

# **Alabama Youth Wrestling Organization**

**(AYWO-AAU) Rules & Procedures Handbook**

**2022–2023 SEASON**

# Contents

I. GENERAL INFORMATION .....	3
II. POLICY ON ABUSE .....	3
III. EVENT STAFF CODE OF CONDUCT .....	3
IV. TOURNAMENT COMMITTEE .....	3
V. ADMINISTRATIVE INFORMATION .....	4
A. AAU REGISTRATION REQUIREMENTS .....	4
B. INSURANCE .....	4
C. CONTROL OF THE FLOOR .....	4
D. COACH MISCONDUCT.....	5
E. EJECTIONS.....	5
F. REGISTRATION.....	6
G. ENTRY AND ADMISSION FEES .....	7
VI. MEDICAL POLICIES DURING EVENTS .....	7
A. MEDICAL SUPPORT AND ASSISTANCE .....	7
B. BLOOD AND BLEEDING POLICY .....	7
C. SKIN CHECKS WILL FOLLOW NFHS RULES.....	8
D. INHALERS .....	8
E. HEAD INJURIES .....	8
F. INJURY TIME OUT.....	9
G. CRY RULE .....	9
VII. ELIGIBILITY AND QUALIFICATION FOR COMPETITION .....	9
A. PROPER ATTIRE.....	9
B. PROOF OF AGE .....	9
C. BIRTH YEAR DIVISION ELIGIBILITY .....	9
D. WEIGHT CLASS ELIGIBILITY BY DIVISION .....	10
E. SATELLITE WEIGH-INS .....	12
F. OUT OF STATE WRESTLERS AND CLUBS .....	12
G. CLUB TRANSFERS.....	13
VIII. MATCH TIMES .....	13
IX. COMPETITION EVENTS.....	15
A. NOTES .....	15
B. PRELIMINARY COMPETITIONS.....	16
C. REGIONAL CHAMPIONSHIP COMPETITIONS.....	16
D. STATE CHAMPIONSHIP COMPETITIONS .....	17
E. NATIONAL COMPETITIONS.....	18
F. COACHING PASSES .....	19
X. AYWO-AAU TOURNAMENT RULES AND PROCEDURES.....	19
XI. SUGGESTED METHODS OF CONDUCTING A WRESTLING TOURNAMENT .....	21
BEFORE THE TOURNAMENT.....	22
DURING THE TOURNAMENT.....	23
The Match-by-Match System.....	23
The Folder System.....	23
AFTER THE TOURNAMENT.....	23

## **I. GENERAL INFORMATION**

The goal of AYWO-AAU Wrestling is to provide youth the opportunity to compete in the sport of wrestling. This competition is intended to develop the principles of good behavior, sportsmanship, and character in all of the participants. All references to Middle School Dual Meets, Preliminary, Youth, District, Regional, State, and National competitions are AYWO and/or AAU sanctioned and sponsored events. All athletes and coaches must be registered with the AAU as demonstrated by the possession of an AAU Membership Card. Officials must be sanctioned by NFHS or AAU. (AYWO Officials are covered only while competing in events under the jurisdiction of the AYWO.)

## **II. POLICY ON ABUSE**

THE AYWO-AAU WRESTLING BOARD OF DIRECTORS (THE BOARD) WILL NOT TOLERATE ANY FORM OF VERBAL OR PHYSICAL ABUSE DIRECTED TOWARD ANY ATHLETE, OFFICIAL, OR MEMBER OF STAFF PARTICIPATING IN AN AAU-SANCTIONED EVENT. THIS APPLIES TO PARENTS, SPECTATORS, COACHES, OFFICIALS, AND ATHLETES. THE OFFENDING PARTY WILL BE SUBJECT TO ONE WARNING. ON THE SECOND VIOLATION OF THIS CODE, THE OFFENDER WILL BE DIRECTED TO LEAVE THE COMPETITION FACILITY. (NOTE: THE LEAD HOST OF THE TOURNAMENT, OR THE STATE YOUTH DIRECTOR, RESERVES THE RIGHT TO OMIT THE WARNING AND EJECT THE OFFENDER ON THE FIRST OFFENSE BASED ON THE SEVERITY OF THE OFFENSE SPECIFIED IN THIS CODE.) THE OCCURRENCE OF ANY SUCH BEHAVIOR SHALL BE REPORTED TO THE BOARD. THE BOARD WILL REPORT ANY SUSPECTED OR REPORTED ABUSE TO THE PROPER AUTHORITIES.

## **III. EVENT STAFF CODE OF CONDUCT**

All AYWO-AAU referees, judges, mat chairs, Pairing Masters, and hosts shall always conduct themselves in a professional manner. It is essential that each staff member exhibit good citizenship and high moral conduct in their relationships with athletes, parents, coaches, fans, and fellow staff members. Each staff member must, always, maintain the highest degree of personal integrity.

## **IV. TOURNAMENT COMMITTEE**

A tournament committee will be established prior to the beginning of a tournament. The minimum membership of the committee will consist of the State Youth Director, Tournament Director, Tournament Operations Director and Head Official. Additional members may be designated to be part of this committee. The committee will help control the event and make formal decisions in the case of any error (e.g., bracketing, improper advancement), disagreement regarding the conduct of the tournament, or formal protest. A formal protest must be in writing, signed, and dated. This committee will not be convened to overrule decisions made by the official(s) overseeing any match wrestled.

## **V. ADMINISTRATIVE INFORMATION**

### ***A. AAU REGISTRATION REQUIREMENTS***

All AAU athlete registration cards are available for immediate issuance. The AAU Youth athlete cards are acceptable for any sanctioned AAU Youth sports event. All AAU Coaches registration cards are available for immediate issuance. The AAU Coaches cards are acceptable, along with proof of completion of the AAU Online Concussion Training, for any sanctioned AAU Youth sports event. Officials for AAU Events must be registered with the AAU by obtaining an AAU Coaches card or by having a current NFHS Membership and proof of completion of the AAU Online Concussion Training. Online training is located at this link; <http://www.cdc.gov/headsup/index.html>.

