate file to download or open, In this case, we selected the January 5th Manassas Park file'. A blue text box with an arrow points to the 'Meet Schedule 2013-14' link, stating: 'The master schedule for the season is here'.

www.nvwf.net/Documents.asp?n=47508&org=nvwf.net

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Table Assignments

2012-2013 Meet Table Assignments

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2013-2014 Meet Table Assignments

FAQ Meet 1, 12-15-13

King George Meet 4, 1-5-14

Manassas Park Meet 3, 1-5-14

OHS Meet 2, 12-15-13

Meet Procedures

2013- 14 NVWF Schedule

Meet Schedule 2013-14

Click on the appropriate file to download or open, In this case, we selected the January 5th Manassas Park file

The master schedule for the season is here

NVWF Master Season Schedule

CLOSES PROMPTLY AT THE TIMES INDICATED

Week	DATE	LOCATION	REGISTRATION CLOSES				HOST (Co-Hosts)	CONTACT	ATTENDING CLUBS	Gets Box After Meet	MEET Week
			BAN/MID	JUN	INT	SEN					
1	DEC 15	Fauquier HS 8am -6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	FAQ KGWC, BND	Paul Winner buddbunch@aol.com	ANN, BND, CYA, DSYS, FAQ, FPYC, FWC, HJHW, KGWC, LYWC, MTUS, RFW, RWC, STR, SYA, VEWC	KGWC	1
		OSBOURN H.S. 8am -6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	BRW CWC, PWWC	Tim Weaver Bullrunwrestling@gmail.com	AJT, BRW, BWC, BT, CWC, FCWC, FTB, FTM, HH, HRW, LIONS, MV, OWC, PWWC, SH, TC, VYI	CWC	
2	JAN 5	MANASSAS PARK 8am - 6 pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	CWC STR, HRW	Greg Jenkins matboss@aol.com	AJT, BND, BRW, BT, BWC, CWC, DSYS, FWC, HH, HRW, LYWC, OWC, RWC, RFW, STR, VEWC	CWC	2
		KING GEORGE HS 8am - 6 pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	KGWC, FTB	Jeff Kraisser jeff.kraisser@gmail.com	ANN, CYA, FAQ, FPYC, FWC, FTB, FTM, HJHW, KGWC, LIONS, MTUS, MV, PWWC, SH, SYA, TC, VYI	ANN	
3	JAN 12	ANNANDALE HS 8am - 6 pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	ANN MTUS, TC	Keith Shoulders kmsshoulders@fcps.edu	ANN, AJT, BND, CYA, FPYC, FWC, FWT, FTM		3
		Manassas Park H.S. 8am -6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	CWC SH, RWC	Greg Jenkins Matboss@aol.com			
4	JAN 19	Falls Church HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	SYA RFW, VYI	Aristina Bennett-Kirkwood awrestling@aol.com			4
		Lake Braddock 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	BWC FTB, CYA	Bill Flynn btflynn@dcpsports.net	ANN, BND, BWC, CYA, DSYS, FPYC, FTB, FTM, FWC, HH, HJHW, LYWC, MTUS, MV, OWC, PWWC, STR, VEWC	LYWC	
5	JAN 26th	North Stafford HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM					5
		Woodgrove HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM					
6	FEB 2	Brentsville 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM					6
		Liberty HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	VEWC LIONS, MTUS	Joe DiVello joedivello@gmail.com	ANN, BWC, CYA, DSYS, FAQ, FTB, HH, HRW, KGWC, LIONS, LYWC, MTUS, PWWC, RWC, SH, TC, VEWC, VYI	HJHW FWC	
7	FEB 9TH	Hayfield HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	HJHW SYA, PWWC	Gary Dennis	ANN, BRW, CWC, DSYS, FPYC, FTB, HJHW, HRW, LYWC, MTUS, OWC, PWWC, SH, STR, SYA, TC, VYI	FPYC	7
		Edison HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	FWC CYA, FCWC	Andrea Palermo rea.palermo@verizon.net	AJT, BND, BT, BWC, CYA, FAQ, FCWC, FTM, FWC, HH, KGWC, LIONS, MV, RWC, RFW, VEWC	HH	
8	FEB 16th	Battlefield HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	HH BRW, STR	Ken Kanowik kanowik@hotmail.com	BRW, BT, CWC, FAQ, HH, HRW, LYWC, OWC, PWWC, RWC, RFW, STR, SYA, VEWC, VYI	LYWC	8
		Fairfax HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	FPYC RWC, TC	Matt Buchanan	AJT, ANN, BND, BWC, CYA, DSYS, FPYC, FCWC, FTB, FTM, FWC, HJHW, KGWC, LIONS, MTUS, MV, SH, TC	SH	
9	FEB 23rd	North Stafford HS 8am -6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	SH ANN, VYI	Troy Heitchew troy@usttl.com	ANN, BND, BRW, BWC, FCWC, FTM, HH, HRW, KGWC, MTUS, PWWC, OWC, SH, RWC, RFW, STR, VYI	BWC	9
		Loudoun Valley HS 8am-6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM	LYWC LIONS, CYA	Mike Gringas ke.gringas@comcast.net	AJT, BT, CWC, CYA, DSYS, FAQ, FPYC, FTB, FWC, HJHW, MV, LIONS, LYWC, SYA, TC, VEWC	SYA	
Regional	March 1	Lake Braddock H.S. 8:00am-8:00pm	8:45 AM			1:00 PM	BWC SYA, BRW, FPYC	Scott Matheny matheny7@yahoo.com	ALL TEAMS Bantam -Midget-Senior	BWC	Regional
	March 2	Lake Braddock H.S. 8:00am-8:00pm		8:45 AM	1:00 PM		BWC SYA, BRW, FPYC	Scott Matheny matheny7@yahoo.com	ALL TEAMS Junior-Intermediate	BRW, HH CWC	

