

Gable Gold Dual Team Tournament presented by Silver Star Nutrition

Weigh ins will be at 913 Metzger Drive, Hiawatha, IA 52233.

Early weigh ins cost \$20. If not weighing in early you must weigh in as a team.

All competitors must weigh in wearing a singlet. All competitors will receive .2 at the scale.

High school wrestlers will all receive 2.0 allowance plus the .2 at the scale.

If wrestling more than 1 division only have to weigh in 1 time.

All matches will be streamed on Trackwrestling.

Depending on number of teams we will have pool play then go to bracket. All wrestlers will get 4 matches or more.

Singlets will be awarded to the winning teams of each division and All American t-shirts will be awarded to wrestlers as well.

There will be a 15 minute break between duals.

Headgear is optional and shoe laces must be taped.

Over time will be 1 minute on feet then each wrestler has choice of top/bottom for 30 seconds. If no one scores the person who scored first has choice top/bottom.

College rules for scoring on the edge of the mat will be used as well. Continus wrestling as long as long as a body part is in.

Match length will be 1:30-1:30-1:30 for all divisions except girls division and k-4 youth division 1:30-1-1.

No outside food or drink will be permitted for fans. Concessions will be available on site. Wrestlers are permitted to bring in a cooler for their food and drinks.

You can bring in your own lawn chairs, bleachers will be available.

Cost will be \$10 at door. Anyone under the age of 5 will get in free.

3X Gear will be the clothing supplier of the tournament and will have a booth set up on site.

Silver Star Nutrition is sponsoring the event and will also have a booth set up on site.