### ***B. INSURANCE***

The AAU provides accident insurance for all athletes, coaches, and officials registered with the AAU. This coverage is effective as of the date and time the application is completed, and payment is received. Coverage is provided for accidents while participating in sanctioned events and organized practices under the direct supervision and direct sponsorship of a REGISTERED Coach or Manager. The benefits under this plan are in excess over all other insurance coverage. There is a deductible of \$250 that may apply. Incident report forms are available from your local AAU District office or by contacting the National AAU Headquarters in Lake Buena Vista, Florida. Claim forms can also be obtained at each wrestling site. The AAU also provides comprehensive general liability insurance for AAU registered clubs at sanctioned events. Certificates of Insurance for third party insurance coverage can be procured from your local AAU District Office prior to conducting a tournament. There is a fee associated with processing this form.

### ***C. CONTROL OF THE FLOOR***

Due to the Registration and Insurance requirements in the previous sections, there will be NO coaching of a match by anyone other than an AAU Registered Coach. There will be up to TWO COACHES allowed per corner of the assigned mat. There will be no additional Coaches, WRESTLERS, or spectators on any area of the mat. To help control two coaches in a corner, the following consequences apply:

***1st Time***- verbal warning,

***2nd Time***- Referee stops match until only 2 coaches is confirmed,

***3rd Time***- Coach is required to leave the floor for 1 hour. Visibility of the wrestling matches is the key to allowing spectators to enjoy the competition in every match. Spectators and fans will stay clear of the wrestling mat area. They should sit in assigned seating areas.

Visibility is also crucial to ensuring that table workers (Scorekeeper, Timekeeper, “Boppers” and Pairers) can see the entire wrestling area of the assigned mat so that the match can be controlled correctly. No one will be allowed to sit, hang, or lean on guard-rails if this position restricts the view of others. Photography or video-taping of matches will be allowed only in areas that do not interfere with the opportunity for any others to see the action. This photography or video-taping WILL NOT be allowed from any area of the wrestling mat. Videotapes WILL NOT be shown to officials or Head Pairers in order to influence, determine, or reverse any official decisions.

Anyone (including athletes and coaches) asked to move out of a specific area of the floor or viewing areas due to problems with visibility should do so immediately (this constitutes a Warning). Repeat offenders will be subject to being (1) assigned to a specific seating area (e.g., upstairs, away from the competition area), (2) disqualification from further competition or coaching, and (3) ejection from the competition facility.

Any questions, comments, or complaints shall be forwarded to the tournament staff through the COACH of the respective team. No one who is not an AYWO Club Coach or AAU Club Coach will be allowed to approach the Table or any member of the tournament staff for the purpose of discussing the conduct of the tournament or any individual match.

#### ***D. COACH MISCONDUCT***

When a coach questions misapplication of a rule resulting in coach misconduct, the penalty will be as follows:

*1st offense* is a warning,

*2nd offense* will result in adding one match point to the opposing wrestler, and the Head Coach of the club connected to the misconduct will be subject to ejection.

#### ***E. EJECTIONS***

##### Coach Ejection:

*1st offense* - Sit in stands-cool off period (1 Hour). Director of Officials or Tournament Host obtains coach’s name, AAU# & club. This information is turned into the head table. Coach must meet with tournament director prior to returning to the floor. (If there is a problem between the coach & tournament director then it goes to the tournament committee.)

*2nd offense* - Leave the building or put in the stands and off the floor for the remainder of the day. Director of Officials / Head Referee or Tournament Host give coach’s name, AAU #, and the match in which the coach was ejected to the tournament director who will report this to the compliance committee. If flagrant that person is done for the day on the 1st offense.

If a coach is ejected two times for violation of the 2nd offense in a single season, that coach is suspended from future tournament participation until cleared by the AYWO Compliance Committee.

#### Appeal Process:

Anytime a coach is ejected a 2nd time, the coach has a right to file an appeal and have the ejection reviewed by the Compliance Committee. The coach, the referee, tournament director and the regional director of the coach that is ejected will all be interviewed, and the Compliance Committee will have the final say to uphold or overturn the ejection. This is due to the severity of the 2nd ejection.

#### Wrestler Ejection:

**1st Offense-** Sit in stands cooling off period (1 Hour) and can't wrestle if called during this time-forfeit. (Examples: Unsportsmanlike Conduct; Disagreeing with a Call; Post-Match Violations; etc.) In the event of Flagrant Misconduct, the wrestler is disqualified from the tournament and any individual and/or team points be eliminated.

**2nd Offense-** Leave building or sit in stands and off the floor for the rest of the day and can't wrestle in next AYWO Event (even if that is a Region or State event). If flagrant at anytime they are done for the day.

#### Flagrant Misconduct:

Involves physical or non-physical acts and they can occur before, during or after a match, and is any act considered by the referee to be serious enough to disqualify a wrestler for the remainder of an event. It is not limited to striking, butting, elbowing, kicking, biting an opponent. It can be continuous acts of unsportsmanlike conduct, which can include pushing, shoving, swearing, taunting an opponent, and indicating displeasure with a call, and failure to comply with end of match procedure.

### ***F. REGISTRATION***

Registration for all AYWO events and tournaments including, open, developmental, girls, regional, and State must use TrackWrestling for registration and the collection of registration fees paid to TrackWrestling. The tournament host must use AYWO-AAU as the lead into tournament name. AYWO-AAU will provide the current address for AYWO-AAU to all region directors by no later than the AYWO General Membership meeting each year.

