

# **AAU/Team Tennessee Handbook**

**2010 – 2011**

**SEASON**

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## **I. GENERAL INFORMATION**

The goal of 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 TEAM TN 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. (TSSAA Officials are covered only while competing in event under the jurisdiction of the TSSAA.)

## **II. POLICY ON ABUSE**

**THE AAU WRESTLING COMMITTEE (the COMMITTEE) 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 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 COMMITTEE. THE COMMITTEE WILL REPORT ANY SUSPECTED OR REPORTED ABUSE TO THE PROPER AUTHORITIES.**

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

All AAU referees, judges, mat chairs, Pairing Masters, and hosts shall conduct themselves in a professional manner at all times. 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, at all times, maintain the highest degree of personal integrity.

## **IV. TOURNAMENT COMMITTEE**

A Tournament Committee (the Committee) will be established prior to the beginning of a tournament. The minimum membership of this committee will consist of the Lead Host, Tournament Director, and Lead Pairer. 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 can be available for immediate issuance. The AAU Youth athlete cards are \$12.00 / \$14.00 and are acceptable for any sanctioned AAU Youth sports event.

All AAU Coaches registration cards can be available for immediate issuance. The AAU Coaches cards are \$14.00 / \$16.00 and are acceptable 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.

### **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 in the course of 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 a TEAM TN or 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.

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. Video tapes 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 a TEAM TN or AAU 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.

## VI. MEDICAL POLICIES DURING EVENTS

### A. MEDICAL SUPPORT AND ASSISTANCE

Medical personnel (Trainer or EMT) will be provided at each TEAM TN/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 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 TEAM TN/AAU sanctioned events will be supplied with the proper material for cleaning up blood. These supplies are:

1. Rubber gloves
2. Plastic bag for bio-hazardous waste
3. Gauze or paper towels
4. Disinfectant solution
5. Moist towelettes

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

#### C. SKIN CHECKS

During weigh-ins, officials, trainers or medical personnel will complete a full skin evaluation process on each athlete. No bandaging or alteration of 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 or by presenting a note from a medical doctor and only then deemed that the wrestler is fit for participation in the current competition. Once the final determination is made, the athlete may be evaluated on a day to day basis to reenter the competition.

#### 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

With regard to 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 COMMITTEE or TEAM TN/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.

#### 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 wrestler's concerns to be eased 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 CHAMPIONSHIP 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 WILL NOT be 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 SHALL 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.

If you are mailing this proof of age with your registration material, please DO NOT send original documents as the tournament committee WILL NOT be responsible for returning any of these documents.

#### C. BIRTH YEAR DIVISION ELIGIBILITY

**NOTE:** AAU Divisions are determined by the year of birth, not by the actual birth date.

TOT:	Birth Years 2005 and After
BANTAM:	Birth Years 2003 and 2004
MIDGET:	Birth Years 2001 and 2002
JUNIOR:	Birth Years 1999 and 2000
MIDDLE SCHOOL:	Birth Years 1996, 1997, and 1998 (No 9 <sup>th</sup> Graders)
HIGH SCHOOL:	Must be enrolled in High School

#### D. WEIGHT CLASS ELIGIBILITY BY DIVISION

##### **NOTES**

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 scale being used for the weigh-in, they will be immediately escorted, along with their weigh-in card, to the other scale and weigh-in at the next available slot (moved to the front) in that weigh-in line.
3. Weigh-in cards will be taken up 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. NO ADDITIONAL TIME WILL BE ALLOWED FOR A WRESTLER TO CONDUCT WEIGHT LOSS ACTIVITIES AND THEN RETURN FOR A SUBSEQUENT WEIGH-IN.

5. All wrestlers will weigh-in wearing a singlet. A one pound allowance for the weight of the singlet will be given.
6. 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).

