

2025-2026
**CLUB ORGANIZING
& TOURNAMENT
GUIDE**



**INDIANA STATE
WRESTLING ASSOCIATION**
www.iswa.com

ISWA Office:
(317) 780-1885
office@iswa.com



CLUB GUIDE TO HOSTING A TOURNAMENT

TABLE OF CONTENTS

Welcome to the ISWA	3
Benefits for Clubs, Wrestling Leaders and Athletes.....	4
Dear Tournament Host	5
Dear Valued Clubs	6-7
Club Guide to Hosting a Tournament	8
Selecting a Facility	9
Tournament Director Duties.....	10
Ordering Awards	11
Physical Arrangements	11
Income and Expenses	12
USAW Competitor Membership Cards.....	13
Tournament Registration.....	13
Registration and Weigh-Ins	13-14
Skin Checks	14
Announcing	14-15
Table Help	15
Pairing Officials	15-16
Pairing Supplies	16
Mat Officials	17
Floor Control/Security	17
Medical Support and Assistance.....	17
Hospitality.....	18
Concessions	18
Tournament Wrap-Up	19
Tournament Critique Meeting	19
Tournament Rules and Regulations	20
Classification Points	22
One Courageous Girl: A Coaches Guide	22
Middle School Wrestling	23
Men's and Women's Age Divisions and Weight Classes	24-27
Tournament Checklist	back cover



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

WELCOME TO THE ISWA!

The Indiana State Wrestling Association is a not-for-profit corporation designed to promote the development of competitive and recreational wrestling in the state of Indiana.

The ISWA is an affiliate of USA Wrestling, the national governing body for wrestling in the United States. USA Wrestling has delegated the ISWA the right, duty and responsibility to develop, conduct, sanction and promote all state and local programs in the state of Indiana.

The goal of the ISWA is to provide opportunities for our youth to gain an understanding and appreciation for all styles of wrestling. The organization consists of over 12,400 athletes, 227 chartered clubs, over 1,634 Wrestling Leaders, and over 1,500 volunteers in various levels.

We will again be hosting the following state final events:

Folkstyle, Freestyle, Greco-Roman, Elementary and Middle School Duals and Women's Folkstyle, Freestyle and Women's Greco State Finals. We also offer a Folkstyle, Freestyle and Greco-Roman State Finals for all University, Senior, and Veteran age division wrestlers.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

BENEFITS FOR CLUBS, WRESTLING LEADERS AND ATHLETES INCLUDE:

- Monthly emails including: a newsletter, meeting notices and important updates from the ISWA office
- An informative website: **www.iswa.com** allowing clubs a page to promote club news, camps/clinics and sanctioned events!
- Pairing and Mat Officials Clinics at all levels
- Regional Training Centers open to athletes throughout the state
- Liability insurance coverage, provided through a quality carrier. Visit **www.teamusa.org/usa-wrestling/membership/insurance-information**
- Secondary Sports Accident Insurance for all member athletes
- A Tournament Schedule that affords wrestlers the opportunity to compete throughout the state
- A quality Cultural Exchange Program for athletes and scholarship opportunities

The success of the Indiana State Wrestling Association depends upon each of us doing our best in each of our volunteer jobs. We want you to feel that you are an important member of the ISWA team. We look forward to your contribution to our growth and development. The progress of our wrestling programs will continue to be successful if we work together for our common goals. Every monthly meeting is open for interested clubs who wish to get involved to make improvements towards the betterment of Indiana wrestling.

It's Good to Have You With Us!



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

Dear Tournament Host,

Each year, many ISWA member clubs schedule open tournaments in their area. The ISWA Board of Directors has compiled the information provided in this manual in order to provide you with a guideline for running a **QUALITY TOURNAMENT**.

Quality and safety of the athlete are the two most important elements you will want to build into your preparations. As in all worthwhile and successful programs, you must begin your planning and recruiting well in advance of your tournament. Don't assume anything. Things happen correctly because they're planned that way!

We are happy to provide free workshops for our Club members. We strive to provide continued education on a variety of subjects to update and enhance our Clubs.

*Please note there is no liability coverage for wrestling activities held at a home or residential dwelling.

Current Club Organizer Guide & Insurance Information
www.themat.com

SafeSport Information
www.teamusa.org/usa-wrestling/membership/safesport-program

Important Sanction Event Details can be found here:
www.iswa.com/sanctionanevent

Thank you for your support of our organization.

Pat Culp, State Chair
office@iswa.com
(317)780-1885



INDIANA STATE WRESTLING ASSOCIATION, INC.

PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

Dear Valued Clubs:

Thank you for being a part of ISWA'S Annual Bid Meeting. We are glad you are here! Inside your club organizer packet you will find valuable updates from the ISWA and USA Wrestling. If you wish to charter your club today visit **www.usamembership.com**.

The ISWA will approve charters and sanctions again this season. All Sanction Events will be completed online at **www.usawmembership.com** after the club has chartered.

Note: A current Wrestling Leader is required to charter and sanction an event within USAW.

Club Charter \$125, additional insurance certificate for building name owner is an additional \$55-total \$180.

All Sanctioned Events are \$200 additional insurance certificate \$55 if applicable.

***CLUBS MUST BE CHARTERED BEFORE SANCTIONING AN EVENT. PLEASE NOTE A CURRENT USAW WRESTLING LEADER MUST BE LISTED ON THE CLUB CHARTER. A \$30 NCSI background check and SafeSport Certification is required.**

***Thank you in advance for your patience. The background check company, NCSI, completes verified background checks within 4-10 business days.**

Wrestling Leaders: OFFICIALS/COACHES MEMBERSHIP \$65. Coaches who plan to coach mat-side at all state final events are **REQUIRED** to be Copper Certified at a minimum. All coaches certifications can be found on the USAW membership site at **www.usawmembership.com**.

Club Admin: Please ensure to communicate to your club/members where to find the SafeSport training within the USAW membership site or at: **www.iswa.com/safesport**. Clubs are encouraged to use the messaging system with USAW membership under Manage & Messaging to ensure communication documentation for a SafeSport Audit.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

Club Charter Benefits are included in your Club Organizer Guide. After you have chartered your club and sanctioned your event, please email the ISWA office your event ad to be added to the ISWA website by emailing **office@iswa.com**.

2025-2026 MEMBERSHIP PRICES:

CLUB CHARTER \$125-ADDITIONAL INSURANCE CERTIFICATE, \$55,
SANCTION FEE \$200-ADDITIONAL INSURANCE CERTIFICATE, \$55.
ATHLETE MEMBERSHIP, \$45, OPEN LICENSE MEMBERSHIP, \$70,
WRESTLING LEADER MEMBERSHIP, \$65

*Prices subject to change.

Tina Tonte, ISWA State Services

office@iswa.com
(317)780-1885
www.iswa.com



CLUB GUIDE TO HOSTING A TOURNAMENT

CALENDAR AND WORK SCHEDULE

Once you have decided when, what type and how the tournament is to be run, you will need to do the following:

- Confirm date with owner/operator of the facility and get a commitment in writing.
- Secure the necessary club membership renewal, sanctions, ad, etc. Before an ISWA-sponsored Tournament can be held it must be sanctioned through the ISWA. In order for your tournament to appear on the ISWA website, an event flyer must be emailed to the ISWA at **office@iswa.com** within 10 days of the event.
- Select the Tournament Director. The tournament director should be listed on the event flyer and the online sanction event form. Must be SafeSport Certified and should have a current USAW Leader membership.
- Select key committee chairpersons and go over each person's responsibilities.
- Create, print and distribute tournament advertisement and email your event flyer to **office@iswa.com**. If your club has a club page on the ISWA website, make sure to upload current tournament ad details.
- Order awards
- Purchase, borrow or reserve materials for running your tournament: mats, computers, time clocks, tables, chairs, etc.
- Arrange for qualified medical personnel to be onsite during the event.
- Check on available housing in your area if needed.
- Contact Mat & Pairing Official and Sports Trainer.



SELECTING A FACILITY

The facility should be easy to reach with good parking and well-lit with directional signs pointing the way to the building and entry doors.

- Check-in/Registration area should be large enough to allow for bad weather.
- Pairing area should be located as close to the wrestling area as possible with enough room to accommodate the pairers, computers, printers, etc.
- A separate room for officials should be available and secure while officials are working.
- A separate hospitality area must be provided for all tournament personnel.
- For Freestyle and Greco events, a space for protest hearing if necessary should be available.
- Custodial services available.
- A room or space should be set aside for medical personnel.
- A warm-up area for the wrestlers will prevent injuries.
- Concessions available and located in an area away from the competition.
- High speed internet access with upload/download speed at least 100 mpbs if using an online tournament management system.
- Room and seating for spectators.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

TOURNAMENT DIRECTOR DUTIES

- Aids in the selection of and works closely with key committee chairpersons. Committees should include: physical arrangements, registration, weigh-ins, pairings, officiating, medical, table help, floor control, hospitality and concessions.
- Conducts pre-tournament meetings prior to the tournament dates.
- Checks on all materials ordered for assurance of delivery on time.
- Gives guidance to the enforcement of the discipline for the tournament.
- Conducts himself/herself in an impartial manner throughout the tournament.
- Ensure proper event staff is SafeSport Certified. Refer to county, state and national guidelines on the following websites: USAW Insurance Information www.teamusa.org/usa-wrestling/membership/insurance-information
- Must be SafeSport Certified and should have a current USAW Leader certification.

