

Pennsylvania Interscholastic Athletic Association, Inc.

# 2023-24 Wrestling Preseason Bulletin

Rules, Revisions, and Interpretations



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## 2023-24 NFHS WRESTLING RULES CHANGES

### **1-4-3 SECTION 4 REPRESENTATION:**

**ART. 3 . . .** No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of competition.

**Rationale:** With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

### **1-4-4 SECTION 4 REPRESENTATION:**

**ART. 4 . . .** No contestant shall wrestle in two consecutive matches with less than a 30-minute rest between matches. The conclusion time of each match shall be recorded.

**Rationale:** The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

### **1-4-7 (NEW) SECTION 4 REPRESENTATION:**

**ART. 7 . . .** No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

**Rationale:** The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

### **3-1-1 SECTION 1 REFEREE:**

**ART. 1 . . .** The referee's uniform consists of a short-sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes. Shoes with white or gray trim are allowed. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

**2023-24 NFHS WRESTLING RULES CHANGES CONT'D**

**Rationale:** Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

**4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:**

**ART. 1 . . .** A legal uniform consists of:

**a.** a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights. The one-piece singlet shall be school-issued.

**NOTE:** Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

**Rationale:** The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights.

**b.** compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.

**c.** Remains the same.

**Rationale:** For consistency, either uniform style is available for full-length tight-fitting tights usage.

**2023-24 NFHS WRESTLING RULES CHANGES CONT'D****4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:**

**ART. 1 . . .** Facial hair is permissible. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

All legal hair covers and face masks will be considered as special equipment.

**Rationale:** It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

**5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:**

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

**Rationale:** The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

**PIAA HAS MODIFIED RULE 5-13 AND WILL NOT BE ADOPTING MEDICAL FORFEITS.**

**SECTION 2 ENTRIES**

**ART. 4 . . .** In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

**Rationale:** By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

**ART. 5 . . .** A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

**Rationale:** There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

**2023-24 NFHS WRESTLING RULES CHANGES CONT'D****5-15-2a SECTION 15 INBOUNDS:**

Change: a. When down on the mat, the usual points of support are:

1. the knee(s)
2. the side of the thigh
3. the buttocks
4. the hand(s)
5. the head
6. foot/feet

**Rationale:** Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

**6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:**

**ART. 2 . . .** The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm.

**Rationale:** Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.

**4-5 SECTION 5 WEIGHING IN**

The PIAA Board of Directors has clarified Rule 4-5 to provide an athlete must be eligible in all respects in order to participate in weigh-ins.

**Rationale:** To eliminate the practice of weighing in ineligible or injured wrestlers that cannot compete in order to gain a competitive advantage over an opponent.

**COMMENTS ON THE 2023-24 RULES**

Modified the number of matches in any one day of competition (1-4-3) — Increased the number of matches from five to six per day. The rule was changed to allow six matches in post-season events after successful experiments by member state associations last season and there were no reported increase of injuries. It is a natural progression to allow six matches during the regular season and it will be monitored throughout the season.

Modified the rest time between matches (1-4-4) — The sentiment is that reducing the recovery time from 45 minutes to 30 minutes between matches is appropriate.

Modified the number of matches in two-consecutive days of competition NEW (1-4-7) — This is a new rule change. The modified rule change (1-4-4) to allow six matches in a day was for meet management during one-day tournaments only. This rule change is not to encourage more matches in a season.

Modified the referee's uniform (3-1-1) — Allowing the referee's shoes to have white or grey trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

Modified what a wrestler can wear underneath the singlet uniform (4-1-1a) — The tights worn by wrestlers today are compressed and form-fitted reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent.

Modified what a wrestler can wear underneath the two-piece uniform (4-1-1b) — The tights worn by wrestlers today are compressed and form-fitted reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent.

Modified that facial hair is allowed (4-2-1) — Facial hair is permitted regardless of the thickness and length. Individuals should always be observant regarding skin disease and work to minimize risk for all involved. If there are any questionable areas on or around the face, an inquiry would be made with the wrestler about a physician's note or get a determination from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then the wrestler would be denied the opportunity to compete.

