

AUSTRALIAN WRESTLING UNION INC.

RISK MANAGEMENT POLICIES

JUNE 2003

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NOTES and DEFINITIONS:

1. The Australian Wrestling Union Inc shall be referred to as **AWU**.
2. Federation Internationale de Lutte Associee (INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES) shall be referred to as **FILA**.
3. All reference to gender shall mean he or she and words in the singular include the plural and vice versa.
4. Refer to **"AWU (IEA) Risk Management Criteria and check lists.doc"** for details and complete check lists to be applied in activating and enforcing these policies.

1.0 SAFETY RESPONSIBILITIES

- 1.01 AWU MANAGEMENT COMMITTEE shall set policies and guidelines for all safety and risk management strategies.

APPLICATION

Concerns for safety should be reflected in administration policies and procedures. Administration policies and procedures should focus on two (2) aspects

- 1.02 Preventative Measures
- 1.03 Accident procedures

2.0 PREVENTATIVE MEASURES

2.01 Documentation and Record Keeping System

An effective documentation and record keeping system is crucial to any risk management system.

Documentation serves a dual purpose

- 2.01.1 It is an important part of a well-organized sport that can lead to the development and delivery of safer activities.
- 2.01.2 If it is routinely and regularly maintained, it can provide a written record of procedures followed, and action taken, that can be relied upon at a later date and may serve as factual evidence in the event of a lawsuit.

2.02 ANALYSE RISK

- 2.02.01 The prevention of risk factor is paramount and the likelihood of accidents and consequences can be reduced considerably by implementing the procedures approved by AWU.

3.0 SAFETY CONSIDERATIONS FOR WRESTLING TRAINING

3.1 Equipment

The advent of headgear has caused a marked decrease in the frequency and severity of cauliflower ears. As well, long legged workout pants and knee pads have helped to eliminate mat burns. Thicker and more absorbent wrestling mats eliminate many of the injuries prevalent a few years ago.

3.2 Facilities

Wrestling rooms should be designed with padded walls and devoid of obstructions. Competition sites should ensure that border mats are adequate. Coaches should always ensure that mats are properly taped or securely fastened.

3.3 Officials

Wrestling officials must be qualified and trained in anticipating potentially dangerous holds and never feel guilty about interrupting a match if a wrestler has sustained a

possible injury. They must ensure that fingernails are cut short, skin infections are not present and wearing apparel is appropriate for wrestling.

3.4 Rules

Amateur wrestling rules are designed to ensure not only equality through weight classes, but to limit the possibility of injuries.

All movements, which force a joint beyond a normal range of motion, are prohibited.

3.5 Coaching

The coach must be aware of possible dangers during practice and be knowledgeable regarding conditioning, flexibility, warm ups and warm downs. Coaches should always be aware of potential inequities in size, strength, ability, etc.

3.6 Nutrition

Coaches must be aware that proper nutrition is essential for maintenance of physical conditioning in rigorous sports such as wrestling. Level II certification provides sound information for proper nutrition in the sport.

3.7 Taping

Wrestlers seldom need to tape specific areas of their bodies unless a particular area is predisposed towards recurring injury. In this case taping will provide the necessary support and protection reducing the likelihood of a re injury taking place.

3.8 Hygiene

It is imperative that coaches insist on cleanliness of their athletes, their clothing and the wrestling facility itself.

4.0 COMPETITION SAFETY

4.01 AWU recommends that all affiliated clubs introduce a safety program within its' training structure

4.02 Competitions are conducted under the international wrestling rules as published by **F.I.L.A.** (Federation Internationale de Lutte Associee)

INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

4.03 INTERNATIONAL WRESTLING RULES, Lausanne February 2003 For:
GRECO-ROMAN Wrestling,
FREE STYLE Wrestling,
WOMEN'S Wrestling.

SEE appendix A

5.0 HOST CLUB OR STATE ASSOCIATION

5.01 A club wishing to host a competition shall apply to the AWU, in accordance with AWU Rules, a proposal in writing to conduct an event and supply a choice of dates, an events programme and details of the venue.

5.03 A COMPETITION COMMITTEE shall be formed.

5.04 An experienced Competition Director shall be appointed by the Host Club or the State Association, except for AWU National Titles when the AWU shall appoint the Competition Director.

6.0 COMPETITION COMMITTEE

6.01 It is the responsibility of the Competition Committee set up by the host club or the State Association to ensure all safety aspects are fully operational and within the guidelines approved by the AWU.

7.0 PENALTIES

- 7.0.1 Disqualification may occur for any offence against the rules of competition.
- 7.0.2 Penalties may occur for offences against officials.

DOCUMENTATION AND RECORD KEEPING

8.0 REPORTING

- 8.01.1 FORM F 118 – mandatory
If an injury is sustained in training, competing or during travelling to or from training or organized competitions Form F118 is to be completed by all registered members and the original sent to AWU with a copy to the relevant State Association.

THE TIME FRAME ALLOWED FOR REPORTING AND SUBMITTING FORM F 118 IS SEVEN (7) DAYS.
 - 8.01.2 All claims made by registered persons will be checked by AWU Secretary before processing by AWU Insurance Brokers to establish bona fides.
 - 8.01.3 All clubs are to maintain a documented coaching record which is approved and minuted, of established coaching programmes.
 - 8.01.4 All coaches are to hold at least a Sport Specific Principles of Coaching Level 1 Certificate.
 - 8.01.5 A qualified coach shall be required to keep a Diary of all coaching instruction carried out.
 - 8.01.6 MEMBERSHIP REGISTRATION DETAILS FORM
- A wrestler must complete and sign all pages of this document as proof that he or she is familiar with the policies and rules and directives of the association.**

POLICY ON CHILD PROTECTION

Legal Requirements *(Details from Australian Sports Commission guidelines 2003)*

Child abuse is illegal in all states and territories of Australia with each having their own laws that cover the reporting and investigation of cases of child abuse.

Mandatory reporting of child abuse (also called notification), where some professions are legally required to report any abuse they suspect or notice, applies in all states and territories (with the exception of WA) although the professions involved are different. The **Western Australian** Government recently commissioned a review of the effectiveness of mandatory reporting of suspected child abuse. The report concluded that mandatory reporting would not be effective in WA.

In **New South Wales** and **Queensland** specific child protection and intervention legislation now applies to the sport and recreation industry. The **Victorian** government is currently developing a Working with Children Check scheme based on the NSW and Qld legislation. The **South Australian** Government recently commissioned and released a review of child protection. It is now preparing legislation based on the recommendations of the report aimed at improving methods of protecting children.