*Please note there is no liability coverage for wrestling activities held at a home or residential dwelling. Reference these websites:

Current Club Organizer Guide & Insurance Information
www.themat.com

SafeSport Information www.teamusa.org/usa-wrestling/membership/safesport-program



ORDERING AWARDS

- You will need approximately 300 awards (100 each for Gold, Silver and Bronze) to cover 6U through Junior age divisions. If you are including University, Senior, and Veteran age divisions you will need a few additional medals to cover those age divisions.
- The cost of awards is usually underestimated. Custom medals generally range from \$3.50 to \$5.00 depending on the size (2" to 3") while generic medal prices are in the \$1.50 to \$3.00 range.
- If you choose to give ribbons for 4th, 5th and 6th places they are available at a nominal cost.
- If you are considering individual plaques the cost will run \$6.00 and up. Trophies for team awards are at about \$25.00 each.
- It is strongly recommended that you not date your awards so you may inventory and re-order what you need for the next year.
- Be sure to give sufficient time for manufacturing and shipping of awards. When awards arrive check them for errors.
- When using matside pairings, awards can be presented at the mat. If using an awards area, schedule at least two presenters and warn them that the awards area will become hectic toward the end of the tourney.

PHYSICAL ARRANGEMENTS

- **Mats:** 1 per 50 wrestlers plus a warm up mat
- **Mat Tape:** 1 roll per 2 mats
- **Monitors:** 1 per mat, 1-2 spare
- **Computers:** 1 per mat, plus one for each pairer at head table.
- **Spit Buckets or Bags:** 1 per mat
- Disposable Towels, Disposable Gloves, Hand Sanitizer, Spray Bottle containing 10% bleach or disinfectant solution for cleaning blood and other body fluids
- Throw-in Device: 1 per mat, used to stop the bout
- **Chairs:** 5 per mat (2 coaches, 1 official, 1 scorekeeper, and to throw in towel, 1 timer)
- **Tickets, Markers:** To indicate when a spectator has paid
- **Workers Pass:** For all tournament workers
- Cash boxes, Change for concessions and gate



INDIANA STATE WRESTLING ASSOCIATION, INC.

PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

- **Printer for the Pairing Area:** Make sure it is in good working condition and you have extra toner, along with plenty of copy paper and masking tape for posting the wall charts, gaffers tape or rugs to cover cords, extension cords, power strips for each mat

INCOME AND EXPENSES

INCOME:

Most tournaments are established as a money making event for the sponsors. Profits can only come if you plan ahead of time what you must take in to offset expenses. Here are some items to consider in the financing of your tournament:

- **Entry Fees:** Most open tournaments are in the \$20 to \$30 range.
- **Gate Fees: Example:** Adults \$5, Students \$2, Children under 6 free.
- **Concessions:** In most cases parents and club members will run this for you
- **Vendors:** Most vendors will donate a percentage of their earnings to your club
- **Gifts-in-Kind:** Materials, products and services donated by local merchants, etc.

EXPENSES:

These items do not include every expense you will incur; however, it does reflect the majority of things you need to be aware of in planning your event.

- **Facility Costs:** Varies as to location: Anything from \$0 to \$800+ per day
- **Custodial & Security:** \$300 per day and up if not included in facility cost
- **Medical:** In some communities this will be donated. ISWA requires a certified trainer be on site at weigh-ins and throughout the tournament. \$35 to \$50/hour
- **Insurance:** You must have your tournament protected with liability insurance. Liability certificate of insurance is included in the sanction event email sent to the tournament director after completing online sanction application.
- **Physical Set-Up:** Moving mats, tables, chairs, etc. This will depend on your location and facility provider.
- **Mat Officials & Pairing Officials**



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

USAW COMPETITOR MEMBERSHIP CARDS: PURCHASE AT WWW.USAWMEMBERSHIP.COM

All USAW Competitor Cards should be pre-purchased online before athletes arrive at the tournament. Age verification is required to weigh in at all ISWA State Finals Events.

