

- b. At the La Femme Nationale event in both the freestyle and folkstyle divisions, if there is only one contestant in a weight, she may either move up one weight class or one division. In no case may an athlete, male or female, compete in more than one weight class or division.
  - c. 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.
  - d. **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.
  - e. **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 red and one blue leotard/ singlet of any design.
      2. Wearing supple wrestling shoes with no heels, buckles, or metal attachments.
      3. Wearing a bra without metal clasps is recommended.
      4. Hair must be tied back with an elastic or ribbon, with no metal attachments.
      5. Without jewelry.
      6. It is forbidden to wear a man's singlet with or without a T-shirt underneath.
  - f. **Weigh In**
    - i. A separate area for female weigh-ins will be provided. Females will be permitted to weigh-in nude, but if choosing to do so will not be given the one pound weight allowance that is permitted.
    - ii. Those selecting to weigh-in other than nude must wear at least a leotard.
  - g. **Length of Bouts**
    - i. Bouts are to be identical in length for men and women.
  - h. **General Technical Rules**
    - i. All technical rules for men's wrestling apply equally in women's wrestling.
  - i. **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 15 wrestlers, 1 head coach, and 2 assistant coaches. A team must

have a minimum of 8 competitors to enter. Up to three 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. A championship round will include eight total teams from each pool participating. A consolation tournament will be conducted if sufficient time is available 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; however, individual competition will be based on the weight where the majority of his matches were wrestled.

**iv. Wrestling Equipment:**

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

**v. Team Placards:**

1. Team names are to be printed on 16 x 20 laminated signs, red on one side and blue on the other. These signs will be carried in by the teams at opening ceremonies, and used throughout the tournament at mat side.

**vi. 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.

**vii. 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 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> 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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> place.

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.
2. For age and weight charts, please see the last two pages of the handbook
3. 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. Match Duration:

1. Greco – Roman

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

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 6 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.
- 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 last two pages of the handbook
    - 2. 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).

### 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). The average size of this event is 2600 athletes. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> place.

- ii. Competition is restricted to the following age brackets and weight classes. **Age is determined by the year in which you were born, not 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 last two pages of the handbook
  2. Tournament director must use the single age divisions for ages 7-12 (weight chart 1).
- 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. 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.)

- xii. 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. Four divisions, Community Div. 1 and Div. 2, District, and Developmental 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. District JV 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. 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. A dual meet formatted national tournament following NFHS rules for athletes 1<sup>st</sup> through 5<sup>th</sup> grades. Nineteen weight classes ranging from 30 pounds to heavyweight will be contested in Folkstyle.
- b. K through 5<sup>th</sup> grade
- c. Fall Times (Folkstyle)
  - i. Tots, Bantam, Midget, and Novice Divisions are 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.
  - iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- d. Weight Classes:
  - i. Heavyweight – up to 230 lbs.

**Weight Classes**

40	45	50	55	60	65	70	75	80	85	90	95	100	108	116	125	132	148	HWT
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6. **Middle School Duals**

- a. A dual meet formatted 20 weight class national championship. Athletes in 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade are eligible for this Folkstyle event.
- b. Fall Times (Folkstyle)
  - i. Tots, Bantam, Midget, and Novice Divisions are 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.
- iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- c. Weight Classes:
  - i. 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. A premier national folkstyle event for individual athletes in grades K - 8<sup>th</sup>. It is two days of non-stop competition. The Five Grade Divisions will be Kindergarten and below, 1<sup>st</sup> and 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup>.
- b. This is a grade level tournament: grade is primary determinant of division. Grade/weight classes include information that age can move you up a division, but not down.
- c. Fall Times (Folkstyle)
  - i. Tots, Bantam, Midget, and Novice Divisions are 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.
  - iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- d. Weight Classes by Division:

Weight Classes (Kindergarten and below)							
35	40	45	50	55	60	70	85 (Max)
*If you turn 8 the year of the competition you must move up a division							

Weight Classes (1 <sup>st</sup> & 2 <sup>nd</sup> Grade)												
40	45	50	55	60	65	70	75	80	90	100	110	125
*If you turn 10 the year of the competition you must move up a division												

Weight Classes (3 <sup>rd</sup> & 4 <sup>th</sup> Grade)															
50	55	60	65	70	75	80	85	90	95	100	118	128	140	155	175
* 2 <sup>nd</sup> Graders may enter this division with parents consent.															
*If you turn 12 the year of the competition you must move up a division															

Weight Classes (5 <sup>th</sup> & 6 <sup>th</sup> Grade)																		
60	65	70	75	80	85	90	95	100	105	110	115	120	130	140	150	165	185	205
*If you turn 14 the year of the competition you must move up a division																		

Weight Classes (7 <sup>th</sup> & 8 <sup>th</sup> Grade)																					
70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	152	160	171	189	215	260
*If you turn 16 the year of the competition you are ineligible.																					
*No 9 <sup>th</sup> Graders																					

**8. Spring Youth Nationals**

- a. A premier national folkstyle event for individual athletes in grades K – 8<sup>th</sup>. It is two days of non-stop competition. The four Grade Divisions will be K-1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>, 6<sup>th</sup> through 8<sup>th</sup>.
- b. Fall Times (Folkstyle)
  - i. Tots, Bantam, Midget, and Novice Divisions are 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.
  - iii. Schoolboy, Cadet, Elite, Senior, and Masters Divisions are governed by the NFHS rules.
- c. Weight Classes by Division:

Weight Classes (Tot)				
40	45	50	55	HWT

Weight Classes (Bantam)									
40	45	50	55	60	65	70	75	90	HWT

Weight Classes (Midget)														
50	55	60	65	70	75	80	85	90	95	103	112	120	130	HWT

Weight Classes (Novice)														
60	65	70	75	80	85	90	95	100	105	112	120	130	140	HWT

Weight Classes ( Schoolboy)																			
60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	140	150	160	180	HWT

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 Sanctioned Event. Event Operators may not collect AAU membership money at any AAU sanctioned event.

- i. **Membership Requirements** -Membership in the AAU is a privilege granted by the AAU. 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 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.