

AAU WRESTLING

PROGRAM OVERVIEW



The AAU Wrestling program offers opportunities for athletes of all ages, in all skill levels to compete in Folkstyle, Freestyle, and Greco Roman. Events are held throughout the country, including District Championships, Regional Events, and National Championships.

AAU Wrestling: Where the Path Begins

AGE DIVISIONS

The AAU Wrestling program provides an avenue of competition for many ages as well as both genders. For more specific details on age divisions please visit the website www.aauwrestling.net

AAU Wrestling Age Divisions

Tot (6 & Under)	20010 & after
Bantam (7 & 8)	2009 & 2008
Midget (9 & 10)	2007 & 2006
Novice (11 & 12)	2005 & 2004
Schoolboy (13 & 14)	2003 & 2002
Cadet (15 & 16)	2001 & 2000
Elite (17, 18 & 19)*	1999, 1998, & 1997*
Senior (19 - 29)	1997—1987
Masters (30 & Up)	1986 & before

*1997 Elite—Still in High School/ must provide proof

**For the complete AAU Wrestling Age & Weight Chart complete with weight classes for each division, please click the link below

[2016 AAU Wrestling Age & Weight Chart](#)

BENEFITS OF AAU WRESTLING

- Nationally recognized non-profit organization.
- Insurance, including general liability and participant accident, is included as a benefit of membership.
- Low membership fees.
- Low tournament fees.
- Freedom and flexibility in conducting programs and hosting events.
- Multi-sport membership card allows participants to compete in any sport.
- Non-exclusive organization. Anyone can join.
- Easy online registration for membership, insurance certificates, license applications and events.
- Multi-year membership available – join for 1, 2 or 3 years.
- Level 3 Club Membership offering eligibility for tax-exempt status and to accept tax-exempt donations.

NATIONAL CHAIR

Bob Johnson
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SPORT MANAGER

Chris Fox
407-828-3262

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Reggie Williams
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SOCIAL MEDIA



[Facebook.com/TheRealAAU](https://www.facebook.com/TheRealAAU)



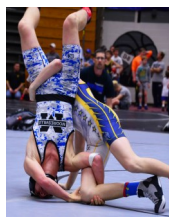
[@AAUWrestling](https://twitter.com/AAUWrestling)



[@aausports](https://www.instagram.com/aausports)

[#AAUWRESTLING](https://www.instagram.com/aauwrestling)

www.aauwrestling.net



FUTURE NATIONAL EVENTS

Winter Youth Nationals

Location: Ralston, NE

Date: January 3rd, 2016

Spring Youth Nationals

Location: Kingsport, TN

Dates: March 19th, 2016

Folkstyle World Championship

Location: Spearfish, SD

Dates: March 18-19, 2016

Fresh/Soph National Duals

Location: Des Moines, IA

Dates: March 25-27, 2016

Middle School Duals

Location: Des Moines, IA

Dates: March 25-27, 2016

Elementary School Duals

Location: Kingsport, TN

Dates: April 8th - 10th, 2016

Eastern Grand Nationals

Location: Kalamazoo, MI

Dates: July 7th - July 9th, 2016

Scholastic Duals

Location: Orlando, FL

Dates: June 11th - June 17th, 2016

Western Grand Nationals

Location: Billings, MT

Dates: June 30 - July 2, 2016

AAU Junior Olympic Games

Location: Houston, TX

Dates: July 31– August 5, 2016