

VIRGINIA WRESTLING ASSOCIATION, INC.

POLICIES AND PROCEDURES

THESE POLICIES AND PROCEDURES, ARE WRITTEN TO BE CONSISTENT WITH THE PURPOSE FOR WHICH THE VAAWA IS FORMED, AND DO NOT OTHERWISE JEOPARDIZE ITS STATUS AS A NOT-FOR-PROFIT CORPORATION UNDER SECTION 501(C)(3) OF THE INTERNAL REVENUE CODE.

1.0 PURPOSE

- To serve amateur wrestling in the State of Virginia.
- To promote safe, enjoyable and competitive amateur wrestling.
- To protect the interests of registered athletes, coaches, and clubs.
- To promote especially the Freestyle and Greco-Roman styles of wrestling.
- To work with all groups and all levels to promote amateur wrestling.
- To develop and evaluate capable officials.
- To communicate within the wrestling community and to the general public so as to promote amateur wrestling.

2.0 ANNUAL CONVENTION MEETING:

- 2.1 Held the **third Sunday in August** as defined in the VAWA, Inc. Bylaws.
 - 2.1.1 Site and time of the meeting set by the Executive Committee - Board of Directors
 - 2.1.2 Notice of meeting shall be done via VAWA Website, VAWA Newsletter, VAWA telephone information line, and other written notice as necessary.
- 2.2 General meeting of entire state membership.
- 2.3 Nominate and select Directors for open Executive Board and Director positions.
 - 2.3.1 A VAWA member in good standing is eligible to run for office.
 - 2.3.2 A VAWA eligible voter may only have one (1) vote on each item even though registered in more than one type of membership class.
 - 2.3.3 A VAWA member must be 18 years of age to vote, and a resident of the State of Virginia.
 - 2.3.4 Quorum requirements at the Annual Meeting will be **7.5%** of the eligible voters. **(8/18/02)**
- 2.4 Scheduling of calendar
 - 2.4.1 Tournaments should not be scheduled closer than 1-1/2 to 2 hours apart on the same day.
 - 2.4.2 Priority shall be given to host club of past events in good standing.
 - 2.4.3 A club may only protect two tournament dates – one Fall: one Spring.
 - 2.4.4 After open dates are offered to other clubs, a club with two dates may schedule other tournaments.
 - 2.4.5 Clubs must register or re-register their club, coaches card and pay sanction fees with completed forms to get an approved date on the calendar.
 - 2.4.6 VAWA will endeavor to not schedule major Virginia tournaments, i.e. qualifiers, state championships on the US National Championships dates.

3.0 BOARD OF DIRECTORS

- 3.1 Board Directors will transact any and all necessary, and lawful business which the Corporation desires.
- 3.2 Board Directors will govern and control the conduct of all wrestling functions held under the sanction of the Corporation as prescribed by USA Wrestling.
- 3.3 Board Directors will carry out and enforce the bylaws, and policies and procedures of the VAWA.