TOT (5):	35, 40, 45, 50, HWT
BANTAM (9):	40, 45, 50, 55, 60, 65, 70, 85, HWT
MIDGET (12):	50, 55, 60, 65, 70, 75, 80, 85, 92, 100, 112, HWT
JUNIOR (15):	55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 108, 119, 132, 148, HWT
MIDDLE SCHOOL (21):	70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285
HIGH SCHOOL (14):	103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

**MIDDLE SCHOOL DUAL MEET COMPETITIONS (15):**

**76, 83, 91, 99, 106, 113, 119, 125, 131, 141, 151, 165, 180, 215, 250**

1. **Weigh-ins for MS Dual Meets will conducted in underwear. This will allow a thorough skin check. No weight allowance will be given.**
2. **All MS Dual weigh-ins conducted prior to Thanksgiving will be at the actual weight stated above for each class.**
3. **MS Dual weigh-ins conducted after Thanksgiving will add one (1) pound to the weights above for growth allowance.**
4. **MS DUAL weigh-ins conducted after Christmas will add one (1) additional pound (two pounds cumulative) to the official weights provided above for additional growth allowance.**

**NOTE: WEIGHT REDUCTION PRACTICES AND PROCEDURES**

Health and Safety Rules of the Athlete and the Well Being of the Sport

1. 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.
2. The use of laxatives, water pills, etc. is prohibited except when a physician prescribes these pills and the athlete has proof of this prescription.
3. The practice of self-induced vomiting for the purpose of weight reduction is prohibited.
4. Any form of hydration after weigh-ins that is artificially accomplished (i.e. intravenous) is prohibited.
5. There will be only ONE weigh-in for either single or multiple day events.

**VIII. MATCH TIMES**

**NOTE: 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.

JUNIOR (NOVICE) Division

- Three one and one half minute periods (1.5 – 1.5 – 1.5) for all matches.

MIDDLE SCHOOL Division

- Three two-minute periods (2 – 2 - 2) for all matches in Round Robin Brackets, the Championship section of a double elimination bracket, **and all matches in a Middle School Dual Meet.**
- 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.

#### 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 still tied, two FULL thirty-second rounds will be wrestled. The referee will flip a disk to determine which wrestler will have the choice (top, bottom, or defer). At the end of this period, the other wrestler will have the choice of top or bottom. (Note that "neutral" is not an option in either of these periods.) The wrestler with the highest total score at the completion of both of these rounds is declared the winner.

If the score is still tied, then a final thirty-second ULTIMATE tie-breaker 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. The wrestler who scores the first points will be declared the winner. If no points are scored, then the offensive wrestler will be declared the winner.

## HIGH SCHOOL Division

- One three-minute period for all matches.

A match consists of a SINGLE three minute 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. Upon achieving a take-down, wrestlers will continue to wrestle with scoring being conducted in accordance with the standard folkstyle scoring.

If the wrestlers go off the mat, the pair will be moved back to the center of the mat in the neutral position. If the official determines that there is no action, he will stop the match and return the wrestlers to the neutral position. No points will be awarded for either of these position changes. A lack of action call cannot be made with either wrestler on his back in a potential pinning position.

If the score is tied at the end of the third period, then OT will be wrestled to determine the winner of the match. Each 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.

## 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 TOT, BANTAM, and MIDGET divisions. This point difference will be 15 points for the JUNIOR, MIDDLE SCHOOL, and HIGH SCHOOL 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 MS 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, four (4) points for a major decision (win by 8 -14 points), and three (3) points for a decision (win by 1 – 7 points).

## **IX. COMPETITION EVENTS**

### **NOTES**

1. 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 COMMITTEE.
2. Round Robin brackets shall consist of two (2) to five (5) wrestlers in a single division weight class.
3. 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.
4. In the event that more than one wrestler in a Round Robin bracket has the same number of wins, the following criteria will be used to determine the order in which the wrestlers will be awarded a place. The winner of a head-to-head match will be awarded the higher place in the order. Any wrestler penalized for “unsportsmanlike conduct” shall be moved to the bottom place in the order. The wrestler with the most number of pins will be moved to the highest place in the order. If the number of pins is the same, the wrestler with the highest total number of points scored will be moved to the top of the order.
5. Six (6) or more wrestlers in a single division weight class will be placed in a double elimination bracket.
6. The time a headlock on the mat during a TOT Division match will be limited to thirty seconds. The official on the mat will stop the wrestling. The wrestlers will be placed in the referee’s position in the same positions (offensive and defensive) as they were when the headlock was applied.

### **A. 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 Lead Paired 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.