Example shows Rangers RWC, and Dulles South DSYS both participating at the Manassas event on Jan 5th

Example also shows registration and weigh-ins promptly end at 8:45 am, Junior weigh-ins end at 11:15, and so on

Note: Host Team MUST ensure that the computer and related materials are returned to the NVWF registrar by Sunday evening following the meet (Monday evening for Sunday meets)

AJT: Alexandria Junior Titans
ANN: Annandale
AR: Arlington Tigers

CWC: Cougar Wrestling Club
CYA: Chantilly Youth Assoc.
DSYS: Dulles South Youth Sports

HH - Haymarket Hurricanes
HJHW: Hayfield Junior Hawks Wrestling
HRW: Herndon Rattler Wrestling

PWWC: Prince William Wrestling Club
RWC: Rangers Wrestling Club
RFW: RuFF Wrestling

Registration Process on the Morning of the Event

CLOSES PROMPTLY AT THE TIMES INDICATED						
Week	DATE	LOCATION	REGISTRATION CLOSES			
			BAN/MID	JUN	INT	SEN
1	DEC 15	Fauquier HS 8am -6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM
		OSBOURN H.S. 8am -6pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM
2	JAN 5	MANASSAS PARK 8am - 6 pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM
		KING GEORGE HS 8am - 6 pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM
3	JAN 12	ANNANDALE HS 8am - 6 pm	8:45 AM	11:15 AM	1:15 PM	3:15 PM
		Manassas Park H.S.	8:45 AM	11:15 AM	1:15 PM	3:15 PM

2014-2015 Season Age Groups

<u>Division</u>	<u>Birth Year</u>
Bantam	(2008-2009)
Midget	(2006-2007)
Junior	(2004-2005)
Intermediate	(2002-2003)
Senior	(2000-2001)

Wrestlers age groups are determined by year of birth

Step 1 – parents bring wrestlers to weighin well in advance of the closing times for your respective age group, at one of the two venues assigned by your club (*in this example both the Bantams and Midgets need to arrive before 8:45 am*)

Step 2 – wrestlers walk to the registration table to get your “card” containing your registration information

Step 3 – wrestlers walk to the weighin station and get on the scale (*must wear a singlet, and must be clothed*)

Step 4 – NVWF officials will group wrestlers in groups of four so each wrestler gets three matches if possible

