

11/13/2025



**USA**  
**WRESTLING**

**2026 UWW U23 MFS  
Pan American Championships & World Team Trials Procedures**

**UWW U23 WORLD TEAM TRIALS  
Information**

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## 2026 UWW U23 Pan American Championships & World Team Selection

Location: Geneva, OH  
May 28 – May 31, 2026

### Eligible athletes:

- Must be a citizen of the United States of America
- Born 2003-2008 (must turn 18 in the calendar year)

### Tournament format:

- Two-day format with a best-of-three series in the finals
- No true third bouts will be wrestled
- Byes will be placed with seeded wrestlers first, in order of seed
- Weigh-ins will follow current UWW rules

### Pan American Championships

Lima, Peru – June 11-13, 2026

### Pan American Championships selection: (Listed in rank order for selection)

1. 2026 U23 National Champion at the same weight.
2. National team coaches will make a recommendation to the Men's Freestyle Sport Committee for final approval.

### World Championships

Las Vegas, NV – October 12-18, 2026

### World team selection: (Listed in rank order for selection)

1. The highest ranked, age eligible, athlete from 2026 Senior Men's Freestyle National Team (top 3)
  1. Final X winner, Final X runner-up and 3<sup>rd</sup> overall senior athlete via the 2026 Senior Men's Freestyle World Team Trials.
  2. Deadline for this athlete to accept the position will be **Monday, June 29<sup>th</sup>, 2026 @ 5:00pm Mountain Time**
    1. Confirmation sent to Joe Russell via email [jrussell@usawrestling.org](mailto:jrussell@usawrestling.org)
2. Fourth (4<sup>th</sup>) ranked, age eligible, athlete from the 2026 Men's Freestyle World Team selection.
3. National team coaches will make a recommendation to the Men's Freestyle Sport Committee for final approval.

**Event registration:** All athletes wishing to compete at the **UWW U23 World Team Trials** MUST register online via [www.usawmembership.com](http://www.usawmembership.com)

For questions, please contact Pete Isais, USA Wrestling Director of National Events, at 719.598.8181 or email [pisais@usawrestling.org](mailto:pisais@usawrestling.org).

**Late registration:** Athletes who fail to register online for the trials will be charged all applicable fees and a late fee payable at registration.

To further our chances of performing well at the world level, USA Wrestling will incorporate the U23 Worlds with a pre-worlds training camp. In addition, USA Wrestling is looking to provide an opportunity to compete internationally, as well as provide further training before the U23 World Championships.

The camp schedule will be:

- Approximately two weeks of preparation, focusing on techniques and drills. The athletes will be expected to arrive in competition shape with their weight under control. Hard wrestling will not be required between wrestlers in the same weight category unless requested.
- *Camps will NOT be required, but highly encouraged.*

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Freestyle will have camps prior to departure for the World Championships. Camps will be held at locations where the Senior National Team camps are held. Questions should be directed to Joe Russell.

There will be a team meeting following the finals of the World Team Trials event. Departure needs to be arranged after this meeting. Both the Pan Am Championships & World Championships are fully funded tours.

**UWW U23 Freestyle World Team Trials (Geneva, OH)**

**May 28 – May 31, 2026**

**\*Please check USAW events schedule for specific details.**

[https://usawrestlingevents.com/national\\_regional](https://usawrestlingevents.com/national_regional)

***Joe Russell***

U23 Men's Freestyle Coach

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**For questions on specific style criteria concerning the UWW U23 World Team Trials, contact Cody Bickley, USA Wrestling National Teams High Performance Director, at (719) 598-8181 or [cbickley@usawrestling.org](mailto:cbickley@usawrestling.org)**