## B. REGIONAL CHAMPIONSHIP COMPETITIONS

These are formal competition wrestling events, which are open to eligible TEAM TN/AAU amateur athletes in the state of Tennessee. One tournament will be held for each of the four geographic regions (North, South, East, and West). Wrestlers will compete in the tournament of the geographical region where their club is located. 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.

These events are used as pre-qualifying tournaments for the JUNIOR and MIDDLE SCHOOL Division State Championship Tournaments. Places will be determined from first to sixth place. The top four wrestlers in each weight class will be eligible to compete in the State Championships. In the event that any of the top four wrestlers in a weight class cannot compete at the State Championship Tournament, the other competing wrestlers will be advanced to the next higher placing level for seeding purposes. The fifth and sixth place wrestlers (in that order) will be given the opportunity to enter the tournament in the next available placing slot(s).

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 Lead Paired 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.

## C. STATE CHAMPIONSHIP COMPETITIONS

### Lower Division (“Pee Wee”) State Championships

This event is a three-division event consisting of the TOT, BANTAM, and MIDGET Divisions. It is open to any Tennessee TEAM TN/AAU wrestler that meets the Division Eligibility requirements. There is no pre-qualification necessary for this event. Any eligible wrestler that enters this tournament WILL NOT be eligible to enter the Upper Division State Championship Tournament. Since there are no pre-qualification requirements for this event, there will be no seeding within the brackets. Wrestlers will be bracketed by separating wrestlers from the same region to the maximum extent possible and then “blind drawing” the other wrestlers into a bracket position.

### Upper Division State Championships

This event is a three-division event consisting of the JUNIOR, MIDDLE SCHOOL, and HIGH SCHOOL Divisions. Both of the JUNIOR and MIDDLE SCHOOL Divisions require pre-qualification of TEAM TN/AAU wrestlers.

Qualification for this event includes meeting the Division Eligibility requirements AND earning first through fourth place in the proper Regional Championship Tournament for that wrestler. In the event that any of the top four wrestlers in a weight class from a specific Regional Championship Tournament cannot compete at the State Championship Tournament, the other competing wrestlers will be advanced to the next higher placing level for seeding purposes. The fifth and sixth place wrestlers (in that order) will be given the opportunity to enter the tournament in the next available placing slot(s).

Any wrestler that enters the Lower Division (“Pee Wee”) State Championship Tournament WILL NOT be eligible to enter this tournament.

The HIGH SCHOOL Division will be wrestled as an open tournament. Seeding in these brackets will be based on the places at the Regional Tournaments and the separation of regions.

## D. 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 not allowed. 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.

## E. MIDDLE SCHOOL DUAL MEETS

1. Each team that wishes to compete in the Middle School Dual Meet will be required to submit a team roster prior to Christmas. The purpose of this roster is to show that the wrestlers on your team have wrestled for that team the entire season. (Middle School State Tournament Justification).
2. Coaches must have a record of each match wrestled. This will show where and for which team each athlete wrestled during the season. This will also help determine if a wrestler has competed with the same team all season.

Note that the Coaches Honor System must be maintained at the highest level standards.

## X. 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.

- The Folder System. Each individual bracket, along with the bout sheets for that bracket, is placed into a numbered folder. The bout sheets in each folder are paired as indicated on the first round of that bracket. The folders are divided up between the mat Tables as evenly as possible. These assigned numbered folders will remain on the same mat for the entire tournament. The folders will be rotated in each round starting with the lowest numbered folder and proceeding in order to the highest numbered folder. All of the matches for the given round in each folder will be wrestled. At the completion of matches in a folder for that round, the bracket will be advanced and the bout sheets paired for the next round. This bracket advancement and bout sheet pairing will take place at the Table for the mat on which that folder is being wrestled. The process is repeated for the next round. Since more than one match is wrestled per folder and the folders stay on the same mat, the wrestlers from the next numbered folder are ready to wrestle when their folder number comes up. There is no need for a Head Table in this method since all of the advancement and pairing is done at each Table.

Wrestlers will be at the mat ready to wrestle their designated match. An attempt to locate a wrestler who is not at the mat at will be made. If this wrestler does not report to the required mat Table in five minutes, that wrestler will forfeit the match to the wrestler that is at the mat. The Table and the Official may agree to wrestle the next paired match while waiting for the absent wrestler to show. These recommendations are presented in order to avoid delays in the tournament.

#### 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.

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.