



2026 AAU WRESTLING SCHOLASTIC DUALS GIRLS NATIONALS



JUNE 23rd – JUNE 29th, 2026
3 ALL GIRL DUAL TEAM DIVISIONS

Girls High School All-Star & Progressive
June 23rd-26th, 2026

***New* Girls Middle School**
June 26th-29th, 2026

2026 IMPORTANT INFO

High School Weight Classes NFHS - 14 WTS *HWT Adjustment

| Weight Classes | | | | | | | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 155 | 170 | 190 | HWT** |
| * A four (4) pound weight allowance is provided. | | | | | | | | | | | | | |
| ** Athletes may only wrestle one weight class above the class they weighed in at. | | | | | | | | | | | | | |
| *** HWT to not exceed 260 | | | | | | | | | | | | | |

New Middle School Weight Classes NHSCA Middle School - 16 WTS *HWT Adjustment

| Weight Classes | | | | | | | | | | | | | | | |
|---|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| 75 | 80 | 85 | 90 | 95 | 100 | 105 | 112 | 119 | 127 | 135 | 142 | 154 | 165 | 180 | HWT** |
| * A four (4) pound weight allowance is provided. | | | | | | | | | | | | | | | |
| ** Athletes may only wrestle one weight class above the class they weighed in at. | | | | | | | | | | | | | | | |
| *** HWT to not exceed 230 | | | | | | | | | | | | | | | |

TEAM CRITERIA

All Star HS Division: This group is made up of biological female athletes attending various high schools within a particular AAU District in the 2025 – 2026 school year. No more than 3 wrestlers from an adjoining AAU district are allowed on a roster.

Progressive HS Division: This group is made up of biological female athletes attending various high schools within a particular AAU District, each team may consist of NO STATE PLACE WINNERS at the state tournament in the 2025-2026 high school state school's association season, and no more than 3 (three) wrestlers from an adjoining AAU district.

***New* Middle School Division:** This group is made up of biological female athletes attending various middle schools grades 6th-8th within a particular AAU District in the 2025 – 2026 school year. No more than 3 wrestlers from an adjoining AAU district are allowed on a roster.

If you have any issues or questions about the 3 wrestlers from outside of your district please contact Jason Loyd (girlsinfo@iowaaagirls.com) and he will assist. Any incoming athletes from a different AAU district must show proof they are registered with a school within the district and that must be verified by the school Principal or AD. **Graduated 6th, 7th, and incoming freshmen are eligible for high school division. It is the coaches' responsibility to make sure each athlete entered in the Scholastic Duals will not lose eligibility with their state high school athletic association.** (Be sure to check with your state wrestling association to make sure that each athlete wrestling in this event will not jeopardize his/her High School eligibility).

EXTRA ALTERNATES

If you wish to exceed the 17-athlete roster limit you may do so by adding Extra Alternates. Extra Alternates will be designated on the roster as EXT. They **CANNOT be substituted into your lineup at anytime! These athletes may only compete in exhibition matches!!!

**You may add Extra Alternates to your roster via the Online Registration system.

**Extra Alternate fee = \$50 per athlete

QUALIFIERS

In order to advance to a National Dual Championship, your team must participate in your **AAU District Qualifier**. Please contact your District Sports Director to find out if there is an **AAU District Qualifier** in your District. If your District is not conducting an **AAU District Qualifier**, your team can advance directly to the National Dual Championship.

RECRUITMENT USB

The recruitment USB will be created using the information provided when each athlete is added to the roster. Please be sure to fill out all information for each athlete so that it can be distributed to the college coaches.



ONLINE REGISTRATION INSTRUCTIONS ONLINE REGISTRATION – [REGISTER HERE](#)

The 2026 AAU Wrestling Scholastic Duals uses **ONLINE REGISTRATION ONLY!** This system is extremely easy to use. Below are some instructions and helpful hints on how to register your team:

1. **Step 1: Go to Registration**

- Visit [Scholastic Duals | AAU](#) and click on **ONLINE REGISTRATION**
- Click on **Register Now**
- **To register as a coach, click **Register as coach**, and follow steps 2 and 5**

2. **Step 2: Synchronize AAU Memberships**

Enter each athlete and coach into the system.

You will need:

- **AAU Membership Number**
- **ONE of the following:**
 - Birthdate
 - Last Name
 - Postal Code

IMPORTANT: You **MUST** have each AAU athlete/non-athlete membership card prior to entering your athletes and coaches!

3. **Step 3: Assign Weight Classes**

- View your team roster
- Assign a **weight class** to each athlete

4. **Step 4: Register for your Event**

- Select the **division** your team will compete in
- Click **Create Team**
- Enter your **team name**
- Select the athletes for that team
- Click **Submit My Team**.

5. **Step 5: Check Out**

- Complete the purchase process
- Once payment is complete, you can still go back and edit your roster or add athletes

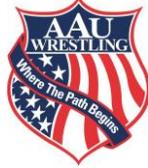
Verify your team is registered in your desired division.

