



AAU JUNIOR OLYMPIC GAMES WRESTLING (FREESTYLE)



BOYS MIDDLE & HIGH SCHOOL – DUAL TEAM DIVISION

- LOCATION:** The MidAmerican Energy Rec Plex – 6500 Grand Ave., West Des Moines, IA 50266
- DATES:** Friday, July 31, 2026 Dual Check-In, Practice, Weigh-ins
Saturday, August 1, 2026 Coaches Meeting, Dual Competition
Sunday, August 2, 2026 Individual Weigh-ins & Competition
- AGE DIVISIONS:** **HIGH SCHOOL DUALS:** Teams will be comprised of up to 20 wrestlers (must have a minimum of 8 competitors) from any high school. Graduated 6th, 7th, and incoming freshmen are eligible for this division. It is the coaches' responsibility to make sure each athlete entered will not lose eligibility with their state high school athletic association. (Be sure to check with your state wrestling association to make sure that each athlete wrestling in this event will not jeopardize his/her High School eligibility) Documentation of age **AND** school attendance must be provided for all wrestlers. **NO POST HIGH SCHOOL GRADUATES MAY PARTICIPATE (i.e. graduated and then attending prep school).**
- *NEW* MIDDLE SCHOOL DUALS:** Teams will be comprised of up to 20 wrestlers (must have a minimum of 8 competitors) from any district. And attended Grades K – 8th during the 2025 – 2026 school year. Documentation of age and school attendance must be provided upon request for all wrestlers.
- WEIGHT CLASSES:** **HIGH SCHOOL DUALS:** The weight classes will be as follows: 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285, (maximum weight is 285 lbs.) A 4 (four) pound allowance will be given.
- MIDDLE SCHOOL DUALS:** The weight classes will be as follows: 75, 82, 90, 98, 106, 114, 122, 132, 143, 155, 170, 185, 215, HWT (Not to exceed 250) A 4 (four) pound allowance will be given.
- ENTRY DEADLINE:** Entries must be received **ONLINE** by July 16, 2026. **ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE.** It is the responsibility of the coach or designated team representative to submit the entry online by the **deadline date**.
- ENTRY FEE:** **DUALS:** The entry fee per team is \$650.00 and is non-refundable.
- COMPLETING YOUR ENTRY:** **STEP 1 – Register your team online. ALL ENTRIES MUST BE SUBMITTED ONLINE BY JULY 15TH.**
- ONLINE REGISTRATION:** Visit www.aaujrogames.org to register your team online. Visa, Master Card, American Express and Discover accepted.
- STEP 2 – Complete your team roster online. Add your athletes, coaches and table workers online. THIS STEP IS REQUIRED.**
- Rosters including a list of athletes, coaches and table works must be submitted online. This is required.** You can make changes to your roster at Team Check-In; however any additions must have a current AAU membership. Join online at www.aausports.org prior to your arrival at check-in and bring a copy of the membership card to check-in.
- STEP 3 - Bring the following documents to Team Check-In, which includes the following:**
- 1) School Attendance Documentation (for each wrestler)
 - 2) Copy of a governmental proof of age documentation
- Sheets must be filled out entirely and presented at Team Check-In on Friday, July 31, 2026.**
Each team will consist of up to 20 members (must have a minimum of 8 competitors): 15-wrestlers, 5-alternates, 1-coach, 2-assistant coaches, 1-table worker
- TABLE WORKERS:** Each team is required to provide one person to work at the scoring table during each of the team's dual meet. This person must be an AAU member and be at least 14 yrs. old.

AAU MEMBERSHIP: All athletes, team coaches, and table workers must be 2026 members of their AAU District and be able to present their AAU membership cards at the time of Team Check-In. To become a member, register on-line at www.aausports.org. **BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. New this year, background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.** For more information, visit www.aausports.org.

