

2026 IRISH OPEN FREESTYLE WRESTLING CHAMPIONSHIPS

Registration will go live on www.irishwrestling.ie in August

Date: Saturday 17th October 2026
1 Day event \ 3mats Maximum 250 participants

Venue: National Indoor Arena, Sports Campus Blanchardstown, Eircode – D15EPN4

Categories: Male & Female – Freestyle Wrestling

Female Under 18 will be matched on the day. U9s* (age 9 and younger), U11s, & U13s to be matched on the day based on 10% of their weight in accordance with IAWA guidelines.

NOTE- For under U11s- depending on the number of registrations, mixed gender categories will be allowed. Pairings will be at the discretion of the pairing master.

Irish Open Weight Divisions 2026										
CATEGORY	FEMALE FREESTYLE					MALE FREESTYLE				
	U13 Female	U15 Female	Cadet Female	Junior Female	Senior Female	U13 Male	U15 Male	Cadet Male	Junior Male	Senior
AGES	U9*, (10-11) (12-13)	14 - 15 years	16 -17 years	18 - 20 years	21 years and Older	U9*, (10-11) (12-13)	14 - 15 years	16 -17 years	18 - 20 years	21 years and Older
WEIGHT ALLOWANCE	0kg	0kg	+1kg	+2kg	+2kg	0kg	0kg	+1kg	+2kg	+2kg
BIRTH YEAR	2012 & Younger	2011-2010	2009-2008	2007-2005	2004 & Before	2012 & Younger	2011-2010	2009-2008	2007-2005	2004 & Before
STYLE	FS	FS	FS	FS	FS	FS	FS	FS	FS	FS
BOUT TIMES	2 x 2 min	2 x 2 min	2 x 2 min	2 x 3 min	2 x 3min	2 x 2 min	2 x 2 min	2 x 2 min	2 x 3min	2 x 3min
WEIGHT	Wrestlers will be paired according to age within approx. two years and weight approx. within 10%. These divisions may also be mixed	33 (+29kg)	36 (+34kg)	50kg	50kg	Wrestlers will be paired according to age within approx. two years and weight approx. within 10%. These divisions may also be mixed	38 (+34kg)	45 (+41kg)	57kg	57kg
		36kg	43kg	53kg	53kg		41kg	48kg	61kg	61kg
		39kg	46kg	55kg	55kg		44kg	51kg	65kg	65kg
		42kg	49kg	57kg	57kg		48kg	55kg	70kg	70kg
		46kg	53kg	59kg	59kg		52kg	60kg	74kg	74kg
		50kg	57kg	62kg	62kg		57kg	65kg	79kg	79kg
		54kg	61kg	65kg	65kg		62kg	71kg	86kg	86kg
		58kg	65kg	68kg	68kg		68kg	80kg	92kg	92kg
		62kg	69kg	72kg	72kg		75kg	92kg	97kg	97kg
		66kg	73kg	76kg	76kg		85kg	110kg	125kg	125kg
							+85kg			

Competition Organisers reserve the right to make changes to tournament programme and weight divisions

Weight allowance: 1kg for Cadet and 2kg Junior & Seniors only. Competitors must be either at or lower than their weight, but not heavier at the time of the weight check. If the wrestler is over the weight specified, they will be removed from the competition.

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- Weight in:** **At the venue – Saturday 17th October 08:00 to 09:15 ONLY.**
All Participants must show government recognised Photo ID showing their Name and Date of Birth at the check-in
Weigh in is at the venue only, **NO Video weigh in's will be accepted.**
- Entry fee:** **Early-bird** €35.00 for Under 20 years. €45 for 21 years+,
Early-bird closes Wednesday 7th October at 20.00hr.
Regular entry fee €50.00 for Under 20 years and €60 for 21 years+.
All registrations will close on Saturday 10th October 20:00hr
- Membership** Competitors can only register online if their IAWA membership is valid for 2026
NO Membership, NO WRESTLING
International Participants (Non IAWA Members, including those travelling from Northern Ireland and mainland UK) can register on the same link. A nominal admin fee will be added at point of purchase for non IAWA Members
- Entries** Online entries only. NO ENTRIES OR PAYMENT ON THE DAY
- Registration** Wrestlers can register on
You **MUST Input your Club's name when registering**
IAWA Members can register their profile on www.irishwrestling.ie
International Wrestlers – Wrestlers from outside the Republic of Ireland will be able to register on the international registration portal on www.irishwrestling.ie
- Stipulations:** Coaches IAWA membership must be up to date. Coaches will be required to wear coach ID during the tournament. Coaches must be appropriately dressed 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 Garda vetting certificate and a minimum of Sport Irelands Safeguarding 1course completed in the last two years.
- Closing date:** Saturday 10th October 2026 at 20.00hr



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- Awards:** Medals for 1st, 2nd, 3rd & Best Wrestler of the day
- Stipulations** **The IAWA reserves the right to make changes to the tournament programme .**
- Competition Director:** Daniel Kennedy irishwrestling@outlook.ie
Safeguarding Officer: Viorel Cristinel Bors iawagardavetting@gmail.com
Code of Conduct: By attending this competition as a wrestler, coach, parent or spectator you agree to comply with the IAWA 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 -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 10-5pm – Hot/Cold drinks snacks
- Transport:** **38 or 38A** Bus from O Connell St in the City Centre to Snugborough Road Blanchardstown approximately 41mins to National Aquatic Centre (NAC)
- Accommodation:** Travel Lodge Phoenix Park [LINK HERE](#)
Generator Hostel Dublin City [Generator Hostel](#)
Accommodation around Blanchardstown Dublin 15. area,