

201' Amateur Athletic Union Wrestling Handbook



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AAU WRESTLING Rule Book & Regulations
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AAU WRESTLING Rule Book & Regulations
PREAMBLE

The AAU Wrestling National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules and regulations for the advancement of that purpose.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

a. National Committee Structure and Procedures

- i. **National Chair** – The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers
- ii. **Executive Committee Composition** – The Executive Committee shall conduct the business of the Wrestling Committee in accordance with the rules and regulations of the AAU generally, and specifically, the Wrestling program. It shall include the National Chair, Treasurer, Secretary, Pairing Chairperson, Folkstyle Officials Chair, International Officials Chair and Media Relations Chair. These positions shall be elected by the certified voting delegates at the annual committee meeting every four (4) years. The Executive Committee shall also consist of twelve (12) Members-at-Large; three (3) are awarded based on membership totals, three (3) are appointed by the National Chair, and the remaining six (6) are elected by the certified voting delegates at the annual committee meeting every four (4) years.
- iii. **National Sport Committee Composition** – The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sports operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President of the AAU may appoint up to five (5) Members-at-Large.
- iv. **Other Committee Positions**
 1. **Tournament Technical Committee/Petition Committee**
 - a. AAU sanctioned wrestling tournaments will have a Tournament Technical Committee that will have jurisdiction over the discipline and operation of the tournament. They will hear and make immediate decisions on all accepted formal protests. This committee will consist of:
 - i. Tournament Director or his/her designee.
 - ii. Tournament Official or his/her designee.
 - iii. Tournament Pairing Master or his/her designee.
 - iv. Two (2) At Large Members as assigned by the Tournament Committee.
 - v. **NOTE** - Any three (3) of the five (5) can act on a formal protest.
- v. **Voting** – Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sports operating rules, the elected or appointed District Sport Director or a representative from each affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee Meeting.

b. Sport Committee Meetings

- i. **National Sport Committee Regular Meetings** – Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
- ii. **Non-Regular Sport Committee Meetings** – National Sport Committees may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 1. The meeting is called by the Chair following approval of the National Office.

2. The National Office has the right to coordinate the meeting and pick the site for the meeting.
- iii. **National Sport Committee Special Meetings** – Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. The purpose of the Special meeting must be stated in the Notice for the meeting.
- iv. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of the Executive Committee Meetings.
- v. **Agenda Additions**
 1. Sport Committee Meeting Order (Agendas) – The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5).

II. **SPORT POLICIES AND PROCEDURES**

a. **Weigh Ins**

- i. For all AAU national events weigh-ins will last for four hours and take place the day before competition begins. Satellite weigh-ins are not allowed. An AAU official will be present in the weigh-in room during all scheduled weigh-ins. **There will be only one weigh-in for either single or multiple day events.**
- ii. All wrestlers must weigh-in wearing a singlet.
- iii. Re-weighs are not allowed.

b. **Medical Support and Assistance**

- i. Medical personnel (trainer or EMT) will be provided at each sanctioned AAU tournament. On-site trainers during the competition will be supplied with an on-the-floor treatment area. Medical personnel are to be available during the weigh-in session to check each contestant for possible or other contagious conditions. Immediate emergency transport is to be available throughout the tournament.
- ii. **Blood and Bleeding Policy**
 1. When an athlete incurs a wound that causes bleeding, the official must stop the competition at the earliest possible time and instruct the athlete to cease competition for treatment by medical personnel. An athlete with blood on his/her clothing must also cease competition to have the article(s) of clothing evaluated by medical personnel. If medical personnel determine that the blood has saturated the article(s) of clothing, the affected article(s) of clothing must be changed before the athlete is allowed to continue competition.
 2. All scoring tables at AAU nationally-sanctioned events will be supplied with the proper material for the cleansing of blood. These supplies are:
 - a. Rubber gloves
 - b. Plastic bag for bio-hazardous waste
 - c. Gauze or paper towels
 - d. Disinfectant solution
 - e. Moist towelettes
 3. All athletes injured and requiring medical attention must be released by medical personnel before continuing competition.

iii. **Skin Checks**

1. During weigh-ins, the trainer or medical personnel will complete a full skin evaluation process on each athlete. No alteration in any uniform/equipment will be permitted in order to control the spread of skin disease. All contagious skin diseases should be

evaluated on site by the trainer working that event and only then if deemed that the wrestler is unfit for participation. The local host may form a committee to review the decision of the trainer. The committee should include one medical doctor, if available. Once the final determination is made, the athlete may be evaluated on a day to day basis to reenter the competition.

iv. **Inhalers**

1. Use of inhalers will be allowed at mat side during non-action and will be a charged time out.

v. **Head Injuries**

1. With regard to head injuries while participating in competition:
 - a. For a loss of consciousness, the athlete is immediately removed from further competition until a full evaluation can be completed and a referral to continue with activity from a medical doctor can be presented to the AAU.
 - b. For no loss of consciousness, the athlete may return to activity if and only when symptoms clear. Symptoms may include: dizziness, stunned or dazed initially, headache, concentrating problems, feelings of “having their bell rung” that do last more than 30 seconds.
 - c. **Note** - If these symptoms reoccur, the athlete should be pulled from competition. Athletes should not participate with any of the above complications.

vi. **Weight Reduction Practices and Procedures**

1. For the health and safety of the athlete and the well being of the sport, these rules have been created:
 - a. The Over-Up rule. This is for all athletes in the Novice division and down. When an athlete weighs- in, if he or she is more than one pound over weight, they **MUST** move to the next highest weight class.
 - b. The use of sweat suits (vapor-impermeable rubberized tops and bottoms) are prohibited at any time. Such use is grounds for immediate removal from the event where the violation occurred.
 - c. The use of a sauna, steam room or any form of hot box before or after a tournament is prohibited.
 - d. The use of laxatives, water pills*, or the practice of self-induced vomiting for the purpose of weight reduction is prohibited.
 - i. *Except when a physician prescribes these pills and the athlete has proof of this prescription.
 - e. Any form of hydration after weigh-ins that is artificially accomplished (i.e. intravenous) is prohibited.
 - f. There will be only one weigh-in for either single or multiple day events.
 - g. At national events, the tournament director, with the approval of at least two other members of the protest committee, has the right to force a competitor to move up one weight class. This process begins when any member of the committee observes an extreme condition taking place that, in their opinion, jeopardizes the health and safety of an athlete.
2. When a tournament protest committee member sees a series of events taking place that appears to be putting an athlete in medical jeopardy they are required to initiate the following:
 - a. Alert the Tournament Director to the observed behavior.

- b. The Tournament Director then verbally informs the athlete and his coach, parent or legal guardian (if in attendance) about our concerns relative to the athlete's safety. If the condition continues after the verbal warning, the Tournament Director, in collaboration with at least other protest committee members, will inform the athlete of the committee's decision that he must move up one weight class.
 - c. Once this has been done, the Tournament Director will write a short explanation of what, when, and how for this incident. This will then be stapled to the competitor's bracket sheet at the head table for future reference.
 - vii. **Verbal/Physical Abuse**
 - 1. The AAU Wrestling Committee will not tolerate any form of verbal or physical abuse directed toward any athlete, official or member of the event staff participating in an AAU sanctioned tournament. This applies to coaches, parents, spectators and athletes. The tournament committee will report any suspected or reported abuse to the proper authorities.
 - viii. **Alcohol and Tobacco**
 - 1. Action taken at the 2009 AAU Wrestling Sport Committee meeting prohibits the consumption, sharing and/or selling, use and/or possession of alcoholic beverages, all forms of tobacco products, illegal drugs, counterfeit and designer drugs or paraphernalia for the use of such drugs at any AAU sanctioned event.
 - 2. Persons shall be banned from entering or requested to leave any AAU sanctioned event(s) when exhibiting behavioral, personal or physical characteristics indicative of having used or consumed alcohol or other substances.

