



Irish Amateur Wrestling Association (IAWA)

Website: www.irishwrestling.ie

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Irish Senior Freestyle Wrestling Championships 2024

Irish Wrestling are thrilled to host the inaugural Irish Senior Freestyle Wrestling Championships in May 2024. This landmark event will be highlighted by the participation of a visiting team from Central College, Iowa, USA, bringing over 20 wrestlers to compete on Irish soil. This presents an extraordinary opportunity for athletes and fans alike.

- **Date:** Saturday, 25th May 2024
- **Venue:** Technological University Dublin, Blanchardstown Campus, Blanchardstown Road, Dublin 15, Eircode: D15 YV78
- **Eligibility:** Seniors, 18 years and above. Individuals aged 17 may compete with parental or guardian consent. Eligible participants must be born in 2006 or earlier.
- 100 competitors maximum

Competition Details:

Styles & Weight Categories: There will be a 2kg allowance.

- **Freestyle Male:** 57, 61, 65, 70, 74, 79, 86, 92, 97, 125 kg
- **Women Wrestling:** 50, 53, 55, 57, 59, 62, 65, 68, 72, 76 kg
- **Note:** Failure to make weight will result in forfeit without a refund.

Mat Setup: 2 mats will be used for the competition.

Entry Deadline: All entries must be submitted via www.irishwrestling.ie by Monday, 20th May 2024.

Entry Fee: €25. Competitors must have an active IAWA membership or be a member of their home nation's governing body on the event day.

International Wrestlers: Wrestlers travelling from outside the Republic of Ireland will sign up on a separate link to register on. Please click this link to register on Eventbrite.ie [Visiting Wrestlers](#)

[Registration Link](#)

Coaching and Officials:

Coaching Requirements: Coaches must have a valid IAWA coaching license, current safeguarding certification, and Garda Vetting certificate. Coaches are expected to wear appropriate attire for corner coaching and display their coach ID throughout the event. Unauthorised individuals acting as coaches will be asked to leave the venue.

Prizes: Medals will be awarded for 1st, 2nd, and 3rd places in categories with at least two competitors.

Event Schedule:

- 08:30 – 09:30: Weigh-In
- 09:30 – 09:45: Referees' Briefing
- 09:45 – 10:00: Coaches' Briefing
- 10:30: Wrestling Begins

Accommodations: Participants are advised to seek accommodation within Dublin 15 or its surrounding areas.

Compliance: By registering for this competition, participants agree to adhere to the IAWA Code of Conduct, and the Anti-Doping rules as established by Sport Ireland, WADA, and United World Wrestling's (UWW) regulations.