TOURNAMENT REGISTRATION:

- Set up pre-registration at **TrackWrestling.com**, **USABracketing.com** or **USAWmembership.com**. There are different rates depending on size of event and if you use the program to run events.
- You can pre-register only and collect fees onsite, see above, or you can have them pay through one of the above sites if utilizing online registration. Waivers are automatically embedded in the above websites. Waivers agreements are signed when purchasing athlete cards within www.usawmembership.com
- Tournament entry form can be added to TrackWrestling application process so you do not have to collect forms onsite.
- Have a check-in process before proceeding to weigh-in and skin checks. Print weigh-in sheets from the event management system or enter weights directly into computers at the scale. Check USA Wrestling card number and date of birth for correct age division.

REGISTRATION AND WEIGH-INS

If your tournament is requiring online, email or faxed registration and weigh-ins only, we recommend that you require clubs to use the proper forms (ones that require all the information you need). A copy of a proper entry form and weigh-in form are available at www.iswa.com.

WEIGH-INS

If you are using digital scales at least two are needed, depending on the size of your event. If you are accepting email, or faxed weigh-ins only (not recommended) you may eliminate on-site weigh-ins.

The person in charge of all weigh-in sites should choose mature adults who are SafeSport Certified and individuals familiar with the requirements of certifying a contestant, recalling that a wrestler can move up one (1) weight class **ONLY**. Once a wrestler has weighed in and challenged a weight class, it is final and



INDIANA STATE WRESTLING ASSOCIATION, INC.

PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

should be recorded. However, they must declare this while they are still on the scales during the initial weigh-in. They can not return after leaving the scales and ask to be moved up nor can they ask to be moved back down after declaring the change of weight class.

NEVER allow a wrestler to move up an AGE DIVISION. Eighth-grade 16U CANNOT move up and wrestle high school Juniors, however 16U/wrestlers in high school can wrestle Juniors.

This period can become very time consuming if not properly anticipated. Be sure to have enough scales and manpower. You should have at least two persons at each scale. The duties of the two are divided as follows:

- Weigh-in the contestant with confirmation by the second person.
- Mark the weigh-in card of the contestant using a black pen or enter their weight into the computer.
- Mark the ACTUAL weight of the wrestler on the arm with a permanent marker, also the division on arm. This will avoid confusion for the officials.
- Tournaments offering two or more styles on the same weekend may allow one (1) weigh-in for both styles.
- With the exception of the ISWA State Finals, weight classes may be split and combined at the discretion of the local host tournament director, within parameters established by ISWA pairing guidelines.

SKIN CHECKS

- All SKIN CHECKS and NAIL checks should take place at weigh-ins. (For more information see Medical Support.)
- Skin checks are required at all ISWA/USAW sanctioned events no more than 24 hours before the event. *NOTE: A Physician's Release form is available online at www.iswa.com. This is the only form that should be accepted.

ANNOUNCING

You will need a P.A. System and an announcer. It is important that the announcer be located in an area that is easily accessible and that you are able to communicate closely with pairing personnel.



TABLE HELP

If using an online event management system, be sure all table help is familiar with mat-side scoring. If not, be sure they watch the appropriate training videos pertinent to the styles of wrestling included in the tournament score electronically. It's recommended to have a quick meeting with table help to ensure they all know how to score via Trackwrestling/USA bracketing.

- Instruct all scheduled table help to report to a designated area 30 minutes prior to the event. At this time you can then give each worker a pass that entitles them to food and will get them on and off the floor without being hassled by security.
- Hold a brief clinic explaining the proper procedure for scoring bouts.
- Call club contacts who you know will be bringing athletes to your meet. Request that their club volunteer to cover one mat for the entire length of your tournament. A lot of this contact can be done when attending weekend tournaments.
- Call clubs who will be hosting a tournament in your area and volunteer to work a table at their tournament in exchange for their members working a table at yours.
- Type a workers list and submit it to the gate staff. This will guarantee that the workers will be admitted free of charge.
- Recruit two people to help deliver drinks to the workers.
- When offering team competition, each team must provide table help. Those people working will get access to hospitality too.
- Send "Thank You" notes to each club acknowledging their support. This may help ensure that they volunteer again the next year.
- All tournament volunteers over the age of 17 are required to be SafeSport Certified.

PAIRING OFFICIALS

The heart of the tournament is in the hands of the pairing personnel. The head pairing official must exercise extreme discipline in the operation of the pairing area. The person in charge of pairing needs to be the singular control point in all tournaments and be selective in their appointment of pairing personnel. The staff assigned to this area must be able to accept



directions in order to avoid needless mistakes. If there is ever a doubt as to the importance of pairing operations, let it be clearly understood that it is truly the heart of the tournament. It is your responsibility to recruit a head pairing official as well as sufficient pairing personnel to conduct your tournament.