- beginners are matched with other beginners (*designated as “B”*)
- advanced wrestlers are matched with other advanced wrestlers (*designated as “A”*)
- Bantams are matched with bantams, midgets are matched with midgets, and so on
- Wrestlers are generally no more than 10% apart in weight (*otherwise called the Madison System*)

Step 5 – Sheets of paper are taped to the wall where groups of wrestlers are assigned to a mat station (*there are generally 12 stations*) for all of their matches

Step 6 – Coaches write the wrestler’s number from the sheet on the arm of each wrestler in marker; the first part of the number is station 1-12 whereas the other part of the number is unique to the wrestler

Identifying Bouts and Opponents

Wrestlers Assigned To Station #10

10

wrestler #1011

vs

wrestler #1012

Northern Virginia
Wrestling Federation

Manassas Park
1/5/14

4-Man Pairing Sheet

Class: M-052B
(Max Wt 53.8)

Mat: 10

Bout 10106

Round 1

Bout 10107

Bordeaux, Brennen

1011 VEW

Boutelle, Tyler

1013 BT

Alridge, Robert

1012 FWC

Watson, Austen

1014 LYWC

Bout 10206

Round 2

Bout 10207

Bordeaux, Brennen

1011 VEW

Alridge, Robert

1012 FWC

Boutelle, Tyler

1013 BT

Watson, Austen

1014 LYWC

Bout 10306

Round 3

Bout 10307

Alridge, Robert

1012 FWC

Bordeaux, Brennen

1011 VEW

Boutelle, Tyler

1013 BT

Watson, Austen

1014 LYWC

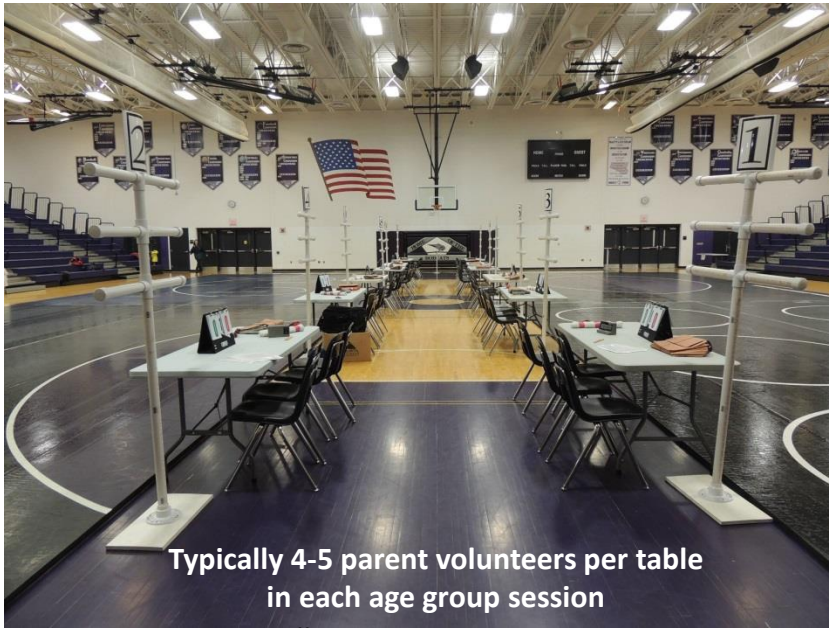
Wrestler	Team	Losses	Placement
1011: Bordeaux, Brennen	VEWC		
1012: Alridge, Robert	FWC		
1013: Boutelle, Tyler	BT		
1014: Watson, Austen	LYWC		

(Placement is number of losses plus 1: 0 Losses = 1st, 1 Loss = 2nd, etc.)
(Note: Draws count as one-half a loss)

- All bouts for each table are located on the wall – in this example table 10 has four sheets
- Typically one sheet shows four wrestlers, each of which wrestle three rounds so to wrestler each other
- A wrestler's number is written on their arm, and may also be seen on yellow bout sheets at each table

Example – Robert Alridge #1012 means he is the 12th person assigned to station #10 so he needs to get ready every time his number appears

