



2010 AAU Ironman Nationals Takedown Tournament Rules

Scoring

- * 1pt awarded for gaining a normal takedown
- * 2pt awarded for a takedown in which the defensive wrestler is taken directly to his/her back and held for three or more counts
- * 3pt awarded for a takedown in which the defensive wrestler is taken directly to his/her back and held for at least a five count.
- * Falls will be called

- TOT & BANTAM wrestle one 3 minute period, MIDGET thru MASTERS wrestles one 4 minute period, running clock.

After points are awarded, clock stops and wrestlers will be placed back in the neutral position

- Tech Fall will be 10 points for MIDGET and below. 15 points for NOVICE and up.

-

In the event of a tie at the end of the period. A one minute sudden death period will start in the neutral position. If the tie remains, the wrestler who scored the first takedown is the winner. If there is a 0-0 tie at the end a coin flip will determine the winner.