All pairers from your club who plan to work your tournament need to attend a pairing clinic. A list of ISWA pairing officials is provided in your tournament folder. It is strongly recommended that the person in charge of pairing be a Senior or Associate licensed pairing official. If this is impossible you may use a Senior Candidate or an Associate. All pairing officials must be SafeSport Certified and should hold a current USAW Leader membership.

The head pairing official must be qualified to do the following:

- Answer questions and provide explanations to the wrestlers.
- Coordinate the flow of the tournament to enable continuous wrestling in as many classes as possible.
- Construct the timing of the tournament to allow for sufficient rest for wrestlers between bouts and at the same time keep the tournament running smoothly.
- Supervise the pairing operation and employ a procedure to avoid errors.

PAIRING SUPPLIES

If you choose to use an event management system to pair your event, you will need the following:

- 1 computer per mat with wireless internet access, or ethernet
- Some device to view bout number and time (some use another monitor that connects to laptop)
- Head pairing table for monitoring overall tournament, answer questions, etc.
- Printer



MAT OFFICIALS

It is your responsibility to recruit a head mat official as well as a sufficient number of officials to conduct your tournament. You will need two officials per mat. At least one should be an experienced ISWA (IHSAA for Folkstyle) official. You will need to provide each Freestyle/Greco official with a whistle and a set of Red and Blue wristbands, and Green and Red legbands (wristbands for Folkstyle officials). A list of mat officials and Folkstyle referees is provided in your tournament folder.

The head mat official must be qualified to do the following:

- Conduct an official's clinic prior to the tournament.
- Establish the discipline and conduct of the officials during the tournament.
- Conduct a rules clinic for the wrestlers prior to the beginning of the tournament.

FLOOR CONTROL/SECURITY

Floor control continues to be a problem at events. Therefore, it is necessary that you provide sufficient security to maintain discipline both on and off the wrestling floor.

Since many of the problems with irate coaches and parents occur at matside, it is especially important that security be available to assist the mat officials during the tournament.

We suggest that you have at least one (1) and preferably two (2) uniformed officers available throughout the day. Security that demands respect and has the authority to make an arrest is by far the most effective.

Depending on the facility, it is most helpful in maintaining floor control to have a system by which only wrestlers and their coaches are allowed at matside. Spectators should be limited to viewing all competition from the stands.

MEDICAL SUPPORT AND ASSISTANCE

It is required by the ISWA and USA Wrestling that qualified medical personnel be on site at your tournament. You should have a well equipped area set aside for your medical personnel. Although all ISWA tournaments are sanctioned by



USA Wrestling and covered by liability insurance it is a **MUST** to have trained professionals to handle all skin checks and injuries. This decreases the risk to the wrestler as well as the club hosting the tournament.

Arrange for trained medical personnel to be on duty at weigh-ins and throughout the tournament.

Arrange for emergency transportation at the entrance and departure for hospital if needed.

It is very important that the person you choose as head of medical personnel at your tournament should have the ultimate say as to whether or not a wrestler may participate. This should not be the decision of the Tournament Director. In order to avoid legal ramifications, decisions of this magnitude should be made by trained professionals.

In order to minimize skin infections, it is recommended that you mop all mats prior to the start of your tournament.

HOSPITALITY

Arrange for a hospitality area for your tournament workers. One of the key ways to get workers to return to your tournament is to provide a great Hospitality Room.

Many clubs hosting tournaments work to get much of the food donated by wrestlers' parents. When this is the case, the food is generally much better and is not a great expense to the club.

The coffee should be made and the hospitality room ready by the time the workers begin to arrive. Pairers greatly appreciate having coffee, drinks (including water), and donuts provided in the pairing area during set-up. Pairers can not get away to go to a hospitality area during that time.

CONCESSIONS

Although not mandatory, a good concession stand provides the following:

- A substantial amount of revenue for your tournament.
- Keeps people from leaving to find food which helps prevent wrestlers from missing their call.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

- Tables and chairs nearby provide a place to relax and eat, and less food will be taken into the stands.
- Provides an opportunity for club parents who are not familiar with wrestling to work and be a part of your tournament.

TOURNAMENT WRAP-UP

Be sure to include closing down the tournament in your overall plan. Clean up all areas used as soon as possible. Try to leave your facility in as good or better condition than you found it. This helps create an element of trust between your club and the owner/operator of the facility.

Make arrangements for returning mats and all other things borrowed.

Make arrangements to send all monies and applications for USAW Cards purchased at your tournament to the ISWA Office.

Be sure to file results with the local media whenever possible.

Be sure to find a way to thank each person that helped with your tournament including: officials, pairing personnel, etc. who traveled to your tournament and volunteered their time in order to make it a success.

Thank you notes are important! You can't thank people enough. If you want officials, pairing personnel, table help, etc. to help next year FEED them and THANK them.