THERE WILL BE NO DIVISION CHANGES AT THE ON-SITE REGISTRATION/WEIGH-INS

If you experience any problems or have questions about your Online Registration, please contact:

Jacob Sunde
407-470-1816

jsunde@aausports.org



Tournament Information

DATES: June 23rd – June 29th, 2026

High School All-Star & Progressive

Registration/Weigh Ins/Meetings:

*Weigh-ins – Tuesday, June 23rd, 2026

*Tableworkers Meeting – Tuesday, June 23rd, 2026

*Coaches Meeting – Tuesday, June 23rd, 2026

*Competition Days – Wednesday, June 24th – Friday, June 26th, 2026

***New* Middle School**

Registration/Weigh Ins/Meetings:

*Weigh-ins – Friday, June 26th, 2026

*Tableworkers Meeting – Friday, June 26th, 2026

*Coaches Meeting – Friday, June 26th, 2026

*Competition Days – Saturday, June 27th – Monday, June 29th, 2026

*In the event there is not enough registrations for three days of duals, an individual event will be provided for dual team participants at no additional cost.

SITES: Broward County Convention Center

ENTRY FEE: **Early Registration \$750 per team until Thursday April 1st, 2026**
Registration \$800 per team April 1st- May 15th, 2026
Late Registration \$850 per team closes on May 22nd, 2026
\$50.00 per Extra Alternate
(NON-REFUNDABLE) NO PERSONAL CHECKS

ENTRY DEADLINE: All entries **MUST BE RECEIVED BY THURSDAY, MAY 22nd, 2026**
Once you enter as a team online and we process your entry, your team's name will be posted at www.aauwrestling.net.

MEMBERSHIP: All team members, coaches, and table workers must hold current AAU membership cards. Membership cards must be purchased online at www.aausports.org. Memberships **WILL NOT** be sold at on-site registration. Individual athlete cards are \$20.00 each and non-athletes (coaches, table workers, etc.) are \$55.00 each.

COACHES

EDUCATION: The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the AAU/PCA coaches educational course.

WEIGH-INS & REGISTRATION:

Each team will weigh-in first and then register. Weigh-ins will take place for High School All- Star & Progressive: Wednesday, June 23rd 2026 Middle School: June 26th, 2026 (Weigh-in and Registration Times TBD). **WEIGH-INS WILL BE DONE WITH EACH ATHLETE WEARING A SINGLET.** After each team has weighed-in, the athletes may depart. The Head Coach must stay to register the team.

Weigh-in order will be determined by the order teams paid their Entry Fees. Each team will be given a weigh in time and must report for weigh ins at that given time.

ATHLETES WILL NOT BE ALLOWED TO CHANGE WEIGHT CLASSES AS A RESULT OF A SECOND WEIGH-IN. THE WEIGHT CLASS IN WHICH A WRESTLER WEIGHS IN AT IS THE LOWEST SHE CAN GO. ALL WRESTLERS ARE LIMITED TO WEIGHING IN ON ONE TEAM.

LATE WEIGH-INS MUST BE REQUESTED/APPLIED FOR ONE (1) WEEK PRIOR TO WEIGH-INS. PLEASE EMAIL jsunde@aausports.org FOR THE LATE WEIGH-IN FORM.

PARKING: At the Broward County Convention Center, a parking fee of \$25 will be charged daily.

CREDENTIAL INFORMATION: Please note, that credentials will be issued to athletes and coaches. These credentials will be required for entry. If an athlete or coach loses their credential, a replacement will be issued at the cost of a General Admission Ticket for the remainder of the event.

RULES: Rules will be according to the National High School Rulebook. Two piece singlets are acceptable.

The weights are:

High School Divisions: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, HWT (max 260), with a 4-pound weight allowance provided.

Middle School Divisions: 75,80, 85, 90, 95, 100, 105, 112, 119, 127, 135, 142, 154, 165, 180, HWT (Max 230)

A team shall consist of up to: High School: 3 coaches, 14 wrestlers, 3 alternates and one table worker. Middle School: 3 coaches, 16 wrestlers, 3 alternates and one table worker.

EACH TEAM WILL BE RESPONSIBLE TO PROVIDE ONE TIMER OR ONE SCORER (TABLE WORKER) FOR EACH OF THEIR TEAM'S DUAL MEETS. FAILURE TO DO SO MAY RESULT IN A FORFEIT.

For competition in the final pools, if two teams have wrestled one another earlier in the tournament, the team that lost the dual may decide not to wrestle the match again without penalty. To exercise this right, the head table must be informed of a team's intention not to wrestle when the final schedule is posted.

High School All Star Team Criteria: Each team is made up of biological female athletes attending various high schools within a particular AAU District in the 2025 – 2026 school year. No more than 3 wrestlers from outside the AAU district are allowed on a roster. Any incoming athletes from a different AAU district must show proof they are registered with a school within the district and that must be verified by the school Principal or AD. **Graduated 6th, 7th, and incoming freshmen are eligible for these division. It is the coaches' responsibility to make sure each athlete entered in the Scholastic Duals will not lose eligibility with their state high school athletic association.** (Be sure to check with your state wrestling association to make sure that each athlete wrestling in this event will not jeopardize her High School eligibility).

