

- vi. The least number of defeats.
  - vii. The time of the fastest fall.
  - viii. If at any point in the above criteria, you are able to determine either a first or third position and the other two wrestlers are still tied at this criteria, then the match between these two tied wrestlers will determine their placement.
  - ix. Charts will not be repaired due to no shows. Wrestler will receive a win by forfeit against no shows.
  - x. A forfeit will count as a win towards Ironman Points. A bye will not count as a win towards Ironman Points.
- 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. US 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. AAU National Team Camp(s)
  - i. Individual – 5 through 19

5. **Club 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 competition. It is the prerogative and responsibility of the tournament host to determine and announce if there will be team competition. An AAU Club 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.
- c. The following are guidelines for all National Championships that will be used when conducting this competition. Club Competition forms are available in the Appendix.
  - i. In any competition for club awards, a wrestler may represent only one AAU club.
  - ii. There will be a Three Tier structure for these two events:
    - 1. Super Clubs – will consist of a roster All Star wrestlers
    - 2. Local Clubs – will consist of wrestlers attached to a Local club
    - 3. District Clubs – will consist of wrestlers not attached to either a Super or Local Club.
  - iii. AAU clubs may enter more than one wrestler per weight class; however, the points earned in that weight class will be awarded to only the highest placing individual from that club. Each AAU club must submit a roster during the registration time of each discipline with the following information:
    - 1. Club name.
    - 2. Point earning members' names listed by age division and weight class.
    - 3. Other team members' names. This is necessary where passes are issued for coaches.
    - 4. Names of coaches, assistant coaches, and any required officials to be eligible for club competition.
    - 5. Signature of an officer of the club at the bottom of the roster.
- d. Once the roster is submitted before the start of competition, the only changes that are allowed are changes in a wrestler's weight class. The coach must inform the tournament pairing official of any changes due to weight class before the first match of the tournament.
  - i. The coach must submit a copy (Proof) of the club's current membership with the AAU together with their roster at registration time to be eligible for club competition. Placement earned only by those on the point earning list will be included in club scoring.
  - ii. Team Point System: No advancement or fall points will be awarded. Only placement points will be used to compile club scores. The designated club member for points will be the one placing highest.
    - 1. First Place = 16 points
    - 2. Second Place = 12 points
    - 3. Third Place = 9 points

4. Fourth Place = 7 points
  5. Fifth Place = 5 points
  6. Sixth Place = 3 points
  - iii. A club entry fee of \$50 will be paid by clubs entering this competition.
  - iv. The host will award a first and second place team trophy in each of the 3 categories of clubs (6 trophies total).
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