

2023

**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 National Sport Chair shall be elected by the National Sport Committee at the committee meeting during National Conventions in which National Officers are elected.
 1. Terms are four years.
 2. National election policies shall apply.
 3. National Sport Chair may be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review.
 4. The President, with the approval of a majority of the Officers may appoint a person to fill a vacant National Sport Chair position. The appointees will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term.
- 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, Folkstyle Officials Chair, International Officials Chair, Media Relations Chair, IT Chair, and Law & Legislation. These positions shall be elected by the certified voting delegates at the national sport committee meeting every four (4) years. The Executive Committee shall also consist of six (6) Members-at-Large; three (3) must come from one of the five largest districts based on total membership numbers. Members-at-Large are elected by the certified voting delegates at the national sport committee meeting every four (4) years.
- iii. **National Sport Committee Composition** – The Committee will consist of the National Sports Chair, members of the Executive Committee who are elected as provided 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 Allied member that registers members in the sport. The President of the AAU may appoint up to two (2) Members-at-Large.
 1. **Voting** – Only members of the Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. 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.
- iv. **Other Committee Positions**
 1. **Tournament Technical Committee/Petition Committee**
 - a. AAU licensed 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.
- 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. Ten (10) days' notice is required and notice shall state the purpose of 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 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 licensed 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-licensed 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 Trainer has final word of participation unless medical release is provided by a licensed medical doctor. 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 charged with injury time.
- 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 two (2) 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 licensed 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 licensed event.
2. Persons shall be banned from entering or requested to leave any AAU licensed 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. AAU Folkstyle Belt – to be eligible, an athlete must compete and take first (1st) place in three (3) of the following six (6) events
 1. Fall Youth Nationals
 2. Winter Youth Nationals
 3. Folkstyle World Championships
 4. Spring Youth Nationals
 5. Eastern or Western Grand Nationals
 6. All District (State) Championships
- ii. Following statement will be published on all Tournament Flyers: Note – Please be aware there is a strong likelihood that you will wrestle more than five (5) matches in one day.
- iii. Wording will be changed in Scholastic Duals information regarding 7th and 8th graders to read: Incoming Freshmen will be allowed to compete in the duals.
- iv. Wording to be added to the Scholastic Duals and AAU Junior Olympic Games information: Late weigh-ins must be requested/applied for one (1) week prior to weigh-ins.

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 ESPN Wide World of Sports Complex 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. Licensing 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 \$.62/mile or for documented & approved expenditures 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. **TOURNAMENT TECHNICAL/PETITION COMMITTEE** - Since 1994, the AAU Wrestling Committee's newly formed Tournament Committee has been in effect. All AAU licensed wrestling tournaments will have a Tournament Technical/Petition 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 consists of:

1. Tournament Director or his/her designee
2. Tournament Official (R/J) or his/her designee
3. Tournament Pairing Official or his/her designee
4. Two At-Large members. 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.
5. **Note** – Any three (3) of the five (5) can act on a formal protest.
6. 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.

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.
5. District Qualifiers - District qualifiers for national dual events are optional for each district. If district chooses to host qualifier, participants must participate in qualifier, with said district, to be eligible to compete in dual events.

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 – Currently Under Construction**

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 licensed 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.

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. **Positive Coaches Alliance:** The AAU National Office is happy to provide FREE Coaches' Education for all AAU Non-Athletes. This exciting program is administered by Positive Coaching Alliance (PCA), using their Double-Goal Coach online courses. A Double-Goal Coach has two goals: the first is to win, but the second, more important goal, is to teach life lessons through sports.
 - a. ***Mandatory for Coaches.** All registered coaches will take this free course as part of gaining membership into the AAU. The AAU is proud to be a leader in the youth sports market and looks forward as being the trendsetter in coach education in years to come.
3. **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 License.
 3. Method of payment.
 2. **National and Regional Tournaments (Except Ironman)**
 - a. Individual AAU Youth awards will be presented to the top minimum six (6) or maximum eight (8) place finishers in each weight class. The AAU National Office will order National Championship medals for National Championship events.
 3. **AAU Folkstyle Belt**
 - a. To be eligible for the “AAU Folkstyle Belt” you must compete and take first (1st) place in three (3) of the following six (6) events offered:
 - i. Fall Youth Nationals
 - ii. Winter Youth Nationals
 - iii. Folkstyle World Championships
 - iv. Spring Youth Nationals
 - v. Eastern or Western Grand Nationals
 - vi. All District (State) Championships
 4. **Grand National Triple Crown Award**
 - a. An Award will be presented to any wrestler that participates and places first (1st) in all three (3) styles of competition at the current year Grand Nationals.
 - b. Each athlete must have a minimum of one (1) match wrestled in each style offered to be eligible.
 - c. This award will be presented to any wrestler in the Tot, Bantam, Midget, Novice, Schoolboy, Cadet, and Elite Divisions only.
 5. **All American**
 - a. For an athlete to be considered an AAU Wrestling All American he or she must finish in the Top Three (3) Gold, Silver and Bronze 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 un-appealable 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.
 - f. **Protest (challenge) of an Illegal Athlete**
You must file a protest (challenge) of an illegal wrestler before the end of the first (1st) day of competition.
- 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
Winter Youth Nationals	\$10.00 per athlete	\$50.00
Folkstyle World Championship	\$12.00 per athlete	\$55.00/ 1 style
Spring Youth Nationals	\$10.00 per athlete	\$50.00
Eastern Grands	\$12.50 per athlete	\$50.00/1, 2, or 3 styles
Western Grands	\$12.50 per athlete	\$40.00/ 1, 2, or 3 styles

