- #1 AYWO Geographical Lines have been redrawn and again restricted to (a) Alabama State Lines, and (b) Alabama residents. AYWO Regional & State Championships are now restricted to clubs in good standing and residents of Alabama only.
- #2 Thursday night club satellites for TOTS and BANTAMS have been eliminated. ALL DIVISIONS must weigh-in at designated satellite locations on Friday night or actual same day weigh-ins at tournament location.
- #3 The AYWO Board would like to welcome appointees Ray Gaylean (acting Region 1 Director) and Clem Tanaka (acting Communications Director) to the board filling positions vacated by Matt Sweatman and John Massey. Much appreciation is directed toward Matt and John for their service and leadership to our AYWO efforts.
- #4 There will be a NEW K-12 GIRLS DIVISION instituted in the 2022-23 AYWO SEASON. The division will be FREESTYLE only--and it will coincide with the NOVICE DIVISION.
- #5 There will also be a **GIRLS FREESTYLE STATE CHAMPIONSHIP**at the conclusion of the regular season that coincides with the AYWO State Dual Championship.
- #6 The format for this upcoming season's State Dual Championships will change from a regional composition to an actual CLUB DUAL format. There will be a K-3rd Grade Division and a 4th-6th Grade Division. It will remain a 7-on-7 competition with 1 alternate per team (16 wresters total).
- #7 Middle Schoolers will be restricted from the State Dual Championship this season, and instead, have their own MS State Championship that coincides with the State Dual Championship.
- #8 The 2022-23 AYWO Region Championships will become a QUALIFIER for participation in the 2022-23 Individual State Championships. Wrestlers must compete at State at the same weight they competed at during Regions--and that weight cannot be lower than the lowest weight wrestled during the regular season. Medical exemptions will be considered when necessary, but weight will then be determined by the last AYWO sanctioned tournament wrestled.

These are some of the KEY CHANGES that emanated from our Spring Board Meeting in May.