Child protection legislation makes it mandatory for sporting organisations and individuals involved in sport as a paid employee or a volunteer to meet certain requirements. These requirements also apply to individuals and organisations originating outside of the states with child protection legislation in place. For example, if a sporting organisation sends junior players to NSW or QLD for training camps, competition or other activities, those travelling with the teams, if they meet the criteria outlined below, will have to undergo the relevant checks.

If organisations based outside NSW and QLD want to conduct police checks on existing personnel in, or applicants for child-related positions, they will need to get advice from their relevant state police jurisdiction as to the procedure to be followed.

The legal requirements under child protection legislation are summarised below.

NEW SOUTH WALES LEGISLATION

Employer requirements

1. Ask all existing and future paid and unpaid employees (including volunteers), where one of the essential duties of the position involves direct unsupervised contact with children, to sign Prohibited Employment Declaration indicating whether or not they are a 'prohibited person'.

A *'Prohibited person'* is a person convicted of a serious sex offence (an offence involving sexual activity or acts of indecency that is punishable by a prison sentence of 12 months or more if it was committed in NSW).

A *'registrable person'* is a person who has been found guilty of murder, sexual offences, indecency offences punishable by imprisonment of 12 months or more, kidnapping, offences connected with child prostitution and possession or publication of child pornography. A registrable person is by definition a prohibited person

2. Conduct employment screening on preferred applicants for paid positions working with children. This involves:

- The organisation registering with the NSW Department of Sport and Recreation to obtain an Employer ID number.
- The preferred applicants signing a *Working with Children Check* Consent Form to enable the screening process.

- The organisation completing the *Working with Children Check* Request Form and forwarding this to the NSW Department of Sport and Recreation as the Approved Screening Agency for sport and recreation organisations.
- The organisation informing the Commission for Children and Young People if it decides not to employ someone based on the risk assessment component of the *Working with Children Check*.

The screening process incorporates:

- A relevant national criminal record check;
- A check of relevant Apprehended Violence Orders; and
- A review of completed disciplinary proceedings the applicant may have had in previous employment.

Should any relevant information in relation to an applicant be revealed, an assessment of the risk that person may pose to children will be undertaken based on the information obtained through the screening process. The results of the risk assessment will be provided to employers to assist them in making a decision as to whether or not the person should be employed in child-related employment. The information obtained through the screening process is not provided to the employer.

3. Notify the NSW Commission for Children & Young People of any '*relevant disciplinary proceedings*' that have been completed against an employee. This relates to actions where a person, who has the authority to do so, enquires into an allegation of:

- Child abuse;
- Sexual misconduct that had a child as its victim or was directed at children or occurred in the presence of children; or
- Violent acts committed by the employee in the course of employment that had a child as the victim or was directed at children or occurred in the presence of children,

and a finding is reached, regardless of whether the matter is sustained or not sustained.

Employers are not required to report disciplinary proceedings to the NSW Commission where completed disciplinary proceedings have proven the allegations to be false, vexatious or misconceived.

4. Not employ a person in a child related position without first asking that person to declare their prohibited person status. Any current employee, including volunteers, that declare they are a 'prohibited person' or a 'registrable person' must remove himself or herself immediately from child-related employment. Where there is an urgent service delivery situation, the legislation allows for continuation of employment, under supervision, for a period up to 3 months.

Employee requirements

- Under NSW legislation an employee must:
- not apply for child-related employment;
- not accept child-related employment offered to them;
- declare whether they are a prohibited person or registrable person or not.
- If they are a prohibited person or registrable person they must remove themselves from child-related employment immediately. Where there is an urgent service delivery situation, the legislation allows for continuation of employment, under supervision, for a period up to 3 months.
- A prohibited person may apply to the Industrial Relations Commission or the Administrative Decisions Tribunal for an exemption for the Child Protection (Prohibited Employment) Act 1998. An exemption will not be given unless it is considered that the person does not pose a risk to the safety of children.

Non Compliance with legislation

There is an \$11,000 fine or a 12 months jail sentence for employers and/or employees if they do not comply with the requirements under NSW legislation.

There is no cost for mandatory checks in NSW. Non-mandatory checks cost \$36.00. This can be paid by the employer or passed onto the employee.

QUEENSLAND LEGISLATION

Employer requirements

- Undertake a criminal history check, prior to appointment, for new paid employees and all volunteers in regulated employment who work within a 12 month period:
 - at least once a week over the course of one month; or
 - at least once a fortnight over the course of two months; or
 - at least once a month over the course of six months.

People working in regulated employment, which is "one-off" or on a "short-term" basis (where the duration of their employment is less than the above formula) are not required to undergo a criminal history check. An employer, however, may still apply to the QLD Commission for a criminal history check of these people.

Paid employees who began in regulated employment before 1 May 2002 are not required to undergo a criminal history check by the Commission. Where the employer knows or reasonably suspects that an existing employee has a criminal history that may make the employee unsuitable for child-related employment, then the employer may apply to the Commission for a suitability notice for the employee.

'*Regulated employment*' is any paid or voluntary work that falls under following categories:

- Residential facilities;
- Schools – boarding facilities;
- Schools – employees other than teachers and parents;
- Churches, clubs and associations involving children;
- Counselling and support services; or
- Private teaching, coaching and tutoring.

A criminal history check looks at:

- a person's criminal history (if any) to ascertain whether the person is suitable or unsuitable to work with children
- a check of the records of the Queensland Police Service and other Police Services in Australia for details of convictions and charges that may have been laid against the person, no matter when they occurred
- where a relevant record is identified, additional information relating to that record may be sought from sources such as courts, police, prosecuting authorities and other government departments to enable a full and informed assessment.

Once the check is done, the QLD Commission for Children and Young People will assess the person's suitability for employment and issue a '**suitability notice**' stating whether the person is suitable or not suitable for child-related employment. A suitability notice that states a person is suitable is valid for two years. A notice that states a person is not suitable is valid indefinitely.

The cost of a criminal history check in Queensland is \$40.00 for applicants in paid employment. This can be paid by the employer or passed onto the employee. It is anticipated the checks on volunteers will be free.

POLICY ON DRUGS

1.0 DRUGS POLICY

- 1.01 At all times AWU and affiliated clubs shall be governed by the rules and regulations as prescribed in the AWU ANTI-DOPING POLICY and AWU ANTI-DOPING REGULATIONS and by the LIST OF BANNED SUBSTANCES OF THE INTERNATIONAL OLYMPIC COMMITTEE (IOC) and THE AUSTRALIAN SPORTS DRUG AGENCY (ASDA) as amended from time to time.

