

2025 Iowa/USA Wrestling Futures Folkstyle State Championships



January 4th-5th
Jacobson Center
Iowa State Fairgrounds
Des Moines, IA

Boys Divisions & Weights

Kindergarten/Pre-K

38, 41, 44, 47, 50, 54, 61, 70, 80

If born in 2017, you must move up an age bracket

1st Grade

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

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

2nd Grade

46, 49, 53, 56, 62, 70, 77, 85, 100

If born in 2015, 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 2017, you must move up an age bracket

1st/2nd Grade

40, 43, 46, 50, 55, 62, 70, 80, 80+

If born in 2015, you are ineligible to compete in this event

Weight classes may be combined or adjusted as needed for girls

Registration

- https://www.usawmembership.com/usaw_events/2500049802?section=registration
- USA Wrestling Membership options are available at www.usawmembership.com. Memberships will not be available for purchase onsite.
- Registration will be available through your USA Wrestling Membership - link coming soon. There is a \$45 entry fee if you do not have a membership. If you already have a USA membership registration is \$35
- 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, January 3rd, or when maximum capacity is met.

Schedule

Doors open one hour before each days sessions start time

Saturday, January 4th: 4-5:00pm Weigh-ins - All Divisions

Sunday, January 5th: 6:30-6:45am Last chance weigh-in

8:00am Wrestling starts for all divisions

Admission

Spectators: \$10 one 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

\$129/night Comfort Inn and Suites & Event Center 929 3rd St Des Moines 515-282-5251

\$149 Best Western- Premier, Ankeny

\$110 Country Inn, Ankeny

\$110 Courtyard by Marriot, Ankeny

\$129 Embassy Suites ,Des Moines, Downtown

\$119 Sleep Inn & Suites, Ankeny

\$79-89 Super 8, Ankeny

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:
 - Saturday from 3-6 PM (One hour before and after weigh-ins.)
 - Sunday from 6:30-7:30 AM

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.