- 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	\$1,000.00 per team
AAU Junior Olympic Games	\$375.00 per team	\$800.00 per team
Middle School Duals	\$250.00 per team	\$1,000.00 per team
Elementary School Duals	\$250.00 per team	\$800.00 per team

vii. **National and Regional 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. Singlet

- e. 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 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 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 Association.

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. **QUALIFIERS** – District qualifiers for national dual events are optional for each district. If a District chooses to host a qualifier, participants must participate in qualifier, with said district, to be eligible to compete in dual events.

4. **Age Divisions**

- a. AAU age divisions are determined by the year of birth, or by the actual birth date.
 - i. For age and weight charts, please see the Age & Weight Division Chart.
 - 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 submitting 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.
5. **All wrestlers must weigh-in wearing a singlet.**
6. All Coaches must have a current AAU Card (non-athlete) to coach mat side.
7. 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.
8. Senior and Masters age divisions: Any registered wrestler may compete in any Preliminary District, Regional or National tournament for these divisions without pre-qualification.
9. All disciplines (Freestyle – Folkstyle – Greco Roman) for all age divisions: Any registered wrestler in any age division may compete in a Regional or National AAU Greco-Roman or Sombo event without pre-qualification.
10. 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.
11. **Changing Weight Classes**
 - a. 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.

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**

During the course of the contract, Flo/TrackWrestling will be utilized in all National Championships.

- 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 draw will not be used when using Track Wrestling.** 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.
- iii. A wrestler may wrestle the same opponent twice during the same tournament.
- iv. A minimum 15-minute period will be held between matches (this can be waived-in writing-if both wrestlers agree).

b. **Method of Competition**

- i. Individual tournaments – Brackets will be used when there are six (6) or more. If there are only 5 or less wrestlers, the round robin system of “one against the other” is applied.
- ii. All National tournaments will be run using the number system.
- iii. Brackets will not be repaired due to no shows unless it creates a double bye. Wrestler will receive a bye.

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. **Tournament planning Aids and Calculations** – for those in need if not using TrackWrestling at your local events, see **Tournament Planning Aids and Calculations** on the AAU National Wrestling website.

2. **Tie Breaker Criteria**

- a. Folkstyle, Individual, Pool, and Dual Matches will use the current High School Federation Rules with modifications.
- b. Freestyle and Greco-Roman, Individual, Pool, and Dual Matches will use the current FILA Rules with modifications.
- c. Tie breakers for Individual tournaments will be published at each tournament.
- d. Tie breakers for Pool Play will be published at each tournament.
- e. Tie breakers for Dual Matches will be published at each tournament

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. Winter and Spring Youth Nationals
 - i. Winter – Individual Folkstyle Tot – Schoolboy
 - ii. Spring – Individual Folkstyle K – 8th grades
 - f. Middle School Duals
 - i. Team Competition – Folkstyle
 - g. Elementary School Duals
 - i. Team Competition – Folkstyle
 - h. Frosh/Soph Duals
 - i. Team Competition - Folkstyle
5. **Club/Team Competition**
 - a. Action at the annual AAU Wrestling Committee Meeting in 1993 gave the local organizing committees of National AAU Wrestling events the clearance to

include club/team competition. It is the prerogative and responsibility of the tournament host to determine and announce if there will be club/team competition. An AAU Club/Team is defined as a group of wrestlers that are from the same District.