The AYWO-AAU treasurer will be responsible to make sure those registration funds sent to AYWO-AAU are deposited immediately upon receipt from TrackWrestling and send check with appropriate amount to host within two days receipt of funds from TrackWrestling.

## **G. ENTRY AND ADMISSION FEES**

### 1. Entry fees for tournaments:

- a. Developmental Tournaments - \$10 (\$8 less associated fees to host, \$2 to AYWO)
- b. Open Invitationals - \$15 (\$10 less associated fees to host, \$5 to AYWO)
- c. Gladiator Series Tournaments - \$17 (\$12 less associated fees to host, \$5 to AYWO-AAU)
- d. Region Qualifier - \$20 (\$15 less associated fees to host, \$5 to AYWO)
- e. State Championship - \$25 individual (\$20 less associated fees to host(s), \$5 to AYWO)
- e. Girls State Championship - \$25 individual (\$20 less associated fees to host(s), \$5 to AYWO)
- f. State Dual Championship \$25 individual (\$20 less associated fees to host(s), \$5 to AYWO)
- g. MS State Championship - \$25 individual (\$20 less associated fees to host(s), \$5 to AYWO)

### 2. Admission fees for regular season tournaments: \$5 per person ... under 3 - free.

## **VI. MEDICAL POLICIES DURING EVENTS**

### ***A. MEDICAL SUPPORT AND ASSISTANCE***

Medical personnel (Trainer or EMT) will be provided at each AYWO-AAU sanctioned tournament. On- site Trainers during the competition will be supplied with an on-the-floor treatment area. Medical personnel or officials are to be available during the weigh-in session to check each contestant for possible skin infections or other contagious conditions. Immediate emergency transport is to be available to be contacted throughout the tournament.

### ***B. BLOOD AND BLEEDING POLICY***

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 in order 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. A wrestler that reaches a total of five minutes cumulative blood time during a match will forfeit that match.

All scoring Tables at AYWO-AAU sanctioned events will be supplied with the proper material for cleaning up blood. These supplies are Rubber gloves, Plastic bag for bio-hazardous waste, gauze, or paper towels, Disinfectant solution, moist towelettes.

ALL athletes injured and requiring medical attention must be released by medical personnel before continuing competition.

### ***C. SKIN CHECKS WILL FOLLOW NFHS RULES***

During weigh-ins, officials, or designated health care professional will complete a full skin evaluations process on each athlete. If a participant is suspected of having a communicable skin disease or any other condition that makes participation appears inadvisable the athlete must provide current (14 days) written documentation from appropriate health care professional stating that the suspected disease or condition is not communicable, and that the athlete's participation would not be harmful to an opponent. This must be provided at weigh-ins. The only exception would be if a pre-designated on-site meet appropriate health-care professional is present and is able to examine the wrestlers either immediately prior to or immediately after weigh-ins. Covering a communicable condition shall not be considered acceptable and does not make a wrestler eligible to participate. Written documentation must describe location of lesion and must be signed only by Doctor of Medicine (MD) or Osteopathic Physician. AYWO will only accept the form that is provided on the AYWO website.

### ***D. INHALERS***

Use of inhalers will be allowed at mat side during non-action and will be treated as a charged time out.

### ***E. HEAD INJURIES***

About head injuries while participating in competition:

1. For a loss of consciousness, the athlete is immediately removed from further competition until a full evaluation by a medical doctor is completed. A written referral must be provided to allow the injured wrestler to continue with competition. This referral must be presented to the TOURNAMENT COMMITTEE or AYWO- AAU.
2. For no loss of consciousness, the Trainer will determine if 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 last more than 30 seconds. If no Trainer is available, then the official in charge of that match will determine if the athlete may return to activity. Athletes with any of these complications will be pulled from further competition.
3. All coaches and AAU referees must go through CDC Concussion Training before the first tournament of the season.



## ***F. INJURY TIME OUT***

Either wrestler may elect to take an “injury time out” if necessary, at any time during the match. Such injury time will be limited to a total of one-and-one-half (1.5) minutes. On the first injury time called, the wrestlers will return to the same position they were wrestling prior to the time out. On the second injury time called by the same wrestler, the opponent shall have the choice of starting position. On the third injury time out requested by the same wrestler, that wrestler will forfeit the match to the opponent.

## ***G. CRY RULE***

During preliminary competitions, the TOT division will allow for a match to be stopped by the official if either wrestler begins crying. This will allow the wrestlers concerns to be addressed by the COACH(S) in the corner. No parents or other spectators will be allowed near the mat to console the crying wrestler. The cry rule shall be implemented the same as the INJURY TIME OUT described in the section above. This rule WILL NOT apply during the REGIONAL or STATE CHAMPONSHIP competitions.

# **VII. ELIGIBILITY AND QUALIFICATION FOR COMPETITION**

## ***A. PROPER ATTIRE***

Wrestlers will only be eligible to enter competition events if wearing the proper attire. This attire will consist of an authorized wrestling singlet. Tee-shirts and shorts ARE NOT allowed (except in Preliminary Competitions or open tournaments designated as “beginners only”). This will reduce pulling of clothing and the possibility of injuries to fingers, arms, etc. Approved wrestling headgear is optional to be worn while wrestling in any competition. Wrestling shoes are required to participate. No unauthorized shoes are allowed due to the possibility of injuring either wrestler by kicking with heavy- duty shoes. Wrestlers WILL NOT compete barefooted or while wearing only socks. This rule is to prevent injuries to toes/feet and injuries due to slipping on the mat.

## ***B. 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. Hospital, baptismal, or religious certificates will not be accepted. ALL PROOF OF AGE documents are to be submitted to the Clubs Head Coach. The Head Coach is responsible for checking the age of each wrestler within his or her club. The Head Coach must submit a roster to the State Youth Director no later than December 1<sup>st</sup>.