III. **SPORT OPERATIONS**

a. **Current Year Rule Changes**

- i. All tournaments using High School Divisions will use the new NFHS weights in 2012.
- ii. True 2^{nds} will be used at the individual tournaments only: (i.e.: Grand Nationals, Folkstyle, Ironman, etc.)

b. **Event Operating Rules**

i. **Requirements for Hosting Tournaments**

- 1. Suggested Methods of Conducting a Local or District Wrestling Tournament
 - a. Quality and safety of the athlete are the two most important elements you will want to build into your preparations. As in all worthwhile and successful programs, you must begin your planning and recruiting of personnel well in advance of your tournament. Maintaining the elements of the tournament are registration, weigh-in, pairing, staging, officiating, awards, clinics, and medical support. Tournament preparation is divided into three stages: before, during, and after. A detailed format for all three stages may be obtained from the National Executive Committee by contacting the Wrestling Sport Manager at the National AAU office at 407-934-7200.
- 2. AAU National or Regional Championships
 - a. Request for bid procedures and bid submissions must be processed through the Wrestling Sport Manager for the AAU at 407-934-7200.
 - i. Events hosted at Disney World will be conducted by the AAU Wrestling Committee and will require no bidding.
 - b. National Tournament Host Information

- i. After a tournament has been granted to a host, a signed contract, with the minimum host fee, is required.
- ii. Contact the National Wrestling Treasurer who will provide you with the host fee schedule.
- iii. Sanctioning and athlete registrations are to be coordinated with the AAU District represented by the hosting group.
- iv. All participating athletes must have a current AAU card for the membership year (September 1 through August 31 annually).
- v. Host must submit all fees required by National contract to National AAU Wrestling Committee within thirty (30) days of tournament date.
 - 1. The host retains monies received from concessions, product sales, and any other revenue received from the tournament.
- vi. National - Regional entry forms must be ready for distribution by November 1.
 - 1. **NOTE:** Date, Location and Contact information are required to be submitted by the National AAU Convention the year prior to the event.
- vii. It will be the National and Regional Host Committees' responsibility for the transportation needs (airline flight and rental vehicle) and housing of the National Pairing Chair and National Officials Chairs.
- viii. If driving to the event, the Pairing Chair and/or the Officials Chairs will be reimbursed at the rate of \$.40.5/mile up to the cost of a "Y" airline ticket for attendance at National and Regional tournaments.
- ix. National and Regional hosts are required to comply with the housing arrangements for attending officials and pairing personnel:
 - 1. The host group will be responsible for the room and board of the approved licensed mat officials and key staff (pairing, medical, etc.). Room and board includes local double occupancy and food service during the tournament, or a per diem of \$45.00 per day. Room and board, or per diem, is to be guaranteed to pre-registered licensed mat officials and pairers, as approved.
 - 2. Officials/Pairers pay shall be negotiated between the respective National Officials/Pairers Chairs and the host group.
 - 3. In all international styles of wrestling, all officials (including pairing officials), must be registered and licensed with AAU Officials/Pairing Chairpersons. This is mandated at the National and Regional level and strongly recommended at the Local level.
 - 4. The mat officials/pairing chairs will be in communication with the host committee, tournament director, hosting Districts mat officials/pairers chair to ensure appropriate assignment. The tournament official and pairing master will request intent to participate from nationally registered officials and pairers for the National, Regional and Multi-sport Events. Currently licensed mat officials/pairers are required to notify their respective Chairpersons for assignment to these events based on National ranking and priority of response. Their response should include their preference for room or per diem.

5. For an official (pairer or referee) to be allowed to participate and to receive free lodging at the AAU National Championships, such official must have first participated in at least one AAU event within his or her District during the preceding season.
 6. The host group will further be responsible for room and board for the National Wrestling Executive Committee at the National and Regional Wrestling Tournaments.
 7. If the National Official and/or National Pairing Chair(s) are unable to attend, either will appoint an appropriate replacement in their absence.
- x.** Since 1994, the AAU Wrestling Committee's newly formed Tournament Committee has been in effect. This committee consists of the Tournament Director, Tournament Official (R/J), Tournament Pairing Official, and two members at large. These two members come from the following AAU Wrestling Executive Committee Members. The order of selection is Chair, Treasurer, or Secretary. If either of those two at large positions cannot be filled from the above three executive committee members, then the tournament director will choose the remaining at large position(s) from the advisory board, followed by the District Chairs.
1. This committee will oversee all national and regional AAU wrestling tournaments and will work closely with the local organizing committee (LOC) on all matters pertaining to the tournament, including protests. Any member of the Committee mentioned in the protest must be replaced on the committee.
- xi.** All weigh-in cards will list the competitor's name, birth year, weight class, state he/she is from and the club affiliation (if any). The Master weigh-in card will list the competitor's age, also. Weigh-in cards and corresponding bout cards will follow the AAU color code system: Tot - orange, Bantam - green, Midget - pink, Novice - blue, Schoolboy - yellow, Cadet - white, Elite - gray, Senior - goldenrod, Masters - beige.
- xii.** National Championships
1. All national championships will have a warm up mat available for each round of the event.
 2. Additionally, for tournaments that are being contested in international rules, each mat must have zone lines in place.
 3. All national wrestling events will be responsible to procure and utilize individual electronic, illuminated scoring devices for each mat in use.
 4. Each Tournament Director of national events will, within 48 hours of the conclusion of competition, submit full and complete results to the following media outlets or individuals: WIN Newsmagazine, Wrestling USA, Amateur Wrestling News, InterMat (internet provider) and the National AAU Headquarters.
- xiii.** Regional Championships
1. Entry fee for regional qualification tournaments shall be \$15.00 per wrestler for the first style and \$5.00 per wrestler for each additional style wrestled.

2. Regional tournaments have the option of adding an additional \$5.00 to the entry fee, if all spectator admission fees are waived.
3. The regional host will transmit a fee amount set by the National Wrestling Committee, within 10 days after the tournament. All income derived by the host group will remain with the host, except the additional \$5.00 entry fee if spectator admission fees are waived.
4. Regional Championships must include Freestyle if they are to be considered as a qualifier for the Grand Nationals. The age groups to be included in these Regionals are Tots, Bantam, Midget, Novice, Schoolboy, Cadet and Elite. Optional competitions in the Senior and Masters divisions are encouraged.
5. The Regional host will transmit within 10 days the results of their tournament (placement of all wrestlers) as well as a listing of those qualifying for further advancement to other National events where applicable to the National Wrestling Committee.
6. The transmittal of fees and records from regional tournaments must be done within ten (10) days following the conclusion of the tournament. If there are less than ten days remaining prior to the National Championships, this transmittal must be made within five (5) days.
7. Regional tournaments need to be scheduled during April, May, or June to allow the greatest possible attendance. All regional tournaments must be completed at least two (2) weeks prior to the Grand Nationals with event results sent the same day to the big four media sources...AWN, WIN, Wrestling USA and the InterMat.
8. Each region will select a head official and a head pairing official with the approval of the national officials and pairing chairs who will be responsible for providing the appropriate services to the Regional Tournament. If a Region cannot select the appropriate personnel, the tournament chair may request an appointee from the National Officials chair and the National Pairing Chair.

ii. **Officials**

1. Officials Code of Conduct

- a. All AAU referees, judges, mat chairs, and pairing masters shall conduct themselves in a professional manner at all times. It is essential that each official exhibit good citizenship and high moral conduct in their relationships with athletes, parents, coaches, fans, and fellow officials. Each must, at all times, maintain the highest degree of personal integrity. NOTE: All references to Youth, District, Regional, and National competitions are AAU sanctioned and sponsored.
2. Anyone interested in wrestling is invited to join the National AAU Officials District. There can be many interesting challenges and opportunities for those who select to become part of our officiating family. We view the roles of Officials and Pairing Masters at the AAU as our organization's ambassadors.

