



Irish Amateur Wrestling Association.

Irish Open Freestyle Wrestling Championships 2023

- Date:** Saturday 14th October 2023 – 1 day event \ 3 mats
Maximum 150 participants
Online Registration will go live on 12th September 2023
- Venue:** Gormanston Park Sports Complex, Co Meath,
Eircode- K32 NH30
- Categories:** **Male & Female – Freestyle Wrestling**
Female Under 18 will be matched on the day. U9s*, U11s, & U14s to be matched on the day based on 10% of their weight in accordance with IAWA guidelines.
*For under U9s according to the number of registrations, mixed gender categories will be allowed.
Pairings are at the discretion of the pairing master.
Cadet Male 15-17yrs
(41-45) 48, 51, 55, 60, 65, 71,80,92,110kg
Junior Male 18-20yr
57,61,65,70,74,79,86,92,97,125kg
Senior Male over 21yr
57, 61, 65, 70, 74, 79, 86, 92, 97, 125+ kg
Females 18 Years +
50, 53, 55, 57, 59, 62, 65,68, 72, 76kg
- Rules** United World Wrestling Rules
- Weight allowance:** 1kg allowance only for Cadets, Juniors and Seniors, Male & Female Wrestlers only.
If you weigh in more than 1kg above the category that you have registered for, you will be automatically disqualified with No Refund
- Weight check:** **At the venue - Friday 13th Oct - 19.00hr – 20.00hr.**
No Saturday morning weigh checks. See below for Weigh-in options
- Entry fee:** €40 for seniors (16+), €30.00 for juniors(U15), Early bird closes Saturday 7th October at 22.00hr Late entry after the 7th will go up to €50.00 for Seniors and €50.00 for juniors (Juniors are Under 20 years).
All registrations will close on Tuesday 10th October 22:00hr.
- Membership** Competitors can only be entered online if their IAWA membership is valid for 2023.
NO Membership, NO WRESTLING
Wrestlers travelling from outside Ireland email competitionsiawa@gmail.com for a separate registration link.
Wrestlers travelling from outside the Republic of Ireland must be registered with their home National Governing Body for wrestling
- Entries** Online entries only. NO ENTRIES OR PAYMENT AFTER CLOSING DATE
- Registration** Wrestlers living in the Republic of Ireland can register on www.irishwrestling.ie You must be logged into your IAWA profile to register.
Wrestlers travelling from outside the Republic of Ireland (including Northern Ireland) can register by emailing competitionsiawa@gmail.com
Registrations go live on September 12th
[International Registration Link ONLY](#)



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- Stipulations:** Coaches IAWA memberships must be up to date. Coaches will be required to wear coach ID during the tournament. Coaches must be appropriately dress in the corner. (Tracksuits only)
All Irish club secretaries are reminded that Clubs, Competitors and Coaches **must** be registered with the I.A.W.A and Coaches must have current vetting certificate.
- Final Closing date:** Tuesday 10th October 2023 at 20.00hr
- Awards:** Medals for 1st, 2nd, 3rd & Best Wrestler of the day
- Stipulations** **The IAWA have the right to make changes to entry criteria.**
- Competition Director:** Daniel Kennedy
- Safeguarding Officer:** Viorel Cristinel Bors
- Code of Conduct:** By attending this competition as a wrestler, coach or parent you are agreeing to comply with the IAWA Wrestling Code of Conduct. [Code of Conduct](#)
- Anti Doping:** All competitors entering IAWA competitions are also signing up to sport Irelands Anti-doping policy through the Irish Sports Council Act 1999.
Full information on <https://www.irishwrestling.ie/governance/anti-doping>
- Merchandise:** There will be – T shirts, hoodies and wrestling merchandise for sale on the day.
- Photography:** Unless stated by clubs or individuals in writing to us before the competition date, consent will be given for photographs and videos to be taken in the hall on the day of competition. These photos may appear on social media or website for publicity of future events. Email: competitionsiawa@gmail.com
- Parking:** Free all day – Parking at owners’ risk
- Food and Drink:** Café open from 10 to 4pm – Hot/Cold drinks snacks
Strictly no food or drinks permitted inside the sports hall
- Travelling Info The closest Airport is Dublin Airport, Closest Ferry Port is Dublin Port
- Accommodation:** **Hotels**
Bracken Court Hotel <https://www.brackencourt.ie/>
City North Hotel [City North Hotel Link](#)
Generator Hostel Dublin City [Generator Hostel](#)
Accommodation around the Balbriggan Area, Co Dublin
- Estimated finish time** 17:30hr



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Video Weigh-Check FRIDAY NIGHT ONLY – Irish Open 2023

THE VIDEO WEIGH-CHECK IS ONLY FOR CLUBS OUTSIDE OF DUBLIN THAT CAN NOT MAKE IT TO THE VENUE ON FRIDAY NIGHT

The Video weigh-check must be carried out in a club atmosphere and be over seen by a registered Coach

There is no Saturday morning Weight Check

All other wrestlers in Dublin and surrounding areas must attend the weigh-in at the venue from 19:00 to 20:00 on Friday 13th October

You must follow these instruction to the letter.

1kg allowance is only for Cadets, Juniors and Seniors, Male & Female Wrestlers only. If you weigh in more than 1kg above the category that you have registered for, you will be automatically disqualified with No Refund

Kids Under 15 Years and females will be paired up depending on numbers at their weight.

The Video must be one continous video per team, not longer than 1 minute in total.

You will have to prepare your team before recording and possibly do one or two practice runs before sending it on.

The scales must be electronic.

The video weigh-in must be done in a club setting by the Coach. No individual video weigh-in's will be accepted

You will need to show two things before the wrestlers step up on the scales.

1. **When the video starts we must see another phone, ipad, laptop with the time and date clearly shown on the screen. The time must be shown to be between 19:00 and 20:00 on Friday 13th October 2023**
 2. You must show a clearly labeled weight (eg 5kg, 10kg) being placed onto the scales to show that the scales are calebrated correctly
- A. Wrestlers must have their name and weigh division written large and clear on a white A4 sheet of paper or card.
 - B. Wrestlers must be in a wrestling singlet or boxer shorts and light T-shirt- **NO TRACKSUITS or shoes/boots.**
 - C. Wrestlers must hold their named piece of A4 paper in front of them while stepping onto the scales.
 - D. When on the scales they must say their name loud and clear for the camera and then the camera must pan down to the scales to show the wrestlers weight clearly.
 - E. If there is more than one wrestler, the next wrestler must be ready to immediately step up on the scales and repeat the process B to D and so on for all wrestlers.

The video must be sent via Whatsapp to **(Also attach the Name of your club in the Text)**

Republic of Ireland 0872438425

Northen Ireland send to 00353 872438425

The video must be received between 19:00 and 20:00 on Friday 13th October 2023

Make sure you get a confirmation that the video has been received by us.

We look forward to seeing you on the Mat.

The IAWA Team