

2023 Iowa/USA Wrestling

Ultimate and Community Club Dual Championships



December 28-30
Jacobson Center
Iowa State Fairgrounds
Des Moines, IA

Community Dual Weights

3rd-5th Grade:

53, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 150

6th-8th Grade:

77, 84, 91, 98, 106, 113, 120, 126, 131, 140, 150, 165,
187, 250

Ultimate Club:

53, 60, 65, 71, 77, 87, 93, 100, 107, 114, 119, 125, 130,
140, 150, 165, 187, 250

Girls Dual Weights

Girls: (3rd -8th grade)

52, 58, 65, 73, 82, 92, 102, 112, 124, 136, 150

Registration

- Registration will be available through your USA Wrestling Membership - link coming soon. Team registration is \$250 per team.
- Teams must be chartered USA Clubs to register and add athletes to rosters. Individual athletes who haven't previously been members will need to create a profile at usawmembership.com to be included on your team.
- Only full-time residents of the state of Iowa are eligible to compete.
- Registration deadline is 10:00 PM, December 26, or when maximum capacity is met at 16 teams per Division
- https://www.usawmembership.com/usaw_events/2400068602?section=registration

Format

- 8 team. 2 pools of 4 teams. Round robin in pool duals. Champions of each pool will wrestle for Championship, 2nd place teams will dual for 3rd, 3rd place in pools will dual for 5th and 4th place pool teams will dual for 7th.
- 3rd - 5th Grade 1-1-1 period. Ultimate, Girls and 6th-8th 2-1-1 periods

Team Trophy

The winning club in each division will be awarded a team trophy.

Seeding

- All brackets will be separated based on USA Wrestling PIN for top seeds
- Random draw following top seeds

Coaches

- All coaches must have a coaches' pass to be in corner. Use link in registration to get coaching band.
- All USAW coaches' passes must be purchased in advance. They will not be sold on site.
 - PLEASE NOTE: Background checks can take up to 10 days. If you do not have an up-to-date background check and Safe Sport training, you will NOT be eligible for a Coaches' Pass
- Coaches' Passes & Floor Passes may be picked WITH ID up at the following times ONLY:
 - Thursday & Friday from 3-6 PM (One hour before and after weigh-ins.)
 - Friday & Saturday from 8-9 AM and Noon to 1 PM

Schedule

Doors open one hour before each days sessions start time

Thursday, Dec 28: 2:00pm Girls and Ultimate Club Weigh ins

3:00pm Girls and Ultimate Club Round 1

We will wrestle following rounds as soon as mats are available to completion of tournament.

6:00-7:00pm Community Club weigh ins

Friday, Dec 29: 7:30 6th-8th grade Community club weigh ins

9:00am 6-8th Community Duals wrestled

Rounds 2 and 3 will be wrestled as soon as mats become available.

5:00-6:00pm 3rd-5th Community Duals weigh ins

Saturday, Dec 30: 7:30 am 3rd-5th Community club weigh ins

9:00am 3rd-5th Community Duals wrestled

Rounds 2 and 3 will be wrestled as soon as mats become available.

Admission

Spectators: \$10 one day pass / \$20 two day pass

Floor Pass: \$20/day (includes admission)

Coaches Pass: \$10/day (includes admission) Must have USA wrestling leader membership to be in corner

Lodging Discounts

For all reservations please ask for Iowa/USA Wrestling State Championship room block

\$119/night Comfort Inn and Suites 929 3rd St Des Moines 515-282-5251

\$129/night Marriott Downtown 700 Grand Ave Des Moines 515-245-5500

\$129/night Renaissance 401 Locust St Des Moines 515-244-2151

\$174/night Prairie Meadows Casino 1 Prairie Meadows Dr Altoona 515-967-1000

Rules & Regulations

1. Participants may only compete in one division for community duals. Ultimate club dual participants can compete for their community team.
2. All members of a team must compete/train with that club. No Free Agents. If your club has members from more than one school, you must compete in the Ultimate Club Division.
3. There is no weight allowance.
4. NFHS Rules will govern all matches. All Referee decisions are final. No protests.
5. Overtime will consist of a 1 minute sudden death period followed by a 30 second ride out if necessary.
6. Headgear is NOT required for all wrestlers and mouth guards are NOT required for all participants with braces. Shoelaces MUST be secured.
7. All participants must be able to provide grade verification and age verification with most recent report card and birth certificate upon request at any time before, during or after the event. Failure to do so can result in being removed from the tournament.
8. Girls must wrestle in girls' divisions and boys must wrestle in boys' divisions.

Weigh-ins

- Weigh-in times are listed above in schedule
- You can only enter weigh-ins ONCE
- If you miss the weight you registered for, you can move to another weight class at weigh-in.
- There is NO scale allowance. There will be a check scale on site
 - All participants must weigh-in with a competition singlet. All participants must pass skin check at weigh-in. If there is a skin condition in question, a skin check form must be signed by a doctor of medicine and presented at weigh-in.

