

2023 Iowa/ USA State Wrestling Championships



JANUARY 29, 2023
ALLIANT ENERGY POWERHOUSE
370 FIRST AVENUE NE
CEDAR RAPIDS, IA 52401

REGISTRATION

www.trackwrestling.com

(deadline 10:00pm on January 25)

\$40.00 entry fee

MEMBERSHIP

Must have one of the following: Iowa Limited Folkstyle Athlete Membership, Iowa Full Athlete General Membership or the Iowa High Performance Athlete Membership. All membership options can be purchased online at www.usawmembership.com.

ADMISSION (Doors Open at 7:30AM)

Admissions: 18 & Over: \$15.00, Ages 6-17: \$5.00, 5 & Under: FREE

2022-23 USAW Coaches Are Admitted FREE & Will Receive Free Coaches Pass

No Floor passes will be sold as only USAW Coaches with a pass are allowed on the arena floor.

ELIGIBILITY

Only full time residents of the State of Iowa may compete at the Iowa/ USA State Wrestling Championships. You must have one of the three current year Athlete Membership options purchased from www.usawmembership.com.

This tournament satisfies the USAW Folkstyle National qualification requirement for Iowa residents. If you are age and grade eligible for this tournament you must participate in order to participate at USAW Folkstyle Nationals & the Heartland Elementary/ Middle School National Duals.

WEIGH-INS 1/28 @ Alliant Energy PowerHouse Arena

6U, 8U & 10U

- 5:00-5:30PM

12U & 14U

- 6:00-6:30PM

Early Weigh-ins= \$25

- 1:00-1:30PM

There is NO scale allowance. There will be a check scale on site. All participants must weigh in with competition singlet. All wrestlers must pass skin check at weigh-ins, if there is a skin condition in question skin check form must be signed by a Doctor of Medicine and presented at weigh-ins.

Weigh-in times subject to change based on events coinciding with this tournament.

HOST HOTEL-

Double Tree by Hilton

350 First Ave. NE

Cedar Rapids, IA 52401

(319) 731-4444

\$129/night ask for State Wrestling by 1/3/23

Book Direct:

www.my-event.hilton.com/cidccdt-iaw-da21bfa7-b07c-4f7a-b816-f84800dde90d/

WRESTLING TIMES

6U, 8U, 10U & Girls @ 8:30am

12U- 11:00am

14U- 1:00pm

mensfolkstyledirector@iowausawrestling.org

FORMAT

Double elimination and no true second.

AWARDS

Wrestlers that place 1st-6th will receive Medals and Champions in every bracket will receive wall chart and custom Jacket or Hoodie.

TEAM TROPHY

Must be a USAW Sanctioned Club. All wrestlers must be registered to a USAW Sanctioned Club to compete for that Club at State. Top 3 teams, boys and girls, receive awards.

SEEDING

All brackets will be separated based on trackwrestling profile for top seeds then random draw with wrestlers from the same club/ or town placed on opposite sides of bracket when possible.

COACHES

All coaches must have a coaches pass to be in the corner.

All USAW Coaches Cards must be purchased in advance, they will not be sold on site. Note: Background check may take up to 10 days

MEDICAL INFORMATION

Athletes must be prepared and submit to a skin disease screening prior to weigh-in. The Chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete. In the event of injury or illness, no contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.

RULES AND 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 and all Referees' decisions are final. No protests.
4. All 6U, 8U, and 10U matches will consist of 1-1-1 minute periods while 12U and 14U Middle School championship matches will consist of 1.5-1.5-1.5 minute periods. All consolation matches will consist of 1-1-1 minute periods in all divisions.
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. Shoe laces must be secured.
7. All participants must be able to provide birth certificates upon request and Middle School division wrestlers must provide grade verification with most recent report card.

USAW DIVISIONS & WEIGHTS BOYS-

6U (2017-2018) 37,40,43,46,50,55,60
8U (2015-2016) 43,45,49,53,56,62,70,85
10U (2013-2014) 49,53,56,59,63,67,71,77,84,93,105,120
12U (2011-2012) 58,63,67,70,74,78,82,86,92,98,108,117,135,160
14U (2008-2009-2010 and enrolled in grades 6th-8th)
70, 75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275

GIRLS WEIGHTS

6U (2017-2018) Madison Bracketing
8U (2015-2016) 40,45,50,56,63,71,80,87,87+
10U (2013-2014) 50,56,63,71,80,87,95,95+
12U (2011- 2012) 56,63,71,80,87,95,100,107,115,124,136,148,148+
14U (2008-2009 and 2010 in 8th grade or below)
56, 63, 71, 80, 87, 95, 100, 107, 115, 124, 136, 148, 163



14U Champions will represent Iowa USA at Heartland National Duals March 24, 25, and 26th

[**mensfolkstyledirector@iowausawrestling.org**](mailto:mensfolkstyledirector@iowausawrestling.org)