

9. All disciplines (Freestyle – Folkstyle – Greco Roman) for all age divisions: Any registered wrestler in any age division may compete in an Regional or National AAU Greco-Roman or Sombo event without pre-qualification.
10. By qualifying in the AAU District, a wrestler can enter any AAU Youth sanctioned Regional tournament. Wrestlers may enter more than one AAU Regional tournament. However, to qualify for National competition, a wrestler must qualify through his own regional tournament, if one is held.
11. **Changing Weight Classes**
 - a. As wrestlers progress from the District level to the AAU Regional level to the AAU National level, they may go up or down in weight class as they choose. If there is only one person in a weight, you will automatically be moved up to the next weight class. If you are in the heavyweight class, you have the option of moving to the next age division.

iii. **Rules & Restrictions**

1. **AAU Tournament Pairing Rules**

a. **Styles of Pairing**

- i. AAU utilizes two (2) styles of pairing: Brackets and pool pairing.
 1. Pool Pairing maybe used in team dual competitions in all styles of wrestling. Team duals may use brackets, pools or a combination of both.
 2. Rules for brackets & pools are found in the International Style (FILA) or the National Federation of State High School Athletic District (NFSHSAA) rulebook. AAU has modifications to both rulebooks. Contact the National Official(s) for further information.
 3. Sombo pairing rules can be found in the Federation International De Sombo Amateur rulebook.

iv. **Tournament Pairing Rules**

During the course of the contract, TRACK WRESTLING will be utilized in all National Championships.

- i. The chief pairing master has many responsibilities and plays a vital role in ensuring the smooth operation of a wrestling tournament. It is important to remain calm and on top of things at all times. When errors occur, and they will happen, it is essential that they be corrected as soon as possible. Remember, **THE TOURNAMENT IS BEING CONDUCTED FOR THE WRESTLERS.** Their rights must always be protected.
- ii. During international tournament weigh-ins, each competing wrestler draws a number which he keeps throughout the tournament. There is no seeding. **The draw will not be used when using TrackWrestling.** The size of many tournaments in the United States normally does not permit the use of this procedure. We do allow separation of teammates or wrestlers from the same area for the first two rounds.
- iii. A wrestler may wrestle the same opponent twice during the same tournament.
- iv. A minimum 15-minute period will be held between matches (this can be waived-in writing-if both wrestlers agree).

- 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