

## DIAA WRESTLING RULES ADOPTIONS/MODIFICATIONS

1-1-2 Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athletes/others or place opponents at a disadvantage.

*The DIAA Board has established the following procedure for schools to request an accommodation based on disability, and/or a special need. The athletic director must contact either the DIAA State Rules Interpreter (Ross Thompson) or the Executive Director in order to obtain clearance for the player to participate in a scrimmage or a match with the accommodation. The State Rules Interpreter or the Executive Director will inspect the accommodation. If, in their opinion the accommodation meets the rule above, it will be approved for use. The Executive Director will forward a letter to that effect to the player's athletic director. A copy of the letter should then be provided to the officials before each match in which the player is competing.*

1-5 Weight-Control Program

*The DIAA Board of Directors has adopted a weight-control program which requires each wrestler to be tested to determine their minimum weight prior to competition in their first match. Each wrestler will be tested to determine if they are properly hydrated (specific gravity of 1.025 or less) and then test for body composition. The minimum wrestling weight will be calculated using a minimum body fat of 7% for males and 12% for females. Wrestlers shall not lose more than 1.5% of their body weight per week.*

2-4-2 The accuracy of these scales shall be certified annually, in accordance with guidelines established by the state association.

*The DIAA Board of Directors has not established any guidelines for certifying the accuracy of scales other than to require that scales be certified prior to the start of each wrestling season. In the absence of any state association approved guidelines, schools should follow the guidelines established by their respective conferences.*

3-2-1 By state high school association adoption, an assistant referee may be used during competition. The use of an assistant referee is designed to minimize human error in matters of rule application and judgment.

*The DIAA Board of Directors has approved the use of an assistant referee. Tournament directors and/or host schools in dual-meet competition are permitted to utilize the services of an assistant referee. In addition, a conference could mandate the use of an assistant referee for regular season competition and/or the conference championships.*

4-1-2 Note One American flag, not to exceed 2 by 3 inches may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

*The DIAA Board of Directors has approved the placement of an American flag meeting the stated specifications on the wrestler's and official's uniforms. Requests to wear a commemorative or memorial patch on the jersey must be submitted in writing to the Executive Director who will evaluate each request on its merits and respond in writing.*

10-1-1 Tournaments conducted by state high school associations for qualification to the state high school championships and the championships themselves will be determined by the individual

organization. Each state high school association is privileged to conduct those tournaments as best suits its needs. This authorization applies to Rule 10 and 11 only.

*Regulations governing the conduct of the dual-meet state championships and the individual state championships will be approved by the DIAA Wrestling Committee. The tournament format, the selection criteria and procedures, and the seeding criteria and procedures must also be approved by the DIAA Board of Directors.*