



THANKSGIVING NATIONALS

INDIVIDUAL FOLKSTYLE WRESTLING TOURNAMENT

GreenState Family Field-house
811 E 2nd Ave.
Coralville, IA 52241
Sunday November 29, 2026



SPONSOR BARBARIAN APPAREL



TOURNAMENT SCHEDULE

SATURDAY, NOVEMBER 28

6:00pm Doors Open
6:00pm - 7:00pm Early optional weigh-in for all ages
(\$10 per wrestler)

SUNDAY, NOVEMBER 29

6:00am Doors Open
6:00am-7:00am Free weigh-ins for all ages
8:00am Wrestling start time for all GIRLS divisions
9:00am-10:00am Second free weigh-in, boys divisions only
11:00am Wrestling start time for all BOYS divisions



GIRLS DIVISION (8:00 AM)

AGE DIVISION	MATCH TIMES	GIRLS WEIGHTS
6 & Under	1:00 - 1:00 - 1:00	35 - 40 - 45 - 50 - 55 - 60 - 65 - 70 - 100
8 & Under	1:00 - 1:00 - 1:00	40 - 45 - 50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 - 140
10 & Under	1:00 - 1:00 - 1:00	50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 - 115 - 130 - 170
12 & Under	1:30 - 1:30 - 1:30	60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 - 110 - 120 - 130 - 140 - 160 - 180 - 215
14 & Under	1:30 - 1:30 - 1:30	70 - 75 - 80 - 85 - 90 - 95 - 100 - 105 - 115 - 125 - 135 - 145 - 155 - 170 - 190 - 215 - 245

BOYS DIVISION (11:00 AM)

AGE DIVISION	MATCH TIMES	BOYS WEIGHTS
6 & Under	1:00 - 1:00 - 1:00	35 - 40 - 45 - 50 - 55 - 60 - 65 - 70 - 100
8 & Under	1:00 - 1:00 - 1:00	40 - 45 - 50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 - 140
10 & Under	1:00 - 1:00 - 1:00	50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 - 115 - 130 - 170
12 & Under	1:30 - 1:30 - 1:30	60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 - 110 - 120 - 130 - 140 - 160 - 180 - 215
14 & Under	1:30 - 1:30 - 1:30	70 - 75 - 80 - 85 - 90 - 95 - 100 - 105 - 115 - 125 - 135 - 145 - 155 - 170 - 190 - 215 - 285

DOUBLE BRACKETING

- Wrestlers can wrestle in two divisions.
- Wrestlers can only move up a division, they cannot move down.
- If you wrestle in two divisions you take on the risk of having two matches at the same time.
- We will NOT hold up any matches. If you wrestle in two divisions you will have to register twice and pay two registration fees. You will also have to pick up two weigh-in cards.

IEWRESTLINGTOURNAMENTS@GMAIL.COM



TOURNAMENT RULES + INFORMATION

ENTRY FEE + REGISTRATION

- Individual Online entry: \$40 plus processing fees
- Online entry ends November 27 at 8pm, No Refunds!
- Walk-ins entry fee is \$60 (cash only!)
- Your registration is not complete until payment is received.
- Register at trackwrestling.com - Thanksgiving Nationals 2026

AWARDS

- Each weight class = Custom Medals 1st-8th Place.
- Individual Champions will receive a Custom Pin Chain!
- Overall Team Champions in each Boys and Girls Age Divisions will win a Custom Champion Banner!
- Prize- The club that brings the most wrestlers to the Thanksgiving Nationals will receive 14 FREE Singlets! If a tie it will go to the club with the most overall points. Order is only valid if ordered 30 days after the event.

MATCHES

- Certified Wrestling Officials.
- Will follow The New N.F.H.S Rules for all Divisions.
- Will run I.H.S.A.A. Middle School Overtime (1 min. Neutral position - 1st O.T. first takedown wins - if still tied 2nd O.T. :30 second ultimate tiebreaker. No reviews!)
- Decisions of the referee will be final.
- Good Sportsmanship is a must for spectators, coaches and wrestlers!

AGE-BASED DIVISIONS

- This tournament's divisions will be determined by your child's age on the day of the tournament.
- If your child is 6, they will wrestle in the 6 and under division. If your child turns 7 on the day of the tournament, they will wrestle in the 8 and under division.
- We ask that everyone have proof of age in case someone challenges. A Birth Certificate would work best. A good way to handle this is to take a picture of the document so you have it on your phone whenever someone questions age.
- To challenge a wrestler's proof of age = \$100 per challenge.

ADMISSION

- Fans = \$10 per person (Cash only!)
- 5 year old and younger = FREE!
- Coach Pass = \$20 per person (Cash & Payment at the door only!)
- You can bring chairs with rubber legs (No metal legs)
- We will have a Concession & Apparel Stand Open (Cash only ! No Refunds!)

WEIGH-INS

- We will provide a check scale. This is NOT the official weigh-in! We only allow a wrestler to step on the official scale once.
- This is a ONE TIME WEIGH-IN!! Weigh-ins will be held at the tournament site.
- We will have skin and nail checks! If you have a skin condition, bring a note from the doctor that it is not contagious or you will be scratched!
- **NO WEIGHT ALLOWANCE!** All wrestlers must wear singlets or two piece uniforms at weigh-ins!
- Wrestlers can weigh-in individually but must provide their team name and weight class!
- Wrestlers are not required to make the weight they register at in order to participate. If they are below or above their registered weight, they will automatically be bumped down a weight or bumped up a weight, at NO additional cost.

ADDITIONAL INFO

- Female division participants must be biological females as stated on the participant's birth certificate.
- Biological males may not participate in female divisions.
- We reserve the right to combine or split weight classes.
- It is the responsibility of the parent and coach to determine if a wrestler should safely participate.
- You may forfeit or withdraw your wrestler at any time over safety concerns.
- No Card Needed for this tournament!
- Not responsible for lost items or liable for accidents/injuries.
- For each wrestler only 2 coaches are in the corner for matches!
- We will have an athletic trainer on staff.
- Wrestling headgear not required!