- 3.4 Board Directors will make decisions and set policies which shall be binding on all members of VAWA, Inc.
- 3.5 Board Directors represent the entire organization, and as such, should make themselves available to assist the Virginia Clubs, Coaches and Athletes when requested.
- 3.6 Board Directors are expected to promote public relations for VAWA, Inc.
- 3.7 Board Directors are required to attend all called Board meetings. Absences will be reviewed by the Board of Directors.
- 3.8 Board Directors will hear appeals and protests from all members.
- 3.9 Board Directors will be expected to help establish, encourage and serve Virginia clubs.
- 3.10 Board Directors will be expected to take part in more than one area of the VAWA, Inc. organization.
 - 3.10.1 The Board Directors will serve as the foundation from which committees will serve.
 - 3.10.2 Board Directors will prepare written roles, responsibilities, and expectations for all committees approved and appointed by the Board
 - 3.10.3 These written guidelines will also provide the expected length of duration required for the committee.
- 3.11 Board Directors will be expected to participate in all state fund raising activities.
- 3.12 Board Directors will be expected to participate in all state events such as State Championships, and qualifying events.
- 3.13 The Board of Directors and Area Directors will not serve as Age Group Directors in order to ensure effective participation as Board Members in all of their obligations. Age Group Directors shall be elected annually at the Annual meeting and each Age Group Director shall be a voting member of the Board of Directors. 11-23-03
 - 3.13.1 Area Directors shall be elected at each Annual meeting by the members present From their respective areas and each Area Director shall be a voting member of the Board of Directors. 11-23-03
- 3.14 The duties of the Director selected to serve as STATE CHAIRMAN, will include, but are not limited to:
 - 3.14.1 Preside over all VAWA meetings.
 - 3.14.2 Carry out and enforce all rules and policies of VAWA.
 - 3.14.3 Appoint all committees as needed.
 - 3.14.4 Represent VAWA on every level.
 - 3.14.5 Be the official spokesperson for VAWA.
 - 3.14.6 Serve as the training mentor for the Vice-Chairman.
 - 3.14.7 Immediate past state chairman is added to the board as a non-voting board member. (6/17/00)
- 3.15 The duties of the Director elected to serve as SECRETARY will include, but are not limited to:
 - 3.15.1 To keep the official record of all the proceedings of the organization (Minutes).
 - 3.15.2 To keep on file all committee reports.
 - 3.15.3 To keep the official membership roll for VAWA.
 - 3.15.4 To make the minutes and records available to members upon request.
 - 3.15.4.1 Shall post minutes and financial reports on the website. 8-20-00
 - 3.15.4.2 Board meetings should be publicized 10 days prior to the meeting on the website. 8-20-00
 - 3.15.5 To furnish committees with whatever documents are required for the performance of their duties, and to have on hand at each meeting a list of all existing committees and their members.
 - 3.15.6 To sign all certified copies of acts of VAWA.
 - 3.15.7 To maintain record book(s) in which the bylaws, policies and procedures, and minutes are entered, with any amendments to these documents properly recorded, and to have the current record book(s) on hand at every meeting.
 - 3.15.8 To prepare the notice of meeting for publication.
 - 3.15.9 To conduct the general correspondence of VAWA
- 3.16 The duties of the Director elected to serve as TREASURER will include, but are not limited to:

- 3.16.1 Have an annual credit check and background investigation.
- 3.16.2 Prepare the state schedule for publication when appropriate paper work and fees have been received.
- 3.16.3 Receive all moneys for the association.
- 3.16.4 Maintain an appropriate bank account.
- 3.16.5 Pay all expenses of VAWA as approved by the Board of Directors
Treasurer or appointed Registrar shall:
- 3.16.6 Register all clubs, coaches, athletes, general members and officials as their applications and appropriate fees have been paid.
- 3.16.7 Prepare the appropriate documentation of membership and sanctions for VAWA to the national organization (USA WRESTLING), along with the proper fees in a timely manner.
 - 3.16.7.1 The membership processing fee of \$2 per card be paid to the processor. The processing fee will be reviewed again at a later date. (11/4/01)
- 3.16.8 Prepare the annual audit of assigned Virginia membership cards to USA WRESTLING.
- 3.16.9 Submit all checks returned to VAWA for non-payment to a collection agency after reasonable effort has been made to collect the funds.
- 3.16.10 Maintain the VAWA state office, including the telephone information line with accurate and up-to-date information about events.

4.0 CLUBS

- 4.1 Clubs offer the opportunity for wrestlers to have a place to practice and learn
- 4.2 All coaches must have a current USA Wrestling Coaches Card
- 4.3 All athletes must have a current USA Wrestling Competitors Card.
- 4.4 To be chartered clubs the proper paperwork and fees must be submitted to the state office.
- 4.5 Only chartered VAWA clubs may host tournaments.
- 4.6 Clubs that need a certificate of insurance for the owner of the practice site must complete and file the "Application to Add Certificate Holder as an Additional Insure" along with the proper fees.
- 4.7 The USA Wrestling CLUB ORGANIZING GUIDE is provided annually to all clubs to provide information to be used as a guide and checklist.