TOURNAMENT CRITIQUE MEETING

Hold a meeting as soon as possible after your tournament.

Make notes regarding the strong points and weaknesses of your event.

File all notes and reports for reference. Making accurate notes and filing them for reference will be extremely helpful to you. The references will make next year's tournament that much easier to prepare for.

Delaying the above makes it more difficult to come back to and many of the details can be forgotten or overlooked.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

INDIANA STATE WRESTLING ASSOCIATION, INC.
TOURNAMENT RULES, REGULATIONS
& STATE MODIFICATIONS FOR
CONDUCTING A SANCTIONED EVENT

2025-2026 RULES & REGULATIONS FOR ALL SANCTIONED EVENTS

1. Tournaments hosting an ISWA/USA Wrestling event must require all competitors to hold a current USA Wrestling competitor's membership card.
2. A current USA Wrestling competitor's card or proof of purchase must be presented when registering. Cards are available at www.usawmembership.com. USA athlete cards are required to have age verification in order to compete at all ISWA State Final Events.
3. 6U, 8U, 10U, 12U and 14U wrestlers CANNOT move up an age division. 16U age division wrestlers who are in high school may move up to the Junior age division. 8th grade 16U CANNOT WRESTLE JUNIOR.
4. Weigh-ins for all age divisions will consist of 1 weigh-in and 1 immediate challenge. Wrestlers will not be allowed to leave the weigh-in room. A wrestler may move up one weight class from the weight in which he/she qualified to compete in at the time of weigh-in. Once a wrestler has weighed in and challenged a different weight class, it's a final weigh-in and should be recorded. Wrestlers are only allowed to wrestle in one weight class.
5. Out-of-State wrestlers may compete in ISWA open events and preliminary tournaments provided they are duly registered with USA Wrestling. The ISWA STATE FINALS Series is open to INDIANA RESIDENTS ONLY! Under no circumstances will out-of-state wrestlers be allowed to participate in any ISWA State Final. In case of a protest, full-time Indiana residency must be verified to the Tournament Committee. Indiana school enrollment will determine residency, if other verification is unavailable or not satisfactory. The wrestler must then produce a copy of their report card or school ID to participate.
6. **Headgear** is mandatory for all 14U and younger age divisions, although, recommended for 16U and Junior.



Mouthguards are strongly recommended during competition at ISWA sanctioned events for all 14U and younger age divisions. However, any wrestlers with braces must wear a mouthguard.

7. 6U age division wrestlers will be governed by the same rules as 8U through 14U. All modifications imposed by USA Wrestling for 8U through 14U age divisions will also apply to 6U age division wrestlers.
8. A wrestler must be allowed 15 minutes between bouts to rest before his/her next competition.
9. Athletes must weigh-in wearing a competition legal uniform specific to the style of wrestling for the event.
10. With the exception of ISWA State Finals, weight classes may be split at the discretion of the local Tournament Host within the parameters established by ISWA pairing regulations.
11. Certified Athletic Trainers should be on-site to conduct skin checks during weigh-ins at all ISWA State Final Events. All decisions by the trainers regarding participation will be final! Details can be found on www.iswa.com under Tournament/ Sports Medicine. Sports Medicine information includes Skin Check details and a Physician's Release for Wrestlers. SKIN CHECKS ARE REQUIRED AT ALL ISWA/USAW SANCTIONED EVENTS within 24 hours of competition. This is the only release from that will be accepted.
12. All tournament sanctions **require** the following listed: **Tournament Director, Head Mat Official, & Pairing Official and Trainer.** Each is required to have completed the following prior to event: SafeSport and Background Check.
13. All protest procedures must be followed. A \$200 fee is required.

FOLKSTYLE: SPECIFIC MODIFICATIONS & RECOMMENDATIONS

NFHS Rules will apply with the following modifications:

1. All corrections of errors **MUST** be settled with the official/head official at mat-side using the guidelines per NFHS Rules. No judgment issue will be reviewed.
2. The ISWA recommends Line Bracketing be used at all Folkstyle events where there are 4 or more in a weight class. Round robins are recommended for 3 or less. Copies of bracket sheets, flow charts, etc. are available to print on www.iswa.com, under Membership/Pairing Officials.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

FREESTYLE OR GRECO-ROMAN: SPECIFIC MODIFICATIONS & RECOMMENDATIONS

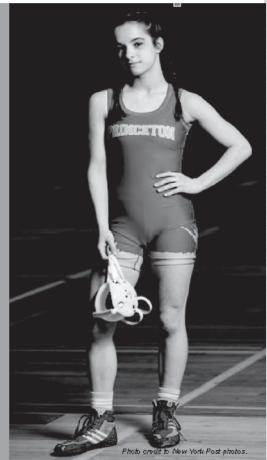
The UWW rules in the “International Rule Book,” as modified by USA Wrestling, must be followed at Freestyle and Greco-Roman events.