## ***C. BIRTH YEAR DIVISION ELIGIBILITY***

AYWO-AAU Divisions are determined by the year of birth, not by the actual birth date.

TOT (6U): Birth Years 2016 and After

BANTAM (8U): Birth Years 2014 and 2015

MIDGET (10U): Birth Years 2012 and 2013

NOVICE (12U): Birth Years 2010 and 2011

MIDDLE SCHOOL (14U): Birth Years 2008 and 2009 (No 9th Graders)

GIRLS (6U-HS): All birth years associated with the other divisions, plus high school age girls. HS division must be enrolled in high school (9<sup>th</sup>-12<sup>th</sup>).

#### ***D. WEIGHT CLASS ELIGIBILITY BY DIVISION***

1. Once the official weigh-in is started, wrestlers will have only ONE opportunity to weigh-in.
2. If a wrestler/coach wishes to challenge their weight on another OFFICIAL & CERTIFIED scale being used for the weigh-in, they will be immediately escorted to the other scale and weigh-in at the next available slot (moved to the front) in that weigh-in line.
3. Weigh-in information will be entered into Track at the official weigh-in. The wrestler will be marked (e.g., with a weight class written on their arm) as directed by the tournament Lead Host. This constitutes the official entry into the tournament.
4. All wrestlers will weigh-in wearing a singlet. A one-pound allowance for the weight of the singlet will be given.
5. There will not be any rounding of weights for the purpose of assigning wrestlers to a weight class (e.g., a wrestler weighing in at 35.1 pounds enters the tournament in the 40 pound weight class).
6. Weight Classes:

TOT/6-U (9): 35, 40, 45, 50, 55, 60, 65, 75, 90

BANTAM/8-U (13): 40, 45, 50, 55, 60, 65, 70, 75, 80, 90, 105, 115, 130

MIDGET/10-U (15): 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130, 150, 180

NOVICE/12-U (17): 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 160, 180, 205

MIDDLE SCHOOL / 14-U (22): 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 220, 250 (These are the MS National Duals Weight Classes)

GIRLS/ K-2, 3-5, 6-8, HS: Weight classes vary, by grade grouping.

\*Girls are not required to wrestle in the girls brackets. Girls may wrestle in both standard and girls brackets during the regular season, and at the state tournament. Girls will wrestle folkstyle.

#### 7. Heavyweight Limits:

Tots - 90

Bantams – 130

Midget - 180

Novice/Juniors - 205

Schoolboy/Middle School - 250

#### 8. WEIGHT REDUCTION PRACTICES AND PROCEDURES

AYWO-AAU's goal is to promote a safe environment for all wrestlers. For this reason, AYWO will not permit any form of weight cutting. The following rules will be strictly enforced at all weigh-ins. There will be no check scales at any AYWO weigh-in location. No weight cutting activities such as running, spitting, wearing sauna suits, etc. will be permitted. Any wrestler found doing so will be immediately disqualified from the tournament. Once a wrestler steps on the scale their weigh-in is complete. If the wrestler is overweight, they can challenge by immediately moving to a second '*challenge*' scale at the weigh-in site. The lesser of the two weights will be entered as the official weight; no further weigh-ins will be permitted. Once a wrestler has weighed and the wrestler was determined to be overweight for their registered weight class, then the wrestler will be bumped up to the next appropriate weight class, based on their actual weight. There will be NO BUMP FEE for changing weight classes.

#### 9. Health and Safety Rules of the Athlete and the Well Being of the Sport

- a) The use of sweat suits (vapor-impermeable rubberized tops and/or bottoms) is prohibited at any time. Such use is grounds for immediate removal from the event where the violation occurred. The use of a sauna, steam room or any form of hot box before or after a Tournament is prohibited.
- b) The use of laxatives, water pills, etc. is prohibited except when a physician prescribes these pills and the athlete has proof of this prescription.
- c) The practice of self-induced vomiting for the purpose of weight reduction is prohibited.
- d) Any form of hydration after weigh-ins that is artificially accomplished is prohibited.

- e) There will be only ONE weigh-in for either single or multiple day events.
- f) Intravenous hydration is prohibited.

### ***E. SATELLITE WEIGH-INS***

1. AYWO approved personnel must conduct the satellite weigh-ins at AYWO approved locations and must write the exact weight of the wrestler on the arm of the wrestler in an ink that will last through the tournament date.
2. Satellite weigh-ins will be conducted on Friday nights prior to regularly scheduled AYWO tournaments. There will be only one weigh-in for a tournament even if tournament runs more than one day consecutively.
3. The Satellite Monitor must perform a skin check must be done on each wrestler. If a participant is suspected of having a communicable skin disease or any other condition that makes participation appears inadvisable the athlete must provide current (14 days) written documentation from appropriate health care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to an opponent.
4. Weigh-ins for the State Championship will be held the night before at the event's location.
5. Weigh-ins must end at the scheduled end time. Extending weigh-ins can be ONLY approved by the State Youth Director, and under extenuating circumstances (example: wreck on interstate).
6. All skin issues will follow the National Federation rules and use the Federation skin form (posted on AYWO-AAU website). A Board appointed person can do skin checks if the referee cannot make it. Wrestlers with questionable skin issues will not be entered on track when they weigh in. They must turn in a skin clearance form (posted on AYWO-AAU website) to the head table two (2) hours before the start of their session to be entered into the tournament.
7. There is to be a minimum of 2 CERTIFIED scales at weigh ins. NO CHECK SCALES. No cutting weight. If you are seen cutting weight, by the referee, you will be scratched from the tournament automatically.

### ***F. OUT OF STATE WRESTLERS AND CLUBS***

Non-AYWO wrestlers/clubs may compete in any AYWO regular season tournament, but are ineligible to compete in either the AYWO Regional or State Championships. These tournaments are limited to AYWO Clubs & Wrestlers only. \*Exception is the Girls State Championship during the 2022-23 season.

