



# Lady Lincoln Women's National Freestyle Duals



**Membership:** This is a USA Wrestling sanctioned event. Wrestlers must have a current USA Wrestling Competitor Card.

**Divisions:** \*High School (Born 2003 or earlier and enrolled and attending grades 9 thru 12)  
WT. Classes-100-106-112-117-122-125-132-138-144-152-164-180-200-225

\*Middle School (Born 2003-2008-NOT in high school or did NOT graduate 8th grade)  
WT. Classes-70-75-81-89-97-105-113-120-130-140-165-185

\*ALL WRESTLERS DO NOT HAVE TO BE FROM THE SAME STATE YOU CAN JOIN WRESTLERS FROM OTHER STATES TO FORM YOUR TEAM. But you must register as a team.

**When:** April 21, 2018 (weigh-ins) 7:00 am until 7:30/ 9:00 am wrestling begins  
All wrestlers must weigh-in wearing a competition singlet and must pass hair, fingernail, skin condition checks prior to weigh-in. All questionable skin conditions must be reported on the IHSA Skin Condition Form and brought to weigh-ins. We are NOT requiring Red/Blue singlets for this Dual. Only one singlet required.

**Where:** [Byron Park District PE Center, 420 N Colfax St, Byron, IL 61010](#)

**Entry Fee:** \$425 per team / Can roster 17 wrestlers-3 coaches-1 scorekeeper.  
Make Checks payable to: **ILUSAW**  
Mail to: ILUSA/Mark Bullington  
4932 Wilshire Blvd  
Country Club Hills, IL 60478  
Once check received, you will receive a registration link

**Format:** Pool wrestling / Championship Pool wrestling

**Coaching:** All coaches must have a current 2017-2018 USA coach's card and that card must be properly displayed.

**Officials:** All officials are registered with the United States Wrestling Officials Association (USWOA).

**Rules:** USA Wrestling rules. Modified forfeit rule: first two forfeits per team per dual will be worth 3 as opposed to the usual 5.

**Awards:** High School Division Top (2) teams will receive team trophies and medals  
Schoolgirl Division Top (2) team will receive a team trophy and medals

**Bout Time:** High School Division - (2) three-minute periods with 30 second rest between periods  
Schoolgirl Division - (2) two-minute periods with 30 second rest between periods

**Questions?:** Mark Bullington - [n2wrestling2@sbcglobal.net](mailto:n2wrestling2@sbcglobal.net) or 618.406.3268