AAU Midwest National Duals

April 23-25, 2027

MidAmerican Energy RecPlex 6500 Grand Ave, West Des Moines, IA 50266

WHEN: **Weigh-ins:** Friday, April 23, 2027
5:00 PM to 7:00 PM at MidAmerican Energy RecPlex
2 Pound Allowance to All Divisions: Must Weigh In Singlet

Wrestling: Saturday April 24 & Sunday April 25, 2027 at MidAmerican Energy RecPlex
Start at 8:00 AM Both Days

DIVISIONS:

Elementary Grades K-6 Division: Must be currently enrolled in Grades K-6.

Lee Pamulak Middle School Division: Must be currently enrolled in Grades 6-8.

High School All Star Division: Must be currently enrolled in Grades 8-12.

High School Progressive Division: Must be currently enrolled in Grades 8-12.
****Only ONE Wrestler per Team can be a State Placewinner in Progressive Division**

REQUIRED: **AAU Card required at weigh ins. Wrestlers must have proof of grade if questioned.**

FORMAT: Folkstyle, 7 Matches Minimum (most get 8). Pool wrestling followed by team championship brackets.

PERIODS: **Elementary:** 1-1-1 **Middle School Matches:** 1.5-1.5-1.5 **High School Matches**: 2-1.5-1.5

AWARDS: AAU Championship medals for top teams and individuals & individuals who attain All American status.
Team Trophies/Plaques for 1st through 3rd place plus Silver bracket champion.

TEAMS: **Up to 3 Alternates, 3 Coaches, and 2 Workers plus wrestlers for each weight class.**
*****Each Team Must Provide ONE Table Worker Per Dual*****

Elementary Weights:	**45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 107, 115, 125, 140, 165, 200**
Middle School Weights:	**75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 250**
High School Weights:	**106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285**

COST: **$900.00 Per Team:** Online Payment Due April 7th, 2027.

Team Registration: **Online Team Registration & Payment**
This form can also be found at www.iowaaauwrestling.com

OFFICIALS: HS Certified Officials Only

DAILY ADMISSION: $15 Per Day; Kids Ages 5 & Under Free

MORE INFORMATION: **CONTACT Matt Young at 515-681-3262 or Email at: iowamatsandclocks@gmail.com**

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• This event is sanctioned 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 membership must be obtained before the competition begins. Please visit the AAU web site www.aausports.org to obtain their membership.

Weigh Ins: All competitors have until the close of weigh-ins to make weight. There is a 2 lb Scale Allowance for ALL Divisions. For example, a wrestler in the 105 lb weight class can weigh 107 lbs. **All competitors must wear a singlet to weigh-ins.**

COMPETITION: All Teams will be seeded in team pools based on past finish by team. First time teams will be randomly seeded. (Size of pools will be subject to adjustment based on total number of teams entered.) After pool wrestling, teams will be seeded into preliminary brackets based on pool performance and then on point differential seeding. Based on the number of teams, entered teams will then move to either championship or consolation brackets. Every team should wrestle a minimum of 7 dual meets. Every effort will be made to make sure all alternates get as many exhibition matches as possible.

INDIVIDUAL MEDAL CRITERIA: Minimum of 6 matches wrestled:
No Losses—Gold, 1 Loss—Silver, 2 Losses—Bronze, 3 Losses--Copper

ELIGIBILITY: Coaches please make sure you have the following information available for your team members at weigh-ins.

- **Current AAU Card (Available online at: www.aausports.org)**
- **Email approval of out of AAU District/State Team Members**
- **COACHES must have an Adult AAU Card for 2027**
- **Wrestler must have proof of grade if challenged**

ONLY 3 TEAM MEMBERS CAN BE FROM ADJOINING DISTRICTS (ASSOCIATION)

All teams must meet AAU National guidelines as stated in the AAU National Code as well as meet both the grade and age requirements for this championship. Your 3 athletes from outside your AAU district must reside in an adjoining district. AAU DISTRICT MAP. Please contact Wes Creason at aauwrestlingiowa@gmail.com for approval of any wrestlers in this category to make sure they meet the guidelines. All out of AAU District wrestlers must be approved. **Here are the Code Guidelines:**

4.3 Membership and Residency.
4.3.1 Adult members will not be bound by residence requirements.
4.3.2 Youth members must register in the District of their bona fide residency, except as follows:
4.3.2.1 A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
4.3.2.2 A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option o f registering in either District.
4.3.2.3 A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
4.3.3 Persons living outside the U.S. may register in the closest District or with District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.
BYLAW 6. ELIGIBILITY
6.1 A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer, softball, wrestling and volleyball.]

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