5.0 COMMITTEES

- 5.1 A Finance Committee composed of the Treasurer and four (4) other members shall be appointed by the State Chairman promptly after each annual convention. It shall be the duty of this committee to prepare a budget for the fiscal year and submit it to the Board of Directors at the **September meeting**. The Finance Committee may from time to time submit amendments to the budget for the current fiscal year, which may be adopted by a majority vote.
- 5.2 An Auditing Committee of three (3) members shall be appointed by the State Chairman, whose duty it shall be to audit the Treasurer's accounts at the close of the fiscal year and to report to the Board of Directors. The results of this audit shall be published for the membership in the VAWA Newsletter.
- 5.3 Committees, standing or special, shall be appointed by the Board of Directors as deemed necessary to carry on the work of VAWA. The State Chairman shall be, ex-officio, a member of all committees except a Nominating Committee. These committees may be, but are not limited to: Areas, Age groups, International Exchange, Officials, Newsletter, Fund Raising, Club Development, Coaches Development, Freestyle and Greco-Roman Development, Trips, and Special Events.
 - 5.3.1 Committees will be appointed for a specific time of service each year and will be given a written guideline of expectations by the Board of Directors.
- 5.4 The elected Directors may serve as committee chairmen.

6.0 DUE PROCESS (11/3/96)

- 6.1 No action should be taken against any VAWA club or registered member without following the due process procedures.
 - 6.1.2 If after an investigation, a Board Director may file charges against any member of VAWA (the investigation may result from a report made by a non-member or member). The Board Director must report in a timely fashion his intent to file charges with the State Chairman.
 - 6.1.2.1 Notification of the member being charged will be made by the State Chairman with a copy of the written charges and a notice of the meeting date to provide the opportunity for the accused to respond in writing to the charges and if necessary, to appear at the meeting of the Board of Directors to state his/her case.
 - 6.1.3 In severe circumstances the Board of Directors may order an immediate suspension without prejudice of a member until the hearing. An emergency Board of Directors meeting will be convened as soon as possible if required.
 - 6.1.4 The charges and the results of the investigation will be heard by the Board of Directors.
 - 6.1.5 If the charged member does not respond to the written notice or appear at the stated meeting, the Board of Directors will proceed with the disposition of the charges.
 - 6.1.6 The Board of Directors will dispose of the case by making a decision, and written notification of the decision will be sent to the accused.
 - 6.1.7 An appeal of the decision will require the posting of a \$50.00 deposit which will be forfeited if the appeal is not upheld.
 - 6.4.7.1 The appeal will be made within two (2) weeks and to the Board of Directors and should be based on new evidence of facts not considered in the original decision.
 - 6.4.7.2 If the appeal is not upheld then an appeal to the USA WRESTLING national office may take place.
- 6.2 If the Board of Directors finds the accused as a “member not in good standing”, written notification will be sent to the USA WRESTLING national office and will remain in force until rescinded in writing by VAWA.
- 6.3 The VAWA will also recognize and uphold “member not in good standing” notices as provided by the USA WRESTLING national office.

7.0 FINANCES

- 7.1 Ordinary income for the corporation shall be derived from membership registration fees.
- 7.2 Income may also be derived from contributions and from fund raising approved by the Board of Directors.
- 7.3 No VAWA deposit account shall exceed \$100,000 per financial institution. 8-19-01
- 7.4 A special endowment fund which was established to help defray operation costs including national trips will be held in separate savings/investment account, determined by the finance committee.
 - 7.4.1 All funds in the General Funds, in excess of \$10,000.00 (6/17/00) at the end of each fiscal year will be transferred to the endowment fund.
 - 7.4.2 Only interest from this fund may be used each year, and no interest can be used until the balance reaches \$100,000.00.
 - 7.4.3 Once the account balance reaches \$100,000.00 the interest must be used each fiscal year.
 - 7.4.4 Any expenditures of the interest from this fund must have the approval of the Board of Directors.

- 7.4.5 Two thirds of the Board of Directors and Two-thirds of the quorum of the general meeting are required to change any policy regarding the endowment fund. (6/17/00).
- 7.5 Requests for financial or any information pertaining to VAWA business be made in writing to the State office at least 14 days prior to a board meeting so that the board can review the request and then allow 30-45 days for the requested material to be received by person requesting information. (8/18/02) (Note this section is in violation of Virginia Statute Chapter 617)
- 7.5.1 Financial information request form needs to be filed and upon receipt of information, confidentiality agreement be signed.

8.0 MAILINGS

- 8.1 All VAWA Newsletter mailings will utilize the Post Office Standard Mail (Bulk) Rate when possible.
- 8.2 When the VAWA Newsletter mailing has a time sensitive delivery requirement, the Board of Directors can approve mailing by First Class.

