

# 2023 Iowa/USA Wrestling Futures Folkstyle State Championships



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

## Boys Divisions & Weights

### Kindergarten/Pre-K

38, 41, 44, 47, 50, 54, 61, 70, HWT

If born in 2016, you must move up an age bracket

### 1st Grade

40, 43, 46, 49, 53, 56, 62, 70, 85, HWT

If born in 2015, you must move up an age bracket

### 2nd Grade

45, 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, HWT

If born in 2014, you are ineligible to compete at this event

## Girls Divisions & Weights

### Kindergarten/Pre-K

37, 40, 43, 46, 50, 55, 62, 70, 70+

If born in 2016, you must move up an age bracket

### 1st/2nd Grade

40, 43, 46, 50, 55, 62, 68, 74, 80, 90, 90+

If born in 2014, you are ineligible to compete in this event

Weight classes may be combined or adjusted as needed for girls

## Registration

- **USA Wrestling Membership** required, available at [www.usawmembership.com](http://www.usawmembership.com).

**Registration:** [https://www.usawmembership.com/usaw\\_events/2400068602](https://www.usawmembership.com/usaw_events/2400068602)

\$30 with a USA Wrestling membership, \$38 without

**Team and Club Affiliation is required and must be done and approved through your USA Wrestling Membership unless registering with the one-time event insurance.**

**Only full-time residents of the state of Iowa are eligible to compete.**

**You must have current year USA Wrestling Athlete Membership or pay the additional insurance fee to register.**

**Registration deadline is 10:00 PM, December 26, or when maximum capacity is met.**

## Schedule

**\*\*\*Doors open one hour before each days sessions start time\*\*\***

**Thursday, Dec 28: 4-5:00pm Pre-K/K boys and 1st grade boys early weigh in**

**Friday, Dec 29: 7:30-7:45am Last chance weigh-in PK/K /1st grade boys**

**9:00am Pre-K/Kindergarten boys wrestle**

**Noon-12:15pm Last chance weigh-in: 1st grade boys**

**2:00pm 1st grade boys wrestle**

**4-5:00pm 2nd grade boys and all girls early weigh-in**

**Saturday, Dec 30: 7:30-7:45am Last chance weigh-in 2nd grade & all girls**

**9:00am 2nd grade boys wrestle**

**Noon-12:15pm Last chance weigh-in: all girls**

**2:00pm All girls divisions wrestle**

## 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**

### Format

- Double elimination with no true second

### Awards

- Any participant that places 1st - 8th place will receive a medal.
- Champions in each bracket will receive a wall chart and custom jacket or hoodie

### Team Trophy

- Must be a USAW sanctioned club
- All wrestlers must be registered with USAW to compete for a USAW sanctioned club at State
- The top 3 teams, boys and girls, will receive awards

### Seeding

- All brackets will be separated based on USA Wrestling PIN for top seeds
- Random draw following top seeds
- Wrestlers from same town/club will be placed on opposite sides of bracket, if possible

### 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

### Rules & Regulations

1. Participants may only compete in ONE weight class and division. No double-bracketing.
2. There is no weight allowance.
3. NFHS Rules will govern all matches. All Referee decisions are final. No protests.
4. Overtime will consist of a 1 minute sudden death period followed by a 30 second ride out if necessary.
5. Headgear is NOT required for all wrestlers and mouth guards are NOT required for all participants with braces. Shoelaces MUST be secured.
6. 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.
7. 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.