



**WINTER
NATIONALS**

AAU United States Youth National Championships



RULES

AGE / WEIGHT CLASSES

There will not be any weight allowance for this competition.

Tots - Born 2004 or after
Weights - 35, 40, 45, 50, 55 & Hwt.

Bantam - Born in 2002 or 2003
Weights - 40, 45, 50, 55, 60, 65, 70, 75, 80, 90 & Hwt.

Midget - Born in 2000 or 2001
Weights - 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130 & Hwt.

Novice - Born in 1998 or 1999
Weights - 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140 & Hwt.

SchoolBoy (PLUS) – through the 8th grade and Born in 1995, 1996 or 1997
Weights - 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 140, 150, 160, 180 & Hwt.

*****Born in 1994 Added to SchoolBoy Division to allow older 8th graders to participate in this event*****

WEIGHT REDUCTION PRACTICES AND PROCEDURES

For the health and safety of the athlete and the well being of the sport, these rules have been created. **There will not be any weight allowance for this competition.**

1. **The Over-Up rule.** This is for all athletes in the Novice division and down. When an athlete weighs-in, if he or she is more than one pound over weight, they MUST move to the next highest weight class. **If a wrestler attempts to weigh in at 60 lbs and weighs in at 60.4 lbs- he/she may attempt to make the scratch weight of 60 lbs. If a wrestler attempts to make 60 lbs and weighs in at 61.1 lbs- he/she will automatically be moved 65 lbs (the next higher weight class).** All wrestlers Novice on down will wrestle if they make the trip. Schoolboy entrants must make the weight they are registered at. *Weight class adjustments at weigh-ins will only be made by weigh-in officials. Adjustments are not optional or discretionary by any other party.*
2. The use of sweat suits (vapor-impermeable rubberized tops and bottoms) are prohibited at any time. Such use is grounds for immediate removal from the event where the violation occurred.
3. The use of a sauna, steam room or any form of hot box before or after a tournament is prohibited.
4. The use of laxatives, water pills, or the practice of self-induced vomiting for the purpose of weight reduction is prohibited. *Except when a physician prescribes these pills and the athlete has proof of this prescription.
5. Any form of hydration after weigh-ins that is artificially accomplished (i.e. intravenous) is prohibited.
6. The tournament director, with the approval of at least two other members of the protest committee, has the right to force a competitor to move up one weight class. This process begins when any member of the committee observes an extreme condition taking place that, in their opinion, jeopardizes the health and safety of an athlete.
7. When a tournament protest committee member sees a series of events taking place that appears to be putting an athlete in medical jeopardy they are required to initiate the following . . .
 - a. Alert the Tournament Director to the observed behavior.
 - b. The Tournament Director then verbally informs the athlete and his coach, parent or legal guardian (if in attendance) about our concerns relative to the athlete's safety.

- c. If the condition continues after the verbal warning, the Tournament Director, in collaboration with at least other protest committee members, will inform the athlete of the committee's decision that he must move up one weight class.
- d. Once this has been done, the Tournament Director will write a short explanation of what, when, and how for this incident. This will then be stapled to the competitor's bracket sheet at the head table for future reference.

Tournament Format

1. Bracket Style with Round Robins for Divisions with fewer than 5 wrestlers
2. Match Durations (for all rounds, including wrestlebacks):
 - a. Tot, Bantam, Midget, and Novice will wrestle three 1 ½ minute period.
 - b. Schoolboy will wrestle three 2 minute periods.
3. True 2nd Challenge – 3rd place wrestler will be allowed to challenge for 2nd place if those two wrestlers had not previously met in competition in this event.
4. All pairings are made via blind draw. No seeding will be used.

NOTE: Regional Terminology is used above. Wrestlebacks is the process by which a wrestler can lose and wrestle his/her way back to a placing match through the loser's bracket. Challenge is the term used when a third place wrestler opts to challenge the 2nd place wrestler to determine a true 2nd place finisher.

PAIRING RULES

This event will feature two (2) styles of pairing: Brackets and pool pairing. Rules for brackets & pools are found in the National Federation of State High School Athletic District (NFSHSAA) rulebook. AAU has modifications to both rulebooks. Contact the National Official(s) for further information.