1.02 APPLICATION

AWU condemns the use of performance enhancing drugs and doping practices in sport.

The use of performance enhancing drugs and doping practices is contrary to the ethics of the sport and potentially harmful to the health of athletes.

The only legitimate use of drugs in sport is under the supervision of a physician for a clinically justified purpose.

1.03 DEFINITIONS

This Drug Policy applies to members, athletes, Coaches, administrators and employees and contractors of AWU

A member means :

- (a) a person who, or body which, is a member of AWU
- (b) a person who, or body which, is affiliated with AWU
- (c) a person who is a member of a body which is a member of or affiliated with AWU

and includes a person taking part in, or involved in or associated with (e.g. as a coach, official, medical or allied health practitioner) any sporting activity conducted, authorized or recognized by AWU

1.03A.

All person using medication requiring notification shall be required to complete a Medical Declaration which must be signed by their medical practitioner.

1.04 CONFIDENTIALITY

AWU will not disclose or use information about a person who is alleged to have, or has committed a doping offence except for a purpose under AWU.

Anti- Doping Policy to the

- (a) the ASC
- (b) the AOC or
- (c) another person until after the Committee or the CAS has made a determination.

1.05 PENALTIES

Where the Committee or the CAS determines that a person has committed a doping offence it will recommend one or more of the following sanctions.

- (a) ban the person from selection to represent Australia in international competition

- (b) ban the person from competing in any events and competitions conducted by or under the auspices of AWU
 - (c) make the person ineligible to receive direct or indirect funding or assistance from AWU
 - (d) ban the person from holding any position within AWU
 - (e) require that the person remain on ASDA's register for the purpose of out-of-competition testing
 - (f) recommend that:
 - (i) AWU
 - (ii) the ASC
 - (iii) the AIS
 - require the person to repay any financial assistance given to the person, from the date of the doping offence
 - (g) require the person to go to counselling for a specific period
 - (h) withdraw awards, placings and records won in events and competitions conducted by or under the auspices of AWU from the date of the doping offence, and/or
 - (i) reprimand the person
- A Where the Committee or the CAS determines that an employee or contractor of AWU has committed a doping offence AWU will take disciplinary action against the employee or contractor.
- B Where the Committee or CAS:
- (a) determines that a person has not committed a doping offence because:
 - (i) the person used a prescribed substance for a therapeutic purpose, or
 - (ii) there were exceptional circumstances, but
 - (b) considers that the person had an unfair advantage [because of the presence of the prohibited substance] in a competition or event conducted by or under the auspices of AWU

The Committee or the CAS may disqualify the person from that competition or event and withdraw awards, records and placings won by the person in that competition or event.

1.06 TIME SANCTIONS WILL APPLY

Where the doping offence involves

- (a) anabolic androgenic steroids
- (b) peptide glycoprotein hormones or analogues
- (c) a prohibited method
- (d) a refusal to supply a sample
- (e) trafficking

Sanctions under AWU Anti- Doping Policy will apply for:

- (a) a minimum of 2 years for a first doping offence, and
- (b) life for a second offence

In all other cases, sanctions will apply for :

- (a) three months for a first doping offence
- (b) two years for a second doping offence
- (c) life for a third doping offence

1.07 REGULATIONS

The Management Committee of AWU may make regulations for the purpose of the Anti-Doping Policy

Should there be any inconsistencies between the Policy and any Regulation, the Policy shall prevail.

POLICY ON ALCOHOL

1.0 ALCOHOL

AWU strongly recommends that competitors at all Senior level divisions **do not** consume alcohol while competing at a competition.

The consumption of alcohol by junior division competitors at any Junior event is forbidden regardless of age.

1.01 EFFECT

The effect of alcohol on the body varies between each person and circumstances.
The following immediate effects of alcohol are registered in all people to a varying degree depending on the amount consumed.

1.01.1 Loss of inhibitions

1.01.2 Flushing and dizziness

1.01.3 General impairment of brain and nervous system functions

1.01.4 Loss of co-ordination to varying degrees

1.01.5 Slower reactions

1.01.6 Aggression

1.02 EFFECT ON REFLEXES

Alcohol is a depressant drug that dampens the reflex mechanisms.
This can produce psychological side effects by boosting confidence, by in some cases, depressing fears and masking inhibitions.

This can in extreme cases produce risks to self and other competitors.
It is desirable that all competitors, coaches, administrators and officials have a blood alcohol level of zero when competing, training and officiating.

1.03 PENALTIES

Disqualification for the balance of the event or for a term to be determined by the Management Committee of AWU.

POLICY ON SMOKING

1.0 SMOKING

AWU has not determined a policy on smoking. In light of the evidence available of the harmful effects of smoking, AWU highly recommends that all persons involved wrestling, refrain from the use of all tobacco products.

The adverse effect of smoking on health aspects and the decreased performance potential associated with smoking requires evaluation.
The principle factors include.

- 1.01.1 Conflict between a practice that is hazardous to health and the conduct of a sport.
- 1.01.2 The acceptance of a sport by Government and specialist lobby groups must be seen as being beneficial to the individuals health.
- 1.01.3 The impact of smoking on non-smoking participants.
- 1.01.4 The quality of image of the sport, particularly where television is involved
- 1.01.5 The potential influencing effect on Junior members

1.02 EFFECTS

- 1.02.1 Effect on nervous system. Nicotine is highly toxic.
- 1.02.2 Inhaled smoke contains several toxins.
- 1.02.3 Passive effects. Non smokers are subject to all the toxins exhaled by smokers.
- 1.02.4 Oxygen loss is restricted because of tar in the cigarette
- 1.02.5 Smoking increases the heart rate thereby reducing the flow of blood, elevating the blood pressure.

POLICY ON INFECTIOUS DISEASES

1.0 AWU POLICY ON INFECTIOUS DISEASES

- (refer to **Article 23 Weigh-In** above).

- 1.1 Competitors must complete a medical exam 3 days before the competition in their own State or Country, and go through a medical check one hour before weigh-in. Entry to a competition is subject to the doctor's approval.
- 1.2 Infectious diseases such as Hepatitis B, C and HIV (AIDS) can be spread by blood contact.
- 1.3 In competition should any competitor be bleeding, the bout is immediately stopped, all blood cleaned up with the appropriate disinfection solution. If the bleeding cannot be stopped the bout is ended.
- 1.4 All competition venues and clubs must have appropriate blood clean-up equipment in close proximity to the wrestling mat and it should be easily accessible during wrestling.
- 1.5 Saliva and Perspiration and other Bodily Fluids can spread other infectious diseases.
- 1.6 It is recommended that any person aware of being infected with any notifiable disease should voluntarily withdraw from the sport.