## **G. CLUB TRANSFERS**

If a wrestler transfers regions during the AAU season, they may not participate in the region tournament unless they have moved to that region. **Note: There is a gentlemen's agreement that coaches will not recruit from other clubs.**

## **H. STATE TOURNAMENT CRITERIA**

1. *AYWO Districts Only (AL State Residents Only)*
2. *Wrestlers must have registered for at least one AYWO-AAU tournament during the regular season, and wrestled at the regional tournament. (Exception of girls and MS divisions)*
3. *Middle School wrestlers must compete at regionals in order to be seeded. All other Middle School wrestlers will be unseeded.*
4. *Wrestlers must have competed at the weight they registered for at regionals at least one time during a regular season tournament.*
5. *Wrestlers must wrestle state at their regional weight.*
6. *All wrestlers must weigh-in wearing a singlet.*
7. *All wrestlers will get a 1-pound weight allowance at weigh-ins*
8. *Weigh-ins are at the tournament location only.*

## **VIII. MATCH TIMES**

ANY TOURNAMENT DIRECTOR (WITH THE CONCURRENCE OF THE LEAD HOST) HAS THE FLEXIBILITY TO ADJUST THE RECOMMENDED MATCH TIMES AS NEEDED TO ALLOW FOR TIMELY COMPLETION OF THE TOURNAMENT.

**TOT, BANTAM, and MIDGET Divisions:** Three one-minute periods (1-1-1) for all matches.

**NOVICE (JUNIOR) Division:** Three one- and one-half minute periods (1.5-1.5-1.5) for all Championship matches. Consolation matches will be one-minute periods (1-1-1).

**GIRLS Division:** The length of periods will correlate to their age.

***MIDDLE SCHOOL Division:***

1. Three two-minute periods (2-2-2) for all matches in Round Robin Brackets, the Championship section of a double elimination bracket, and all the matches in Middle School Dual Meet.
2. Wrestling in the consolation sections of the double elimination bracket shall consist of one two- minute period followed by two one-minute periods (2-1-1).

The beginning of each period of any of these matches will be conducted as follows:

***First Period:*** Wrestlers will start in the neutral position. Both wrestlers on their feet with one foot on the start line at the center of the mat.

***Second Period:*** A disk toss will determine which wrestler is given the choice of the starting position. The wrestler with this choice may elect to start in the neutral position, select the bottom (defensive) or top (offensive) of the referee's position, or defer his choice of starting position to the opponent. The choice to defer allows this wrestler to have the choice of starting position in the third period.

***Third Period:*** The wrestler that did not have the choice of the starting position in the second period will be given the choice here. The choice will be the neutral position or bottom or top of the referee's position.

A. **OVERTIME (OT) CRITERIA:** If the score is tied at the end of the third period, then OT will be wrestled to determine the winner of the match. The order of OT periods, based on the results of each period, is listed below. The first period of OT is a one-minute sudden-victory period beginning in the neutral position. The winner of the match will be determined by the first point to be scored. If the score is still tied, then two, thirty-second rounds will determine the winner. The wrestler who scored the first points in the match will be given the choice (top, bottom, or defer). **HOWEVER**, if either wrestler was penalized for unsportsmanlike conduct at any time during the match, his opponent will have the choice. If no points have been scored in the match, then a disk flip will be used to determine choice. If neither wrestler scores a point, in the second or third OT periods, then a final **SUDDEN DEATH RIDEOUT** period will be conducted. A disk flip will determine which wrestler has choice. The wrestler who scores the first points will be declared the winner. If no points are scored, then the offensive wrestler (rideout) will be declared the winner.

B. **COMPLETION OF MATCHES** An individual match will be completed and the victor declared by the following criteria: The wrestler with the most points at the end of the match wrestled in accordance with the periods and times presented in the previous section shall be declared the winner. If no additional points are scored during the **ULTIMATE** tie-breaker,

the offensive wrestler will be declared the winner as presented in the specified sections above. A Technical Fall terminates the match when one wrestler accumulates the designated number of points in excess of their opponent's score. This difference in points will be 10 points for the ALL divisions. A Fall (or pin) terminates the match at any time during the match. A victory by Fall is awarded when either wrestler's shoulders are maintained in contact with the mat for a minimum of two (2) seconds. The wrestler whose shoulders were not in contact with the mat at this time shall be declared the winner. For Dual Meets, points for each match shall be awarded to the winning wrestler's team as follows: Six (6) points for a Fall or Forfeit, five (5) for a Technical Fall (10 pt. spread), four (4) points for a major decision (win by 8 -9 points), and three (3) points for a decision (win by 1 – 7 points). Wrestlers are only guaranteed a maximum of ten (10) minutes rest between matches.

## **IX. COMPETITION EVENTS**

### **A. NOTES**

1. All Tournaments must use Track Wrestling including registration, weigh- ins and input of final results.
2. Any match that is wrestled by mistake (e.g., the wrong wrestler was advanced in a bracket) will be counted as "bad time". This means that these matches are reset as if they had not been wrestled and the correct matches will be wrestled. If necessary, final decisions in this matter will be resolved by the AD HOC TOURNAMENT COMMITTEE.
3. Round Robin brackets shall consist of two (2) to five (5) wrestlers in a single division weight class.
4. Round Robin competition will be conducted in such a manner that each wrestler in the bracket will wrestle every other wrestler in the bracket. For brackets with only two wrestlers, the bracket will be conducted in a two-out-of-three format. Wrestlers will be awarded a place based on the number of matches that they have won.
5. In the event of a tie in a Round Robin Bracket, the following criteria will be used to break the tie:
  - a) Head-to-head competition.
  - b) The wrestler who has been penalized the least for unsportsmanlike conduct.
  - c) The wrestler having won the greater number of victories.
  - d) The wrestler having the greater number of falls.
  - e) The wrestler having the greater number of technical falls.
  - f) The wrestler having the greater number of major decisions.