Modified the definition of forfeits (5-13, 10-2-4, 10-2-5) — By having a medical forfeit option available, it will clearly define that the wrestler was not able to report to the match due to injury or illness that occurred during the tournament. The determination will be made by the tournament director after consultation with the injured or ill wrestler's coach and the on-site approved health-care professional (AHCP). Like regular forfeits the wrestler would not take a loss on their record.

Modified the usual points of support (5-15-2a) — Feet are regularly supporting the wrestler's weight during the match while on the mat. A wrestler's feet are allowed to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials.

Modified the end-of-match procedure (6-5-2) — Modified the various methods the referee can indicate who won the match.

## **2023-24 POINTS OF EMPHASIS**

The NFHS Wrestling Rules Committee and the NFHS Board of Directors believes there are areas of interscholastic wrestling that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as “Points of Emphasis.” For the 2023-24 high school wrestling season, attention is being called to: Uniform Decorum, Excessive Celebration, Default vs. Forfeit and Concealment of a Communicable Skin Condition. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention needed.

### **Uniform Decorum**

The proper use of a uniform is paramount in high school wrestling. Cleanliness, color selection, fit and style all go into what constitutes the proper decorum of use by the wrestler. A dirty, poorly sized, unbecoming colored uniform is an impediment that interferes with wrestling. We cannot afford for the wrestler’s attention to be distracted from the business at hand...to wrestle! Keeping the uniform washed and clean reduces risks of transmitting skin disease which protects the opponent, referee and provides comfort for the wearer. When looking to purchase new or replacement uniforms, consider your color selection and placement. Today’s young people do not want to be placed in a situation where a white or light uniform (top or bottom) when wet reveals more of their body than they are comfortable in having exposed. They can become easily embarrassed and self-conscious. With cell phones ever present and everything and/or everybody possibly being the next social media post that goes viral, we want to do our best in avoiding any unfortunate situations. Similarly, it is imperative that a uniform (singlet or two-piece) should be issued to a student that best fits their size, weight and gender. It is disconcerting to have a wrestler wearing a stretched out uniform while wrestling and the back of their uniform is touching the mat during competition. The referee has no other option but to award a fall to their opponent. Whereas, a properly fitted uniform would not have placed the wrestler in jeopardy. With an increase of more than 30,000 girls entering our sport this last school year and more expected to join our ranks this year, girls being issued a boy’s uniform is no longer practical or reasonable. Obviously, boys and girls have different anatomies and require different types of uniforms. It is highly recommended that girls are issued girls’ cut singlets/ two-piece uniforms. The design of the girls’ cut style uniforms reduces the risk of exposure during wrestling competition. We cannot expect a girl to perform her best if she has to be concerned whether her uniform will support her while she is competing. A sports bra and suitable undergarment that completely covers the groin and buttocks are not just items of modern-day convenience. They are significant in high school wrestling because they are part of the uniform. Proper fit and sizing (to minimize the risk of exposure) should be considered when the female wrestler is on her feet or in various positions during competition. Coaches and parents/guardians have a collaborative role in helping the wrestler to maintain their modesty with proper fitting undergarments and allow them to compete at their optimum best!

While a wholesale overhaul of your uniform stock is not necessary, you should inspect what you have and if it is financially (or when your school’s uniform rotation occurs) feasible replace your inventory with newer and properly fitting uniforms designed for all the wrestlers on your team. It will encourage the morale and confidence of your wrestlers.

### **Excessive Celebration**

Wrestling consists of two similar-sized athletes using their skill, technique, strength and catalogue of moves to control and dominate their opponent. One wrestler always has to win and the other unfortunately will be the loser during that match. We are observing that some of the celebrations have become excessive and over the top. We appreciate the exuberance of a young person winning, and their success is a sense of accomplishment and pride, but not at the expense of their opponent. Embarrassing the opponent does not add to their win. It tarnishes the sport that they have dedicated themselves to and have found success in. High school sports and other activities exist to lift students up, not demean or tear them down. The goal is to treat everyone fairly and treat each other with respect. Any actions, taunts, speech or harassment that is insulting, demeaning or hurtful will and should not be tolerated. Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