3. There are five (5) steps leading to varying degrees of involvement as pairing masters and officials. Each Participant should set his own goals and strive to the level that interests them most.

a. Criteria for Rating Referee/Judges(RJ)

- i. **Step 1 – Level III** - To receive or maintain a Level 3 license, an official must register with the Officials' Committee.
- ii. **Step 2 – Level II** - To receive a Level 2 license, an official must:
 1. Be registered with the Committee for at least 3 months.
 2. Have worked at least 5 freestyle tournaments and 1 Greco-Roman tournament in the last year.
 3. Complete the clinic and work both styles of wrestling at either a national or regional tournament.
 4. Pass the national exam and be approved for Level 2 by the head official of the tournament.
- iii. **Step 2 – Level II** - To maintain a Level 2 license, an official must:
 1. Maintain registration with the Committee.
 2. Work at least 7 freestyle tournaments and 1 Greco tournament each year.
 3. Complete the clinic and work both styles of wrestling at either a national or regional tournament each year, or maintain a FILA license and work a national or regional tournament every other year.
- iv. **Step 3 – Level I** - To receive a Level 1 license, an official must:
 1. Maintain registration with the committee, and have a Level 2 license for at least one year.
 2. Work at least 10 freestyle and 2 Greco-Roman tournaments each year.
 3. Complete the clinic, work both styles of wrestling, pass the exam with a grade of 80 or better and receive the approval/recommendation of the tournament head official.
- v. **Step 3 – Level I** - To maintain a Level 1 license, an official must:
 1. Maintain registration with the Committee.
 2. Work at least 10 freestyle and 2 Greco-Roman tournaments each year.
 3. Complete the clinic at a National tournament (Grand Nationals or AAU Junior Olympic Games), work both styles of wrestling at either a national or regional tournament once every three years, or maintain a FILA license and work a national or regional tournament every other year.

b. Criteria for Rating Pairing Masters

- i. The certification system currently being used for AAU Pairing Masters includes three levels with control points through the Head Pairing Master.
 1. Level III – Pairing Clerk
 2. Level II – Associate Pairing Master
 3. Level I – Senior Pairing Master
- ii. **Level III**

1. Be proficient at all supportive functions in the pairing room such as drawing and setting up pairing sheets for first round, writing bout sheets, recording match results, and posting to wall charts.
2. Work at least one complete AAU sanctioned tournament under the direction of a Level I or Level II Pairing Master.
3. Pass a written test.
4. Register as an AAU Pairing Master.

iii. Level II

1. Be proficient at all duties of a Level III.
2. Be capable of training personnel in the duties of a Level III Pairing Master at training sessions and tournament clinics.
3. Work at least one complete AAU sanctioned Age Group or Regional tournament under the direction of a Level I Pairing Master.
4. While working the same tournament, demonstrate the ability to direct the total pairing process in one age division, including pairing of wrestlers, bout sheet control, and correct placement of all contestants.
5. Show knowledge of the rules and disciplines of proper pairing.
6. Pass a written test.
7. Register as an AAU Pairing Master.

iv. Level I

1. Be proficient at all duties of a Level II.
2. Worked as a Level II Pairing Master at least one or more AAU sanctioned Age Group tournament, including one AAU sanctioned Sectional or District.
3. Be capable of controlling the entire pairing room at an Age Group tournament, including the direction of Level II and Level III Pairing Masters.
4. Be familiar with rules and disciplines necessary to conduct a tournament and serve on the technical committee in case of protest.
5. Demonstrate ability to control the flow of an entire tournament by working in conjunction with staging, floor management, and the Tournament Director.
6. Demonstrate knowledge of rules and methods of pairing by conducting training sessions and pre- tournament clinics.
7. Pass a written test.
8. Register as an AAU Pairing Master.

c. LEVEL I PAIRING MASTERS will be appointed by the Head Pairing Master and will be retained in that position by their continued interest in and service to wrestling in the District

d. Upgrades

- i. Upgrades from level to level must be approved by the National Pairing Chairperson with the recommendation of the District Pairing Chairperson. To move to Level 1 Pairer, one must work a National Tournament. To retain a Level 1 ranking, one must work a National Tournament at least once every three years.

- e. Further Information can be obtained by contacting the Folkstyle Officials Chair, International Officials Chair or the Paring Chair of the Wrestling Executive Committee.
- iii. **Coaching Requirements**
 - 1. All coaches participating in National Championship Events must be members (Non-Athlete) of the AAU to be on the competition floor.
 - 2. **PASS POLICY:** For Individual Tournaments with team competition: Coaches with a submitted team roster, after paying tournament admission fee, will receive coaching pass(es) in the following ratio to athletes entered,: 10 wrestlers, 1 pass; 11-20 wrestlers, 2 passes; 21-30 wrestlers, 3 passes; etc. Up to two additional passes may be received by bringing two working registered officials from their District.
 - a. All other coaches wishing to be on the floor coaching athletes must have 1) paid the tournament admission fee and 2) purchased a coach's floor pass and/or attended a pre-event coach's clinic.
- iv. **Awards**
 - 1. **AAU Medals**
 - a. AAU Medals/Ribbons are available for purchase for all weights, age divisions and types of competition through an order form, contact the AAU National Office for more details.
 - i. The following must be submitted with the Medal Order Form:
 - 1. Meet Information Flyer. (This flyer must include the list of events acknowledged, age groups acknowledged, location of competition shown, and date and time of competition shown.)
 - 2. Copy of Official AAU Sanction.
 - 3. Method of payment.
 - 2. **National and Regional Tournaments (Except Ironman)**
 - a. Individual AAU Youth awards will be presented to the top eight (8) place finishers in each weight class. The AAU National Office will order National Championship medals for National Championship events.
 - 3. **Triple Crown Award**
 - a. Awards will be presented to any wrestler in the Elite Division and younger who wins first place honors at the National Folkstyle World Championships, National Freestyle wrestled at the Grand National Championships, and National Takedown wrestled at the Ironman World Championships. These three (3) championships must all occur in the same year and each athlete must have a minimum of one (1) match wrestled at each of these tournaments. The plaque is paid for by the AAU National Wrestling Committee.
 - 4. **All American**
 - a. For an athlete to be considered an AAU Wrestling All American he or she must finish in the Top Six (6) at either the AAU Folkstyle World Championships or the AAU Grand Nationals. All American honors are awarded to those who win Gold or Silver Medals at the AAU Junior Olympic Games and the AAU Scholastic Duals. All American honors awarded at the Scholastic Duals and the AAU Junior Olympic Games will include an All American patch.
- v. **Protest Procedures**
 - 1. Protest filing procedure is as follows:
 - a. Protest must be of a technical (rule violation), not of a judgmental nature.

- b. Protest must be submitted to the Tournament Technical Committee within thirty (30) minutes of the end of the alleged violation.
- c. The written protest must contain the following information:
 - i. Names of contesting wrestlers or persons involved, including their Division and weight class.
 - ii. Mat number or its identification if the mats are not numbered.
 - iii. Names of the officials who observed the alleged violation.
 - iv. Nature of the protest, including particular rules violated.
 - v. Desired settlement or adjustment.
- d. A \$50.00 refundable deposit, if protest is upheld, is required at the time of the protest filing. If the protest is denied, the deposit is retained by the Tournament Committee.
- e. An unappealable final decision will be rendered by the Tournament Technical Committee, as soon as possible, before the next round in that weight class. A written report of all protests, including their results, will be forwarded to the AAU National Wrestling Chair.

vi. **Entry Fees**

1. **National Individual Event and Entry Fees**

- a. Individual Event fee - from the entry fee, (individual event fee set below) per athlete will be sent to the national headquarters. The check should be made payable to AAU Wrestling and due at the National Headquarters within thirty (30) days of the completion of competition.

Event	National Individual Event Fee	Maximum Individual Entry Fee
Grand Nationals	\$12.50 per athlete	\$50.00/ 1,2 or 3 styles
Folkstyle World Championship	\$12.50 per athlete	\$55.00/ 1 style
Ironman World Championship	\$27.50 per athlete	\$70.00/ 1,2 or 3 styles
Team Camps	\$12.50 per athlete	Discretion of Camp Directors
Youth Nationals	\$10.00 per athlete	\$40.00/ 1 style

- 2. Team Event fee - from the entry fee, (team event fee set below) per team will be sent to the national headquarters. The check should be made payable to AAU Wrestling and due at the National Headquarters within thirty (30) days from the completion of competition.