- b. Action at the annual AAU Wrestling Committee Meeting in 2005 resulted in a Three Tier Club Competition format – Super Clubs, Local Clubs and District Clubs.
 - i. Action at the annual AAU Wrestling Committee Meeting in 2014 resulted in the restructuring of the Three Tier Club/Team Competition format – Super Clubs/Teams, Level 1 Clubs/Teams, and Level 2 Clubs/Teams.
- c. The following are guidelines for all National Championships that will be used when conducting this competition.
 - i. In any competition for club awards, a wrestler may represent only one AAU club/team.
 - ii. There will be a Three Tier structure for these events:
 - 1. Super Clubs/Teams – will consist of a roster of All Star wrestlers
 - 2. Level 1 Clubs/Teams – will consist of a roster of less than seventeen (17) wrestlers.
 - 3. Level 2 Clubs/Teams – will consist of a roster of more than eighteen (18) wrestlers.
- d. Club/Team rosters will be obtained through Track Wrestling.
- e. The coach must submit a copy (proof) of the clubs/team current membership with the AAU at registration time to be eligible for club/team competition. Placement earned only by those on the point earning list will be included in club/team scoring.
- f. Once weigh-ins close, the only changes that are allowed are changes in a wrestler's weight class.
- g. Team Point System: No advancement or fall points will be awarded. Only placement points will be used to compile club/team scores. The designated club/team member for points will be the one placing highest.
 - i. First place = 16 points
 - ii. Second place = 12 points
 - iii. Third place = 9 points
 - iv. Fourth place = 7 points
 - v. Fifth place = 5 points
 - vi. Sixth place = 3 points
- h. A club/team entry fee of \$50 will be paid by clubs entering this competition.
 - i. The host will award a first and second place team trophy in each of the three (3) categories of clubs/teams (6 trophies total).
- i. Club/team competition forms – If needed, see **Club/Team Competition Forms** on the AAU National Wrestling website under the “Rules” tab.

6. Women's Competition

- a. The AAU encourages the development of women's events. Females may wrestle in all AAU wrestling events but most compete against the males in the appropriate weight, classes and divisions. If a female division is offered, you may wrestle in this.

- b. Female age divisions will be comparable to those of the male divisions. Similarly, weight classes will either parallel those of the males or block weights (the Madison System) may be employed.
- c. **Age Categories/Weight Classes**
 - i. The age categories and weight classes for women's wrestling shall be identical to those for men's wrestling listed in this book.
- d. **Attire (Dress)**
 - i. Participants must present themselves for competition clothes as follows:
 1. A leotard or a singlet specifically cut/designed for women. It is mandatory that all participants have at their disposal one singlet of any design.
 2. Wearing supple wrestling shoes with no heels, buckles, or metal attachments.
 3. Wearing a bra without metal clasps is recommended.
 4. Hair must be tied back with an elastic or ribbon, with no metal attachments.
 5. Without jewelry.
 6. It is forbidden to wear a man's singlet with or without a T-shirt underneath.
- e. **Weigh In**
 - i. A separate area for female weigh-ins will be provided.
- f. **Length of Bouts**
 - i. Bouts are to be identical in length for men and women.
- g. **General Technical Rules**
 - i. All technical rules for men's wrestling apply equally in women's wrestling.
- h. **Illegal Holds**
 - i. As well as the general illegal holds established for men's wrestling, the following holds are illegal in women's wrestling:
 1. All double (full) nelsons, whether in parterre or standing position.
- 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 20 wrestlers, 1 head coach, and 2 assistant coaches. A team must have a minimum of 8 competitors to enter. Up to five 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. If more than one (1) pool is used, a championship bracket will include a specific number of teams from each pool participating based on the number of teams entered into competition. Consolation bracket(s) will also be conducted 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 weight.

iv. Wrestling Equipment:

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

v. 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.

vi. 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 a minimum of six (6) and a maximum of eight (8) places.
- 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.

iii. Match Duration:

1. Greco – Roman
 - a. All age groups will be three, 2 minute periods
2. Freestyle
 - a. Tot/Bantam/Midget – three 1 minute periods
 - b. Novice/Schoolboy/Masters – three 1 1/2 minute periods
 - c. Cadet/Elite/Seniors – two 3 minute periods
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 12 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.

viii. Late weigh-ins must be requested/applied for one (1) week prior to weigh-ins.

