

- b. **Method of Competition**
    - i. Individual tournaments – Brackets will be used when there are six (6) or more. If there are only 5 or less wrestlers, the round robin system of “one against the other” is applied.
    - ii. All National tournaments will be run using the number system.
    - iii. Brackets will not be repaired due to no shows unless it creates a double bye. Wrestler will receive a bye.
  - c. **Modification of Pairings**
    - i. If a wrestler is forced to withdraw from the tournament because of an injury, illness, or a reason approved by the Tournament Committee, he must officially withdraw in writing.
    - ii. If a pairing mistake is made when pairing wrestlers, the following method should be used for correction:
      - 1. Stop the round involved if possible and correct it.
      - 2. If the round has already been wrestled, hold those bout sheets.
      - 3. Correct the round and wrestle those matches indicated.
      - 4. As wrestling continues, if a bout from the incorrect pairing appears, that bout will be used. There is no need to re-wrestle the same bout.
  - d. **Recording**
    - i. In each round, the pairings and the results of each bout are recorded on a master pairing sheet. A wall pairing sheet shall also be posted for the competitors so they may be informed about the result of their matches and the next round of pairings. An order of bouts shall be posted for the competitors.
    - ii. In international competition the color of the uniform is determined by the wrestler in the bracket. The top wrestler in the bracket is red.
    - iii. **Note** - It is possible that one may wrestle the same person twice.
  - e. **Disqualification**
    - i. **DISQUALIFICATION** from a bout does not mean disqualification from the entire tournament, unless the mat official clearly states that. If the bout sheet is unclear, check before pairing the next round.
  - f. **Tournament planning Aids and Calculations** – for those in need if not using TrackWrestling at your local events, see **Tournament Planning Aids and Calculations** on the AAU National Wrestling website.
2. **Tie Breaker Criteria**
- a. Folkstyle, Individual, Pool, and Dual Matches will use the current High School Federation Rules with modifications.
  - b. Freestyle and Greco-Roman, Individual, Pool, and Dual Matches will use the current FILA Rules with modifications.
  - c. Tie breakers for Individual tournaments will be published at each tournament.
  - d. Tie breakers for Pool Play will be published at each tournament.
  - e. Tie breakers for Dual Matches will be published at each tournament
- v. **Levels of Competition**
- 1. An important feature of the various levels of competition is the distinctive authority of the District Wrestling Committee. With AAU Youth competitions, the District is only required to follow the AAU Youth program rules. As such, they receive support from the National Youth office in the form of guides and information. Regulations and

policies involving preliminary and District level competition are largely under the jurisdiction of the District Wrestling Committee, led by the AAU District Wrestling Chair.

2. **Preliminary Competition**

- a. These are local wrestling events that any amateur (AAU card holding) athlete may enter if in the proper birth year division. Please note some of these competitions are used as qualifiers for District meets. In some instances, Districts are divided into sections or regions, with each area possibly holding a preliminary meet. Contact your local coaches or AAU District Youth Wrestling Chair for more information. 1(800) AAU-4USA will put you in contact with your local AAU District office.

3. **District Competition**

- a. These are District-wide wrestling events, which are open to eligible amateur (AAU card holding) athletes. Most are open meets within specified birth year divisions.

4. **National Level Competition**

- a. Grand Nationals
  - i. Individual – Freestyle/Folkstyle/Greco-Roman
- b. Folkstyle World Championship
  - i. Individual – Folkstyle
- c. Scholastic Duals
  - i. Team Competition – Folkstyle
- d. AAU Junior Olympic Games
  - i. Team Competition – Freestyle
- e. Ironman World Championships
  - i. Individual - TBD
- f. Winter and Spring Youth Nationals
  - i. Winter – Individual Folkstyle Tot – Schoolboy
  - ii. Spring – Individual Folkstyle K – 8<sup>th</sup> grades
- g. Middle School Duals
  - i. Team Competition – Folkstyle
- h. Elementary School Duals
  - i. Team Competition – Folkstyle
- i. Frosh/Soph Duals
  - i. Team Competition - Folkstyle
- j. AAU National Team Camp(s)
  - i. Individual – 5 through 19

5. **Club/Team Competition**

- a. Action at the annual AAU Wrestling Committee Meeting in 1993 gave the local organizing committees of National AAU Wrestling events the clearance to include club/team competition. It is the prerogative and responsibility of the tournament host to determine and announce if there will be club/team competition. An AAU Club/Team is defined as a group of wrestlers that are from the same District.
- b. Action at the annual AAU Wrestling Committee Meeting in 2005 resulted in a Three Tier Club Competition format – Super Clubs, Local Clubs and District Clubs.