POLICY ON PREGNANCY

AWU recognizes the right of the individual to make decisions in respect of their own person.

AWU will not make decisions on the continuance of the individual in the sport and the decision shall be entirely for the player and based on medical advice.

A Doctors opinion should always be sought so as informed decisions can be made.

PREGNANCY AND WRESTLING:

THE AWU RECOGNISES THE RIGHT OF MEMBERS TO CHOOSE.

However it is AWU Policy that a Doctors Certificate must be made available to the club once a wrestler becomes pregnant.

A copy of this certificate must be made available to AWU.

The AWU will not accept any claims for injury, damages or other claims in respect of a person continuing to take part in a strenuous activity, train, compete or actively engage in any form of wrestling, while pregnant, without a Doctors Certificate approving this activity.

This Certificate must be renewed on a monthly basis.

A club may refuse to allow a person to take part in wrestling activities if a Doctors Certificate is not available.

Visit www.ausport.gov.au to read the Federal Policy on Pregnancy in Sport

POLICY ON EQUIPMENT AND FACILITY SAFETY

1.0 SAFETY EQUIPMENT

Approved manufacturers shall construct mats to FILA specifications.

All safety requirements shall conform to the approved FILA specification.

2.0 FIRST AID

2.01 The Host Club for organized events is to ensure that adequate qualified first aid persons are present at all times at the venue during the competition. A First-aid station is to be set up and manned at all times.

2.02 The First Aid Officer is to hold a St Johns Ambulance qualification or similar.

POLICY ON PRIVACY

It is important for us to ensure that you are confident that any personal information that you provide to us is treated in the appropriate manner and with the appropriate degree of privacy.

What does “personal information” mean?

Personal information is any information about you that identifies you or by which your identity may be reasonably determined.

By collecting this personal information we are able to:-

Identify your level of competition, Recommend the appropriate level of advice and training, Contact you when and where necessary, Ensure that you attain the best possible service and advice from the AWU, Identify you and are able to protect you from any unauthorized access to your personal information.

If we are unable to collect personal information about you then we are unable to allow you to participate in AWU approved events.

How the AWU collects your personal information

We will always collect your personal information directly from you where possible. Where we are unable to obtain that personal information directly from you we will obtain your consent before information is obtained from another party.

Collection of your personal information may occur in a number of ways including:

- Taking information from you through application forms;
- Where you request that we contact a medical provider or other party on your behalf;
- During the course of further information provided to you or in reply to questions which may be asked by us;
- From other parties you have authorized us to contact to provide particular personal information.

It may occur that personal information may be collected by the AWU from other sources without your direct knowledge. Examples of this may be where you are involved in State Association Competitions and results are transferred from the State Associations to the AWU.

Where possible we will require you to specifically consent to any use or disclosure of your personal information. Your consent will usually be required in writing however where necessary the AWU may accept your verbal consent to disclose particular information in the conduct of your legal matter.

Regardless of how your personal information is collected and whether it is through implied or actual consent the AWU will deal with your personal information in accordance with this privacy policy.

Who would the AWU disclose your personal information to?

The AWU may need to disclose your personal information in certain circumstances. The information may be disclosed when publishing results or providing insurers with relevant information.

The AWU may disclose your personal information where you have consented to us doing so. Your consent to the disclosure of your personal information necessarily required for the due performance of the AWU will be implied from your application form.

The AWU will at all times attempt to ensure that we do not disclose your personal information to a party outside the AWU where consent for such disclosure has not been given.

Some examples of parties outside the AWU to whom we may be required to disclose your personal information and the reasons for disclosure are:-

1. Insurance companies to ensure that policy claims are accurate.
2. Government Authorities in respect to any claims for WorkCover, etc.
3. Medical or any other experts who may be required to report on any injuries sustained by you.
4. Legal representatives of the AWU.

Ensuring your personal information is up to date

The effective and proper maintenance of the AWU's records can only be obtained where the personal information which we hold is current and up to date. In this regard it is important that you notify the AWU of any changes of your personal information, which we hold.

The security of your personal information

In ensuring that your personal information is secure the AWU employs a number of means to protect your personal information. These include:-

- External and internal premises security;
- The requirement for all Committee members to enter into confidentiality agreements;
- Restricted access to personal files and information;
- Computer maintenance to ensure that unauthorized access is prevented;
- Proper document handling and shredding with respect to personal information;
- Limited access to your personal information to those persons that are necessarily required to have access to that information.

Where the AWU no longer requires your personal information we will hold your records for a period of (4) years and then securely destroy. The information will also be deleted from our main computer system.

Access to your personal information

Should at any time you wish to access your private information all that is required is that you contact the AWU and advise us of your request. In accessing that private information the AWU will require you to sign a disclaimer stating that you have accessed your private information.

In order that this information is made available to you some notice is required so that we may have the documentation ready for your inspection. Where the information is held in security the AWU reserves the right to charge a fee to cover the cost of retrieval and supply of the information to you. However we will endeavour at all times to ensure that the cost of such retrieval is reasonable.

Only the person upon whom we hold that personal information is allowed access to their personal information and as such any other personal information which may be held on that file will not be available to the person seeking access to their information.

The AWU retains the right to deny access to the personal information where the information may relate to an existing or anticipated legal proceedings with you or where access may

be regarded as frivolous or vexatious. Where The AWU has denied you access to your personal information the AWU will provide reasons for that denial.

Sensitive Information under the new Privacy Policy Rules

Certain information which may be collected by the AWU will be regarded as sensitive information. The disclosure of sensitive information can only be made by the AWU with your direct consent or where it is required for competition purpose or required by law to be disclosed.

Direct Marketing

The AWU may from time to time use your personal information, such as your address or contact details to provide you with information about other services that the AWU offers. If at any time you do not wish to receive any information about the services please feel free to contact us on 4775 3454 and we will not send you any further material.