9.0 MEETINGS

- 9.1 The order of business shall be determined by the agenda.
 - 9.1.2 The agenda will be prepared by the Secretary or designee.
- 9.2 Roberts Rules of Order

The rules contained in the current edition of *Roberts's rules of Order Newly Revised* shall govern the organization in all cases to which they are applicable and in which they are not inconsistent with the corporation bylaws and any special rules of order the organization may adopt.

 - 9.2.1 There will be a copy of the Roberts Rules of Order available at the meeting
 - 9.2.2 A Parliamentarian will be appointed at each meeting.
- 9.3 The site and time of the annual convention shall be determined by the Board of Directors.
- 9.4 Regular meetings of the Board of Directors shall be held beginning in September and then at times and places as determined by the Board of Directors at the September meeting. This schedule of meetings will be announced to all members in the VAWA Newsletter and state schedule.
- 9.5 A special meeting of the association may be called by a member of the Board of Directors or by the State Chairman.
 - 9.5.1 The purpose of the meeting shall be stated in the call.
 - 9.5.2 Except in cases of emergency, at least three days' notice shall be given.
- 9.6 The State Chairman shall preside over all VAWA meetings.
 - 9.6.1 In the absence of the State Chairman, the Treasurer/Secretary shall preside, or the most senior board member if the Treasurer/Secretary is not present.
- 9.7 Notice of meetings will be placed in the VAWA Newsletter, and on the VAWA telephone information line or regular mail will be utilized.

10.0 MEMBERSHIP REGISTRATION

- 10.1 Individuals may register at the annual meeting, at any Virginia sanctioned event, or by sending the completed application form and appropriate fees to the state office.
- 10.2 Clubs may register at the annual meeting, or by sending the completed application forms and appropriate fees to the state office.
- 10.3 Membership fees are set at the Annual Convention Meeting in August.
 - 10.3.1 Annual fees will be published in the VAWA Newsletter.

11.0 NEWSLETTER

- 11.1 The VAWA Newsletter will be published each month when time allows.
- 11.2 Each newsletter will contain a current club directory, a list of all Board of Directors and any committee chairmen and a current schedule of events.
- 11.3 The VAWA Newsletter will be published to communicate information about up coming events, as well as the results of past events.
- 11.4 The VAWA Newsletter accepts paid advertisements in copy ready form and with the appropriate fees.
 - 11.4.1 VAWA will not accept advertisement for nutritional products in any way. (10/9/99)
- 11.5 Subscriptions are available and are sold for a 12-month period.
 - 11.5.1 Subscription rate is sent annually at the State Convention.
- 11.6 Articles for the VAWA Newsletter should be directed to the Editor.
- 11.7 Registered VAWA Coaches, Officials and General Members receive the newsletter without subscription.

12.0 OFFICIALS

- 12.1 Registered VAWA officials will be members of the USWOA.
- 12.2 VAWA will provide opportunities for training of new officials.
- 12.3 VAWA will promote clinics for maintaining and upgrading officials.
- 12.4 VAWA will communicate with all registered officials by way of the VAWA newsletter, or special letter, to make them aware of opportunities of local, state, regional, national and international events.
- 12.5 Mat Officials will be expected to conduct a rules clinic at each tournament for officials and wrestlers.
- 12.6 Pairing Officials will be expected to conduct a pairing clinic when requested.
- 12.7 Officials should sign the Officials/Volunteer Tournament Staff form at each tournament with their name and USWOA registration number.
- 12.8 Registered USWOA officials who work a tournament are eligible to share the funds designated from the registration fees for officials.
- 12.9 Officials should encourage new volunteers and make sure they are provided information on becoming a registered member of USWOA.
- 12.10 Funds for registered officials will be distributed at the end of the event. This can be done by the Head Official, Head Pairing Official, or the Tournament Director.
- 12.11 **OFFICIALS TRAVEL (5/2/04)**
 - 12.11.1 There will be \$600 allocated from the General Fund to provide room and board, when not furnished by the host, for officials being considered for upgrade. If the host is providing rooms for officials and the official decides to stay elsewhere, the room reimbursement will not apply.
 - 12.11.2 Recommendations for upgrade to be made by the State Chairman and State Official's Director.
 - 12.11.3 To be eligible for reimbursement, an Official must:
 - A - Be in good standing,
 - B - Must work actively within Virginia to improve his/her officiating techniques,
 - C - Work at least eight of the dates in Florida on the VAWA Event calendar,
 - D - Work at least two VAWA Special Events.
 - 12.11.4 An Official working an out of state Southeast Regionals is eligible for a travel stipend of up to \$50.
 - 12.11.5 An Official working a USA Wrestling National event where VAWA sends a team is eligible for a travel stipend of up to \$400 – subject to budget limits.
 - 12.11.6 The Official must notify the State Official's Director in advance that they will be working either a regional or national event. A properly completed VAWA Expense Reimbursement Request Form along with receipts must be submitted to the Official's Director for approval as per policy after the travel is completed.