GENERAL RULES

1. This is an AAU Sanctioned "Big 10" Event (Not associated with the NCAA Big 10 conference)
2. This tournament ranks as the highest Youth Only wrestling event offered by the AAU.
3. This is an Individuals Only event. There will be no team competition.
4. As with all individuals' national championships, this event is open to all AAU card holders meeting the age and weight requirements, no pre-qualifying is necessary.
5. AAU age divisions are determined by the year of birth, not by the actual birth date
6. Proof of age: Each wrestler must present a proof of age document which shall consist of 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.
 - a. **Please note:** hospital, baptismal, or religious certificates will not be accepted.
 - b. If you are mailing this proof of age in with your registration material, please do not send originals as the tournament committee will not be responsible for returning documents.
7. All wrestlers must have a current AAU Card (Youth or Adult) verifying their amateur status and right to participate.
8. All Coaches must have a current AAU Card (non-athlete) and tournament issued coaches pass to coach mat side.
9. This competition will be conducted using the current edition of the National Federation of State High School Athletic District rulebooks, unless specifically noted otherwise in this document.

WEIGH- INS

Weigh-ins will be from 3:00PM CST until 8:00PM CST on Friday, January 8, 2010. An AAU official will be present in the weigh-in room during all scheduled weigh-ins. **There will be only one weigh-in period for this event... NO EXCEPTIONS CAN BE MADE.**

*****ALL WRESTLERS MUST WEIGH-IN WEARING A REGULATION SINGLET.*****

MEDICAL SUPPORT AND ASSISTANCE

Medical personnel (trainer or EMT) will be provided at this event. On-site trainers during the competition will be supplied with an on-the-floor treatment area. Medical personnel will be available during the weigh-in session to check each contestant for contagious skin conditions.

1. *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 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.
2. All scoring tables at AAU nationally-sanctioned events will be supplied with the proper material for the cleansing of blood. These supplies are:
 - a. Rubber gloves
 - b. Plastic bag for bio-hazardous waste
 - c. Gauze or paper towels
 - d. Disinfectant solution
 - e. Moist towelettes
3. All athletes injured and requiring medical attention must be released by medical personnel before continuing competition.
4. During weigh-ins, the trainer or medical personnel will complete a full skin evaluation process on each athlete. No alteration in any uniform/equipment will be permitted in order to control the spread of skin disease. All contagious skin diseases should be evaluated on site by the trainer working that event and only then if deemed that the wrestler is unfit for participation. The evaluation and decision of the trainer is final.
5. Use of inhalers will be allowed at mat side during non-action and will be a charged time out.
6. With regard to head injuries while participating in competition:
 - a. For a loss of consciousness, the athlete is immediately removed from further competition until a full evaluation can be completed and a referral to continue with activity from a medical doctor can be presented to the AAU.
 - b. For no loss of consciousness, 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 do last more than 30 seconds.
7. Note: If any of the above symptoms reoccur, the athlete will be pulled from competition. Athletes should not participate with any of the above complications.

TOURNAMENT PROTEST PROCEDURE

AAU sanctioned wrestling tournaments will have a Tournament Technical Committee that will have jurisdiction over the discipline and operation of the tournament. They will hear and make immediate decisions on all accepted formal protests.

This committee will consist of:

1. Tournament Director or his/her designee.
2. Tournament Official or his/her designee.
3. Tournament Pairing Master or his/her designee.
4. Two (2) At Large Members as assigned by the Tournament Committee.
 - a. NOTE: Any three (3) of the five (5) can act on a formal protest.

Protest filing procedure is as follows:

1. Protest must be of a technical (rule violation), not of a judgmental nature.
2. Protest must be submitted to the Tournament Technical Committee within thirty (30) minutes of the end of the alleged violation.
3. The written protest must contain the following information:
 - a. Names of contesting wrestlers or persons involved, including their Division and weight class.
 - b. Mat number or its identification if the mats are not numbered.
 - c. Names of the officials who observed the alleged violation.
 - d. Nature of the protest, including particular rules violated.
 - e. Desired settlement or adjustment.
 - f. \$50.00 refundable deposit, if protest is upheld, is required at the time of the protest filing. If the protest is denied, the deposit is retained by the Tournament Committee.
4. An un-appealable final decision will be rendered by the Tournament Technical Committee, as soon as possible, before the next round in that weight class. A written report of all protests, including their results, will be forwarded to the AAU National Wrestling Chair.

THE AAU WRESTLING COMMITTEE WILL NOT TOLERATE ANY FORM OF VERBAL OR PHYSICAL ABUSE DIRECTED TOWARD ANY ATHLETE, OFFICIAL OR MEMBER OF THE EVENT STAFF PARTICIPATING IN AN AAU-SANCTIONED TOURNAMENT. THIS APPLIES TO COACHES, PARENTS, SPECTATORS, AND ATHLETES. THE TOURNAMENT COMMITTEE WILL REPORT ANY SUSPECTED OR REPORTED ABUSE TO THE PROPER AUTHORITIES.