Event	National Team Event Fee	Maximum Team Entry Fee
Scholastic Duals	\$250.00 per team	\$900.00 per team
AAU Junior Olympic Games	\$375.00 per team	\$800.00 per team
Middle School Duals	\$250.00 per team	\$900.00 per team
Elementary School Duals	\$250.00 per team	\$800.00 per team

vii. **Regional or National Registration**

- 1. All wrestlers, coaches, referees, and pairing masters must register in person at the tournament site during the designated times.
- 2. Participants Checklist:
 - a. Proof of Age
 - b. Entry Fee

- c. AAU Card
 - d. Blue Singlet – International Style Requirement
 - e. Red Singlet – International Style Requirement
 - f. Handkerchief – International Style Requirement
- viii. **Tournament Production Regulations**
 - 1. **National Event Brochures**
 - a. Every host of an AAU National Wrestling Championships is required to create, print and distribute event brochures. This collateral must, at a minimum, have three panels, two colors and follow some pre-set guidelines as outlined by the AAU national office. For a copy of these parameters, for more information contact the AAU National Office, 407-934-7200.
 - 2. **National Recognition**
 - a. AAU National Banners must be displayed at all National events. For more information contact the AAU National Office, 407-934-7200.
 - 3. **National Partner Recognition**
 - a. In all references to the AAU Wrestling Program, all National Partners must be mentioned. National Wrestling Partners Banners must be displayed at all National events. For more information contact the AAU National Office, 407-934-7200.
 - 4. **Vendor Requirements**
 - a. Check with the National Wrestling Chairman – Bob Johnson for specific requirements.
- c. **Competition Rules**
 - i. **Rules** – Unless otherwise stated in this Handbook, the rules of competition shall be those of National Federation of High Schools (NFHS) or Federation International Lutte Amateur (FILA). Only those rules contained in this handbook shall supersede the general rules of the National Governing Body.
 - 1. **Folkstyle Competition**
 - a. National Federation of State High School Athletic District.
 - 2. **Freestyle and Greco-Roman Competition**
 - a. Federation International Lutte Amateur. (FILA)
 - ii. **Eligibility and Qualification**
 - 1. All wrestlers must have a current AAU Card (Youth or Adult) verifying their amateur status and right to participate.
 - 2. All individual national championships are open to AAU card holders, no pre-qualifying is necessary.
 - 3. **Age Divisions**
 - a. AAU age divisions are determined by the year of birth, not by the actual birth date.
 - i. For age and weight charts, please see the last two pages of the handbook.
 - ii. Tournament director reserves the right to select either single age divisions for ages 7-12 (weight chart 1), or combined ages for all groups (weight chart 2).
 - iii. **Proof of age:** Each wrestler must present a proof of age document which shall consist of a birth certificate, a birth registration issued by an appropriate government agency or board of health records, a passport, an alien registration card issued by the United States Government, a certificate issued by the Immigration and Naturalization Service

attesting to age, a current driver's license, or a certificate of a United States citizen born abroad issued by the appropriate government agency. Please note: hospital, baptismal, or religious certificates will not be accepted.

1. **NOTE** - If you are mailing this proof of age in with your registration material, please do not send originals as the tournament committee will not be responsible for returning documents.

iv. Changing Weight Classes

1. 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.
4. All wrestlers must weigh-in wearing a singlet.
5. All Coaches must have a current AAU Card (non-athlete) to coach mat side.
6. Tot through Elite age divisions: Any registered wrestler who participated in a District championship is eligible for the AAU Regional championships. The wrestler does not have to place, only participate in the District Championship.
7. Senior and Masters age divisions: Any registered wrestler may compete in any Preliminary District, Regional or National tournament for these divisions without pre-qualification.
8. 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.
9. 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.

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

- 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 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. Weigh-in time may also vary from international tournaments. A few simple rules govern the main thrust of the pairing techniques of Olympic style of wrestling.
- iii. A wrestler may wrestle the same opponent twice during the same tournament.

b. Method of Competition

- i. If there are only 5 or less wrestlers, the system of “one against the other” is applied.

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. Team Scoring Placement Points

- i. 1st – 16 points
- ii. 2nd – 12 points
- iii. 3rd – 9 points
- iv. 4th – 7 points
- v. 5th – 5 points
- vi. 6th – 3 points
- vii. The top wrestler may score classification points for a team. No pre-tournament designation is required for that wrestler. A complete, unalterable, team roster must be submitted at the end of the weigh in on the first day.

2. Tournament Planning Aids and Calculations

- a. All National Tournaments will be run using the number system.
- b. The following information and charts are designed to aid the Tournament Committee and the Chief Pairing Master to plan and run a tournament. It is based on a one-day tournament. It is not applicable to the age group tournament.
- c. After the weigh-in is completed and the pairing has been done, the chief pairing master shall determine an order of bouts and post it near the wall charts for the wrestlers' information.
- d. The protest procedure and any other pertinent information shall also be posted. In a one-day tournament always begin wrestling with those weight classes which will wrestle the most number of rounds. (See chart)

e. Determining Number of Bouts

- i. Number of wrestlers x 1.7 minus 25 = Total Number of Bouts
- ii. Divide total matches by number of matches per hour according to length periods. (See Chart)
 - 1. **Example:** 100 wrestlers
 - 2. Match duration should correspond with the number of bouts to correlate with our present periods.
 - 3. 5 mats = 22 matches per hour $100 \times 1.7 = 170$ matches $25 = 145$ divided by 22 = 6½ hours

f. Calculating Number of Mats Needed

- i. Determine total number of matches (number of wrestlers x 1.7 minus 25)
- ii. Divide total number of matches by time allowed = number of matches per hour needed (See Chart).
- iii. **Example:** 8 hours of time scheduled wrestling 3 three-minute periods with one-minute break between periods :
 - 1. $100 \text{ wrestlers} \times 1.7 = 170$ minus 25 = 145
 - 2. 145 divided by 8 = matches per hour = 4 mats needed
- iv. Championship Double Elimination straight line bracket adds approximately 3 hours to the length of the tournament.

g. Calculating the Number of Hours

- i. To calculate the number of hours you need to complete a tournament, use the following chart and formula:

	Length of Periods with Rest	Length of Periods without Rest	Time Used Per Match
A	(1 st) 1 1/2 min / none	(2 nd) 1 1/2 min	4:00
B	(1 st) 1 1/2 min / :30	(2 nd) 1 1/2 min	4:45
C	(1 st) 2 min / none	(2 nd) 2 min	5:00
D	(1 st) 2 min / :30	(2 nd) 2 min	5:45
E	(1 st) 3 min / none	(2 nd) 3 min	7:30
F	(1 st) 3 min / :30	(2 nd) 3 min	8:30
G	(1 st) 3 min / 1 min	(2 nd) 3 min	9:45

h. Number of Mats and Number of Bouts per Hour

	1	2	3	4	5	6	7	8	9	10	11
A	15	30	46	60	75	90	105	120	135	150	
B	12	24	36	49	61	73	85	97	109	121	
C	12	24	36	48	60	72	84	96	108	121	
D	10	20	30	41	51	61	72	82	92	103	
E	8	16	24	32	40	48	58	64	72	80	
F	7	14	21	29	36	43	51	58	65	73	
G	6	12	19	25	31	38	44	50	57	63	

- i. Please note that Line A at the top of the chart corresponds with Line A at the bottom of the chart, etc.

i. Tournament Worksheet

- i. List the weight classes.
- ii. List the total number of wrestlers in each weight class.
- iii. Determine the total number of matches.
- iv. Determine the total number of rounds to be wrestled.
- v. Plan tournament based on the above information plus the amount of time allowed and the number of mats available.

3. Tie Breaker Criteria

- a. Folkstyle Dual Matches will use the current High School Federation Rules. Freestyle and Greco-Roman Dual Matches will use the current FILA Rules.

b. Tie Breaker Criteria for Pool Play – Individual. For Two or More Individuals Ending with Identical Records (Criteria is among those tied)

- i. Head to head competition.
- ii. The wrestler who has been penalized the least for fragrant or unsportsmanlike conduct
- iii. The wrestler having won the greatest number of victories
- iv. The wrestler having the greater number of falls
- v. The wrestler having the greater number of technical falls
- vi. The wrestler having the greater number of major decisions
- vii. The wrestling having the least number of defeats
- viii. The wrestler having the greater number of offensive points scored among those tied
- ix. The wrestler having the least number of defensive points scored among those tied
- x. The wrestler having the fastest pin

1. If at any point in the above criteria you are able to determine either a first or third position among those tied (first place being used first, if possible) that placement will be placed. The match between the remaining two wrestlers will determine the two remaining placements (Criteria #1)

c. Tie Breaker Criteria for Pool Play – Team. For Two or More Teams Ending with Identical Records (Criteria is among those tied)

- i. Head to head competition.
- ii. The team who has been penalized the least for fragrant or unsportsmanlike conduct
- iii. The team having won the greatest number of victories
- iv. The team having the greater number of falls
- v. The team having the greater number of technical falls
- vi. The team having the greater number of major decisions
- vii. The team having the least number of defeats
- viii. The team having the greater number of offensive points scored among those tied
- ix. The team having the least number of defensive points scored among those tied
- x. The team having the fastest pin

1. If at any point in the above criteria you are able to determine either a first or third position among those tied (first place being used first, if possible) that placement will be placed. The match between the remaining two teams will determine the two remaining placements (Criteria #1)

d. Tie Breaker for Ironman (Criteria is among those tied)

- i. Head to Head.
- ii. The wrestler who has been penalized the least for flagrant or unsportsmanlike conduct during entire tournament.
- iii. Greatest number of wins during the entire tournament.
- iv. The most victories by fall during the entire tournament.
- v. The most victories by decision during the entire tournament.
- 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 - Freestyle/Folkstyle/Takedown
- f. US Winter and Spring Youth Nationals
 - i. Individual K – 8th 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 and offers competition for females only at their La Femme Nationale in freestyle, Greco-Roman and folkstyle competition. Females may wrestle in all other AAU wrestling events but most compete against the males in the appropriate weight, classes and divisions.
- b. At the La Femme Nationale event in both the freestyle and folkstyle divisions, if there is only one contestant in a weight, she may either move up one weight

class or one division. In no case may an athlete, male or female, compete in more than one weight class or division.

