

# 2026 Iowa/USA Wrestling Kids Folkstyle State Championships



**JANUARY 11, 2026**  
**ALLIANT ENERGY POWERHOUSE ARENA**  
**370 FIRST AVE NE**  
**CEDAR RAPIDS, IA 52401**

## **REGISTRATION:**

Click the following Link:

[USA Bracketing / Kids Folkstyle State](#)

**Deadline is @ 10:00pm on January 8 or when capacity is reached.**

**\$50.00 entry fee**

## **MEMBERSHIP**

USA Wrestling Athlete card required. All member-ship options can be purchased online at [www.usawmembership.com](http://www.usawmembership.com). Cards will not be sold on site.

**TEAM/CLUB AFFILIATION** Must be done through USA Wrestling Membership system and requires club approval. To be completed by club and athlete.

## **ADMISSION (Doors Open at 7:30AM)**

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

**2025-26 USAW Coaches Are Admitted FREE & Will Receive Free Coaches Pass**

**No Floor passes will be sold. Only USAW Coaches with a **minimum coaches Copper Certification** and 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 current year Athlete Membership purchased from [www.usawmembership.com](http://www.usawmembership.com).**

## **WEIGH-INS Saturday Jan. 10th @ PowerHouse Arena**

**Regular Weigh-ins - 6:00 - 8:00PM**

**Early Weigh-ins= \$25 cash - 1:00 - 1:30PM**

**Preregistration for early weigh-ins not required**

**You can only enter weigh-ins once. No early weigh-in attempts followed by regular weigh-in attempts.**

**If you miss the weight you registered for you can move to another weight class at weigh-ins.**

**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.**

## **HOST HOTEL-**

**Double Tree by Hilton**  
**350 First Ave. NE**  
**Cedar Rapids, IA 52401**  
**(319) 731-4444**

**\$149/night ask for State Wrestling by 12/10/2025**

Book Direct: <https://www.hilton.com/en/attend-my-event/iowausawrestling2026/>

## **WRESTLING TIMES**

**3rd-4th Grade Boys and All Girls @ 8:30am**

**5th-6th Grade Boys- 11:00am**

**7th-8th Grade Boys- 1:00pm**

**Tournament Will Be Live Streamed**

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

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

## FORMAT

Double elimination and no true second.

## AWARDS

Wrestlers that place 1<sup>st</sup>-8<sup>th</sup> 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 USA Wrestling PIN 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. Use the link in registration to get a coaching band.

All USAW Coaches Passes must be purchased in advance, they will not be sold on site. Note: Background check may take up to 10 days. If you don't have a completed background check and up to date Safe Sport training you will not be eligible for a coaching pass.

Coaches passes can be picked up at the following times at the top of the escalators near the entrance for weigh-ins. Must show ID when picking up coaching pass.

- Early weigh-ins (30 minutes before and after)
- Regular weigh-ins (30 minutes before and after)
- Sunday morning 7am - 11am

## 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.  
Boys and Girls will use updated NFHS rules respective to each one's divisions.
4. All 3rd-4th grade matches will consist of 1-1-1 minute periods while 5th-6th and 7th-8th grade 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 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.

## BOYS DIVISIONS & WEIGHTS-

**3rd - 4th grade** 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120

If 12th birthday is in 2026 must move up a division

**5th - 6th grade** 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160

If 14th birthday is in 2026 must move up a division

**7th - 8th grade** 68, 73, 78, 83, 88, 93, 100, 108, 115, 123, 130, 138, 148, 158, 173, 193, 218, 275

If 16th birthday is in 2026 you are ineligible

## GIRLS DIVISIONS AND WEIGHTS-

**3rd - 4th grade** 50, 56, 63, 71, 80, 87, 93, 99, 105, 116, 116+

If 12th birthday is in 2026 must move up a division

**5th - 6th grade** 56, 63, 71, 80, 87, 93, 99, 105, 111, 118, 124, 136, 148, 148+

If 14th birthday is in 2026 must move up a division

**7th - 8th grade** 56, 63, 71, 80, 87, 93, 99, 105, 111, 118, 124, 136, 148, 180, 180+

If 16th birthday is in 2026 you are ineligible

\*Weight classes may be combined/added as needed for Girl's Division



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