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 Age & Weight Division Chart on the AAU National Wrestling Website.

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). Please confirm with the tournament director if he/she will allow weight changes. Medals will be awarded for a minimum of 6 places and a maximum of 8 places.

ii. Competition is restricted to the following age brackets and weight classes. **Age is determined by the year in which you were born, or 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 Age & Weight Division Chart on the AAU Wrestling National website.

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.** Wrestling equipment – one singlet is required. Kneepads and headgear will be allowed, although not mandatory.
 - xii.** Rest period between matches – a minimum fifteen (15) minute period will be held between matches (this can be waived in writing, if both wrestlers agree).
 - xiii.** 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.)
 - xiv.** 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. Five divisions, Community Div. 1 and Div. 2, District All-Star, Developmental, and Girls 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. Developmental 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. Incoming Freshmen will be allowed to compete in the duals
- c. Late weigh-ins must be requested/applied for one (1) week prior to weigh-ins.
- d. Prep Schools – Scholastic Duals (Disney Duals) – All prep schools will be entered into the Community Division I with no 5th year seniors allowed on team.
- e. Wrestling equipment – One singlet is required. Kneepads and headgear will be allowed, although not mandatory.
- f. Rest period between matches – a minimum fifteen (15) minute period will be held between matches (this can be waived in writing, if both wrestlers agree).

g. 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 dual meet formatted national tournament following NFHS rules for athletes with modifications. Nineteen weight classes ranging from 30 pounds to heavyweight will be contested in Folkstyle.
- K through 5th grade. Must be enrolled in Elementary School.
- Fall Times (Folkstyle)
 - Governed by NFHS rules and will include a two second fall.
 - Technical falls will be a 12 point difference.
- Wrestling equipment – One singlet is required. Kneepads and headgear will be allowed, although not mandatory.
- Rest period between matches – a minimum fifteen (15) minute period will be held between matches (this can be waived in writing, if both wrestlers agree).
- Weight Classes:
 - Heavyweight – up to 220 lbs.

Weight Classes																		
40	45	50	55	60	65	70	75	80	85	90	95	100	108	116	125	140	170	HWT

6. **Middle School Duals**

- A dual meet formatted 20 weight class national championship. Athletes in 6th, 7th, and 8th grade are eligible for this Folkstyle event. Maximum age 15 (if you turn 16 in the current year, you are not eligible).
- Fall Times (Folkstyle)
 - Governed by NFHS rules and will include a two second fall.
 - Technical falls will be a 12 point difference.
- Wrestling equipment – One singlet is required. Kneepads and headgear will be allowed, although not mandatory.
- Rest period between matches – a minimum fifteen (15) minute period will be held between matches (this can be waived in writing, if both wrestlers agree).
- Weight Classes:
 - 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 premier national folkstyle event for individual athletes in the Tot – Schoolboy Divisions.
- Fall Times (Folkstyle)

- i. Tots, Bantam, Midget, and Novice & Schoolboy Divisions are governed by NFHS rules and will include a two second fall.
- ii. Technical falls for Tot, Bantam, Midget and Schoolboy will be a 12 point difference.
- c. Wrestling equipment – One singlet is required. Kneepads and headgear will be allowed, although not mandatory.
- d. Rest period between matches – a minimum fifteen (15) minute period will be held between matches (this can be waived in writing, if both wrestlers agree).
- e. Weight Classes by Division: See the Age & Weight Division Chart on the AAU Wrestling National website.

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 five Divisions will be Tots, Bantam, Midget, Junior/Novice, MS/Schoolboy. No High School Wrestlers allowed.
- b. Fall Times (Folkstyle)
 - i. 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.
- c. Wrestling equipment – One singlet is required. Kneepads and headgear will be allowed, although not mandatory.
- d. Rest period between matches – a minimum fifteen (15) minute period will be held between matches (this can be waived in writing, if both wrestlers agree).
- e. Weight Classes by Division: See the Age & Weight Division Chart on the AAU Wrestling National website.