- 12.12 Housing for officials working the State Championships and qualifying events will be provided when requested in advance. Housing will be shared rooms with other officials.

13.0 PROTEST POLICY

- 13.1 To file a protest:
- 13.1.1 A deposit of \$50.00 will be made to the Tournament Director.
 - 13.1.2 The protest will be made in writing, using the guidelines printed in the current **USA WRESTLING INTERNATIONAL RULEBOOK AND GUIDE TO WRESTLING.**
 - 13.1.3 At tournaments the protest will be heard by the Tournament Committee. The Tournament Committee should include the Tournament Director, Head Official, Head Pairer, and at least two people knowledgeable of the rules of wrestling.
 - 13.1.4 The Tournament Committee will judge the protest on its merits and should the protest be upheld, the \$50.00 deposit will be returned; if the protest is not upheld the \$50.00 deposit will be forfeited and placed in the General Fund of VAWA.

14.0 RECOGNITION AND AWARDS

14.1 WRESTLER OF THE YEAR AWARDS

The purpose of these awards is to help promote participation and competition, particularly in the regular Saturday tournaments.

- 14.1.1 Shall be made in each age group: Kids; Cadets; Junior and Open; by athletes who participate in Virginia events, USA Regional and USA National events. (11/2/97)
- 14.1.2 Wrestlers will earn points in Freestyle and Greco-Roman tournaments from the first Freestyle/Greco Virginia events until the ?. After that date wrestlers who represent Virginia at the Cadet and Junior Nationals will also be able to earn points. (11/2/97)
- 14.1.3 Schedule of Points: Regular Virginia events: 1st-5; 2nd-3; 3rd-1. Virginia Qualifiers: 1st-10; 2nd-6; 3rd-2. VAWA State & Club Championships and Regional events: 1st-20; 2nd-8; 3rd-6; 4th-5; 5th-3; 6th-1. National events: 1st-20; 2nd-16; 3rd-12; 4th-10; 5th-8; 6th-6; 7th-4; 8th-2; and any future events as determined by the Board of Directors: 1st-10; 2nd-6; 3rd-2. (11/2/97)
- 14.1.4 Points will be earned for any wrestler in each age group in which he competes and will be counted only in the wrestlers' age group as determined by his year of birth. (11/2/97)
- 14.1.5 Wrestlers will earn points for one (1) Freestyle entry and one (1) Greco entry per event, regardless of the total number of weight classes entered. (11/2/97)
- 14.1.6 Tournament Directors will be responsible to send the pairing sheets and the registration forms for the event with the tournament package (regular Virginia events) (11/2/97)
- 14.1.7 The Board of Directors will appoint someone to compile the records for these awards. In order to be sure that the points are credited to the correct wrestler, the name of the wrestler as well as the USA card number will be maintained for the records. The person designated to record and tabulate the points will be responsible to get the information for ordering the annual awards to the state office in a timely manner. The year of birth and card number will be verified by the state computer membership list. (11/2/97)
- 14.1.8 It is recommended that the Board of Directors approve a budget of \$200.00 for compiling the records of this project annually. (11/2/97)
- 14.1.9 The awards will be given in conjunction with the VAWA annual convention meeting. This participation award program will be reviewed annually by the Board of Directors. (11/2/97)