Examples of Gym Layout and Table Format



Typically 4-5 parent volunteers per table
in each age group session

Typically 12 stations in a gym



Table #5

Now wrestling are wrestlers # 531 vs 528

Up next are wrestlers # 533 vs 532

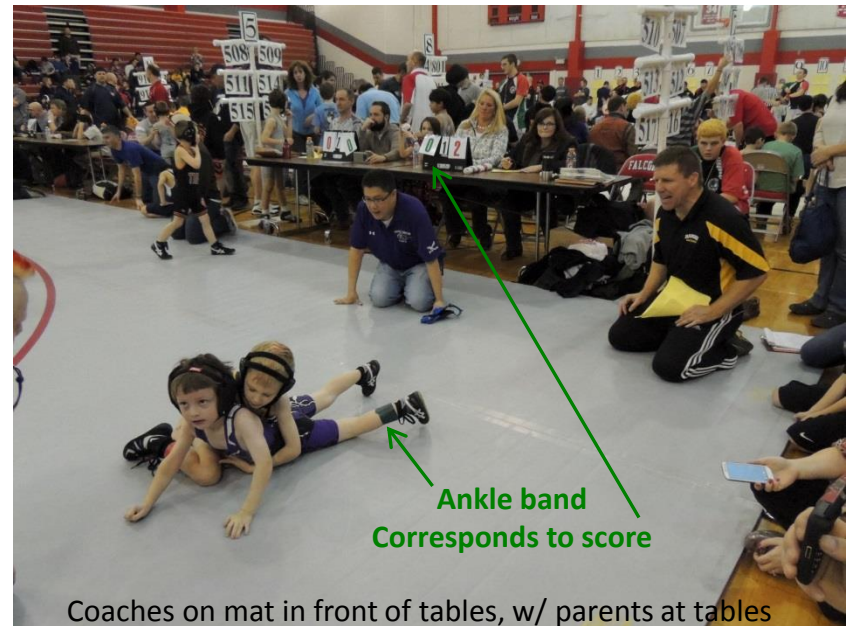
Then after that are wrestlers # 535 vs 534

Each station has a "tree" stating the order of each match



Wrestlers have all three matches at the same station unless
officials move bouts to speed up the age group session
towards the end

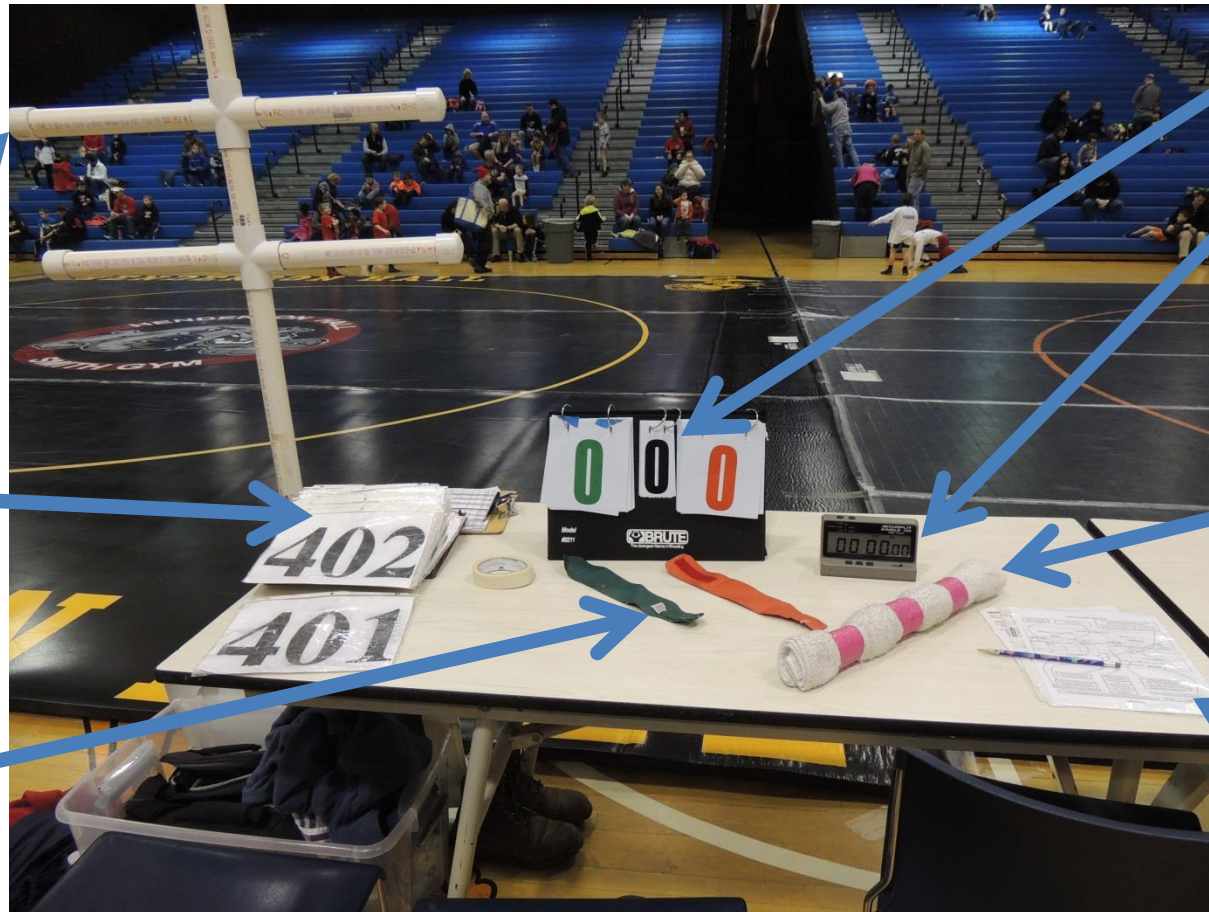
Wrestlers up next are in order from top to bottom