- g) The wrestler having the least number of defeats.
- h) The wrestler having the greater number of offensive points scored.
- i) The wrestler having the least number of defensive points scored.
- j) The wrestler with the fastest pin.

6. Six (6) or more wrestlers in a single division weight class will be placed in a double elimination bracket.

7. True-second matches will be mandatory for all unseeded tournament, unless the two kids have already wrestled in the tournament. For all tournaments across the state, if true second is allowed, it must be stated on the flyer and integrated into Track wrestling charts.

8. TrackWrestling will be allowed to count team points for the State tournament to determine 1st and 2nd place.

9. Tournaments will have a cap of wrestlers which align with the capacity of the facility; including mats, referees, parking, awards, and other related operational factors.

10. The board can allow the bypass of a requirement when a doctor's note or police report is provided. This specifically is targeting injuries, car accidents, and the like. The requirement by the parent/guardian is to alert AYWO as soon as the issue arises. It would require a 51% board vote to allow for the bypass of a requirement.

## ***B. PRELIMINARY COMPETITIONS***

These are local open wrestling tournaments that any AAU amateur athlete may enter if in the proper division. It is encouraged that out-of-state wrestlers be invited to these open tournaments to increase the diversity of competition. These events are conducted in the format as determined by the Lead Host of the event. Bracket groupings may use the standard division specific weight classes or different assigned weight classes. These different weight classes will be determined by the Tournament Operations Director, with concurrence from the Tournament Director. All wrestlers will weigh-in wearing a singlet.

Wrestlers may compete in both their own division AND ONE division level higher if the scheduling format of the tournament allows it. Competition in a different division will require the payment of an addition entry fee. Wrestlers will NOT BE ALLOWED to compete in two divisions during the same session. Wrestlers will not be allowed to compete in two divisions in the Regional or State Tournament. The

## ***C. REGIONAL CHAMPIONSHIP COMPETITIONS***

These are formal competition wrestling events, which are open to eligible AYWO-AAU amateur athletes. *Registration in one regular season AYWO-AAU tournament is required to be eligible for the regional championships. Wrestling at the regional championships is required to wrestle at the state championships. The one regular season requirement and wrestling at regionals does not apply to Girls or Middle School divisions.*



One tournament will be held for each of the designated geographic regions. Wrestlers will compete in the tournament of the geographical region where their club is assigned. Wrestlers may NOT compete in more than one regional tournament.

Tournaments will be conducted in the specific format by division (birth year) and weight class as designated in these rules. Round Robin brackets shall consist of two (2) to five (5) wrestlers in a single division weight class. Six (6) or more wrestlers in a single division weight class will be placed in a double elimination (or wrestle back) bracket. Prior to the beginning of the tournament, a wrestler may choose to officially enter the tournament at ONE weight class higher than their own measured weight. Wrestlers may also choose to officially compete in the competition at ONE birth year division higher. Wrestlers may compete and qualify in only ONE weight class of ONE division. A wrestler that decides to “bump up” in this manner will be eligible only for the awards in that division weight class and must wrestle that weight at the State Championships.

In order to obtain the goal of competing in the sport of wrestling to the maximum extent possible, adjacent weight classes in the SAME DIVISION may be combined as determined by the Tournament Operations Director with the concurrence of ALL impacted coaches. This combination of weight classes will be accomplished in such a manner that the placing within each individual weight class will be preserved. If combining weight classes into a round robin bracket, the wrestlers from each different weight class will compete in the earliest round(s) possible. If combining weight classes into a double elimination bracket, the wrestlers of the weight class containing the smallest number of wrestlers shall be paired up in the earliest rounds to the maximum extent possible. If a two-man round robin bracket is combined into another bracket, then the affected wrestlers will be awarded a place within their own weight class as determined by a single match (the option for a two-out-of-three placing within that weight class is understood to no longer be available). Wrestlers from the weight class containing the smallest number of wrestlers will be advanced in or eliminated from the bracket as if they had lost each “exhibition” match wrestled. A wrestler and/or coach may believe that wrestling a match with a wrestler from the opposite unofficially paired bracket could affect the opportunity to obtain the highest possible place in their own weight class. This match may be declined with no penalty to either wrestler.

#### ***D. STATE CHAMPIONSHIP COMPETITIONS***

This event is a Folkstyle SIX-division contest, consisting of the TOT, BANTAM, MIDGET, NOVICE, GIRLS, and MIDDLE SCHOOL Divisions. Qualification for this event includes meeting the AYWO Division Eligibility requirements.

No shows at State will be treated as forfeits.

All weigh-ins for state are conducted at the location of the tournament.

The State Tournament will be placed to a minimum four (4) places depending on the bracket size.

### ***E. STATE TEAM-BASED DUAL CHAMPIONSHIP***

This event is a TWO-division event consisting of the 8 and Under (8U), and 12 and Under (12U) Age Divisions.

A club is allowed to have two teams total, one for each division. All athletes on a dual team must be from the same club.

Qualification for this event includes those who are eligible for AYWO-AAU Regional Championships.

A wrestler can only be on one duals team, in one division. (Wrestler can either be in 8U or 12U, not both.)

There is some age overlap, which allows the filling vacant weight classes. (This is the only age group able to move up/down.)

All wrestlers must weigh-in wearing a singlet. (Weight class +1 lb. for singlet) State championship weigh-in can be used for team-based duals if the event was held the previous day.

**Group 8U (7 vs 7):** Each team can bring eight wrestlers. Seven to fill the weight classes, plus one alternate of any weight class.

