**AYWO-AAU MLK 7-on-7 Duals**

**January 17th, 2022**

**Grissom High School**

**1001 Haysland Rd Huntsville, AL 35803**

[**Google Map**](https://www.google.com/search?client=firefox-b-1-d&q=1001+Haysland+Rd+Huntsville%2C+AL+35803)

**Please Read *Entire* Flyer & direct questions to your coach.**

**They are your best source of information.**

Wrestlers will need their [AAU Card](https://play.aausports.org/AccountRegistration.aspx) **and** [Trackwrestling](https://www.trackwrestling.com/TWHome.jsp?loadBalanced=true) number to pre-register. Tournament fee is paid online. This is a duals tournament. Only register if you are on a duals team for this event as there are no refunds.

Registration cost $15.00

Pre-Registration DEADLINE: Friday January 16th at 2:00 pm CST

[Pre-Register Now!](https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=196889132&TIM=1641572607076&twSessionId=sunlzvbyum)

Entrance Fees: $5 per person, under 3 free

7 v 7 dual format

Only 16 teams allowed per bracket (k-4 bracket & 4-8 bracket)

k-4 weights: 40, 45, 50, 55, 60, 65, HWT (MAX 100)

4-8 weights: 75, 85, 95, 112, 120, 130, HWT (MAX 170)

You are allowed 2 alternates per team

k-4 8 team double elimination bracket

4-8 8team double elimination bracket

Each club is allowed 1 k-4 team and 1 4-8 team

Your 4th grader can only wrestle for one team.

4 mats for the duals

Clock format

1, 1, 1 clock format for k-4

1, 1, 1.5 clock format for 4-8

Tech fall

k-4 10 pt tech

4-8 15 pt tech

We should allow 4 hours per session for the 1st run of this dual format

No Satellite weigh ins

k-4 Weigh ins at 7 am wrestle at 8am

4-8 weigh ins at 11:00 am start wrestling at 12:00 (as soon as first session ends)

This will be limited to 12 clubs. If you intend on bringing a team, contact Brandon Medal before you register your team to make sure it isn't full. Brandon’s email address is: [Brandon.medal@gmail.com](mailto:Brandon.medal@gmail.com)

Again, each club is allowed 1 k-4 team and 1 4-8 team as well as 2 alternates per team.

Will allow exhibition matches as mats open.

Registration is $15 per kid. Registration will be on track but please make sure only your 9 kids per team register.

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This event is licensed by the Amateur Athletic Union of the U.S.,Inc.

All participants must have a current AAU membership.

AAU membership is not included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained *before* the competition begins. BE PREPARED!

\*\*Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.