

USA GIRLS Preseason Folkstyle National Duals

Saturday October 17, 2020 LOCATION: SOUTHLAND CENTER 10 Southland Dr. Lynwood, Il. 60411

USA Wrestling sanctioned tournament: All athletes will have to have a current membership to register. You can get your 2021 USA Wrestling membership here (after September 1): www.usawmembership.com.

Registration: The team registration fee for the duals is \$500. **INVITE ONLY.** Email director for waiting list (Indianagirlswrestling@gmail.com). 26 max per team. The duals will be limited to the first 24 teams to register after invitees are added and pay at www.trackwresting.com.

Schedule: Doors 8 am. Teams line up 8:30 am. Skin and weight checks will begin at 8:45 am. Rosters 9 am. Parade of Teams.

Dual teams: K-12th grade, Maximum of 4 years separation between wrestlers; greater separation will not be scored.

Weights: 50, 55, 60, 65, 71, 77, 83, 89, 96, 103, 110, 117, 125, 133, 141, 150, 170, 200, 200+(max 265)

Weigh-ins: **SATELLITE WEIGH-INS ONLY THIS YEAR.** 3-pound COVID allowance. Weigh-ins will count for both days. Weights on second day will be adjusted to reflect closest weight class. Wrestlers may only move up one weight class. Blind draw of weights to keep everyone honest at skin checks. We will pick two weight classes out of hat. If wrestler is more than 3-pound allowance they will forfeit their spot. Ex: 103=106. 106.1 forfeits.

Table help: **EACH DUALS TEAM MUST HAVE ONE TABLE WORKER TO HELP WITH CLOCK AND SCORE.** Email contact name and phone number to Director prior to arrival. Report to admissions table for **FREE ENTRY.**

Scoring: 6 point Fall or Forfeit, 5 points Tech, 4 points Major, 3 point Decision (7 points or less difference). Round robin pools with crossover for placement.

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: \$15 per adult each day. **2 Coaches and 1 table worker FREE.** Names must be submitted beforehand to (Indianagirlswrestling@gmail.com) They will be checked off upon entry. \$10 for students, kids under 5 years old are free.

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

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

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