Complaints about breaches of privacy

If at any time you believe that the AWU has disclosed your private information or has breached this Privacy Policy then you may lodge a complaint with the AWU in the following ways:-

1. By telephoning or
2. By writing to The AWU.

If you are not satisfied with the response that you receive from the AWU then you may contact the Federal Privacy Commissioner on:- "1300 363 992"

Or in writing to:-

"Director of Complaints, Office of the Federal Privacy Commissioner,
GPO Box 5218, Sydney, NSW, 1042."

POLICY ON ETHICAL BEHAVIOUR

The ethical behaviour policy of the AWU is as specified in the AWU constitution.

POLICY ON CODES OF BEHAVIOUR

From Active Australia guidelines, (the Australian Sports Commission).

Players Code of Behaviour

1. Play by the rules.
2. Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
3. Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
4. Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
5. Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
6. Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor.
7. Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
8. Participate for your own enjoyment and benefit, not just to please parents and coaches.
9. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents Code of Behaviour

1. Remember that children participate in sport for their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on the child's efforts and performance rather than winning or losing.
4. Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
5. Never ridicule or yell at a child for making a mistake or losing a competition.
6. Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
7. Support all efforts to remove verbal and physical abuse from sporting activities.
8. Respect officials' decisions and teach children to do likewise.
9. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
10. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Teachers Code of Behaviour

1. Encourage young people to develop basic skills in a variety of sports and discourage overspecialisation in one event, sport or playing position.
2. Create opportunities to teach appropriate sports behaviour as well as basic skills.
3. Give priority to free play activities, skill learning and modified sports over highly structured competition for primary school children.
4. Prepare young people for intra and inter school competition by teaching them basic sport skills.
5. Make young people aware of the positive benefits of participation in sporting activities.
6. Keep up to date with coaching practices and the principles of physical growth and development. Read and use the latest coaching and teaching resources for junior sport.
7. Help young people understand the differences between the junior competition they participate in and professional sport.

8. Help young people understand that playing by the rules is their responsibility.
9. Give all young people equal opportunities to participate in administration, coaching and refereeing as well as playing.
10. Support implementation of the National Junior Sport Policy.
11. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Coaches Code of Behaviour

1. Remember that young people participate for pleasure and winning are only part of the fun.
2. Never ridicule or yell at a young player for making a mistake or not coming first.
3. Be reasonable in your demands on players' time, energy and enthusiasm.
4. Operate within the rules and spirit of your sport and teach your players to do the same.
5. Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
6. Avoid overplaying the talented players; the just average need and deserve equal time.
7. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
8. Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your players to do the same.
9. Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
10. Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
11. Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
12. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Administrators Code of Behaviour

1. Involve young people in planning, leadership, evaluation and decision making related to the activity.
2. Give all young people equal opportunities to participate.
3. Create pathways for young people to participate in sport not just as a player but as a coach, referee, administrator etc.
4. Ensure that rules, equipment, length of games and training schedules are modified to suit the age, ability and maturity level of young players.
5. Provide quality supervision and instruction for junior players.
6. Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
7. Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
8. Ensure that everyone involved in junior sport emphasises fair play, and not winning at all costs.
9. Give a code of behaviour sheet to spectators, officials, parents, coaches, players and the media, and encourage them to follow it.
10. Remember, you set an example. Your behaviour and comments should be positive and supportive.
11. Support implementation of the National Junior Sport Policy.
12. Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.
13. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Officials Code of Behaviour

1. Modify rules and regulations to match the skill levels and needs of young people.
2. Compliment and encourage all participants.
3. Be consistent, objective and courteous when making decisions.
4. Condemn unsporting behaviour and promote respect for all opponents.
5. Emphasise the spirit of the game rather than the errors.
6. Encourage and promote rule changes, which will make participation more enjoyable.
7. Be a good sport yourself. Actions speak louder than words.
8. Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
9. Remember, you set an example. Your behaviour and comments should be positive and supportive.
10. Place the safety and welfare of the participants above all else.
11. Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.

Spectators Code of Behaviour

1. Remember that young people participate in sport for their enjoyment and benefit, not yours.
2. Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
3. Respect the decisions of officials and teach young people to do the same.
4. Never ridicule or scold a young player for making a mistake. Positive comments are motivational
5. Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
6. Show respect for your team's opponents. Without them there would be no game.
7. Encourage players to follow the rules and the officials' decisions.
8. Do not use foul language, sledge or harass players, coaches or officials.
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

APPENDIX A

(The following is an EXTRACT ONLY, of all FILA articles and rules, being those applicable to conduct of competition and wrestler safety considerations)

ARTICLE 3 - APPLICATION

Application of these Rules to the Olympic Games, Championships and all international competitions under the control of FILA, is compulsory.

During international competitions, a competition procedure that differs from that set out in the Rules may exceptionally be used, provided that permission has been granted by FILA and all participating countries.

ARTICLE 6 - AGE CATEGORIES - WEIGHT CATEGORIES - COMPETITIONS

a) Age categories

SCHOOLBOYS	14-15 years (from 13 with medical and parental certificate)
CADETS	16-17 years (from 15 with medical and parental certificate)
JUNIORS	18-20 years (from 17 with medical and parental certificate)
SENIORS	20 years and older

Wrestlers in the junior age category are allowed to participate in the competitions for seniors. However, wrestlers aged 18 in the year concerned must provide a medical certificate and parental authorisation. Wrestlers aged 17 in the year in question may not participate in senior competitions.

Age will be verified at all Championships and competitions during the final registration, 6 hours before the weigh-in.

b) Weight categories

Schoolboys	Cadets	Juniors	Seniors
1. 29-32kg	1. 39-42kg	1. 46-50kg	1. 50-55kg
2. 35kg	2. 46kg	2. 54kg	2. 60kg
3. 38kg	3. 50kg	3. 58kg	3. 66kg
4. 42kg	4. 54kg	4. 63kg	4. 74kg
5. 47kg	5. 58kg	5. 69kg	5. 84kg
6. 53kg	6. 63kg	6. 76kg	6. 96kg
7. 59kg	7. 69kg	7. 85kg	7. 96-120kg
8. 66kg	8. 76kg	8. 97kg	
9. 73kg	9. 85kg	9. 97-120kg	
10. 73-85kg	10. 85-100kg		

Each contestant deemed to be taking part of his own free will, and responsible for himself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in. For categories in the senior age group, competitors may opt for the next higher category than their body weight, except for the heavy weight category, for which contestants must weigh over 96kg.

ARTICLE 7 - COMPETITOR'S LICENCE

Any male or female school aged, cadet, junior, or senior wrestler who competes in the Olympic Games, World Championships, World Cups, Continental Championships, Cups and Games, Regional Games and the World and Continental League must hold an international competitor's licence, as defined by special Regulations.