- c. 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.

- d. **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.

- e. **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 red and one blue leotard/ 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.

- f. **Weigh In**

- i. A separate area for female weigh-ins will be provided. Females will be permitted to weigh-in nude, but if choosing to do so will not be given the one pound weight allowance that is permitted.
 - ii. Those selecting to weigh-in other than nude must wear at least a leotard.

- g. **Length of Bouts**

- i. Bouts are to be identical in length for men and women.

- h. **General Technical Rules**

- i. All technical rules for men's wrestling apply equally in women's wrestling.

- i. **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 15 wrestlers, 1 head coach, and 2 assistant coaches. A team must have a minimum of 8 competitors to enter. Up to three 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. A championship round will include eight total teams from each pool participating. A consolation tournament will be conducted if sufficient time is available among the remaining teams from each pool.

iii. Weigh In:

1. The first round of competition will be scheduled the day following weigh-ins. A wrestler may be moved up one weight class from his original weigh-in; however, individual competition will be based on the weight where the majority of his matches were wrestled.

iv. Wrestling Equipment:

1. Only one singlet is required. It is mandatory that each team's singlets be of the same color.

v. Team Placards:

1. Team names are to be printed on 16 x 20 laminated signs, red on one side and blue on the other. These signs will be carried in by the teams at opening ceremonies, and used throughout the tournament at mat side.

vi. Disqualification:

1. A wrestler disqualified from the team tournament for unsportsmanlike conduct loses any and all earned team points and all of his/her matches will be recorded as forfeits.

vii. Awards:

1. A plaque and a medal will be presented to each competitor and coach of the top three (3) teams. Medals will be presented to each competitor and coach of the 4th, 5th, 6th, 7th and 8th place teams. All American honors (patch and certificate) are awarded to those individuals who win Gold or Silver Medals. Districts of the top three (3) teams receive plaques.
2. Individual medals will be awarded based on the win/loss record.
 - a. Gold (0-losses)
 - b. Silver (1-loss)
 - c. Bronze (2-losses)
 - d. Copper (3-losses).

2. **Multi Style Events** – Freestyle/Greco-Roman/Folkstyle Individual Competition
 - a. **The Grand Nationals**
 - i. The oldest wrestling tournament in the world. Competition in Freestyle, Greco-Roman and Folkstyle, for athletes ranging in ages from 6 and under to 66 and over. The average number of athletes competing in this All-American event is 2000. Medals will be awarded for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th place.
 - ii. Age and Weight Divisions:
 1. Any division may move up one division for competition with the exception of the Senior division. Master division wrestlers may compete in either Senior or Master level competitions. The reverse is not true, as the minimum age of 30 is required, to be classified as a Master wrestler.
 2. For age and weight charts, please see the last two pages of the handbook
 3. Tournament director reserves the right to select either single age divisions for ages 7-12 (weight chart 1), or combined ages for all groups (weight chart 2).
 - iii. Match Duration:
 1. Greco – Roman
 - a. All age groups will be three, 2 minute periods – keep current times for Freestyle and Folkstyle
 2. Freestyle
 - a. Tot/Bantam/Midget – three 1 minute periods [best 2 of 3]
 - b. Novice/Schoolboy/Masters – three 1 1/2 minute periods [best 2 of 3]
 - c. Cadet/Elite/Seniors – three 2 minute periods [best 2 of 3]
 3. Folkstyle
 - a. Tot/Bantam/Midget – three 1 minute periods
 - b. Novice/Schoolboy/Masters – three 1 1/2 minute periods
 - c. Cadet/Elite/Seniors – three 2 minute periods
 4. A minimum 15-minute period will be held between matches. (This can be waived-in writing-if both wrestlers agree.)
 - iv. Fall Times (International Style)
 1. Tots, Bantam, Midget, and Novice Divisions are governed by the modified FILA rules and will include a two second fall.
 - a. Technical falls for Tot, Bantam & Midget will be a 6 point difference.
 2. Schoolboy, Cadet, Elite, Masters, and Senior Divisions are governed by the FILA rules.
 - v. Fall Times (Folkstyle)
 1. Tots, Bantam, Midget, and Novice Divisions are governed by the modified NFHS rules and will include a two second fall.
 - a. Technical falls for Tot, Bantam, and Midget will be a 12 point difference

2. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- vi. **Wrestling equipment:** One singlet is required. Kneepads and headgear will be allowed, although not mandatory.
- vii. **Wall Charts**
 1. 5-man pool, 8-man, 16-man, 32-man and 64 man brackets are used. There is no longer vertical pairing in International Style wrestling.
 2. **NOTE** - It is possible that one may wrestle the same person twice.

b. Ironman World Championships

- i. Three-one day tournaments in Takedown, Freestyle and Folkstyle. How each athlete places determines the number of Ironman points they earn. At the end of all three events, the individual with the most Ironman points is declared the winner in that division and weight class. **All entries are pre-paid and pre-registered.**
- ii. For the Ironman World Championships, individual national championship medals will be given to the top three place finishers in each of the three individual disciplines being contested. Larger Ironman World Championship medals will be awarded to the top three overall finishers in each weight class and division.
- iii. Each wrestler will draw for placement on the bracket.
- iv. **Match Duration:**
 1. **Takedown**
 - a. All age groups will be three, 2 minute periods – keep current times for Freestyle and Folkstyle
 2. **Freestyle**
 - a. Tot/Bantam/Midget – three 1 minute periods [best 2 of 3]
 - b. Novice/Schoolboy/Masters – three 1 1/2 minute periods [best 2 of 3]
 - c. Cadet/Elite/Seniors – three 2 minute periods [best 2 of 3]
 3. **Folkstyle**
 - a. Tot/Bantam/Midget – three 1 minute periods
 - b. Novice/Schoolboy/Masters – three 1 1/2 minute periods
 - c. Cadet/Elite/Seniors – three 2 minute periods
- v. **Age and Weight Classes:**
 1. For age and weight charts, please see the last two pages of the handbook
 2. Tournament director reserves the right to select either single age divisions for ages 7-12 (weight chart 1), or combined ages for all groups (weight chart 2).

3. Folkstyle Wrestling

a. AAU Folkstyle World Championships

- i. The World Championships of folkstyle wrestling. Athletes from the 6 and under category to 100 years of age are welcome. The event will be run according to the number system. All entries will be pre-paid and pre-registered. Pre-set and announced weight categories will be used for all age divisions and categories. Weights will be declared on the entry form

and must be made unless a change is faxed or called in prior to the cut-off date of the tournament (with confirmation number). The average size of this event is 2600 athletes. Medals will be awarded for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th place.

- ii. Competition is restricted to the following age brackets and weight classes. **Age is determined by the year in which you were born, not the actual birth date.** Proof of age is required in the same manner as freestyle competitions.
- iii. Age and Weight Classes:
 - 1. For age and weight charts, please see the last two pages of the handbook
 - 2. Tournament director must use the single age divisions for ages 7-12 (weight chart 1).
- iv. Any division may move up one division for competition, with the exception of the Senior Division. Master Division wrestlers may compete in either Senior or Master level competitions. The reverse is not true as the minimum age of 30 is required to be classified as a Master wrestler.
- v. Match Duration:
 - 1. Folkstyle
 - a. Tot/Bantam/Midget – three 1 minute periods
 - b. Novice/Schoolboy/Masters – three 1 1/2 minute periods
 - c. Cadet/Elite/Seniors – three 2 minute periods
- vi. Fall Times (Folkstyle)
 - 1. Tots, Bantam, Midget, and Novice Divisions are governed by the modified NFHS rules and will include a two second fall.
 - 2. Technical falls for Tot, Bantam, and Midget will be a 12 point difference.
 - 3. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- vii. Brackets will contain space for 8, 16, 32 and 64-man competitors. 5-man pools will be used for 5 or less wrestlers in a division.
- viii. If there are excessive entries, tournament officials reserve the right to adjust bout times and rest periods in consolation rounds.
- ix. National High School Federation rules will apply except as noted.
 - x. It is mandated that the host site will provide two sets of red and green leg bands for each table in use.
- xi. Officials:
 - 1. The Host site is required to use only NFSHSA-certified officials at least 18 years of age or older. The AAU National Folkstyle Officials Chair will be in charge of the flow of officials, hold a rules clinic, and verify credentials. The host site should determine per diem, rooms, and meals of working officials. (The number of mat officials should be equal to twice the number of mats in use.)
- xii. The National AAU Pairing Chairperson will conduct the Folkstyle Tournament. Local volunteers will work under the direction of the Pairing Chair.

