



MIDWEST MAT OF DREAMS

PRE-SEASON GIRLS DUAL TEAM
WRESTLING TOURNAMENT
YOUTH 10.12.24 & HS 10.13.24

Green State Family Fieldhouse
Coralville, IA

Weigh ins 7:00-7:30am*

*check FB event page for details on
night-before weigh in or C4C weigh in
Wrestling Starts @ 9:00am

NEW NFHS '24-'25 Rules will be modified--
FEW tournament adapted rules =
all neutral restarts and stepout point.

Registration process will use
USAW membership system.
Follow the action using
USA Bracketing (NEW for 2024)

Potential team leaders contact FEW at
fewteamia@gmail.com





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Youth Weights

Born '09 or after, No HS

46-52-58-65-73-82-91-100-110-120-135-146-155-170

High School Weights -'24 9th-12th only

100-106-112-118-124-130-136-142-148-155-170-190-235

Registration

USAW '24-'25 membership required (renew ~8/23/24)

USAW Teal Coaches Course Recommended.

Team leaders will register and enter rosters in USAW membership system.

Weigh Ins

Singlets required

No weight allowances

Weigh in once for both

Conflict for Charity &

Midwest Mat of Dreams

Modifications to '24

NFHS Folkstyle Rules

Out of bounds step out point

All neutral restarts

