# 2016-2017 Handbook Updates

#### **BYLAWS**

#### **ARTICLE 6 - CONTEST RULES**

#### Section 8 – Contest Rules (Updated 10/13/16)

Playing Rules: All sports will follow National Federation of State High School Association rules with the following exceptions:

- 1. Flag Football Modified NIRSA rules
- 2. Nordic Ski FIS rules with ASAA modifications
- 3. Coed Soccer NFHS rules with ASAA modifications
- 4. Tennis USTA rules with ASAA modifications
- 5. Mix Six Volleyball NFHS rules with ASAA modifications
- 6. Wrestling NFHS rules with ASAA modifications
- 7. ASAA has adopted supplementary rules for baseball, hockey, and softball

## **ARTICLE 11 - PHYSICAL EXAMINATION, PARENTS' CONSENT**

#### Section 1 - Medical Examination (Updated 10/13/16)

A student-athlete may not be permitted to participate in a practice session or in any athletic event (including rifle and cheer) until there is on file, with the superintendent or principal, a statement, signed by a practicing physician, advanced nurse practitioner, physician's assistant, doctor of chiropractic or a military medical examiner, and the student's parents or legal guardians, certifying that he or she has submitted to a history and physical examination within the prior 12 months. The statement must certify that, in the opinion of the examiner, the student is physically fit to participate in strenuous physical activities.

#### STATE CHAMPIONSHIP POLICIES

#### 9. State Championship Officials (Updated 10/13/16)

A. It is imperative that ASAA State championship events are officiated by experienced certified and highly competent individuals. It is also the intent of ASAA that each Region/Conference should have the opportunity for representation by an Official from their respective geographical region at state tournaments. However, when qualified and/or competent officials cannot be obtained from one region or conference, those positions will be filled from other regions of the state.

H. Sport-Specific Guidelines: The following are guidelines for the selection of Officials for specific Activities. If the Sport is not listed, it has no specific guidelines.

4. TENNIS - Court Monitors will be chosen by the steering committee and will be present at each venue

# ACTIVITY SPECIFIC POLICIES & PROCEDURES WRESTLING

### J. WRESTLING WEIGHT CERTIFICATION (Updated 10/13/16)

All wresters weight certification must be completed and filed with ASAA prior to their first competition. A wrestler must have the lowest weight class in which he/she may wrestle determined within 60 calendar days prior to the first team competition of the season. Certification at a lower weight during the season is prohibited. After the first 30 days of the season, a wrestler may not weigh in and wrestle at more than one weight class above the weight of certification without recertifying at a higher weight. Certification should be done before practice begins by a physician, physician assistant, advanced nurse practitioner or doctor of chiropractic.