4. **AAU Scholastic Duals**

- a. Team competition annually held at ESPN Wide World of Sports Complex. Four divisions, Community Div. 1 and Div. 2, District, and Developmental are contested. A Community team is defined as all but 3 members who attend the same high school. A District team may be comprised of as many individuals from other high schools as arranged. District JV teams may not have any athletes that competed in state qualifying tournaments. In all cases, every athlete on any specific team must come from the same District. Each division will compete in pools, which are designed to maximize the number of dual matches a team can possibly have. All teams, regardless of win-loss record, will have a minimum of 8 duals.
- b. Weight Classes:

Weight Classes													
106	113	120	126	132	138	145	152	160	170	182	195	220	285
* A five (5) pound weight allowance is provided. No athlete may wrestle below his current High School Certification weight.													

5. **Elementary School Duals**

- a. A dual meet formatted national tournament following NFHS rules for athletes 1st through 5th grades. Nineteen weight classes ranging from 30 pounds to heavyweight will be contested in Folkstyle.
- b. K through 5th grade
- c. Fall Times (Folkstyle)
 - i. Tots, Bantam, Midget, and Novice Divisions are governed by NFHS rules and will include a two second fall.
 - ii. Technical falls for Tot, Bantam, and Midget will be a 12 point difference.
 - iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- d. Weight Classes:
 - i. Heavyweight – up to 230 lbs.

Weight Classes																		
40	45	50	55	60	65	70	75	80	85	90	95	100	108	116	125	132	148	HWT

6. **Middle School Duals**

- a. A dual meet formatted 20 weight class national championship. Athletes in 5th, 6th, 7th, and 8th grade are eligible for this Folkstyle event.
- b. Fall Times (Folkstyle)
 - i. Tots, Bantam, Midget, and Novice Divisions are governed by NFHS rules and will include a two second fall.
 - ii. Technical falls for Tot, Bantam, and Midget will be a 12 point difference.
 - iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.

- c. Weight Classes:
i. Heavyweight – up to 250 lbs.

Weight Classes																			
75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	152	160	171	189	HWT

7. Winter Youth Nationals

- a. A premier national folkstyle event for individual athletes in grades K - 8th. It is two days of non-stop competition. The Five Grade Divisions will be Kindergarten and below, 1st and 2nd, 3rd and 4th, 5th and 6th, 7th and 8th.
- b. This is a grade level tournament: grade is primary determinant of division. Grade/weight classes include information that age can move you up a division, but not down.
- c. Fall Times (Folkstyle)
- Tots, Bantam, Midget, and Novice Divisions are governed by NFHS rules and will include a two second fall.
 - Technical falls for Tot, Bantam, and Midget will be a 12 point difference.
 - Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- d. Weight Classes by Division:

Weight Classes (Kindergarten and below)							
35	40	45	50	55	60	70	85 (Max)
*If you turn 8 the year of the competition you must move up a division							

Weight Classes (1 st & 2 nd Grade)												
40	45	50	55	60	65	70	75	80	90	100	110	125
*If you turn 10 the year of the competition you must move up a division												

Weight Classes (3 rd & 4 th Grade)															
50	55	60	65	70	75	80	85	90	95	100	118	128	140	155	175
* 2 nd Graders may enter this division with parents consent.															
*If you turn 12 the year of the competition you must move up a division															

Weight Classes (5 th & 6 th Grade)																		
60	65	70	75	80	85	90	95	100	105	110	115	120	130	140	150	165	185	205
*If you turn 14 the year of the competition you must move up a division																		

Weight Classes (7 th & 8 th Grade)																					
70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	152	160	171	189	215	260
*If you turn 16 the year of the competition you are ineligible.																					
*No 9 th Graders																					

8. Spring Youth Nationals

- a. A premier national folkstyle event for individual athletes in grades K – 8th. It is two days of non-stop competition. The four Grade Divisions will be K-1st, 2nd and 3rd, 4th and 5th, 6th through 8th.

- b. Fall Times (Folkstyle)
 - i. Tots, Bantam, Midget, and Novice Divisions are governed by NFHS rules and will include a two second fall.
 - ii. Technical falls for Tot, Bantam, and Midget will be a 12 point difference.
 - iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- c. Weight Classes by Division:

Weight Classes (Tot)				
40	45	50	55	HWT

Weight Classes (Bantam)									
40	45	50	55	60	65	70	75	90	HWT

Weight Classes (Midget)														
50	55	60	65	70	75	80	85	90	95	103	112	120	130	HWT

Weight Classes (Novice)														
60	65	70	75	80	85	90	95	100	105	112	120	130	140	HWT

Weight Classes (Schoolboy)																			
60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	140	150	160	180	HWT

vii. **Modifications/Unforeseen Items**

1. Modifications of the preceding provisions deemed necessary for the improvement of the Technical Rules of Wrestling will be made only by the Executive Bureau, after consultation with the technical department. Such modifications will remain in force until the next congress, which will be called upon to consider them.

IV. **EXCERPTS FROM AAU CODE BOOK (Cannot be changed by Sport Committee)**

- a. **AAU Membership** - All participants must be a member of the AAU in order to participate in any AAU Sanctioned Event. Event Operators may not collect AAU membership money at any AAU sanctioned event.
 - i. **Membership Requirements** -Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.
 1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.
 2. **Classes of Membership** - Classes of membership in the AAU are as follows:
 - a. **District Member** – the organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member** – An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member** – A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:

- i. Youth Athlete
- ii. Adult Athlete
- iii. Non-Athlete
- d. **Affiliate Member** – An organization or group approved by Congress which is engaged in athletics or sports-related activities.

b. Use of Logos and Trademarks

- i. The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. A user of the AAU's intellectual property must have prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.
- ii. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
- iii. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or sanctioned AAU events only. Member clubs may not use the name AAU in their legal name.
- iv. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU.

c. Event Sanctions

- i. No event shall be conducted under the auspices of the AAU unless a sanction has been issued for the activity. A sanction is the written approval of the AAU for the conduct of the activity.
- ii. Only AAU members may participate in sanctioned events unless otherwise provided in the Bylaws.
- iii. Sanctions may be issued to any club in good standing. Any sanction may be reviewed within 15 days of submission by the District Sport Committee Director. If the sanction is reviewed and rejected, the Registrar shall notify the organization submitting the sanction.
- iv. No sanction shall take effect until the 15-day review period has expired, or until the Registrar processes the sanction following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for sanction must be completed and submitted through the on-line process or the AAU National Office.
- v. The National Registration Executive Committee has the authority to issue sanctions as follows:
 - 1. For events in locations where there is no active District member.
 - 2. For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - 3. For events directly sponsored by the National AAU or National Sports Committee.
 - 4. For inter-District league play.
 - 5. Review and approve any sanction rejected by the District.
 - 6. Sanctions issued to one organization cannot be transferred to another organization.
 - 7. No sanction will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

8. Sanctions must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all sanctions issued.

d. **District Sport Committee Bi-Annual Meeting**

- i. **District Sport Committee Bi-Annual Meeting** - It is the duty of the District Sport Committee to hold a bi-annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
- ii. **Notice of District Sport Meetings**- Notice of the bi-annual or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.
 1. **Quorum**. - Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
 2. **Voting** - Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

e. **Functions of District Sport Committees**

- i. **District Sport Committees**. In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
- ii. **Composition**. The District Sport Committee shall include the following :
 1. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee;
 2. District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules. [Added 10/07].
 3. The Governor may appoint five (5) at-large members.
- iii. **Duties**. The duties of the District Sport Committee are to:
 1. In even years, hold a Bi-Annual meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08].
 2. Adopt at the Bi-Annual Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee Rules.
 3. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 4. Conduct of the District Championships.

