

# D1 Summer Dual Meet League



The District I Summer Dual Meet League is low-cost off-season opportunity for wrestlers in our area to improve their skills and get valuable mat time with quality competition. The only costs for the league will be to insure that all wrestlers have insurance that allows them to wrestle in various school gyms. While the league will be mainly for high school wrestlers, we can easily expand it to include middle school students should there be enough interest.

**Weight Classes:**

- High School - 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275
- Middle School - 75, 80, 85, 90, 95, 100, 105, 110, 115, 122, 130, 138, 145, 155, 165, 185, 250

**Weight-Ins:** Honor System - coaches will weigh (scratch weight) wrestlers in at their home schools before coming to dual meet locations. This may take place on the day of the match or at practices 1-2 days before the match. We do not want the focus to be on cutting weight, but we do want to make it fair.

**Eligibility:** Wrestlers in grades 7-11 during the 2002-03 school year. However, if seniors are needed to fill in open spots in lineups, then that is acceptable. Nonetheless, exhibition matches will be available to all wrestlers.

**Uniform:** Singlets preferred, but tight fitting workout clothes acceptable. Team singlets (and other gear) may be designed and purchased through National Outfitters ([www.pac10wrestling.com/store.asp](http://www.pac10wrestling.com/store.asp)).

**Length of Bouts:** 1 - 1½ - 1½

**Referees:** Each home team will be responsible for finding volunteer officials. If none are found, then coaches or other knowledgeable individuals may officiate matches.

**Mats:** Two full size mats are preferred. One for the dual meet and the other for exhibition matches and/or middle school dual meet.

**Exhibition Matches:** The goal for each dual meet is to give each wrestler at least one match. Therefore, team coaches/coordinators should exchange lineups prior to dual meet in order to set up exhibition matches.

**Home Team Responsibilities:** Each hosting school may set up the dual meet as they see fit. Some may set it up in their wrestling room as an informal event. Or they may organize a larger event in their gym, sell concessions, and invite fans.

**Insurance:** Each team coach/coordinator is responsible for making sure that all wrestlers have insurance. The National High School Coaches Association offers yearly insurance for \$20 and obtaining a USA Wrestling card for \$30 will also cover athletes. We suggest obtaining insurance through one of these organizations.

**Schedule:** League schedule will be posted on the PAC-10 League Off-Season website. Go to [www.pac10wrestling.com/offseason\\_schedule.asp](http://www.pac10wrestling.com/offseason_schedule.asp) for updates, changes and information. In addition, please check to make sure all information concerning your matches are correct. We are suggesting that Thursday evenings be the nights for dual meets at 6:00pm, but that is dependent upon each team's availability. Please place a check next to each date that your team is available, preference for home matches, and location for home matches, then return to Brian Burychka ([PAOutftr@ptd.net](mailto:PAOutftr@ptd.net)).

Team Name: \_\_\_\_\_ Team Coach/Coordinator: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

<u>Date</u>	<u>Available ( √ )</u>	<u>Home Preference ( √ )</u>	<u>Home Location</u>
Thurs. May 8	_____	_____	_____
Thurs. May 15	_____	_____	_____
Thurs. May 22	_____	_____	_____
Thurs. May 29	_____	_____	_____
Thurs. June 5	_____	_____	_____
Thurs. June 19	_____	_____	_____
Thurs. June 26	_____	_____	_____
Thurs. July 3	_____	_____	_____
Thurs. July 10	_____	_____	_____
Thurs. July 17	_____	_____	_____
Thurs. July 24	_____	_____	_____
Thurs. July 31	_____	_____	_____
Thurs. August 7	_____	_____	_____

Other Available Dates (Times): \_\_\_\_\_