

# 2025 Iowa/USA Wrestling Club Dual Championships



January 4th-5th  
Jacobson Cnter  
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

- [https://www.usawmembership.com/usaw\\_events/2500049802?section=registration](https://www.usawmembership.com/usaw_events/2500049802?section=registration)
- USA Wrestling Membership options are available at [www.usawmembership.com](http://www.usawmembership.com). Memberships will not be available for purchase onsite.
- Registration is \$250 per team
- Teams must be Chartered USA Clubs to Register and add athletes to rosters.
- Only full-time residents of Iowa are eligible to compete.
- Registration deadline is 10:00 pm Jan 2nd, 2025 or when Maximum capacity is met

## Format

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

## Team Trophy

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

## Seeding

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

## **Coaches**

- **All Coaches must have a coaches pass to be in the corner. Use the registration link to get your coaching band.**
- **All USAW coaches passes must be purchased in advance. They will not be sold onsite.**
  - **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 and Floor passes may be picked up WITH ID at the following times ONLY:**
  - **Saturday from 3-6 PM (One hour before and after weigh-ins)**
  - **Sunday from 6:30-7:30 AM**

## **Schedule**

**\*\*\*\*Doors open ONE hour before each days session start time\*\*\*\***

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

**Sunday, January 5th: 6:30-6:45 am Last Chance Weigh-in**

**8:00 am wrestling starts for all divisions**

## **Weigh-Ins**

- **Weigh-in times are listed above in schedule**
- **YOU can only enter weigh-ins ONCE**
- **There is NO scale allowance. There will be a check scale onsite.**
  - **All competitors must weigh-in with a competition singlet. All participants must pass skin checks at weigh-in. If there is a skin condition in question, a skin check form must be signed by a Dr of medicine and presneted at weigh-ins**

## **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\*\*\***

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

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

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

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

**Please email [schedulingdirector@iowausawrestling.org](mailto:schedulingdirector@iowausawrestling.org)  
with any quesitons.**