

i. **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 – 8th 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.