



Junior and Cadet National Championships

This is the biggest wrestling tournament in the world! Cadets and Juniors compete in Men's Freestyle, Greco-Roman, and Women's Freestyle Championships each July. This is NOT an open tournament. Please read the eligibility information below.

How do wrestlers compete in this event?

1. **Wrestlers wishing to participate in this event MUST follow state procedures.** Contact your respective USA Wrestling State Director for information on qualification procedures for the state you reside in. To find your State Director, visit www.USAWrestling.org.
2. Wrestler must have qualified in a competitive event conducted under sanction of USA Wrestling in the state where he/she resides, and must be certified by the state association.
3. Wrestlers must have a current USA Wrestling Membership Card.
4. All registration is handled through the state. Registration is not available to individuals.
5. **Junior Division:** For Men's Freestyle and Greco-Roman, each state may enter a maximum of forty-five (45) wrestlers in each style and a maximum of four (4) wrestlers in any one (1) weight class, per style. For Women's Freestyle, there is no limit for the amount of female wrestlers each state can enter in this style. In addition, the top three place winners from USA Wrestling's Junior Division Regional Championships and the FILA Junior National Championships qualify for this event, but must still adhere to all individual state association policies.
6. **Cadet Division:** Each state may enter a maximum of fifty-one (51) wrestlers in each style (Men's Freestyle and Greco-Roman) and a maximum of four (4) wrestlers in any one (1) weight class, per style. For Women's Freestyle, there is no limit for the amount of female wrestlers each state can enter in this style. In addition, the top three place winners from USA Wrestling's Cadet Division Regional Championships and the FILA Cadet National Championships qualify for this event, but must still adhere to all individual state association policies.