High School Progressive Division: Each team is made up of biological female athletes attending various high schools within a particular AAU District, each team may consist of no state school association's state place winner at the state tournament in the 2025-2026 high school season, and no more than 3 (three) wrestlers from an adjoining AAU district. Any incoming athletes from a different AAU district must show proof they are registered with a school within the district and that must be verified by the school Principal or AD. **Graduated 6th, 7th, and incoming freshmen are eligible for these division. It is the coaches' responsibility to make sure each athlete entered in the Scholastic Duals will not lose eligibility with their state high school athletic association.** (Be sure to check with your state wrestling association to make sure that each athlete wrestling in this event will not jeopardize her High School eligibility).

To be eligible for this event, each team member must have been eligible for her 2025-2026 High School season. Any team member found to be ineligible under the rules above will be removed from all team competition and allowed to wrestle exhibition only.

***New* Middle School Division:** This group is made up of biological female athletes attending various middle schools grades 6th-8th within a particular AAU District in the 2025 – 2026 school year. No more than 3 wrestlers from an adjoining AAU district are allowed on a roster.

POOL PLAY – TEAM/TIE BREAKER [criteria is among those tied]

1. Head to Head competition
2. The team who has been penalized the least for flagrant or unsportsmanlike conduct

3. The team having won the greatest number of victories
4. The team having the greater number of falls
5. The team having the greater number of technical falls
6. The team having the greater number of major decisions
7. The team having the least number of defeats
8. The team having the greater number of offensive points scored among those tied
9. The team having the least number of defensive points scored among those tied
10. The team having the fastest fall

***3-way tie**

*If at any point in the above criteria you are able to determine either a first or third position and the other two teams are still tied at this criterion, then the match between these two tied teams will determine placement. If the teams are not tied at this point, they will be placed accordingly.

Example – Placement [without tied points]

Team 1 – 89 / 3rd place

Team 2 – 93 / 1st place

Team 3 – 90 / 2nd place

Example – Placement [with tied points]

Team 1 – 90 points / 3rd place

Team 2 – 93 points / 2nd place

Team 3 – 93 points / 1st place

[team 3 beat team 2]

***4 or more**

*If at any point in the above criteria, you are able to determine either a first or last position among those tied, then placement will be made for that position. If the other teams are still tied at this criterion, then you will use the same method to determine the next placement. If the last two teams are still tied at this point, then the match between these two tied teams will determine their placement. If at any point in the criteria, teams are not tied, they will be placed accordingly.

Example – placement [without tied points]

Team 1 – 89 / 3rd place

Team 2 – 93 / 1st place

Team 3 – 90 / 2nd place

Team 4 – 88 / 4th place

Example – Placement [with tied points]

Team 1 – 90 points / 3rd place

Team 2 – 93 points / 2nd place

Team 3 – 93 points / 1st place

Team 4 – 87 points / 4th place

[team 3 beat team 2]

*****IN DUAL MEET COMPETITION, DUAL TEAM TIE BREAKERS CAN BE FOUND IN THE 2024-2025 NFHS RULE BOOK.**

MEDALS AND AWARDS:

The top eight teams will each receive a trophy. Individually, there will be awards given for the Outstanding Wrestler, Most Pins, and Sportsmanship (team). Wrestlers who had outstanding performances will receive championship medals using the following formula:

1. Any undefeated wrestler, with at least six matches wrestled – GOLD
2. Any wrestler with no more than one loss, with at least six matches wrestled – SILVER
3. Any wrestler with no more than two losses, with at least six matches wrestled – BRONZE
4. Any wrestler with no more than three losses, with at least six matches wrestled – COPPER

In all dual meets, a team must wrestle at least 80% of their roster OR each athlete that doesn't wrestle will receive a loss to their record.

BOUTS:

All bouts will be High School 2-2-2 minutes in length, Middle School 2-1-1 minutes in length

SPECTATOR:

Spectator admission is required for all events at Broward County Convention Center.

Adult admission will be \$22 per day or \$60 for 3-day pass

Child (4-9) admission will be \$17 per day or \$45 for 3-day pass

Click here to purchase spectator admission tickets.

TRANSPORTATION:

Teams are responsible for their own transportation

COLLEGE COACHES: WE ARE EXTENDING AN OPEN INVITATION TO COLLEGE COACHES FROM ALL ACROSS AMERICA TO JOIN US FOR THIS OUTSTANDING EVENT. EACH COLLEGE COACH THAT ATTENDS WILL RECEIVE AN ATHLETE INFORMATION USB ON EVERY ATHLETE IN THE TOURNAMENT.

HOUSING:

AAU has selected Official Housing properties for the 2026 Scholastic Duals to help streamline your travel management efforts and provide competitive rates and amenities for you while in the Fort

Lauderdale area. [Click Here](#) for more information and online booking.

FOR MORE INFO:

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