1. Copies of wall charts, worksheets, flow charts, etc. are available at www.iswa.com, under Membership/Pairing Officials.
2. The ISWA strongly suggests a “Blind Draw” be used at all local tournaments or seeded by USAW style-specific PIN rankings.

ONLY ISWA/USAW APPROVED WEIGHT CLASSES WILL BE ACCEPTED.

One Courageous Girl

Joan Fulp & Andrea Yamamoto Co-Chairs
USA Wrestling Girls High School Development Committee



**Joan Fulp & Andrea Yamamoto Co-Chairs
USA Wrestling Girls High School Development Committee**



Scan to read the
One Courageous Girl
Coaches Guide

*We celebrate your willingness to create new
possibilities for girls high school wrestling.*



MIDDLE SCHOOL WRESTLING

BUILDING CHAMPIONS: WHY KIDS SHOULD WRESTLE

Wrestling is an excellent sport for youth athletes, particularly those in the middle school age range of 11-15 years old, for several compelling reasons. Firstly, it promotes physical fitness and overall health through rigorous training routines that develop strength, agility, and endurance. This period of adolescence is crucial for developing fundamental motor skills and establishing healthy habits, making wrestling an ideal activity to enhance physical development. Moreover, wrestling teaches essential life skills such as discipline, resilience, and self-confidence. Middle schoolers learn to set goals, work diligently towards them, and overcome challenges both on and off the mat, fostering a sense of accomplishment and self-esteem that extends beyond their athletic endeavors.

Additionally, wrestling encourages mental toughness and strategic thinking. Athletes must make split-second decisions, anticipate their opponents' moves, and adapt their techniques accordingly, which sharpens cognitive abilities and enhances problem-solving skills. The sport also promotes camaraderie and teamwork despite its individual nature, as wrestlers train together, support each other during competitions, and forge lasting friendships within their teams. Overall, wrestling offers middle school-aged athletes a comprehensive developmental experience that nurtures physical fitness, mental resilience, and important life skills essential for their future success.

GROWING WRESTLING AT YOUR SCHOOL

- **Promote Awareness and Interest:** Use social media (Facebook, Instagram, X) to highlight benefits, share success stories, and announce events.
- **Recruit and Retain Coaches:** Seek passionate coaches from within the community and former wrestlers to mentor athletes.
- **Establish Development Pathways:** Offer introductory clinics, practices, and local tournaments to foster skill development and competition. Collaborate with feeder programs for continuity.



2025-2026 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
6U	Born 2020-2021	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	30 lbs, 35 lbs, 40 lbs, 45 lbs, 50 lbs, 55 lbs, 65 lbs, 75 lbs, 85 lbs (10 lb Max Difference)
8U	Born 2018-2019	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs (15 lb Max Difference)
10U	Born 2016-2017	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs (15 lb Max Difference)
12U	Born 2014-2015	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 126 lbs, 140 lbs
14U	Born 2012-2013	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	75 lbs, 80 lbs, 85 lbs, 90 lbs, 95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 150 lbs, 165 lbs, 180 lbs
16U	Born 2010-2011	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods	95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 207 lbs, 235 lbs

USA Junior

** Born 9/1/2006 & after, plus enrolled in grades 9-12

Two three-minute periods with 30 second rest between periods

Championship: 3 two-minute periods;
Consolation: 1 one minute and 2 two-minute periods

95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 235 lbs

2025-2026 ISWA ELEMENTARY DUAL TEAM STATE CHAMPIONSHIP WEIGHT CLASSES: 43, 49, 54, 59, 63, 68, 73, 78, 84, 90, 98, 105, 115, 130, HWT (up to 175)

Wrestlers may move up one weight class.

2025-2026 ISWA MIDDLE SCHOOL DUAL TEAM STATE CHAMPIONSHIP WEIGHT CLASSES: 75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 270

Wrestlers may move up one weight class.

