



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 2002 or earlier and enrolled and attending grades 9 thru 12)
WT. Classes-100-106-112-117-122-127-132-138-144-152-164-180-200-225
*Schoolgirl (Born 2002-2007-NOT in high school or did NOT graduate 8th grade)
WT. Classes-70-75-81-89-97-105-113-120-130-140-165
*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 22, 2017 (weigh-ins) 7:00 am until 7:30/ 9:00 am wrestling begins
- Where:** Guilford High School Field House 5620 Spring Creek Rd, Rockford, IL 61114
- Entry Fee:** \$425 per team (at least 5 duals) / Can roster 17 wrestlers- 3 coaches-1 scorekeeper. Make Checks. to ILUSAW. Mail to ILUSA/Mark Bullington. 4932 Wilshire Blvd, Country Club Hills, IL 60478. Once check received, you will received a registration link.
- Weigh-ins:** Saturday April 22, 2017 (weigh-ins) 7:00 am until 7:30 am
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.
- Wrestling:** Saturday April 22, 2017 wrestling begins at 9:00 am.
- Format:** Pool wrestling / Championship Pool wrestling
- Coaching:** All coaches must have a current 2016-2017 USA coach's card and must be at least Copper Certified 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 or 618.406.3268