The competitor must, at the time of the weigh-in, present his licence to the official delegate who, in turn shall submit it for verification to the FILA representative. The latter shall return it on the same day to the team manager of the said competitor.

The licence is valid only when it bears the FILA stamp for the current year.

By paying for the stamp, the wrestler (apart from Veterans) is insured for medical and hospital costs in the event of an accident arising during the competition in which he is participating during the following events only: Olympic Games, World Championships, Continental Championships, World Cups and World League.

ARTICLE 8 - DRESS

At the beginning of each day, each competitor must be closely shaven or have a beard of several months' growth.

a) The competition singlet

Contestants must:

- appear on the edge of the mat wearing a FILA approved one-piece singlet of the colour assigned to them (red or blue). The combination of colours is forbidden.
- have a cloth handkerchief during the whole of the match and must show it to the referee beforehand

The use of light knee pads containing no metal parts is allowed.

c) Ear protectors

Those wrestlers who wish to may wear ear protectors. They must be approved by FILA and must not contain any metal or have hard shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors..

d) Shoes.

Contestants must wear wrestling shoes providing firm support for the ankles. However, the use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.

BANS

It is prohibited to:

- wear bandages on wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.
- apply any greasy or sticky substance to the body
- arrive at the mat perspiring for the beginning of the match as well as for the second period
- wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, etc.

ARTICLE 9 - THE MAT

A FILA approved mat, with a 9 metre diameter and surrounded by a 1.50m border of the same thickness, is obligatory in the following contests: Olympic Games, Championships, Cups and all international competitions

For the Olympic Games and World Championships, warm up and training mats must also for FILA approved and be of the same quality as the competition mats.

A red band 1 metre wide and forming an integral part of the wrestling area is drawn along the circumference on the inside of the circle of 9 metres in diameter.

The following terms will be used to designate the various parts of the mat:

The central circle is the mat centre (1m diameter)

The interior part of the mat lying within the red band will be called the central wrestling surface (7 m diameter).

The red band is the passivity zone (1 m width)

The border is the protection area (1.5m width)

In Olympic Games, World Championships and Continental Championships, the mat should be set upon a raised platform, the height of which should not be greater than 1.10 metres. Posts and ropes are prohibited.

If the mat is set on a platform, and if the protective margin (the border and free space around the mat) does not total two metres, the sides of the platform shall be equipped with panels

sloping at a 45 degree angle. The protection surface shall always be of a colour that is different from that of the mat. The flooring near the mat must be covered with a soft covering, carefully fastened into place. **To prevent contamination, the mat must be washed and disinfected before every wrestling session.**

The canvas eyelets must have protective coverings. However, when mats that have a smooth, uniform and non-abrasive surface are used (canvas included), the same hygienic measures must also be applied. A circle must be traced in the middle of the mat with an inside diameter of one metre and a surrounding band 10 cm wide. The colour of the line just described and that of the line marking off the wrestling area must be red. Inside this circle will be the start of all "Par Terre" and all clinch situations. Furthermore, the diagonally opposite corners of the mat are marked out in the wrestlers' colours, that is, red and blue. The mat should be installed so that it is surrounded by a wide, open space, in order to ensure that the competition proceeds normally.

Article 10 - MEDICAL SERVICE

As specified in the Regulations defining the international competitor's licence, each wrestler must undergo a medical examination in his own country or State three days before leaving for Championships, Cups and Games.

The organiser of the competition in question is obliged to provide a medical service responsible for conducting medical examinations prior to the weigh-in and give medical assistance during the bouts.

Before the competitors weigh in, the doctor(s) shall examine the athletes and evaluate their state of health. If a competitor is considered to be in poor health or in a condition that is dangerous to himself or to his opponent, he shall be excluded from participating in the competition.

Throughout the competitions, and at any time, the medical service must be prepared to intervene in case of an accident, and to decide whether a wrestler is fit to continue the contest. Doctors from the participating teams are fully authorised to treat their injured wrestlers, but only the coach or a team officer may be present while treatment is being administered by the doctor.

Article 11 - MEDICAL SERVICE INVOLVEMENT

The doctor in charge has the right and duty to stop a bout at any time through the mat chairman, whenever he considers that either competitor is in danger. He may also stop a bout immediately by declaring one of the wrestlers unfit to continue. The wrestler must never leave the mat, except in the event of a serious injury requiring his immediate removal.

In the event of a wrestler being injured, the referee must immediately ask the doctor to intervene and must ask him if the stoppage is justified or not. If the doctor signals that the stoppage is intentional, the referee will ask the judge or the mat chairman to impose a sanction (point and caution).

If a wrestler has a visible injury or is bleeding, the doctor will have the time necessary to treat the injury and he decides if the wrestler can carry on the match or not.

There is no time limit.

In the case of any medical dispute, the doctor for the team of the wrestler in question has the right to intervene in any treatment required, or to give his advice on an intervention or decision made by the medical service. Only the doctor may propose to the officials that the bout be stopped.

In competitions where there is no official doctor, the referee can suspend the bout for a maximum of 2 minutes in any one match. The officials decide if the wrestlers are acting intentionally or not.

This stoppage can be allowed on one or more times and is valid for both wrestlers.

The time-keeper for the mat concerned will announce each 30-second interval.

The referee must invite the two wrestlers to return to the centre of the mat 10 seconds before the 2 minutes are up.

ARTICLE 12 - DOPING

In applying the provisions of the ASDA federal statutes, and in order to combat the possibility of drug use, which is formally prohibited, ASDA reserves the right to require that wrestlers undergo examinations or tests in all competitions it supervises.

This provision must be applied at Championships, according to ASDA Regulations, and according to IOC Rules.

In no case may competitors or officers oppose this verification without incurring immediate elimination and the penalties imposed for doping.

ASDA will decide the time, the number or frequency of these examinations, which will be carried out by any means it deems useful.

Suitable samples will be taken by an official from ASDA, in the presence of an representative for the wrestler to be tested.

Where sampling is not carried out under the conditions set out above, the results obtained shall be considered void.

Article 13 - COMPOSITION

In all competitions, the officials for each bout shall consist of the following:

- a) 1 mat chairman, 1 referee, 1 judge
- b) that is, three officials qualified or designated by the Regulations for international judges and referees. In Championships, a mat controller will be nominated with functions specified in the article dealing with the controller.
- c) Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed.

