



2026 USA Wrestling National 16U Duals

Freestyle & Greco Roman

June 9-13, 2026

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This packet includes the following:

1. 16U National Dual Championships team and hotel registration information
2. 16U National Dual Championships tournament schedule
3. USA Wrestling Nationals policies and procedures.

All information and rules regarding this event are available online at www.usawrestlingevents.com



Reminder: Due at registration – April 1st, 2026

Registration procedure: It is mandatory for teams to register online at www.usawmembership.com. Below is the process:

1. Team Registration Form and entry fee (\$1400 per team per style) are due **ONLINE TO USAW** by the stated date April 1st, 2026. During the online registration process, states must identify their respective mat officials and team leaders for each team, along with their contact information. If a conflict dictates the necessity to change the names of those officials or leaders, those changes must be sent to the USWOA rep. (Stacey Davis, sdavis@usawrestling.org) and the site tournament director, 10 days before the event. Officials representing the states must ALSO sign up via the officials' tournament signup in the USAW Membership System. States with under 3,000 total members will be afforded the opportunity to submit a \$500 deposit to secure the \$1400 registration per team, per style. Final balance for these particular states must be submitted 10 days prior to the event. Must be submitted online. States not providing one (1) official per team shall also be fined \$1000 per registered team.
2. Teams that register after the April 1st deadline will be charged a late fee. The registration fee will increase to \$1,650. After May 14th, the fee will further increase to \$1,900 per team.
3. Teams registering after the May 14th deadline are also responsible for providing lodging for their designated state official representative.
4. The Team Registration Form must include the team leader and the mat officials' phone number and email address.
5. Upon receipt of your Online Team Registration and fee, you will be e-mailed a packet of policies.
6. Upon arrival at the event, you will be given your roster for verification. You will need to sign off on team members and seeding points.
7. Teams who fail to compete and have paid will be refunded the full amount minus a \$500 no-show fee.

USAW membership system directions:

1. State leaders click on your State Leader tab under the admin section of your profile.
2. Click on National Teams and start a new team under the 2026 year. Please refer to item 18 on policies and procedures for proper team naming.
3. Add a Team Leader to your National Team. This will give them access to add/delete wrestlers to the roster.
4. All athletes must have a current membership to be added to a team roster. If the athlete turns 18 during the membership year, they will need to complete a SafeSport.
5. Team Leaders and coaches must have current Wrestling Leader membership.

Registration: Athlete information should be entered prior to June 5, 2026

- **Roster verification Greco-Roman: Tuesday, June 9 at 4:00 PM onsite**
- **Roster verification Freestyle: Thursday, June 11 at 4:00 PM onsite**
- **Teams will be entered and verified through USAWmembership.com.**
- All teams participating in the Duals must register at USAWmembership.com.
- Draw numbers for each team will be pulled at the time of roster verification for each event.
- **Coaches' Passes: Maximum of four per team.**
 - Coaches must have a current USA Wrestling Card and a Bronze-Level Coaching Certification (must be presented at registration). Coaches must be entered in USAW



Membership system

- Team Leader Passes: One Team Leader pass will be issued per state. Team Leader must have a current background check and SafeSport completed. Team Leaders must be entered through the USAW Membership system.
- All State teams must provide one official. States need to encourage state officials to sign up through USAW MEMBERSHIP SYSTEM. Registration will begin on February 1st and close on May 1st.

Weigh-in/Eligibility: 16U Men's Freestyle and Greco

- Wrestlers able to compete in the 16U National Duals are Born 2010-2011
- Weight Classes: 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

Table Workers:

1. Each state association entered in the National Duals **MUST** supply one **volunteer** for each style in which the state association is competing.
2. Volunteers will be asked to either score dual on computer bracketing system or video tape respective teams' duals.



16U Duals Hotel List

All hotels can be found at

[Book Your Room - USA Wrestling 16U National Duals - Utah USA Wrestling | EventConnect](#)

Note: additional rooms and/or properties may be added

Please check the event website for updated hotel option



Team Registration Form

Please mail this form in with your entry fee

State: _____

State Team Contact Name _____

Phone number _____ Email _____

Men's 16U Freestyle Dual Team(s)

Name of team Freestyle _____

Table help volunteer _____ Email _____

16U Freestyle Official Name _____ Phone _____

Name of team (2) Freestyle _____

Table help volunteer _____ Email _____

16U Freestyle Official Name _____ Phone _____

Men's 16U Greco Roman Dual Team(s)

Name of team Greco-Roman _____

Table help volunteer _____ Email _____

16U Greco-Roman Official Name _____ Phone _____

Name of team (2) Greco _____

Table help volunteer _____ Email _____

16U Greco-Roman Official Name _____ Phone _____

16U Duals 2026 Event Schedule

This schedule is subject to change based on the number of teams entered in each tournament.

Note: Tournament will be run in rounds by match numbers. Teams must be ready to wrestle at first available mat.

*Start times are subject to change based on number of teams competing

Tuesday, June 9

- 1:00 PM to 5:00 PM – mats open for team workout
- 1:00 PM to 2:00 PM – Greco Roman pairing clinic
- 3:00 PM to 4:00 PM – Greco Roman Team Registration
- 4:30 PM to 5:00 PM – Greco Roman coaches meeting
- 5:00 PM to 6:00 PM – Greco Roman weigh ins and medical check
- 6:15 PM to 7:15 PM -- Mat Officials Clinic (Greco Roman)

Wednesday, June 10

- 6:45 AM to 7:30 AM – Greco Roman Official's assignment meeting
- 8:00 AM to 12:30 PM – Greco Roman session 1 (Round 1 (quarterfinals), Round 2 (semifinals & consolations) & Round 3 (finals, consolation semis & 7th place matches)
- 12:30 PM to 1:30 PM – Lunch break
- 1:30 PM to 4:00 PM – Rounds 4 (3rd & 5th place), Round 5 (true second)

Thursday, June 11

- 6:45 AM to 7:30 AM – Greco Roman official's assignment meeting
- 8:00 AM to 12:30 PM – Pool rounds 1, 2 & 3
- 12:30 PM to 1:30 PM – lunch break
- 1:30 PM to 3:00 PM – Placement matches
- 3:00 PM to 4:00 PM – Freestyle registration
- 4:30 PM to 5:30 PM – Freestyle medical check and weigh ins

Friday, June 12

- 6:45 AM to 7:30 AM – Freestyle official’s assignment meeting
- 8:00 AM to 12:30 PM – Freestyle round 1 (pigtails), round 2 (quarterfinals), round 3 (semifinals and consolations), round 4 (finals, consolations)
- 12:30 PM to 1:30 PM – lunch break
- 1:30 PM to 5:00 PM – round 5 (consolations), round 6 (consolations), round 7 if needed
- 5:00 PM to 7:00 PM - Round 1 of Gold/Silver, Bronze/Copper, Red/Blue and Green/Yellow pools

Saturday, June 13

- 7:30 AM to 8:00 AM – Freestyle official’s assignment meeting
- 8:30 AM to 1:30 PM – Freestyle pool rounds 2 & 3 and finals placement matches