

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 established 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 local host may form a committee to review the decision of the trainer. The committee should include one medical doctor, if available. 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 a charged time out.

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.

- b. The Tournament Director then verbally informs the athlete and his coach, parent or legal guardian (if in attendance) about our concerns relative to the athlete's safety. If the condition continues after the verbal warning, the Tournament Director, in collaboration with at least other protest committee members, will inform the athlete of the committee's decision that he must move up one weight class.
 - c. Once this has been done, the Tournament Director will write a short explanation of what, when, and how for this incident. This will then be stapled to the competitor's bracket sheet at the head table for future reference.
 - vii. **Verbal/Physical Abuse**
 - 1. The AAU Wrestling Committee will not tolerate any form of verbal or physical abuse directed toward any athlete, official or member of the event staff participating in an AAU sanctioned tournament. This applies to coaches, parents, spectators and athletes. The tournament committee will report any suspected or reported abuse to the proper authorities.
 - viii. **Alcohol and Tobacco**
 - 1. Action taken at the 2009 AAU Wrestling Sport Committee meeting prohibits the consumption, sharing and/or selling, use and/or possession of alcoholic beverages, all forms of tobacco products, illegal drugs, counterfeit and designer drugs or paraphernalia for the use of such drugs at any AAU sanctioned event.
 - 2. Persons shall be banned from entering or requested to leave any AAU sanctioned event(s) when exhibiting behavioral, personal or physical characteristics indicative of having used or consumed alcohol or other substances.

III. **SPORT OPERATIONS**

a. **Current Year Rule Changes**

- i. "ATTENTION COACHES" Be Prepared - AAU "Non-Athlete" membership cards MAY NOT be purchased same day as tournament. You MUST apply in advance. Background checks are MANDATORY. Processing may take up to 7-14 days.
- ii. Prep schools - Scholastic Duals (Disney Duals) - All prep schools will be entered into the Community Division 1 with no 5th year seniors allowed on the team.
- iii. Hwt. weight classes in Tot through Schoolboy Divisions. (See Age & Weight Division Chart)
- iv. Qualifiers - District qualifiers for national dual events are optional for each district. If district chooses to host qualifier, participants must participate in qualifier, with said district, to be eligible to compete in dual events.

b. **Event Operating Rules**

i. **Requirements for Hosting Tournaments**

- 1. Suggested Methods of Conducting a Local or District Wrestling Tournament
 - a. Quality and safety of the athlete are the two most important elements you will want to build into your preparations. As in all worthwhile and successful programs, you must begin your planning and recruiting of personnel well in advance of your tournament. Maintaining the elements of the tournament are registration, weigh-in, pairing, staging, officiating, awards, clinics, and medical support. Tournament preparation is divided into three stages: before, during, and after. A detailed format for all three stages may be obtained from the National Executive Committee by contacting the Wrestling Sport Manager at the National AAU office at 407-934-7200.
- 2. AAU National or Regional Championships