f. **Functions of the District Sport Director**

- i. **District Sport Director** - In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Bi-Annual Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 1. **Term** - The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.
 2. **Vacancies** - A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
- ii. **Duties** – The Sport Committee Director shall:

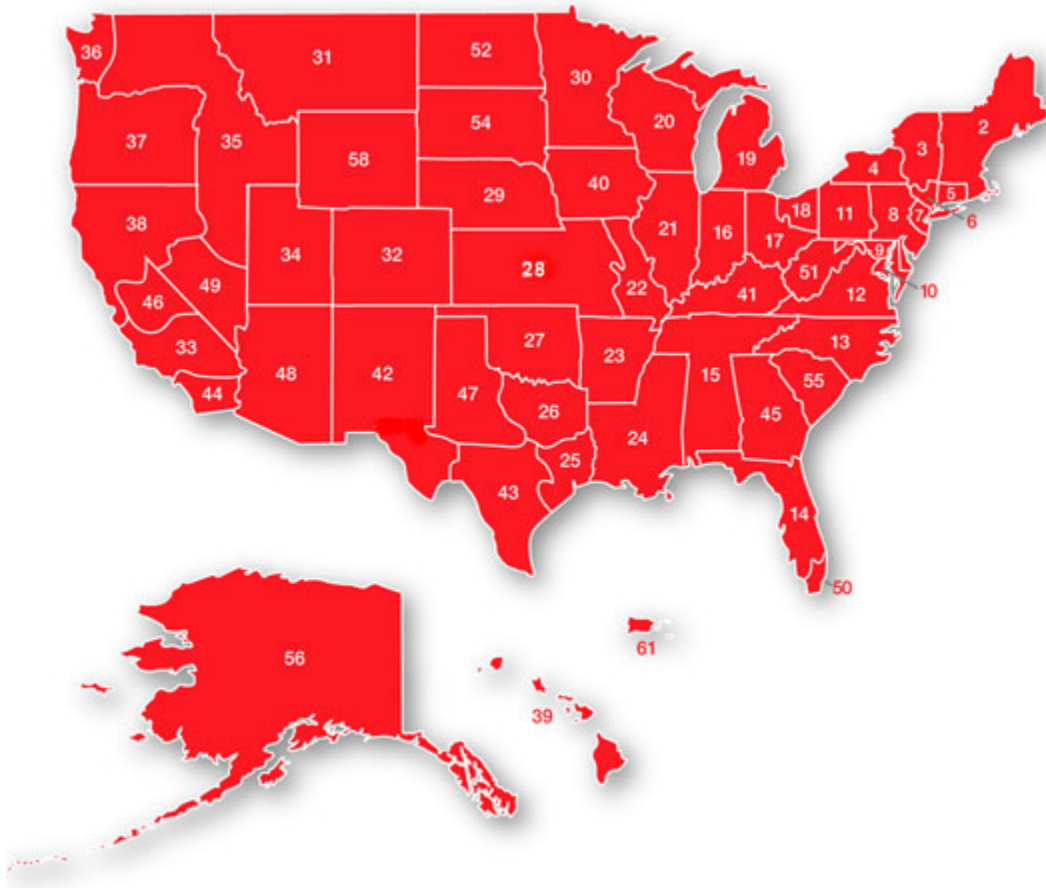
1. Develop a budget for the Sport Committee to file with the District Executive Committee;
 2. Perform the duties set forth in the Committee Rules of Operation.
 3. Approve event sanctions in the sport.
 4. Preside at Sport Committee meetings.
- iii. **Removal** – District Sport Directors may be removed as follows:
1. **By District Sport Committee** – An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Bi-Annual meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 2. **By National Sport Chair** – Each National Sport Chair shall annually review the number of events held in their sport. If the number of sanctioned events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 3. **By National Board of Review** – An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]
- g. **Membership and Residency**
- i. Adult members will not be bound by residence requirements.
 - ii. Youth members must register in the District of their bona fide residency, except as follows:
 1. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 2. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 3. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 4. Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.
- h. **Eligibility**
- i. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer softball and volleyball.]
 - ii. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU sanctioned event (practice not included). An athlete may attach to additional clubs if he/she participates in additional sports.
 1. For team/club sports only. If an athlete participates in an AAU sanctioned league for one group member (club), that athlete may elect to affiliate immediately with a second group member (club) for the purpose of qualifying for an AAU National Championship. Participation may be simultaneous. A league is made up of teams/clubs that compete only among themselves for a defined period of time.
 - iii. **Transfers.** An attached youth member may transfer to another club in the same sport under the following conditions:
 1. If the youth member has not competed in any AAU sanctioned events in that Sport for a period of sixty (60) days.

2. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes released under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
3. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
4. If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

V. APPENDIX

a. Executive Committee Directory

National Chair		Treasurer	
Bob Johnson 328 222 nd Ave. South Brookings, SD 57006 605-691-4636 (Phone) bobj@aaumail.com		Cindi Trombly 36629 Main St. New Baltimore, MI 48047 810-513-0399 (Phone) cinditrombly@aol.com	
Secretary		Pairing Chair	
Jean Olson 1725 Wild Lupine Laurel, MT 59044 406-749-0845 (Phone) olytjo@gmail.com		Karen Wilson 18516 Snow Fraser, MI 48026 586-604-9395 (Phone) kwilson424@yahoo.com	
Folkstyle Officials Chair		International Officials Chair	
Dave Bennetts 1324 W. Platinum Butte, MT 59701 406-439-8005 (Phone) dbennetts@acadiahealthcare.com		Blake Love 5500 Hayes Creek Rd. Missoula, MT 59804 406-880-8643 (Phone) mtslp@marsweb.com	
Media Relations Chair			
Norm Pavolcsik 25 Forest Dr. Lock Haven, PA 17745 570-295-3795 (Phone) npavolcs@kcsd.k12.pa.us			
Members-at-Large			
Iowa	Wes Creason	iacoach@hotmail.com	
Nebraska	Doug Denson	ddenson@hotmail.com	
North Carolina	David Smith	dns2833@aol.com	
Nebraska	Dan Helmick	helmick_dan@yahoo.com	
Virginia	Darlene Grainger	rgrai67510@aol.com	
South Dakota	Dan Swatek	dan.swatek@k12.sd.us	
Southeastern	Darrel Lauderdale	darrelllauderdale@sevier.org	
New Mexico	Mike Lujan	lujanwrestling@yahoo.com	
New Mexico	Larry Lujan	llujan@santafenm.gov	
Virginia	Rodney Grainger	rgrai67510@aol.com	
Montana	Terry Williams	willi@midrivers.com	

b. District Sport Director Directory

Map #	District	District Sport Director
3	Adirondack (AD)	Jeffrey Varmette
56	Alaska (AK)	National Office
23	Arkansas (AR)	National Office
48	Arizona (AZ)	Gavin Pehl
46	Central California (CC)	Craig Shubin
21	Central (CE)	Ron Reichert
32	Colorado (CO)	Ed Gutierrez
5	Connecticut (CT)	National Office
14	Florida (FL)	Kris Hayward
50	Florida Gold Coast (FG)	Kris Hayward
45	Georgia (GA)	Tom Bartolotta
25	Gulf (GU)	National Office
39	Hawaii (HI)	Kim Ball
40	Iowa (IA)	Wes Creason
35	Inland Empire (IE)	Paul Campbell
16	Indiana (IN)	Mark Steinmetz