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 licensed event. Event Operators may not collect AAU membership money at any AAU licensed event.
 - i. **Membership Requirements** - Membership in the AAU is a privilege granted by the AAU. It is not a rights. 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 AAU Code, including its 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. **Allied 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. No person or entity may use the AAU's intellectual property without the 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 as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).
- 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 registered marks only as follows:
 - 1. For the purpose of promoting an AAU licensed event.
 - 2. For the purpose of promoting the club's AAU related activities.
 - 3. Neither members nor clubs may use the name AAU in their legal name, domain name, email or any other name without the express written consent of the National AAU
- 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, the Officers of the AAU shall decide and determine the dispute in their sole discretion
- v. No license will be granted by the AAU for any event where the word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competition.

c. Event Licenses

- i. No event shall be conducted under the auspices of the AAU unless a license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
- ii. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
- iii. Licenses may be issued to any club in good standing that meets the membership criteria. A license should be reviewed by the District Sport Committee Director or the Governor if there is no District Sport Director. If the license is reviewed and rejected, the organization submitting the license shall be notified.
- iv. No license shall take effect until approved or until the 15-day review period has expired.

- v. The National Registration Executive Committee has the authority to:
 - 1. Issue a license for an unchartered District.
 - 2. Issue a license for events in locations where there is no active District member.
 - 3. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - 4. Issue a license for events directly sponsored by the National AAU or National Sports Committee. (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
 - 5. Review and approve any license rejected by the District.
 - 6. Revoke an approved license for good cause.
- vi. Event licenses issued to one organization cannot be transferred to another organization.
- vii. No license 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.

d. District Sport Committee Biennial Meeting

- i. **District Sport Committee Biennial Meeting** - It is the duty of the District Sport Committee to in even years hold a biennial meeting, the date, time and location shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
- ii. **Notice of District Sport Meetings**- Notice of the biennial meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled meeting. In election years, the notice of election must be sent 60 days prior to the meeting.
 - 1. **Quorum** - Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
 - 2. **Voting** - Each club with has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership application.
 - a. There shall be no voting by proxy.
 - b. A club may designate another representative for the club by written notice to the District Sports Director. Replacement in writing must be received 7 days prior to the meeting.
 - c. Each members of the Sport Committee shall have one vote.
 - 3. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

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 as defined by that sport’s operating rules.
 - 3. The Governor may appoint up to two (2) at-large members.
- iii. **Duties**. The duties of the District Sport Committee are to:
 - 1. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee.

2. Adopt at the Biennial 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. Provide for the conduct of the District championship(s).
5. If the District Sport Committee is organized as an administration club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

f. Functions of the District Sport Director.

- i. **Election.** 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 Biennial Meeting. The District Sport Director takes office upon election.
- ii. **Appointment.** When there are fewer than five clubs registered to the Sport, the Sport Director 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.
- iii. **Term of Office.** 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 removed by the Governor; or until the Sport Committee has met the criteria to elect a Director.
- iv. **Vacancies.** A vacancy occurring in an elected District Sport Director shall be filled by the Governor with approval of the National Sport Committee Chair.
- v. **Duties.** The Sport Committee Director shall:
 1. Develop a budget for the Sport Committee to file with the District Treasurer;
 2. Perform the duties set forth in the Committee Rules of Operation.
 3. Review and approve, or for a reasonable cause deny event licenses in the sport.
 4. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee operating rules.
 - e. Preside at Sport Committee meetings;
 - f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
 - g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
 - h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.
- vi. **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 Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda.
 2. **By National Sport Chair** – Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity, excluding practice licenses, is below the minimum established by the National

Sports Council, the National Sport Chair may remove the District Director with consent of the Governor. 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** – A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
4. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.

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. The National Board of Review will determine issues of residency.
- iii. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sport Committee rules shall govern the participation of non-US residents in AAU competition.

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 events the National Sport Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
- ii. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions.
 1. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 2. Participation in an AAU authorized league does not create club attachment.
- iii. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees. After a youth member becomes attached to a club, he/she may only transfer to another club in the same as follows:
 1. If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
 2. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.)
 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 Executive Committee Contact Information

