



# BATTLE AT THE LIONS DEN



**Sunday, March 15, 2026**



Atlantic City High school  
1400 N Albany Ave, Atlantic City, NJ  
08401

**START TIMES: Sunday**

8:30 am Junior, Intermediate

8:30 am Midget, Midget Novice, Girls

1:00 pm Bantam, Bantam Novice

1:00 pm Tots

**ENTRY FEE: \$45 for each wrestler.**

Register online at

[arena.flowrestling.org](http://arena.flowrestling.org)

**Deadline: Saturday, March 14, 2026**

**by 4:00 pm No refunds. No walk-ins.**

**WEIGH INS: Saturday, March 14, 2026**

5pm - 7pm

Contact Coach Marcus for Satellite weigh ins  
at [Pinwrestling@yahoo.com](mailto:Pinwrestling@yahoo.com)

**ADMISSIONS:**

Adults (Including Coaches):\$7

Children 12 & under:\$3

Children under 5: Free



**Team discount for more  
then 15 under admissions**

**350 Wrestler limit**

Headgear and singlets are mandatory.

Efforts will be made to separate teammates within  
the same bracket. Scale on site for weight  
challenges. All participants must proof of age if  
challenged, including who issues challenge.

Modify NJSIAA wrestling regulations.

Bout Lengths: Tot, Bantam, Bant. Nov., girls 1-1-1  
Mid, Nov, Jr, Int 1-1.5-1.5 OT; 1m SD/:30/:30/UR

Large 16-man bracket when possible.

Double eliminations. Wrestle back to 3rd place



**Awards :**  
Each weight class:  
1st Place champ: Custom Belt  
2nd & 3rd Place: Custom Medal  
1st, 2nd, & 3rd place team points  
Team sportsmanship trophy

## DIVISION & WEIGHT CLASSES:

Tots – Born 2019 & after 35, 40, 44, 48, 52, 55, 60, 65, 70 Hwt
Bantam Novice – Born 2017 & 2018 45, 50, 54, 58, 62, 66, 70, 75, 80, 85 Hwt
Bantam – Born 2017 & 2018 45, 50, 54, 58, 62, 66, 70, 75, 80, 85 Hwt
Midget Novice- born 2015 & 2016 Madison System
Midget - Born 2013 & 2016 50, 55, 60, 64, 68, 72, 76, 80, 85, 90, 100
Junior – Born 2013 & 2014 65, 70, 75, 80, 85, 90, 100, 107, 115, 125, 135, 145, Hwt
Intermediate – Born 2011 & 2012 70, 75, 80, 85, 90, 95, 100, 107, 115, 125, 135, 150, Hwt
Girl Division - K - 2nd Grade - Madison Girl Division - 3rd - 5th Grade - Madison Girl Division - 6th - 8th Grade - Madison

QUESTIONS? ✉ [PINWRESTLING@YAHOO.COM](mailto:PINWRESTLING@YAHOO.COM)

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Cafeteria open all day.  
Clothing, wrestling gear, vendors and  
photographer on site.

Tournament director reserves the  
right to combine/change/add weight  
classes as needed.