Article 14 - GENERAL DUTIES

- a) Officials shall perform all the duties set forth in the Regulations governing wrestling competitions and in any special provisions which might be established for the organisation of particular competitions.
- b) The mat chairman, referee and judge shall evaluate the holds individually in order to arrive at a final decision. The referee and judge must work together under the direction of the mat chairman, who co-ordinates the work of the officials.
- c) It is the duty of the officials to assume all of the functions of refereeing and judging, to award points and to impose the penalties stipulated in the Rules.

Article 15 - THE REFEREE

- a) The referee is responsible for the orderly conduct of the bout on the mat, which he must direct according to the Rules.
- b) He must command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he must conduct the bout without tolerating any irregular and untimely outside interventions.
- c) He shall work in close co-operation with the judge and must carry out his duties in supervising the bout while refraining from any impulsive or untimely interference. His whistle shall begin, interrupt and end the bout.

Article 16 - THE JUDGE

- a) The judge is responsible for all the duties stipulated in the general Rules of wrestling.
- b) If, during the bout, the judge notices something that he feels he should bring to the referee's attention because the latter was not able to see it or did not notice it (a fall, illegal hold, passive position, etc.), the judge is obliged to do so by raising the bat of the same colour as the singlet of the wrestler in question, even if the referee has not asked for his opinion. In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or in the conduct of the wrestlers.

Article 17 - THE MAT CHAIRMAN

- a) The mat chairman, whose functions are very important, shall assume all the duties provided for in the Rules of wrestling.
- b) He shall co-ordinate the work of the referee and the judge.

Article 18 - THE MAT CONTROLLER

In all Championships, Cups and Regional Games, a member of the Refereeing Commission or a referee from the highest category will be nominated as mat controller for each mat.

Article 23 - WEIGH-IN

The weigh-in always takes place on the day before the competition and lasts 30 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination within the time period stipulated in the Regulations governing the competition in question.

Medical examinations are always performed one (1) hour before the weigh-in.

The contestants will be weighed with their singlet but without their shoes after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease.

Contestants must be in perfect physical condition, with their fingernails cut very short.

Article 31 - DURATION OF THE BOUTS

The duration of the bouts is set as follows:

For schoolboys and cadets: 2 periods of 2 minutes

For juniors and seniors: 2 periods of 3 minutes

The break between the two periods lasts 30 seconds.

In the event of extra time, the bout can only be prolonged by a regulated wrestling period: 2 minutes for schoolboys and cadets and 3 minutes for juniors and seniors.

Article 35 - INTERRUPTING THE BOUT

- a) If a contestant finds himself forced to interrupt the bout because of an injury or because of any other acceptable incident beyond his control, the referee may stop the wrestling according to article 11 of these Rules.
- b) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the wrestler involved and the mat chairman; the latter then orders that the bout be stopped.

Article 37 - STOPPING AND CONTINUING THE BOUT

The coach may remain at the foot of the platform or at least two metres from the edge of the mat during the bout.

Except for the assistance he is authorised to give to a doctor who is providing medical attention to his wrestler, the coach is strictly forbidden to influence decisions or to insult the referee or judge. He may only speak to the wrestler.

Article 59 - PROHIBITIONS AND ILLEGAL HOLDS - GENERAL PROHIBITIONS

Wrestlers are forbidden to:

- pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw
- kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth
- thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet
- cling to or grasp the mat
- talk during the bout
- seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted)
- to agree the match result between themselves

Article 62 - ILLEGAL HOLDS

The following holds and actions are illegal and strictly prohibited:

- throat hold
- twisting of arms more than 90 degrees
- arm lock applied to the forearm

- Holding the head or neck with two hands, as well as all situations and positions of strangulation
- double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body
- bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle
- executing a hold by stretching the opponent's spinal column
- chancery hold with one or two hands in any direction whatsoever
- The only holds allowed are with the head and one arm.
- in standing holds executed from behind when the opponent is head down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header)
- In executing a hold, only one arm may be used to hold the opponent's head or neck.
- It is forbidden to lift the opponent who is in a bridge position and then to throw him onto the mat (severe impact on the ground); that is, the bridge must be forced down.
- Breaking the bridge by pushing in the direction of the head is strictly prohibited. Generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and the wrestler at fault, penalised (warning). If the attacker repeats his violation, he will be punished by a warning. One point will be awarded to his opponent who will have the choice of position.

The duties of the referee toward the competitor committing a violation are as follows:

If the wrestler can carry out the action:

- Stop the violation
- Force the wrestler to release the hold if it is dangerous
- Ask for a caution
- Give a point and the value corresponding to the hold to his opponent
- Stop the match
- Ask for the choice of position

If the wrestler cannot carry out his action:

- Stop the match
- Give 2 points to his opponent
- Ask for choice of position
-

ARTICLE 63 - PROHIBITED HOLDS FOR THE SCHOOLBOY AND CADET CATEGORIES

To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:

- Double Nelson from both the front and side
- In Free Style wrestling, a leg hook on the opponent's leg, in addition to the double Nelson

Australian Modification, July 2002.

- ***Any straight-back, high-arching throws to the head, known as Salto or Suplex will be illegal for School-age and Cadet competition.***
-

Article 64 - SPECIAL PROHIBITIONS

- a) In Greco-Roman wrestling, it is forbidden to grasp the opponent below the hips and to squeeze him with the legs. All pushing, pressing or 'lifting' by means of contact with the legs on any part of the body of the opponent is also strictly forbidden.
- b) In Greco-Roman wrestling, it is necessary to accompany the opponent to the ground and to stay in contact with him in order for a hold to be valid.
- c) In Free Style wrestling, a scissor-lock with the feet crossed on the head, neck or body is forbidden.

Article 65 - CONSEQUENCES AFFECTING THE BOUT

If as a result of an illegal hold, the wrestler who applied the hold (the wrestler at fault) finds himself at a disadvantage, the bout must continue without interruption. He will then stop the

match, give the necessary points, give a warning to the wrestler at fault and ask for the position standing or *par terre*.

If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction, then the match should be stopped and wrestling should be made to continue in a standing position with the attacking wrestler receiving an amicable warning. If the wrestler attacks again with an illegal hold, the referee will stop the match, give a warning (0) to the wrestler at fault, 1 point to his opponent and the choice of position.

In all cases, in the event of any wilful butting with the head or any other brutality, the wrestler at fault may be eliminated immediately from the bout by a unanimous decision of the officiating team, or disqualified from the competition and placed last with a comment "eliminated for brutality".