- i. Action at the annual AAU Wrestling Committee Meeting in 2014 resulted in the restructuring of the Three Tier Club/Team Competition format – Super Clubs/Teams, Level 1 Clubs/Teams, and Level 2 Clubs/Teams.
  - c. The following are guidelines for all National Championships that will be used when conducting this competition.
    - i. In any competition for club awards, a wrestler may represent only one AAU club/team.
    - ii. There will be a Three Tier structure for these events:
      - 1. Super Clubs/Teams – will consist of a roster of All Star wrestlers
      - 2. Level 1 Clubs/Teams – will consist of a roster of less than seventeen (17) wrestlers.
      - 3. Level 2 Clubs/Teams – will consist of a roster of more than eighteen (18) wrestlers.
  - d. Club/Team rosters will be obtained through TrackWrestling.
  - e. The coach must submit a copy (proof) of the clubs/team current membership with the AAU at registration time to be eligible for club/team competition. Placement earned only by those on the point earning list will be included in club/team scoring.
  - f. Once weigh-ins close, the only changes that are allowed are changes in a wrestler's weight class.
  - g. Team Point System: No advancement or fall points will be awarded. Only placement points will be used to compile club/team scores. The designated club/team member for points will be the one placing highest.
    - i. First place = 16 points
    - ii. Second place = 12 points
    - iii. Third place = 9 points
    - iv. Fourth place = 7 points
    - v. Fifth place = 5 points
    - vi. Sixth place = 3 points
  - h. A club/team entry fee of \$50 will be paid by clubs entering this competition.
    - i. The host will award a first and second place team trophy in each of the three (3) categories of clubs/teams (6 trophies total).
  - i. Club/team competition forms – If needed, see **Club/Team Competition Forms** on the AAU National Wrestling website under the “Rules” tab.
- 6. **Women's Competition**
  - a. The AAU encourages the development of women's events. Females may wrestle in all AAU wrestling events but most compete against the males in the appropriate weight, classes and divisions. If a female division is offered, you may wrestle in this.
  - b. Female age divisions will be comparable to those of the male divisions. Similarly, weight classes will either parallel those of the males or block weights (the Madison System) may be employed.
  - c. **Age Categories/Weight Classes**
    - i. The age categories and weight classes for women's wrestling shall be identical to those for men's wrestling listed in this book.
  - d. **Attire (Dress)**
    - i. Participants must present themselves for competition clothes as follows:

1. A leotard or a singlet specifically cut/designed for women. It is mandatory that all participants have at their disposal one singlet of any design.
  2. Wearing supple wrestling shoes with no heels, buckles, or metal attachments.
  3. Wearing a bra without metal clasps is recommended.
  4. Hair must be tied back with an elastic or ribbon, with no metal attachments.
  5. Without jewelry.
  6. It is forbidden to wear a man's singlet with or without a T-shirt underneath.
- e. **Weigh In**
    - i. A separate area for female weigh-ins will be provided.
  - f. **Length of Bouts**
    - i. Bouts are to be identical in length for men and women.
  - g. **General Technical Rules**
    - i. All technical rules for men's wrestling apply equally in women's wrestling.
  - h. **Illegal Holds**
    - i. As well as the general illegal holds established for men's wrestling, the following holds are illegal in women's wrestling:
      1. All double (full) nelsons, whether in parterre or standing position.
- vi. **Competition Types (National Championship Events)**
    1. **International Style of Wrestling**
      - a. **AAU Junior Olympic Games** - Team Freestyle Competition
        - i. **Team Composition:**
          1. District teams are composed of AAU wrestlers having birth dates corresponding to the six years of schoolboy, cadet and elite, or any graduating senior who wrestled on a high school team of that year (documentation required). Teams will consist of 20 wrestlers, 1 head coach, and 2 assistant coaches. A team must have a minimum of 8 competitors to enter. Up to five alternate wrestlers are optional, but if carried, may be alternates for only one team. The weight classes will include the following **98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and HWT (Maximum Weight is 285 lbs.).** \*Should a District not enter a team, or an athlete not be selected for his District team, said athlete may be released to participate on a different District team. This crossing of borders must have the written approval of his District Chair. If there is no District Chair, then the athlete must follow the AAU transfer procedures. The Wrestling Committee will waive the entry fee for one team from the next year's host District to participate in the AAU Junior Olympic Games.
        - ii. **Competition:**
          1. Competition will be round robin among all teams, or pool play with two, three or four team pools depending on the number of teams entered. If more than one (1) pool is used, a