41	Kentucky (KY)	Luda Dixon
18	Lake Erie (LE)	Barry Jackson
9	Maryland (MD)	Haswell Franklin
19	Michigan (MI)	Cindi Trombly
8	Middle Atlantic (MA)	Mike Smith
30	Minnesota (MN)	Cary Thul
28	Missouri Valley (MV)	Jack Crider
31	Montana (MT)	Curt Williams
29	Nebraska (NB)	Doug Denson
2	New England (NE)	Carmine Colace
7	New Jersey (NJ)	Bob Neill
42	New Mexico (NM)	Mike Lujan
6	NY Metropolitan (MP)	Ernest Jackson
4	Niagara (NI)	Don McCoy
13	North Carolina (NC)	John Carothers
52	North Dakota (ND)	Kayle Dangerud
17	Ohio (OH)	Bart Freidenberg
27	Oklahoma (OK)	Brian Orndorff
37	Oregon (OR)	National Office
22	Ozark (OZ)	Jack Crider
38	Pacific (PA) – California	Steve Jordan
38	Pacific (PA) – Nevada	Ross Aguiar
36	Pacific Northwest (PN)	Scott Lester
44	Pacific Southwest (PS)	Henry Blackwood
10	Potomac Valley (PV)	James Appleman
55	South Carolina (SC)	Dino White
54	South Dakota (SD)	Bob Johnson
15	Southeastern (SE)	Darrel Lauderdale
24	Southern (SO)	Tim Rada
49	Southern Nevada (SN)	National Office
33	Southern Pacific (SP)	John Abad
43	South Texas (ST)	Daniel Lee Rodriguez
26	Southwestern (SW)	Henry Harmony
34	Utah (UT)	Bill Kilpack
12	Virginia (VA)	Rodney Grainger
11	Western Pennsylvania (WP)	National Office
47	West Texas (WT)	National Office
51	West Virginia (WV)	Jamie Humphrey
20	Wisconsin (WI)	Thomas Stroinski
58	Wyoming (WY)	Shane Peters

c. **Dates for 2012 National Championships**

Event	Date	Location
Youth Club National Duals	December 30, 2011	Fargo, ND
Winter Youth National Championship	January 14, 2012	Omaha, NE
Spring Youth National Championship	March 23-24, 2012	Kingsport, TN

AAU Folkstyle World Championship	March 16-17, 2012	Spearfish, SD
AAU Middle School Duals	April 13-15, 2012	Indianola, IA
AAU Elementary School Duals	April 13-15, 2012	Kingsport, TN
AAU Grand Nationals	June 6-9, 2012	Santa Fe, NM
AAU Scholastic Duals	June 28 - July 3, 2012	ESPN Wide World of Sports Complex
AAU Ironman Folkstyle World Championship	May 26-27, 2012	St. Cloud, MN
AAU Jr. Olympic Games	July 29 - Aug 3, 2012	Houston, TX

d. Definitions/Glossary

- i. All officials should know and apply the following vocabulary, which constitutes the official means of communication between them.
- ii. In addition, wrestlers should familiarize themselves with the use of this vocabulary.
 1. **Start** - invitation to the wrestler, standing at the corners of the mat to come to the center to be inspected and to shake hands, after which they will return to their respective corners and await the official's whistle which starts the bout.
 2. **Time Out** - the referee uses this expression to stop the clock when one wrestler stops wrestling, intentionally or as a result of injury, or for any other reason.
 3. **Fault** - illegal hold or infraction of the technical rules.
 4. **Attention Disqualification or Attention Elimination** - the referee is putting the passive wrestler on notice before requesting disqualification or elimination.
 5. **Dawai** - the referee is encouraging the wrestlers to be more active.
 6. **Consultation** - the referee is consulting the judge, as necessary, before declaring disqualification or making a decision of any other question.
 7. **Remarque** - a referee's indication of passivity by one wrestler.
 8. **O.K** - the hold is valid (legal or correct). Used when the judge and the mat chair are seated in a position where they cannot follow what happened on the opposite side of the mat. The referee should indicate with the arm whether a hold at the edge of the mat was inside or out of bounds.
 9. **No** - word used to indicate an invalid move which should be voided.
 10. **Place** - pronounced while slapping the mat with one hand to remind the wrestlers not to leave the mat.
 11. **Dange** - put in danger.
 12. **Totale** - used to indicate that a wrestler has been beaten by total victory.
 13. **Continuer** - order given by the referee to resume wrestling. The referee also uses this word to continue wrestling if the wrestler stop out of confusion and look as if they need an explanation. The same word is used each time the wrestler stop for whatever reasons, while standing or on the ground.
 14. **Centre** - wrestlers should return to the center of the mat and resume wrestling
 15. **Up** - the bout will continue standing.
 16. **Intervention** - the judge, referee or mat chair requests intervention.
 17. **Salus** - wrestlers should shake hands.
 18. **Zone** - word loudly called out hen wrestlers enter the passivity zone.
 19. **Victory** - the referee declares the winner.
 20. **Stop** - used to stop the bout.
 21. **Deflaite** - the opponent is beaten.
 22. **Disqualification** - disqualification is pronounced following an infraction.
 23. **Elimination** - elimination of one or both passive wrestlers.
 24. **Gong** - the sound of the gong indicates the beginning and end of the periods of a bout.
 25. **Chronometre** - the timekeeper, by this order of the referee, stops or starts the clock.

26. **Jury** - the three officials.
27. **Arbitre** - the official (referee) who runs the match.
28. **Judge** - an official who has passed a referee/judge's test, who assists the referee, and who records the points of the wrestlers during the bout. The judge should note, on the bout sheet, all moves successfully completed in the bout.
29. **Protest** - a protest of any type decision.
30. **Passif** - remark made to the wrestler who is too passive.
31. **Docteur** - the official doctor of the bout.
32. **Clinic** - a technical teaching clinic.
33. **Declare Battu** - a decision taken at the end of a defeat by evident superiority.
34. **Open** - the wrestler should wrestle more openly.
35. **Action** - the wrestler should develop the hold undertaken.
36. **Contact** - wrestlers should make contact with his opponent.

e. **National Committee Awards**

- i. Beginning in September 1998, nominations for the National Wrestling Awards with biographical information will be made during the annual Wrestling Committee meeting. Balloting by the Executive Committee will take place at convention after the business meeting and the results will be announced immediately following.
- ii. There are nine different awards to be decided each year. The tenth award is given as the need arises.
 1. **Willard T. Vandiver Award** - Outstanding Service to Youth and Community
 2. **AAU District Person of the Year** - Personal Program Improvement
 3. **Outstanding Official International** - Self Explanatory
 4. **Outstanding Official Folkstyle** - Self Explanatory
 5. **Outstanding Pairing Master** - Self Explanatory
 6. **Sustained Superior Performance** - 20 Years of Service Award
 7. **AAU Person of the Year** - Overall Contributions to the AAU and AAU Wrestling
 8. **Special Service Award** - Awarded to a group or family that has given outstanding service to the youth of their community.
 9. **Friends of AAU** - Awarded to a person or group not associated with a club or team, who has been a supporter of a local or national group.
 10. **AAU Coacho of the Year** - Awarded to the coach who has unselfishly contributed to the advancement of the youth in his/her area, without stress being placed on winning or losing.
- iii. **AAU Wrestling Hall of Fame** - For individuals who have significantly assisted in the development of AAU Wrestling. Five or less individuals are inducted each year.

f. **Club Competition Form (See Below)**



This form will be used for all National Championships including the AAU Folkstyle Worlds and AAU Ironman Championships. Check the appropriate box.

An AAU Club is a group of wrestlers who are from the same **District** (formally known as Association) except for the Super Clubs. Competing AAU Wrestling Clubs must be registered with their AAU District, prior to competing at the national event.

- 1. In any competition for club awards, a wrestler may represent only one AAU club.
- 2. Wrestlers must be placed on roster by division.
- 3. Once the roster is submitted, before the start of competition, the only changes 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.
- 4. The coach must submit a copy [proof] of the clubs 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.
- 5. 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. Complete and submit the following roster during registration.

Club Name:

Club Number:

Signature of an officer of club:



AAU Wrestling National Championships

Club Entry fee: \$50.00 / payable at registration

Super Club: _____ Local Club: _____ District Club: _____

Greco-Roman: _____ Freestyle: _____ Folkstyle: _____

Description of Clubs:
Super Club – All Star Wrestlers
Local Club – Wresters attached to a Local Club
District Club – Wrestlers not attached to either a Super or Local Club

 **AAU CLUB NAME:** _____ 

TOT	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN

BANTAM	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN
MIDGET	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN
NOVICE	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN

SCHOOLBOY	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN
CADET	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN

SENIOR	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN
MASTERS	WT.	NAME OF POINT EARNING MEMBER	FOLKSTYLE	FREESTYLE	GRECO-ROMAN

Signature of club officer: _____ Date: _____ ____ / ____ / ____
--

Head Coach: _____ Date: _____ ____ / ____ / ____
Asst. Coach: _____ Date: _____ ____ / ____ / ____
Asst. Coach: _____ Date: _____ ____ / ____ / ____
Asst. Coach: _____ Date: _____

___ / ___ / ___