- 14.1.10 To recognize 5 age groups with 5 awards for the kid's only series beginning with the first December tournament ending with the VAWA Kids Scholastic Tournament in February. The 5 age groups are Bantam, Midget, Novice, Schoolboy and Cadet. (These awards will be called the Scholastic Series Wrestler of the Year). (11/7/99)
- 14.2 **SETH WHITE AWARD** (VA AWARD?)
 - 14.2.1 Annual Memorial Award for a Florida wrestler who has shown outstanding courage, character, and friendship.
- 14.3 Other recognition or awards may be approved as deemed necessary by the Board.
- 14.4 The Harriette Weller award will be "Harriette Weller Life Time Achievement Award" and will be selected by the Board of Directors. (9/20/98)

15.0 SAFETY

- 15.1 Club coaches are responsible for the proper safety and security at their practice site.
- 15.2 Tournament Directors are responsible for the proper safety and security at their tournament site.
- 15.3 At any sanctioned event, i.e., meeting, clinic, camp, etc., the person signing the sanction application will be responsible for the proper safety and security of the event.

16.0 SANCTIONS

- 16.1 Any VAWA meeting, clinic, camp, international exchange, or tournament must have the appropriate sanction form endorsed by the State and then forwarded to USA Wrestling national office in a timely manner.
- 16.2 Completed sanction forms and the appropriate fees will be accepted at the annual Convention meeting or may be mailed to the state office.
- 16.3 To sanction a tournament it is required the club must have a registered mat or pairing official beginning 199-2000. (9/20/99)

17.0 TOURNAMENTS

- 17.1 All VAWA tournaments will be sanctioned by USA Wrestling.
- 17.2 VAWA events have a standard weigh-in and registration time of 8 a.m. to 10 a.m. the day of the event, unless a special event has been given approval by the Board of Directors otherwise.
- 17.3 VAWA events begin wrestling at 11 a.m. unless a special event has been given approval by the Board of Directors otherwise.
- 17.4 **Order of Wrestling**
Is determined by the Head Pairing Official. The Kids Division should be given the opportunity to wrestle as early as possible.
 - 17.4.1 Weight classes with only two wrestlers will be allowed to wrestle two out of three matches, except at the State Championships, qualifying events, or other approved special events.
- 17.5 **Tournament Entry fees**
 - 17.5.1 Maximum of \$10 per entry per style with the following exceptions: (8/17/97)
 - 17.5.2 \$15 (3/18/00) for qualifying events (age group qualifying only).
 - 17.5.3 \$15 (3/18/00) for State and Club Championships.
 - 17.5.4 Special event requests will be reviewed by the Board of Directors.
 - 17.5.5 \$1.00 of each entry fee will be divided among the registered officials who work the event.
 - 17.5.6 \$1.00 of each entry fee will go to the respective age group fund.
 - 17.5.7 \$2.00 of each entry fee will go to the VAWA general fund. (8/17/97)
 - 17.5.8 Entry forms with printed waiver as recommended by USA Wrestling should be used.