<p><u>National Chair</u> Shane Gorder sgorder@richland.org</p> <p><u>Vice Chair</u> Darrell Lauderdale seaauwrestling@gmail.com</p> <p><u>Treasurer</u> Don Elsea don.elsea@fmn-inc.com</p> <p><u>Secretary</u> Don Barnett donbarnett67@gmail.com</p> <p><u>Information Technology</u> John Salter salterjd@me.com</p> <p><u>Folkstyle Official</u> Dave Bennetts dbennetts1234@gmail.com</p> <p><u>Media Relations</u> Lisa Gorder gorder@midrivers.com</p>	<p><u>Law & Legislation</u> Mike Newbern madaaugrappler@gmail.com</p> <p><u>International Official</u> Blake Love 8K.MT.Fun@gmail.com</p> <p><u>Girls Wrestling</u> Jason Loyd girlsinfo@iowaaaugirls.com</p> <p><u>Hall of Fame</u> Gary Myers garymyers86@gmail.com</p> <p><u>At Large Member</u> Chris Sayler Chris.Sayler@kl2.sd.us</p> <p><u>At Large Member</u> Terry Williams willi@midrivers.com</p> <p><u>At Large Member</u> John Latham scyouthwrestling@gmail.com</p>	<p><u>At Large Member</u> Troy Greder :revgreder@gmail.com</p> <p><u>Large Member</u> Troy Jensen tsjensen@midrivers.com</p> <p><u>At Large Member</u> Larry Lujan llujan@newmexico.com</p>
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AAU National Office Contact Information

1910 Hotel Plaza Boulevard
Lake Buena Vista, FL 32830
407-934-7200
407-934-7242 (Fax)
Chris Fox
Sports Manager
cfox@aausports.org

b. District Sport Director Directory



Map #	District	District Sport Director
3	Adirondack (AD)	National Office
56	Alaska (AK)	National Office
23	Arkansas (AR)	National Office
48	Arizona (AZ)	National Office
46	Central California (CC)	Guy Fowler
21	Central (CE)	Hector Gomez
32	Colorado (CO)	Thomas Blair
5	Connecticut (CT)	National Office
14	Florida (FL)	Sean Ballard
50	Florida Gold Coast (FG)	Sean Ballard
45	Georgia (GA)	Ryan Tisdale
25	Gulf (GU)	National Office
39	Hawaii (HI)	National Office
40	Iowa (IA)	Wes Creason
35	Inland Empire (IE)	Paul Campbell
16	Indiana (IN)	Mark Steinmetz
41	Kentucky (KY)	National Office
18	Lake Erie (LE)	National Office

9	Maryland (MD)	Jason Gabrielson
19	Michigan (MI)	Karen Wilson
8	Middle Atlantic (MA)	Eric Solofsky
30	Minnesota (MN)	National Office
28	Missouri Valley (MV)	Jack Crider
31	Montana (MT)	Shane Gorder
29	Nebraska (NB)	Rob Pilcher
2	New England (NE)	Carmine Colace
7	New Jersey (NJ)	National Office
42	New Mexico (NM)	Javier Posa
6	NY Metropolitan (MP)	National Office
4	Niagara (NI)	National Office
13	North Carolina (NC)	Stan Chambers
52	North Dakota (ND)	National Office
17	Ohio (OH)	National Office
27	Oklahoma (OK)	Victor Foster JR
37	Oregon (OR)	National Office
22	Ozark (OZ)	Jack Crider
38	Pacific (PA)	National Office
36	Pacific Northwest (PN)	Michael Connors
44	Pacific Southwest (PS)	National Office
10	Potomac Valley (PV)	Melody Britt
55	South Carolina (SC)	National Office
54	South Dakota (SD)	Chris Sayler
15	Southeastern (SE)	Don Barnett
24	Southern (SO)	National Office
49	Southern Nevada (SN)	National Office
33	Southern Pacific (SP)	John Abad
43	South Texas (ST)	National Office
26	Southwestern (SW)	National Office
34	Utah (UT)	Mike Kilpack
12	Virginia (VA)	Jeremy Bullock
11	Western Pennsylvania (WP)	National Office
47	West Texas (WT)	National Office
51	West Virginia (WV)	National Office
20	Wisconsin (WI)	National Office
58	Wyoming (WY)	National Office

c. Dates for 2023 National Championships

Event	Date	Location
Winter Youth National Championship	January 7-8, 2023	Omaha, NE
Music City Brawl	January 7, 2023	Franklin, TN
Spring Youth Nationals	March 17-18, 2023	Kingsport, TN
Black Hills Folkstyle World Championship	March 17-18, 2023	Spearfish, SD
Middle School Duals	April 1-2, 2023	Des Moines, IA
Frosh/Soph Duals	April 1-2, 2023	Des Moines, IA
Elementary School Duals	March 31-April 2, 2023	Kingsport, TN
AAU Scholastic Duals	TBD	Orlando, FL
AAU Junior Olympic Games	TBD	Des Moines, IA

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 stops out of confusion and look as if they need an explanation. The same word is used each time the wrestler stops 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 when 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 Coach 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.