FOLKSTYLE BOUTS

RESULTS BY MATCH	POINTS		RECORDING CODES	
	WINNER	LOSER	WINNER	LOSER
Victory by Fall	6	0	Time	LF
Technical Superiority - 15 pts	5	0	Score	Reverse Score
Major Decision - 8-14 pts	4	0	Score	Reverse Score
Decision - 1-7 pts	3	0	Score	Reverse Score
Disqualification	6	0	WBD	DQ
Double Disqualification	0	0	DDQ	DDQ
Forfeit	6	0	WBF	FORF
Injury Default	6	0	WBI	INJ

FREESTYLE & GRECO-ROMAN BOUTS

RESULTS BY MATCH	POINTS		RECORDING CODES	
	WINNER	LOSER	WINNER	LOSER
Victory by Fall	5	0	Time	LF
Technical Superiority 10+ pts	4	0	Score	Reverse Score
Technical Superiority Loser scores	4	1	Score	Reverse Score
Decision 1-9 pts - Loser no score	3	0	Score	Reverse Score
Decision 1-9 pts - Loser scores	3	1	Score	Reverse Score
Forfeit	5	0	WBF	FORF
Injury Default	5	0	WBI	INJ
Disqualification - Misconduct	5	0	WBQ	DQM
Double Disqualification	0	0	DDQ	DDQ



2025-2026 - USA MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
6U	Born 2020-2021	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	30 lbs, 35 lbs, 40 lbs, 45 lbs, 50 lbs, 55 lbs, 65 lbs, 75 lbs, 85 lbs (10 lb Max Difference)
8U	Born 2018-2019	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs (15 lb. Max Difference)
10U	Born 2017-2018	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs (20 lb. Max Difference)
12U	Born 2015-2016	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	58 lbs, 63 lbs, 67 lbs, 70 lbs, 74 lbs, 78 lbs, 82 lbs, 86 lbs, 92 lbs, 98 lbs, 108 lbs, 117 lbs, 135 lbs, 160 lbs (25 lb. Max Difference)
14U	Born 2013-2014	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	75 lbs, 80 lbs, 84 lbs, 88 lbs, 92 lbs, 96 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 126 lbs, 132 lbs, 140 lbs, 155 lbs, 175 lbs, 225 lbs
16U	Born 2011-2012	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	88 lbs, 94 lbs, 100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs

USA Junior	* Born 9/1/2006 @& after, plus enrolled in 9-12th grade	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one-minute and 2 two-minute periods	100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs
UNIVERSITY	* Born 2002-2008	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	57 kg, 61 kg, 65 kg, 70 kg, 74 kg, 79 kg, 86 kg, 92 kg, 97 kg, 125 kg
SENIOR	* Born 1991-2001	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	58 kg, 62 kg, 70 kg, 78 kg, 88 kg, 100 kg, 130 kg
VETERAN	* Born 1961-1990	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	58 kg, 62 kg, 70 kg, 78 kg, 88 kg, 100 kg, 130 kg

USA Junior: Athletes shall be considered eligible to compete in Junior Division competitions if he/she is currently attending high school, or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attended high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program the Spring semester just prior to the summer event. In addition, the athlete has only four consecutive years to compete in the Junior Division once his/her class begins the ninth grade. Only wrestlers born September 1, 2003 and later who were enrolled in grades 9-12 during the 2023 spring semester are eligible. No wrestler who was enrolled in 8th grade during the 2022 spring semester will be allowed to enter. Any such wrestler who enters or competes will be penalized by forfeiting his/her eligibility in the next year's event in both styles.



INDIANA STATE WRESTLING ASSOCIATION, INC.
PO BOX 157, BEECH GROVE, IN 46107 • 317-780-1885

TOURNAMENT CHECKLIST

- Date
- Location availability/Approval
(ISWA club charter/submitted online at www.usamembership.com
before Nov. 15th)
- Team Competition: Have plenty of team sign-up sheets
- Order awards: Individual Team trophies
- Advertisement (ISWA Event Flyer)
- Set up pre-registration on USAWmembership.com
(if applicable) or an online event management system
- How many mats are to be used/arrange for them to be moved to school
- Contact Pairing personnel
- Contact IT for venue, test network
- Laptops/monitors, power strips
- Cameras & ethernet cords if streaming
- Hotel Rooms
- Contact Officials
- Whistles
- Wristbands/anklebands
- Set up Pairing folders: Copy paper, masking tape, computer, printers
- Table workers
 - Dry erase boards, markers or some way to show
spectators bout number order
 - Lunch tickets
 - A sign-up sheet at the announcer table
- Hospitality Room
- Parking attendants (directional signs if necessary)
- Security
- Entry personnel
 - Need cash
 - Cash boxes
 - Markers, pens & paid stamps
- Concessions
 - Need cash
 - Cash boxes
 - Someone to purchase items
- Waiver/Entry forms
 - Plenty of pens
- Scales
- Weigh-in personnel (Medical for skin checks)
 - Thick black markers
 - Printed weigh-in sheet
- Awards area
- Announcer
- Runners
- National Anthem
- Medical Trainers