- 17.5.9 No refund policy for Kids/Cadet Southeast Regional. If athletes do not participate after paying the fees, no refund will be given. Only athletes participating will be eligible for the uniform package. Hardship cases may be addressed to the VAWA Board of Directors. (10/9/99)
- 17.6 Tournament Awards: All VAWA tournaments must offer team awards for first and second place. Only Virginia chartered clubs as listed on the weekly computer print out are eligible for the team awards.
- 17.6.1 Medals or trophies for top three in each weight class, except for VAWA State and Club Championships and approved special events.
- 17.6.2 Trophies for top two registered Virginia Clubs. Team points are based on placement of wrestlers in their weight classes-5 points for First; 3 points for Second and 1 point for Third.
- 17.6.3 In order for Clubs to be eligible for team points, the club must provide a mat official, or pairing official or other volunteer approved by the tournament director for the entire event. (9/20/98)
- 17.7 Age Divisions
Age is determined by the year of birth. The USA Wrestling annual Age Division and Weight Classes chart is the official chart.
- 17.8 Weight classes: The USA Wrestling annual Age Division and Weight Classes chart is the official chart.
- 17.8.1 Exception: fall events for the Cadet, Junior and Open Divisions will use the Current Virginia High School weight classes.
- 17.8.2 Weigh-ins are the responsibility of the Tournament Director or his designee and particular attention must be given to skin check.
- 17.8.3 Block weights will be allowed during the Folkstyle season staying within the 10% limit.
- 17.9 Mandatory Rest Time
Athletes may have two entries per style and must be given the mandatory rest between matches of 30 minutes as specified in the USA WRESTLING RULEBOOK.
- 17.10 Fall Tournaments
- 17.10.1 Fall tournaments (September through February) will use Folkstyle rules and the current Virginia High School weight classes for the Cadet, Junior and Open Divisions.
- 17.10.2 The Kids Divisions will use Folkstyle rules, but use the USA weight classes.
- 17.10.3 Wrestlers may enter two weight classes in regular fall events.
- 17.10.4 Any wrestler enrolled or participating in a High School wrestling program cannot participate in the Kids Only Folkstyle series. (10/9/99)
- 17.11 Spring and Summer tournaments
- 17.11.1 Spring and Summer tournaments (March through August) will offer Freestyle and Greco-Roman wrestling.
- 17.11.2 Amend policy to change August tournaments to Folkstyle. (5/16/99)
- 17.11.3 Kids Folkstyle tournaments can be sanctioned during the months of March and April but may not be held on Saturday.
- 17.11.4 These tournaments will be conducted under FILA Rules as modified by USA Wrestling. 10-9-99
- 17.11.5 *INTERNATIONAL RULEBOOK AND GUIDE TO WRESTLING* as published annually by USA Wrestling is the official rulebook.
- 17.11.6 Wrestlers may enter two weight classes in Freestyle and two weight classes in Greco-Roman in regular spring and summer events.
- 17.11.7 All ages Folkstyle season be extended until the end of March as an additional option offered with Freestyle and Greco. (11/4/02)
- 17.12 All VAWA tournaments will offer competition in all age groups, unless there is a special sanction approved for a certain age group only, i.e., Kids only, qualifiers or special events.

- 17.13 Wrestlers are required to wear a red or blue singlet as appropriate for all competition.(9/20/98)(effective 4//1/99)
- 17.14 Tournament Reports:
- 17.14.1 All tournament directors must complete the tournament report and return to the state office with the appropriate funds. This should be mailed to the state office in the postage paid envelope provided with the tournament package within 24 hours of the tournament.
- 17.14.2 The tournament will be assessed the mailing fee for tournament packages which are received late at the state office.
- 17.14.3 The tournament report will include a breakdown of the entries by age group, i.e., Kids, Cadet, Junior, Open, Women; the names of the two club teams that placed first and second; USA Cards sold (Competitors and Coaches) for the event with the applications; Officials applications for USWOA (new and renewal) with the applications and a list of the officials and volunteers who worked the event. The appropriate funds to cover these items must be enclosed with the tournament report form. Spring and Summer events will also be required to include the event pairing sheets with the report (used for Wrestler of the Year Awards).
- 17.14.4 Two weeks prior to a tournament, the tournament director is to submit to the VAWA office one registered mat official and one registered pairing official name that will be working that particular tournament. If the information is not submitted, along with all required tournament reports, then the tournament director will come before the board for action. (10/8/00)
- 17.15 Disqualification of a wrestler from an event:
Any athlete who is disqualified from a tournament for flagrant misconduct will be automatically suspended for two (2) weeks. A second offence in the same membership year will result in suspension for the remainder of that membership year. The athlete has the right to file an appeal as outlined in Due Process Procedures, when a disqualification occurs.
- 17.15.1 After the Tournament Committee has met and upheld the disqualification the incident will be written in detail and signed by the official who disqualified the wrestler and sent to the State Office with the Tournament Report.
- 17.15.2 The wrestler and his coach are to be told by the Tournament Director and the official that the disqualification suspends the wrestler from any competition for two weeks.
- 17.15.3 The tournament packages for the events held during the following two weeks will contain a notice of the disqualification.
- 17.15.4 If notification of the wrestler's suspension cannot be accomplished at the event (left the premises before told of suspension) a written notice will also be sent to the wrestler and coach (if known) by the State Office.
- 17.16 Sanction Acknowledgment
After the sanction has been filed, the tournament director will receive an acknowledgment of the tournament date and a copy of necessary tournament forms that can be copied for the event, i.e., entry form, pairing sheet, and card forms, etc.
- 17.17 Tournament Package
The tournament director will receive a tournament package the week of the event that will contain the tournament report form, volunteer form, USA Cards, a current computer print out of clubs and athletes, and any other pertinent information for the event along with a pre-paid envelope for returning to the state office.
- 17.18 Requirements for participating in a state sanctioned tournament
- 17.18.1 Must have a current USA Card.
- 17.18.2 If a resident of the State of Virginia must be a member in good standing with VAWA.
- 17.18.3 Wrestlers are required (9/20/98) to wear red or blue singlet as appropriate for competition.
- 17.19 Requirements for wrestlers for qualifying events

