

2026 World Team Trials Qualification & Procedures

Women's Freestyle

October 14, 2025

Amended January 29, 2026

These are the style-specific procedures for the Women's Freestyle World Team Trials and are subject to the general 2026 World Team Trials Procedures which are available on:

<https://www.themat.com/team-usa/team-selection-criteria>

U.S. Open – April 21-26, 2026 @ Las Vegas, NV (all 10 weights)

- 1) Wrestlers who meet the following criteria will qualify for the US Open:
 - a) All eligible athletes, whom are currently USA Wrestling members, can enter the 2026 US Open.
 - 2) Champions of all weights will advance to Final X at the same weight category in which they won.
 - 3) Champions from the U.S. Open are NOT eligible to compete in the World Team Trials Challenge Tournament.
 - 4) The U.S. Open is a one match final.

World Team Trials Challenge Tournament – May 14-15, 2026 @ TBD Louisville, KY

- 5) The event only applies in weight categories where a 2025 Senior Women's Freestyle World Medalist did not accept their automatic berth to Final X or where there is no 2025 Senior Women's Freestyle World Medalist.
- 6) The World Team Trials Challenge Tournament is a one match final.
- 7) Wrestlers who meet the following criteria will qualify for the World Team Trials Challenge Tournament:
 - a) 2024 Senior Women's Freestyle Olympic or World Team Member
 - b) 2025 Senior Women's Freestyle National Team Member
 - c) 2025 U23 Women's Freestyle World Medalist
 - d) 2025 Junior Pan American Games Gold Medalist
 - e) 2025 U20 Women's Freestyle World Medalist
 - f) 2025 U17 Women's Freestyle World Champion (age eligible)
 - g) November 2025 Bill Farrell International highest placing (top 4) U.S. athlete, who has yet to qualify, will earn a spot in the 2026 World Team Trials Challenge Tournament
 - h) February 2026 UWW Medalists at Ranking Series events #1 & #2
 - i) March 2026 NAIA Championships highest placing (top 8) U.S. athlete, who has yet to qualify, will earn a spot in the 2026 World Team Trials Challenge Tournament
 - j) March 2026 NCAA Championships highest placing (top 8) U.S. athlete, who has yet to qualify, will earn a spot in the 2026 World Team Trials Challenge Tournament
 - k) April 2026 Senior Women's Freestyle U.S. Open Championships - top 7 place finisher per weight class
 - l) May 2026 Senior Pan American Championships Medalist

- 8) The winner of the World Team Trials Challenge Tournament will advance to the Final X.
- 9) For the purposes of selection to the National Team, true third rankings will be utilized.
 - a) True Third: if the 2nd and 3rd place finishers from the last qualifying event (either the U.S. Open or World Team Trials Challenge Tournament), for that weight, did NOT meet; they will wrestle one match at the Final X event. This match will determine the 3rd place ranking for the National Team (top 3) spot. Athletes are only allowed to wrestle for ONE national team spot per style at Final X.
 - b) Scratch weight will be required for True Third participants.
- 10) If a scenario arises that is not addressed in these procedures, the Women's Freestyle Sport Committee will reconvene to determine the most objective and fair solution for the athletes via the field of play.

Final X – June 13 19, 2026 @ TBD Newark, NJ

- 11) Weights will be wrestled in their entirety at the selected dates as noted above in a best-of-three series.
- 12) Automatic Berth to the Final X: athletes who medaled in the 2025 Senior World Championships, at the weight being contested, will receive an automatic berth to the Final X. Athletes who receive an automatic berth will face the US Open Champion in a best-of-three series for the 2026 World Team spot.
 - a) An athlete who has qualified to compete in the 2026 World Team Trials through any of the methods outlined above may declare any weight category she chooses to compete in at Trials regardless of the weight category in which she qualified. Should any 2025 Senior World Championship Medalist choose to compete at a different weight in which she medaled, she will NOT earn the automatic berth to Final X in the new weight category she enters.
 - b) To receive an automatic berth in Final X, a 2025 Senior World Medalist must declare, in writing via email to: cbickley@usawrestling.org their intent to accept the automatic berth, as well as the weight they will compete at, by:

6:00 PM (Eastern Time) on Monday, April 13th, 2026

Any 2025 Senior World Championship Medalist, that declares their automatic berth into Final X, is ineligible to compete in the 2026 US Senior Open and 2026 World Team Trials Challenge Tournament.

- 13) Delays or Replacement Due to Injury or Illness
 - a) Only a 2025 Senior World Medalist, who earned an automatic berth into the Final X, may request a medical delay for competing in the Final X Wrestle-Off.
 - i) Wrestle-offs must occur before the departure for the 2026 World Team Acclimation Camp.
 - b) The request for delay must occur at least 48 hours prior to the scheduled weigh-in time. No request for delay will be allowed if requested after this time.
 - c) The request must be submitted in writing to the respective Sport Committee Chair for review, to include a written certification of the injury or illness from a USA Wrestling-approved medical doctor. USA Wrestling's approval of a medical doctor will not be unreasonably withheld.

- d) The request will be granted if a certified medical doctor's note is provided within the appropriate time frame. In the case of a delayed Final Wrestle-Off, the National Coach and athletes involved shall determine the date, time, and place for the Final Wrestle-Off. If consensus cannot be reached, the Women's Freestyle Sport Committee shall make this determination.
- e) If a World Team member at any weight is incapacitated after the World Team Trials and prior to the World Championships, the Sport Committee shall assign the World Team spot to the next-ranked alternate at the weight in question down to the fourth-ranked wrestler from the World Team Trials; provided the next-ranked wrestler is able to make the weight and is substantially completing the requirements of World Team training.
 - i) For the purposes of this provision, the term 'incapacitated' shall mean an athlete has an injury or illness, as certified by USA Wrestling medical staff, which inhibits peak performance at the World Championships.