**Ankle band
Corresponds to score**

Coaches on mat in front of tables, w/ parents at tables
as score keepers, timers, and numbers placed on trees

Example Station (tree)



Station Tree

- Numbers on top are wrestlers on mat
- Numbers on bottom soon coming up

Folder filled with numbers for station #4

Ankle bands for both wrestlers corresponding to the scores

Scores and Three Periods

Timer

Each of the 3 periods for Ban/Mid/Jun are one minute each, 1:30 min for Int/Sen

Towel

Thrown at the referee at the end of each period

Score Sheets

usually in a stack in order of bouts, Rules are available in case of disputes

Each table is best operated by a team of 4-5 workers (kids or adults),

- one person places numbers on tree,
- one manages the timer and throws a towel at referee at the end of each period,
- one watches the referee and flips scores (and verbalizes the score out loud),
- one writes the score on bout sheets
- one relieves another person to watch their own kid or take a break

Example Layout of NVWF Wrestling Event

NVWF Season Finale at Lake Braddock
gymnasium – AAA size school

allows for the large volume of kids all in one location at once



A typical station, in this case table #12
runs best with 4-5 parent table managers from club



Wrestlers have all three matches at the
same station unless officials move bouts
to speed up the age group session
towards the end

Head table brings
a deck of matches
“bout sheets”
to each table in
order from top to
bottom

Wrestler Number				Wrestler Number					
Wrestler Number 1220				Wrestler Number 1219					
Name				Name					
Wrestler Number 1216				Wrestler Number 1217					
Name				Name					
Wrestler Number 1201				Wrestler Number 1204					
Name				Name					
Wrestler Number 1203				Wrestler Number 1202					
Name				Name					
Last, First				Last, First					
Vansicle, Jeff				Carra, John					
SCORES				PERIOD		SCORES			
Points Recorded in Each Period				Points Recorded in Each Period					
2T		2T		1		1E			
2R				2		↑			
3N		↓		3					
FINAL SCORE/DECISION									
MINUTES:SECONDS (if Pinned)									
REFEREE'S SIGNATURE									

Table duties include:

- Placing match numbers on “tree”
- Starting and stopping the timer and throw towel
- Writing scores on yellow bout sheets
- Flipping red or green scores and periods on table
- Note: a parent can watch their kid wrestle then come back to table to swap with another parent for same

