



MIDWEST MAT OF DREAMS

PRE-SEASON GIRLS DUAL TEAM

WRESTLING TOURNAMENT

YOUTH 10.07.23 & HS 10.08.23

Green State Family Fieldhouse
Coralville, IA

Weigh ins 7:00-7:30am*

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

Registration process will use
USAW member system.

Find more details at
femaleelitewrestling.org

Contact FEW at
fewteamia@gmail.com



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Youth Weights

Born '08 or after, No HS

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

High School Weights -'23 9th-12th only

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

Registration

USAW '23-'24 membership required.

USAW Teal Course Recommended (NEW in '23)

Team leaders will each receive a unique team link
for registration and roster entry.

Weigh Ins

Singlets required

No weight allowances

Weigh in once for both

Conflict for Charity &
Midwest Mat of Dreams

Modifications to Folkstyle Rules

Out of bounds step out point

All neutral restarts