Weight Classes: 46, 51, 56, 63, 71, 81, HWT (Max 100)

**Group 12U (8 vs 8):** Each team can bring nine wrestlers. Eight to fill the weight classes, plus one alternate of any weight class.

Weight Classes: 61, 68, 76, 86, 98, 115, 138, HWT (Max 180)

### ***F. NATIONAL COMPETITIONS***

All individual National Championship Tournaments are open to AAU card holders. There is no pre-qualifying necessary.

Weight classes for National Championships will be determined by the Lead Host of the competition. These weight classes are assigned to attempt to attain the most even distribution of wrestlers possible.

#### **Weigh-in Procedure**

For all AAU national events, weigh-ins will last for four hours and take place the day before competition begins. Satellite weigh-ins are only allowed when approved and designated by the AYWO Board of Directors. 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. All wrestlers must weigh-in wearing a singlet. A one-pound allowance for weigh-in will be given for the singlet.

Wrestlers may be entered in the tournament in their respective division or ONE division higher. Wrestlers may be entered in their measured weight class or ONE weight class higher. Each wrestler may compete and qualify in only ONE weight class of ONE division. A wrestler that decides to “bump up” in either of these manners will only be eligible to wrestle in and qualify for the awards in that division/weight class.

## ***F. COACHING PASSES***

Coaches must show a photo ID with their AAU card at check-in and get a wristband to coach on the mats or wrestling gym floor.

- 1 or more wrestlers: 1 free pass
- 5 or more wrestlers: 2 free passes
- 10 or more wrestlers: 3 free passes
- 15 or more wrestlers: 4 free passes
- 20 or more wrestlers: 5 free passes
- 25 or more wrestlers: 6 free passes
- 30 or more wrestlers: 7 free passes
- 35 or more wrestlers: 8 free passes
- 40 or more wrestlers: 10 free passes

\*The number of wrestlers is determined by Track Wrestling registration.

\*\*An option is afforded to purchase two additional passes for an extra cost per pass.

**NOTE:** As of the 2019-2020 AYWO Youth Season, all coaches wanting to access the tournament’s ***HOSPITALITY ROOM*** may be assessed a \$5 fee and will need a designated arm band or identification mark for entrance.

## **X. AYWO-AAU TOURNAMENT RULES AND PROCEDURES**

To ensure compliance with all AYWO-AAU rules and procedures related to sponsoring a tournament, please read the below carefully and confirm completion by initialing next to each step. Note compliance with these items is required for a tournament to be sanctioned and appropriately insured.

The AYWO-AAU has established these procedures to achieve a standard level of quality for all sponsored tournaments which is important to parents and wrestlers, and for promoting youth wrestling in our state.

If you have any questions related to the items below, please contact the State Compliance Officer, Ken Clark.

His contact information is as follows:

Ken Clark  
10055 Long Meadow Road, Madison, AL 35756  
email: [kenclark@knology.net](mailto:kenclark@knology.net)

### **Tournament Checklist of Items:**

- \_\_\_\_\_ 1. Confirm tournament date with State Teams Director (Required)
- \_\_\_\_\_ 2. Complete and submit AYWO-AAU Tournament Sanction Form (Required)
- \_\_\_\_\_ 3. Arrange for certified AAU referees to work at the tournament, with the AYWO-AAU Director of Officials. Additional information is provided at <http://www.alabamawrestling.org> (Required)
- \_\_\_\_\_ 4. Develop a tournament flyer for distribution using the format provided on the AYWO-AAU website [www.alabamawrestling.org](http://www.alabamawrestling.org).
- \_\_\_\_\_ 5. All Regular Season Open, Developmental and State tournaments will be listed on [www.trackwrestling.com](http://www.trackwrestling.com) by the AYWO-AAU Tournament Operations Director (Required)
- \_\_\_\_\_ 6. ALL tournament names will start with “AYWO-AAU”. This does several things a) makes the tournament easier to find on TrackWrestling, b) ensures our league discount, and c) ensures AAU insurance. (Required)

\_\_\_\_ 7. In the TrackWrestling pre-registration, all AYWO-AAU tournaments must list the entry fees payable to “AYWO-AAU”. The AYWO-AAU Treasurer will deposit all registration funds immediately upon receipt from TrackWrestling and send a check with the appropriate amount to the tournament host within two days of receipt of funds from TrackWrestling. The AYWO-AAU pays all TrackWrestling charges for tournament fee collection and administration. If the host club requests a wire transfer of registration fees, they will be responsible for that additional cost. They must also provide the banking information for the wire transfer to the AYWO-AAU Treasurer 10 days prior to tournament.

\_\_\_\_ 8. All tournament participants must enter a valid AAU card number to register for an event. (Required)

\_\_\_\_ 9. Incident reports are to be available at each scoring table and completed by referees related to any incidents that result in a coach being warned or required temporarily or permanently to leave the coaching area. (Required)

\_\_\_\_ 10. AYWO-AAU will identify a t-shirt vendor for tournament. This is a significant fund-raising opportunity.

\_\_\_\_ 11. Order medals for each weight class and age group.

\_\_\_\_ 12. AYWO-AAU will arrange for a qualified trainer or emergency personnel to be on sight at the tournament during all times that wrestlers are competing.

\_\_\_\_ 13. Consider hiring security staff to monitor the tournament and provide additional security for participants, fans and facility property.

\_\_\_\_ 14. Contact the AYWO-AAU Tournament Operations Director to determine whether clocks or other tournament equipment needs to be obtained from the SE AAU organization.

\_\_\_\_ 15. Schedule table worker training. Working a table at a tournament is a great opportunity for new parents to learn the sport and rules. In advance of the tournament (preferably several days in advance) table worker training should be provided.

\_\_\_\_ 16. Coaches must present an AAU card, photo ID and Concussion Training Certification to participate as a coach at a tournament (Required). A separate line should be provided at the tournament entrance/gate for checking coach’s identification and providing coaches passes.