Head Coach for Each Age Group:

- Gathers ribbons from NVWF head table when done

Wrestlers
1203 vs 1202
are currently wrestling,
1201 and 1204 are next

Example Bout Score Sheet for NVWF

- Names of wrestlers are written with the colors of the bands wrapped around their ankles
- Wrestler ID #s for the day are pre-printed on sheets when received at tables and posted on "trees"

Wrestler Number		Name		Last		First	
Wrestler Number		Name		Last		First	
Wrestler Number		Name		Last		First	
Wrestler Number		Name		Last		First	
SCORES				PERIOD			
Points Recorded in Each Period				Points Recorded in Each Period			
				1			
				2			
				3			
FINAL SCORE/DECISION							
MINUTES:SECONDS (if Pinned)							
REFEREE'S SIGNATURE							

Blank Form

Wrestler Number 531		Name		Last		First	
Wrestler Number 531		Name		Last		First	
Wrestler Number 531		Name		Last		First	
Wrestler Number 531		Name		Last		First	
SCORES				PERIOD			
Points Recorded in Each Period				Points Recorded in Each Period			
2T 2R				1			
2T				2			
3N				3			
FINAL SCORE/DECISION							
The score would have been recorded 9 - 4 if there was no PIN							
MINUTES:SECONDS (if Pinned)							
Example PIN recorded in 2:45							
REFEREE'S SIGNATURE							
Referee							

Resulting Form When Complete

- In the first period Joe Capelli (#531 w/ GREEN ankle band) scored 2 points for the first takedown denoted by (2T) with triangle
- In the same period, Ken Suzza (#528 w/ RED ankle band) scored 1 point for the escape (1E), followed by taking his opponent down on the mat to get 2 more points for the takedown (2T); the triangle indicates who got the takedown first (in case there is a tie)
- Joe Capelli then scored 2 points for the reversal by getting behind the opponent (2R)
- In period 2, the referee flipped his red/green coin, Ken Suzza won the toss and chose to stand facing his opponent (the neutral position) denoted by the horizontal arrows ↔
- After the whistle blew, Joe Capelli scored two points for the takedown denoted by 2T, then he locked his hands around the opponent's body, an illegal move called by the referee who then awarded 1 point penalty to Ken Suzza (1P)
- In period 3, Joe Capelli chose to be on top denoted by the up arrow ↑, and when the whistle blew, he turned his opponent's shoulders to the mat for several seconds; the referee awarded 3 points "near fall" (3N)
- Circle the winner, Joe Capelli. Cross out the loser with an "X". Record the score (9-4), however, if a pin was made then record the number of minutes and seconds it took to make the pin (e.g. 2 minutes 45 seconds)
- The referee signs the sheet, then the winner carries the sheet to the head table in the gym to be recorded.

Referees will hold up 1, 2, or 3 fingers with the wrist band color corresponding to the ankle color

Getting Results from Matches

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FAQ Meet #1 Results

FAQ Meet #1 Ribbons

OHS Meet #2 Results

OHS Meet #2 Ribbons

- Go to www.nvwf.net
- Click on Parent's Corner, then drag the mouse to meet information
- Under meet results, two types of files appear
 - Ribbons files show the place that each wrestler came in for purposes of getting ribbons from club coaches at the next practice
 - Results files show very detailed information on opponents, their associated clubs, and the scores between bouts
 - Files correspond to the master NVWF Schedule spreadsheet in order of event number or alphabetical order
 - There are two event venues on each Sunday, so you have to select the event where your child wrestled

Notes on Tournaments

- Rules vary but generally follow high school rules
- Bantams, Midgets, and Juniors typically have three 60-second periods
- Intermediates and Seniors typically have three 90-second periods
- Overtime rules vary, but many times are as follows for NVWF:
 - The fourth period is one minute with the winner declared as the first person to take down the opponent; typically they do not finish the period once this happens
 - If another period is required, it is typically 30 seconds
 - If the bottom man escapes he typically wins
 - If the bottom man does not escape the top man is declared the winner