

2. The National Office has the right to coordinate the meeting and pick the site for the meeting.
- iii. **National Sport Committee Special Meetings** – Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. The purpose of the Special meeting must be stated in the Notice for the meeting.
- iv. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of the Executive Committee Meetings.
- v. **Agenda Additions**
 1. Sport Committee Meeting Order (Agendas) – The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as establish by Code (Bylaw 9.5).

II. SPORT POLICIES AND PROCEDURES

a. **Weigh-ins**

- i. For all AAU national events weigh-ins will last for four hours and take place the day before competition begins. Satellite weigh-ins are 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.**
- ii. All wrestlers must weigh-in wearing a singlet.
- iii. Re-weighs are not allowed.

b. **Medical Support and Assistance**

- i. Medical personnel (trainer or EMT) will be provided at each licensed AAU tournament. On-site trainers during the competition will be supplied with an on-the-floor treatment area. Medical personnel are to be available during the weigh-in session to check each contestant for possible or other contagious conditions. Immediate emergency transport is to be available throughout the tournament.
- ii. **Blood and Bleeding Policy**
 1. 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-licensed 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.

iii. **Skin Checks**

1. 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 Trainer has final word of participation unless medical release is provided by a licensed medical doctor. Once the final determination is made, the athlete may be evaluated on a day to day basis to reenter the competition.

iv. **Inhalers**

1. Use of inhalers will be allowed at mat side during non-action and will be charged with injury time.

v. **Head Injuries**

1. 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.
 - c. **Note** - If these symptoms reoccur, the athlete should be pulled from competition. Athletes should not participate with any of the above complications.

vi. **Weight Reduction Practices and Procedures**

1. For the health and safety of the athlete and the well being of the sport, these rules have been created:
 - a. 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.
 - b. 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.
 - c. The use of a sauna, steam room or any form of hot box before or after a tournament is prohibited.
 - d. The use of laxatives, water pills*, or the practice of self-induced vomiting for the purpose of weight reduction is prohibited.
 - i. *Except when a physician prescribes these pills and the athlete has proof of this prescription.
 - e. Any form of hydration after weigh-ins that is artificially accomplished (i.e. intravenous) is prohibited.
 - f. There will be only one weigh-in for either single or multiple day events.
 - g. At national events, 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.
2. 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.