

XVII. WOMEN'S COMPETITION

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 must compete against the males in the appropriate weight classes and divisions.

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.

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.

ARTICLE 63 AGE CATEGORIES, WEIGHT CLASSES

The age categories and weight classes for women's wrestling shall be identical to those for men's wrestling listed in this book.

ARTICLE 64 ATTIRE (DRESS)

Participants must present themselves for competition clothed 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.

ARTICLE 65 WEIGH-IN

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.

Those selecting to weigh-in other than in the nude must wear at least a leotard.

ARTICLE 66 LENGTH OF BOUTS

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

ARTICLE 67 - GENERAL TECHNICAL RULES

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

ARTICLE 68 ILLEGAL HOLDS

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.

ARTICLE 69 MODIFICATIONS, UNFORESEEN ITEMS

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