

# 2012 AAU IRONMAN FOLKSTYLE NATIONAL WRESTLING CHAMPIONSHIP

Event Location: Saint Cloud State University  
Halenbeck Hall South Field House  
1000 4th Ave S St. Cloud, MN 56301

Registration: trackwrestling.com Must be registered by 11:59pm on Monday May 21st 2012. Limited to 500 wrestlers.

Entry fee: \$33 per wrestler for all three events. No refunds!

**All athletes must have a current AAU or USA Wrestling card. Cards obtainable at [aausports.org](http://aausports.org) or [themat.com](http://themat.com).**

Event Schedule: **Friday, May 25 2012 – Kelly Inn**  
4pm – 7pm: Weigh ins for Bantam-Midget-Novice  
6pm – 8pm: Weigh ins for Schoolboy-Cadet-Elite

**Saturday, May 26 2012 – SCSU Halenbeck Hall South Field House**  
8:00 AM Doors Open  
9:00 AM **Takedown Wrestling Tournament** Start to Finish  
**Advantage Wrestling Tournament** Start to Finish  
**Folkstyle Wrestling Tournament** Start to Finish

Age Groups/Weight Classes:

**Bantam** – Born in 2004 or 2005  
40, 45, 50, 55, 60, 65, 70, 75, 80, 90, HWT  
**Midget** – Born in 2002 or 2003  
50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130, 140, HWT  
**Novice** – Born in 2000 or 2001  
60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, HWT

**Schoolboy** – Born in 1998 or 1999  
70, 75, 80, 85, 90, 95, 103, 112, 120, 130, 140, 150, 160, 180, HWT

**Cadet** – Born in 1996 or 1997  
84, 91, 98, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189,

215, HWT

**Elite** – Born in 1993, 1994, or 1995

NOTE: Those born in 1993 must be a 2012 high school graduate.

84, 91, 98, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189,  
215, HWT

Admission: Adults \$10 and Students \$7 (K-12<sup>th</sup>)

Coaches pass \$25 – Gives floor access

NOTE: All coaches must show a non-competitor AAU card. Obtainable  
@ aausports.org

Awards: National AAU Medals for the top 6 placers in each weight class  
Ironman Medals for the top 3 based on placing points

Rules: High School Wrestling Rules apply for Folkstyle

Bantam & Midget: 60 sec. periods

Novice & Schoolboy: 90 sec. periods

Cadet & Elite: 2 minute periods

Takedown & Advantage Wrestling Rules on attached page

**CHANGING WEIGHT CLASSES:** You may change weight classes. If you change weight classes after the May 21st, deadline there will be a **\$20.00 fee**. Please make sure when you register, that you list your wrestler in the right weight class. For example, if you register your wrestler in the 100 pound weight class, he/she cannot weigh any more than 100.0. If he/she weighs 100.1, he/she is overweight. If you have any questions, please e-mail or call Chris or Jeff before you register.

Host Hotel: Kelly Inn 100 4th Avenue South • St. Cloud, Minnesota 56301

Phone: (320) 253-0606

Contact: Chris Nehk 320-774-8310 [jhcn33@yahoo.com](mailto:jhcn33@yahoo.com)

Jeff Johnson 320-290-4000 [jrockcrush@frontiernet.net](mailto:jrockcrush@frontiernet.net)

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as of part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.

Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.

**Mandatory Coaches Education:** This program is MANDATORY for all AAU non-athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit [www.aausports.org](http://www.aausports.org) and click JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches education course. Membership may be revoked from non-athletes who do not complete course prior to competition.

## Advantage Wrestling Rules

Advantage Wrestling has a format that will have no action from the neutral position. The match will consist of two periods each two minutes long. Before the start of the match the disk is flipped and the winner picks top, bottom, or defers. If the winner picks defer, the other wrestler must take top or bottom. All scoring is the same as scholastic wrestling. The only difference from folkstyle rules is when an escape occurs the match is stopped. At that time the wrestler earning the escape can pick top or bottom. Note that it is possible the same wrestler could start on the top or bottom for both periods. Overtime will just be one 30 second period. The disk will be flipped and the winner picks top or bottom. The first wrestler to score wins. If a near fall occurs the top wrestler will be allowed to work for a fall. If no one scores in the 30 seconds the top wrestler will be awarded one point and win the match. Tech fall will occur when a 10 point difference has been obtained.

## Takedown Wrestling Rules

Takedown Wrestling has a format that will have no action from the referee's position. The match will consist of two periods each two minutes long both starting from the neutral position. All scoring is the same as folkstyle wrestling. The only difference from folkstyle rules is when a takedown occurs the match is stopped, two points for the takedown is awarded, and the match is restarted as soon as both wrestlers are standing and facing each other. If a takedown occurs that puts the other wrestler directly on his back for two seconds, two points will be awarded for the takedown and two points awarded for the near fall, and the match is restarted as soon as both wrestlers are standing and facing each other. Note that a fall cannot occur. Overtime is one untimed period with the first wrestler to score winning. Stalling is to be called just like it is for regulation in a folkstyle match. Tech falls will occur when a 10 point difference has been obtained.