

## **VI. LEVELS OF COMPETITION**

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.

### *PRELIMINARY COMPETITION*

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.

### *DISTRICT COMPETITIONS*

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.

#### NATIONAL LEVEL COMPETITION

Grand Nationals (Individual-Freestyle/Greco-Roman/Folkstyle)

Folkstyle World Championships (Individual- Folkstyle)

Scholastic Duals (Team Competition-Folkstyle)

AAU Junior Olympic Games (Team Competition-FS)

Ironman World Championships (Individual-FS/GR/Folkstyle)

Youth Nationals - Winter and Spring (Individual K through 8th grades)

Middle School National Duals (Team Competition-Folkstyle)

Elementary National Duals (Team Competition-Folkstyle)

AAU National Team Camp(s) (Individual 5-19)