



Wrestling Rules

Weight Classes

Bantam

Intermediate

Novice

Schoolboy

USA Cadet

USA Junior

USA Open

USA Wrestling Masters A

USA Wrestling Masters D

USA Wrestling Masters A-C

USA Wrestling Masters D-F

Age Groups

8U

10U

12U

14U

16U

18U

19-24

25-50

51-75

NFHS rules will apply for Folkstyle

USA Wrestling rules will apply for Freestyle and Greco-Roman

Coaches must show a current USA Wrestling or AAU coaches card to purchase a floor pass. Only coaches and athletes will be allowed on the competition floor.

Max of two coaches per corner.

Equipment

Headgear is required for the Alabama State Games Wrestling competition