Article 67 - INTERNATIONAL RULES SPECIFIC TO WOMEN'S WRESTLING - AGE CATEGORIES AND WEIGHT CATEGORIES

The age categories for women's wrestling will be:

SCHOOLGIRLS	14-15 years (from the age of 13 with a medical certificate and parental authorisation)
CADETS	16-17 years (from the age of 15 with a medical certificate and parental authorisation)
JUNIORS	18-20 years (from the age of 17 with a medical certificate and parental authorisation)
SENIORS	20 years and over
Wrestlers who are 17 in the year in the cadet category may compete in the senior category with a medical certificate and parental authorisation.	

The weight categories are as follows:

Schoolgirls	Cadets	Juniors	Seniors	Olympics
28-30kg	36-38kg	40-43kg	44-48kg	44-48kg
32kg	40kg	46kg	51kg	55kg
34kg	43kg	50kg	55kg	63kg
37kg	46kg	54kg	59kg	67-72kg
40kg	49kg	58kg	63kg	
44kg	52kg	63kg	67kg	
48kg	56kg	68kg	67-72kg	
52kg	60kg	68-72kg		
57kg	65kg			
57-62kg	65-70kg			

Article 68 - DRESS

Participants must present themselves for competition as defined in article 8.

In addition:

The wearing of an under-wired bra is forbidden.

It is forbidden to wear earrings, barrettes, bracelets, rings, or any metal or rigid object, as well as a man's wrestling singlet with a T-shirt underneath.

The wearing of FILA sanctioned ear protector is obligatory for cadet and junior female age categories. For female senior age category the wearing of ear protectors are optional.

Article 69 - WEIGH-IN

Principle: Participants are weighed in the same way as the men as mentioned in article 22 of these Rules.

Article 70 - LENGTH OF THE BOUT

SCHOOLGIRLS AND CADETS 2 periods of 2 minutes

JUNIORS AND SENIORS 2 periods of 3 minutes

The break between the two periods is 30 seconds.

For all categories, extra time lasts no longer than a normal wrestling period and begins straight after the end of normal time.

Article 71 - GENERAL TECHNICAL RULES

All technical Rules in these Rules for men's wrestling apply in women's wrestling.

Article 72 - ILLEGAL HOLDS

As well as the general illegal holds established in these Rules for men's wrestling, the following holds are prohibited in women's wrestling:

- all double Nelsons in the "*par terre*" or standing position.
-

Article 73 - MODIFICATIONS AND UNFORESEEN EVENTS

These Rules supersede all former editions.

The FILA Executive Bureau has the sole decision-making authority concerning any modifications to the above provisions that are deemed desirable with a view to improving the technical Rules of wrestling. These decisions shall remain in effect until the following Congress, which shall be called to examine them.

These Rules have been drawn up bearing in mind all the circulars and information distributed by the FILA.

They contain all the suggestions put forward by the auxiliary bodies and the Bureau which were accepted by the FILA Congress.

These Rules are the only valid document of their type until the following Congress which will be asked to rule on all the possible modifications or interpretations decided by the Executive Bureau.

In the event of controversy, only the French text is valid.

The National Federations must translate this document into their official language.

Every referee at a competition must have copy of these Rules in his language and in one of the FILA's official languages (French or English).

<p><i>(End of EXTRACT ONLY, of all FILA articles and rules, being those applicable to conduct of competition and wrestler safety considerations)</i></p>

AWU FORM

F118- IEA –2000 INJURY REPORT

Athletes Name: _____

Address _____

Date of Birth: ____/____/____ []M []F :

Injury
State Association: _____

Place and Event: _____

Date and Time of Injury: _____

Description of Injury: _____

History of individual:

New / re-injury; _____

Date of any previous injury / /

Observations: _____

Impressions and comments: _____

Care rendered: _____

Is there any evidence to suggest that there is potential for a negligence claim on any party?

☐ YES []

☐ NO []

Referred to: _____

Please use a separate sheet if more details are required.

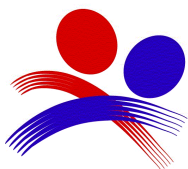
Signature of person attending injured: _____

Print name and qualification _____

DATE:

Must be returned to AWU Secretary within 7 days

F 118 - 2003



Australian Wrestling Union

Incorporated ABN 50 711 416 640

Reg 13442Z

INDEMNITY AND RELEASE

I understand that participating in the activities of the**Wrestling Association Inc.** (Insert state association name) carries with it the inherent risk of physical injury, including serious injury such as permanent disability, paralysis and even death and in undertaking such activities I do so at my own risk.

I am also aware that it is a condition to my participation in any official or sanctioned wrestling event that AWU, its officers, employees, representatives, agents, volunteers, instructors, members, or servants are absolved from all liability howsoever arising from injury or damage howsoever caused (whether fatal or otherwise) arising out of my participation in an event or in training, or in any way whatsoever due to any negligent act, breach of duty, default and/or omission on the part of AWU, its respective officers, employees, representatives, agents, volunteers, instructors, members, or servants.

I am also aware that any person participating in wrestling, learning to wrestle, training or participating in any activity carried out by the AWU and **Wrestling Association Inc.** is only allowed to do so on the distinct understanding that they do so at their own risk. This agreement shall be binding upon and inure to the benefit of the parties, their successors, administrators, assigns and personal representatives.

In consideration of being allowed to participate in the activities of the club, which includes training for and participating in competitions, I.....(FULL NAME - print)

of do HEREBY ACKNOWLEDGE that I have read and understood the warning and indemnity above and agree to release and forever hold harmless from any liability, suit or action howsoever arising the AWU and **Wrestling Association Inc.** and their respective officers, employees, representatives, agents, volunteers, instructors, members, or servants in the event of my injury and/or death.

Applicant:

Witness:

Signed:.....

Signed:.....

Name:.....
(PRINT)

Name:.....
(PRINT)

Address:.....(PRINT)

Date:...../...../.....

Signed on behalf of a junior person- under 18

I consent to the person named in this document to take part in activities with the club and acknowledge that I have read and understand this waiver and agree to release the AWU and the affiliated association the **Wrestling Association Inc.**, and their respective officers, employees, representatives, agents, volunteers, instructors, members, or servants from any liability including the club's acts of negligence to the fullest extent permitted by the law.

PARENT / PRIMARY CARE GIVER

Witness:

Signed:.....

Signed:.....

Name:.....
(PRINT)

Name:.....
(PRINT)

Address:.....
(PRINT)

Date:...../...../.....

All persons seeking membership of a wrestling association must complete this document.