- 17.19.1 Must have a current USA card.
- 17.19.2 If the event is a qualifier for a Virginia Team, the wrestler must be a resident of the State of Virginia.
- 17.19.3 Wrestler must have wrestled in at least two (2) USA sanctioned Freestyle and Greco-Roman tournaments prior to the qualifier.
- 17.19.4 Proper singlet is required.
- 17.19.5 Wrestlers may only enter one weight class per style.
- 17.20 Requirements for wrestler qualifying for national teams
 - 17.20.1 Place in the top three in their weight class.
 - 17.20.2 Petitions will be considered for wrestler not at qualifier due to:
 - 17.20.2.1 Bodily injury or illness supported by evidence in the form of a physician's confirmation.
 - 17.20.2.2 Grievous and immediate family situation.
 - 17.20.2.3 Severe weather conditions.
 - 17.20.2.4 Other special circumstances.
 - 17.20.2.5 Petitions must be submitted to VAAWA in the manner designated in the qualifying tournament information. This information will be published in the VAAWA Newsletter, reported on the FAWA telephone information line, and will be posted at the qualifying event.
- 17.21 State and Club Championships
 - 17.21.1 Will be held annually as a state sponsored event.
 - 17.21.2 Wrestlers must have a current USA Card.
 - 17.21.3 Wrestlers must be a resident of the State of Virginia.
 - 17.21.4 Proper singlets are required.
 - 17.21.5 Wrestlers may only enter one weight class per style.
 - 17.21.6 A club roster showing the wrestlers name, weight, division and style must be turned in the day of registration. Forms will be available at registration.
 - 17.21.7 Club awards will be given to the first place club in the Kids Division, Cadet Division, Junior Division, and the Open/Masters Division.
 - 17.21.8 Club awards will be given to the top four (4) overall clubs (all divisions).
 - 17.21.9 Individual awards will be given to the top three in each weight class (State Medals).

18.0 TOURNAMENT DIRECTORS

- 18.1 Are responsible for safety and security at tournament site.
 - 18.1.1 Use the annual USA Event and Safety & Organizing Guide.
- 18.2 Should have medical personnel on site, or have information available for getting medical treatment in case of injury to a competitor or spectator.
- 18.3 Are responsible for adult staff to conduct registrations, weigh-ins, and selling cards.
- 18.4 Are responsible for mat officials and pairing staff.
- 18.5 Are responsible for the timely return of tournament report and all items due with it.
- 18.6 Are responsible for having adequate supplies for the tournament.
- 18.7 Are responsible for having the awards for the tournament.
- 18.8 Are responsible to see that any equipment borrowed is returned undamaged.

19.0 TRAINING

- 19.1 Coaches
 - 19.1.1 VAWA will schedule training such as the Bronze Level Coaches Clinics.

- 19.1.2 Require beginning in the fall of 2000-2001 that at all VAAWA State events, coaches will be required to have copper level certification or above to be on the floor. (2/13/00)
- 19.2 Officials
 - 19.2.1 Mat Officials-VAWA will schedule clinics for new officials and for maintaining and upgrading.
 - 19.2.2 Pairing Officials-VAWA will schedule clinics for new Pairing personnel and for maintaining and upgrading.
- 19.3 Athletes
 - 19.3.1 VAAWA will schedule with USA Wrestling State Support Services for the service of a National Clinician each season.
- 19.4 General Orientation
 - 19.4.1 VAWA will schedule general orientation classes for clubs or interested groups on our state organization, tournament operations, etc.
- 19.5 Regional Training Centers
 - 19.5.1 Establish in each area regional Folkstyle training centers that will operate during the months of March and April as necessary to provide training for national scholastic tournaments. (10/9/99)