



IOWA AAU GIRLS STATE

FEBRUARY 26, 2023

WELLS FARGO ARENA, DES MOINES

DIVISIONS AND WEIGHT CLASS:

Division A: Grade: 3-4: Periods 1-1-1 50, 55, 60, 65, 70, 75, 82, 90, 100, 110, 110.1+***

Division B: Grade: 5-6: Periods 1-1-1 68, 74, 80, 86, 92, 100, 108, 116, 126, 136, 146, 146+***

*We reserve the right to combine weight classes that have 3 or less wrestlers.

**At the highest weight-in each division we would create a new bracket if we had a dramatic difference in weight (typically greater than 15% difference in body weight)

***It is the responsibility of the parent/guardian and coach to determine if a wrestler should safely participate on the mat. You may forfeit or withdraw your wrestler at any time over safety concerns.

K-2nd Grade divisions are incorporated with AAU Super Pee-Wee - Young Arena - Waterloo, IA

7th-12th GRADE DIVISIONS AT AAU GIRLS JR. HIGH & HIGH SCHOOL STATE/TEAM IOWA QUALIFIER* –CEDAR RAPIDS SUNDAY MARCH 5th

***7th & 8th GRADERS ARE ALLOWED TO PARTICIPATE IN HIGH SCHOOL DIVISION FOR TEAM IOWA HIGH SCHOOL TEAM SPOTS FOR TWIN RIVERS, JR. OLYMPICS, AND ORLANDO**

AWARDS: TOP EIGHT RECEIVES PLACEMENTS MEDAL. CHAMPION RECEIVES AAU STATE CHAMPIONSHIP WALL CHART AND A CHAMPIONSHIP AWARD!!

WEIGH-INS: IOWA EVENT CENTER, 233 Center St, Des Moines, IA 50309. Saturday February 25th, 2023, 5-8 pm. Must weigh-in in singlet. Please verify spelling of wrestler's name and make changes at weigh-ins. **Please notify if your female wrestler is wrestling both AAU Kid's State and AAU Girls State.** If updates are made, it will be announced through TrackWrestling email system.

Registration: Entry fee is \$35 online registration at www.trackwrestling.com. **Deadline is February 19th, 2023.** **MUST BRING AAU Cards, PROOF OF GRADE, & Birth Certificate to weigh ins or upon request during competition.** All AAU cards must be purchased prior to weigh-ins.—NOT sold at door. Purchase online at: www.aausports.org AAU card is not proof of age.

Eligibility: Registrations are limited to Iowa Residents and previous Team Iowa Members. Exceptions will be voted upon by committee and only made to support event brackets or to provide an opportunity to further grow Iowa women's wrestling.

Admission: \$15.00 adults/\$10 student (ages 5-12)/ Free for kids 5 & under. Tickets can be purchased at Wells Fargo Arena.

Coaches: **Coaches must have an AAU card to be on the mat.** Coaches' bands will be \$20 and includes admission for Sunday and access to the mats. **Floor pass:** \$25 This allows you onto the floor but not onto the mats. Passes picked up at weigh-ins and admission at Arena Box Office.

This event is hosted by: IOWA AAU GIRLS WRESTLING





IOWA AAU GIRLS STATE

FEBRUARY 26, 2023

WELLS FARGO ARENA, DES MOINES

Doors will open at 7 am, Grand March 8am, and Wrestling will begin at 8:30 am

All matches will be wrestled using the numeric match system on **TrackWrestling**. Each weight class will be assigned a mat that they will wrestle for most of the day. Matches will move as mats open and will be announced.

Certified Officials and Trainers. Head gear not required. Mouthguards are required for braces. Folkstyle tournament rules apply identically to AAU Kids State.

There will be **"NO MINIMUM WAIT TIME"**. A brief 1-2 match break will be given if the athlete is called onto a mat as they leave a match or while they are still wrestling.

No coolers or food containers are allowed in the auditorium.

A professional photographer will be providing podium pictures for purchase.

Streaming details to be released at later date

Make sure any skin conditions are controlled and covered with a doctor's note.

Event T-shirt: A flyer will be emailed as event approaches via email list generated from track wrestling registrations. These are to be **purchased online** and are to be picked up at Girl's State weigh-ins. **They will not be for sale at the event.** 100% of all sales goes toward **"Iowa AAU Girls Wrestling"**.

Questions? Contact: AAU Girls Director: Jason Loyd girlsinfo@iowaaaugirls.com

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.

Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

GIRLS TEAM IOWA NEEDS YOU! FOLLOW INFORMATION ON FACEBOOK @ "AAU Girls State and Team Iowa" see if your wrestler would like to be part of our girls' Team Iowa and dual team events.*This event is hosted by: IOWA AAU GIRLS WRESTLING

