

# USA GIRLS

## Preseason Folkstyle National Duals

**Saturday October 19, 2019**

**New Palestine High School 4485 S. Victory Drive**

**New Palestine, IN 46163**

**USA Wrestling sanctioned tournament:** All athletes must show valid 2020 USAW Card at weigh-in; you can get your 2020 USA Wrestling membership here (after September 1): [www.usawmembership.com](http://www.usawmembership.com).

**Registration:** The team registration fee for the duals is \$300. The duals will be limited to the first 20 teams to register and pay at [www.trackwresting.com](http://www.trackwresting.com).

**Schedule:** Team roster will be due by 8:45 am October 19th. Skin checks and weigh-ins will begin at 9 am and Duals will start at the completion. Dual weigh-ins will count for both days. Duals will feature round robin pools with crossover for placement.

**Dual teams:** K-12<sup>th</sup> grade, maximum of 20 teams, first 20 teams to register online will be accepted.

**Weights:** 50, 55, 60, 65, 71, 77, 83, 89, 96, 103, 110, 117, 125, 133, 141, 150, 170, 200+  
18 weight classes; 26 athletes allowed per team roster, including alternates

Maximum of 4 years separation between wrestlers; greater separation will not be scored. Wrestlers may only move up one weight class.

Every duals team must supply 1 table worker to help with time and score.

**Scoring:** N.F.H.S. Team scoring: 6 point Fall or Forfeit, 5 points Tech, 4 points Major, 3 point Decision (7 points or less difference).

**Awards:** Trophies for top three places and Championship Singlets for winning team.

**Coaching:** Two coaches permitted to a corner; anyone mat side holding a camera will count as a coach. Anyone not coaching should not be alongside the mat and officials will stop the match until everyone, but two coaches are mat side and seated.

**Admissions:** \$10 per adult each day. 2 Coaches and 1 table worker per team FREE. Names must be submitted beforehand. \$5 for students 18 and under, kids under 5 years old are free. Wristbands will cover both days of competition.

**Concessions:** Provided, no coolers or crockpots will be allowed into the building.

**Host Hotel:** La Quinta Inn, Indianapolis East, 2349 Post Dr. Indianapolis, In. 46219 Phone: **1-317-897-2300**

Be sure to reserve your room before 09/29/2019 \* Regular rates will apply after this date. \*

Group Rate: \$79.00 Group Name: War of The Roses **Group Block is held until 9/28/2019**

**Host Hotel:** Holiday Inn, 321 Barrent Dr. Greenfield, IN 46140 Phone #317-318-9859

Be sure to reserve your room before 9/27/2019 \*Regular rates will apply after this date.\*

Group Rate \$119.00 Group Name : War of The Roses. Complimentary Breakfast is included in the room rate.

**Tournament Hosts: Indiana Girls Wrestling ([indianagirlswrestling.com](http://indianagirlswrestling.com))**

Please contact : Jason DeLois at 317- 201-8700 or Harold Bucher 262-417-0145

**TOURNAMENT IS SPONSORED BY WAR OF THE ROSES**