## **XI. SUGGESTED METHODS OF CONDUCTING A WRESTLING TOURNAMENT**

The safety of the athlete and quality of the competition event (in that order) are the two most important elements to consider in the preparation for a tournament. As in all worthwhile and successful programs, you must begin your planning and recruiting of personnel well in advance

of your tournament. Conduct of a tournament is divided into three stages: before, during, and after. Each of these phases must be properly executed in order to have a successful tournament. The key elements of the tournament are arrangement of the facility, registration, weigh-in, pairing, staging, officiating, awards, clinics, medical support, and security.

### ***BEFORE THE TOURNAMENT***

You must have an adequate facility available PRIOR TO requesting a tournament. Reserve this facility as early in advance as possible to avoid the facility from being unavailable for your event because another group reserved the facility before you. It is a good idea to have an alternate facility arranged in case of any unexpected issue that may prevent your use of the initial facility. In selecting a facility, consideration should be given to the expected number of competitors and spectators. Remember that unless you limit your tournament to pre-registered competitors, there may be a large number of wrestlers that will enter on the day of the event. This is especially true early in the season. The number of mats is important to running a successful tournament. It is better to have too many mats laid out than not enough!

Wrestling mat size, placement, and physical integrity must be taken into consideration. When using smaller mats, assign the brackets with the smaller wrestlers to these mats, taking into account both division and weight class. Ensure that mats are placed a safe distance from adjacent items (scoring tables and clocks, bleachers, gym walls). If a mat is placed against a wall, the wall must be padded in such a manner as to prevent injury due to impact. Mats shall be taped or secured in such a manner that will reduce the ability to slide or separate causing unsafe gaps. Each mat will be assigned a number. The mat number will be marked on the mat so that it is plainly visible to avoid confusion.

Foot mats with some type of cleaner on them can be placed near the side of each of the wrestling mats. This will allow wrestlers to wipe their shoes prior to stepping on the mat in order to keep the mats clean and sanitary.

It will be helpful to use advanced registration to set up as much of your tournament as possible. Of course in order to use this strategy to the maximum extent possible, it is important to get the word out about your event as quickly as possible. Fliers on the web-site and e-mail notifications to coaches and Regional Directors will be extremely effective. Make sure that you make contact with out-of-state coaches or teams for Preliminary Tournaments. If the tournament is limited to pre-registered competitors only, a reasonable fee may be charged for any wrestler to “bump up” either in division or weight class after pre-registration has been conducted and brackets set-up. This requirement can only be placed in effect if it is included as part of the initial advertisement of the event.

Ensure that you have arranged for an adequate number of officials for the tournament. You need to consider the rotation of referees for periods of rest and to get a chance to eat (if running

continuously). If you schedule the same number of referees as you have mats, then the need for multiple breaks in competition will decrease the efficiency of your competition.

Arrange for medical support in advance. The requirements for medical support are given in Section VI-A of this Handbook.

The scoring indications and timing devices should be placed such that the visibility shall be optimized. The primary consideration of this arrangement shall be such that the Timekeeper and Scorekeeper at the Table must be able to see these devices. The placement must be visible to the officials (including the “Bopper”) and the competing wrestlers. If using a smaller timing device (e.g., a stop watch or small faced clock), a method to indicate the approximate time remaining (e.g., 30 second increments) should be used. The Table Timekeeper must have a method to quickly communicate with the Bopper to signal the end of period. The Timekeeper provides the official time of the end of the period (important in calling of falls). He must be aware of the action on the mat to ensure that this official time can be noted and provided to an official that requests this time from the table. There should not be any distractions to effective execution of the Table activities.

### ***DURING THE TOURNAMENT***

Weigh-ins should be conducted in an efficient manner. Staggering the start times for each competing division can be extremely helpful in this regard. There needs to be a firm cut-off time for the end of each weigh-in group. Weigh-ins should be scheduled and completed far enough in advance to allow for setting up brackets for the tournament.

There has to be a method to notify wrestlers in advance that their match will soon begin and on what mat. This will ensure that wrestlers are located at the proper mat when it is their turn to compete. This allows smooth progress through the tournament without idle mats. Two proposed methods are presented below.

#### ***The Match-by-Match System***

Each individual match in the tournament is given a sequential number. These match numbers are presented to show which match is in progress, which match is “on deck” and which match is “in the hole” for each mat. The presentation of these numbers will be in a central location to be visible to the wrestlers, coaches, and spectators. A Head Table controls all of the bracket advancements and pairing. The bout sheets are taken to the Table of the assigned mat as soon as the match numbers are posted for that mat. The bout sheets for completed matches are returned to the Head Table. This bout sheet exchange should occur as soon as one match is completed and an upcoming match is posted for that mat.

### ***AFTER THE TOURNAMENT***

The final phase of a tournament is the presentation of awards. The award presentations can be made as a formal ceremony or directly at the mat Table. If a ceremony is conducted, it may be

held as one ceremony at the completion of all of the matches. However, the preferred method of presenting awards is to present them shortly after the bracket is completed. Awards for placing will be presented **ONLY** after all matches in that bracket have been completed. It is recommended that all tournament directors give medals to 5th and 6th place winners for any brackets over 16 wrestlers. Hosts may use generic medals without a year on them, so as not to waste medals.

The tournament will be considered complete after all of the matches have been wrestled and all of the awards have been presented. The selling of memorabilia for the designated event may continue at the facility after the tournament is completed. This selling will conclude at the direction of the Lead Host.

The number of matches per round decreases throughout the tournament. This will allow these matches to be wrestled on fewer mats. Sections of mats that are no longer being used may be rolled up to get a jump on securing the facility. This early roll up of mat sections can only be performed if it neither interferes with the matches being wrestled nor creates an unsafe condition at the edge of the mats in use.