COACHES' EDUCATION: The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is mandatory for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

RULES: Competition will be conducted according to the rules as outlined in the current UWW Rules in the AAU Wrestling Handbook. This applies to wrestling techniques as well as conduct, attire and decorum on the mat.

Late weigh-ins must be requested/ applied for one (1) week prior to weigh-ins.

BIRTH CERTIFICATE: All athletes must be able to present a **governmental proof of age documentation such as a birth certificate, driver's license or passport plus** documentation of school attendance at time of Team Check-In. **AAU is not responsible for returning original birth records.**

HOUSING: The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

All reservations are handled through the Local Organizing Committee. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogame.org and click on **Hotels** to make your reservations. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

DUAL TEAM CHECK-IN: Pre-Registration: It is extremely important that all entries be completed **online** no later than the above-mentioned deadline date. Any late entries must contact Jason Loyd at girlsinfo@iowaaaugirls.com or 563-468-0317 to inquire if space is available **Rosters must be submitted online.**

On-Site Check-In: Teams must check-in at the RecPlex. Teams must check-in AND weigh-in on Friday, July 31 from 5:00 p.m. to 8:00 p.m. WEIGH-INS WILL BE HELD AS SOON AS TEAM IS CHECKED IN. Coaches must bring to Check-in (1) School Attendance Documentation (for each wrestler); (2) Copy of a governmental proof of age documentation.

At check-in each participant, athlete or coach, will be issued a credential or wristband. This will allow you access to competition area. *If that credential or wristband is lost or stolen there will be a replacement fee.* Parking fees do apply for the lots around the Convention Center. For check-in hours, maps and additional directions please visit www.aaujrogame.org (click on Event Info, then Registration).

ATHLETE WEIGH-IN: Friday, July 31, 2026, 5:00 p.m. – 8:00 p.m.
Scales will be available to competitors one (1) hour prior to the start of weigh-in. **TEAM ROSTERS MAY NOT BE CHANGED AFTER BEING CERTIFIED AT WEIGH-INS.**

COACHES MEETING: All dual team coaches and table workers for dual teams are required to attend a meeting on Saturday, August 1st. The Coaches Meeting will take place at the RecPlex prior to competition.

BOUTS: Length of bouts will be two 3-minute periods.

PARKING: Some locations may have parking fees. Please visit www.aaujrogame.org and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.

TRANSPORTATION: All athletes, coaches, and fans are responsible for their own transportation to and from all activities, events, and hotels.

SECURITY: All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

SEATING: All AAU Junior Olympic Games will have dual team, coaches, and some spectator seating. It is advised to

bring a folding chair to be seated in designated and allowable spaces.

FOOD:

All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

CELEBRATION OF ATHLETES:

The Celebration of Athletes will be held on Sunday, August 2nd, 2026. More information will be posted at www.aaujrogames.org as it becomes available.

ADMISSION FEE:

Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of their entry fee. Please note that you must check in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential. Spectators may purchase tickets onsite at the venues.

Spectators can purchase tickets onsite at the venues. Daily passes are \$20.00 (3 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$50.00 (3 & under free). For more information on ticket options, please visit www.aaujrogames.org.

NO GUARANTEE:

The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, lodging, food, entry fees and/or any other expenses related to the event.

INFORMATION:

TOURNAMENT DIRECTOR:

Jason Loyd
girlsinfo@iowaaaugirls.com
563-468-0317

AAU NATIONAL STAFF:

Jacob Sunde
jsunde@aausports.org
407-470-1816



AAU JUNIOR OLYMPIC GAMES WRESTLING SCHEDULE

(TENTATIVE & SUBJECT TO CHANGE)



Friday, July 31, 2026

5:00 pm – 8:00 pm

Saturday, August 1, 2026

8:30 am

9:00 am

Sunday, August 2, 2026

9:00 am

Weigh-In & Team Check in

RecPlex

Coaches & Table Workers Meeting

RecPlex

Dual Meet Tournament

RecPlex

Individual Tournament

RecPlex