**2023-24 POINTS OF EMPHASIS CONT'D****Default vs. Forfeit**

In the purest and simplest form, a default is awarded when a wrestler is unable to continue wrestling for any reason. The match has started and the wrestler cannot continue to wrestle anywhere during the match. The opponent wins and the defaulting wrestler receives the loss. A forfeit is when an opponent fails to appear for a match for any reason. With the new rule change, a medical forfeit is now an option. The caveat is that the forfeiting wrestler cannot wrestle due to an injury or illness that occurred during the tournament. The wrestler remains in the tournament if possible (moving down to the consolation bracket) and does not take a loss on their record. This entire transaction is determined by the tournament director after consultation with the on-site appropriate health-care professional and the coach of the injured or ill contestant. Both actions cease wrestling for different reasons and have unique consequences.

**Concealment of a Communicable Skin Condition**

With the new facial hair rule allowing beards of varying thicknesses and lengths, paying particular attention to more visible skin issues is as important as ever. Covering a communicable skin disease with either make-up or other methods is in direct conflict with the rules of fairness and risk minimization. Concealing or hiding a communicable skin disease is unsporting behavior and in violation of the NFHS Communicable Disease Procedures and makes the wrestler ineligible to participate per rule.

**2023-24 PIAA ADOPTIONS AND MODIFICATIONS**

- PIAA adopts the 2023-24 NFHS Wrestling Rules Book.
- Modify Rule 4-2-1 to permit wrestlers to have facial hair of up to a half-inch in length, as long as the skin of the wrestler is visible so that a proper medical examination can be performed.
- Pursuant to Rule 4-2-3, adopt the NFHS Medical Release Form for Wrestler to Participate with Skin Lesion(s).
- Modify Rule 4-4-1 to include the following 13 weight classes: 107, 114, 121, 127, 133, 139, 145, 152, 160, 172, 189, 215, and 285.
- Adopt Rule 1-5-2, hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment, to determine a minimum wrestling weight (MWW), pursuant to the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC).
- Pursuant to Rule 4-4-4, authorize a two (2)-pound growth allowance on or after December 25, at all levels (varsity, junior varsity, or otherwise) of competition.
- Modify Rule 4-5-3 to provide that a wrestler is eligible for the weight class their weight makes them eligible, plus the next highest weight, subject to their descent plan.
- Modify the interpretation of Rule 11-1-4 to permit a wrestler to weigh-in for any weight class in a multiple day dual event if their MWW makes them eligible for that weight class.
- Modify Rule 5-13: Tournament physician approval required for medical forfeits.
- Requirement of participation in at least seven (7) duals to be eligible for participation in postseason for the Team Wrestling Championships; Board of Director's action March 30, 2022.

**CONCUSSION MANAGEMENT PROTOCOLS FOR PIAA OFFICIALS**

Concussion Management continues to be a very important point of emphasis in every interscholastic sporting activity. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as a loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by the appropriate health-care professional.

When sending an athlete out of a contest, the official should advise the head coach that the player is being removed from competition due to the athlete exhibiting concussion like symptoms.

Neither officials, nor coaches, are expected to “diagnose” a concussion, as that is the responsibility of an appropriate health-care professional. The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play.

The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, appropriate health-care professional or other individual designated by the school administrators.

The official does not need written permission for an athlete to return nor does the official need to verify the credentials of the appropriate health-care professional.

If a player returns to the competition the official should just monitor them in the same manner prior to them being sent out originally.

Those wishing to learn more on this topic can register and attend a course sponsored by NFHS by using this link: <https://nfhslearn.com/courses/concussion-in-sports-2>



### **RELIGIOUS HEADWEAR GUIDELINES**

Religious headwear is permitted provided it is not abrasive, hard, or dangerous to the participant and any other player and must be attached in such a way it is highly unlikely to come off during play. Religious headwear does not need to comply with any of the color restrictions defined in applicable sport uniform codes. Religious headwear in swimming and diving and wrestling must comply with the safety standards of the sport and be approved by the head coach and contest referee. Hijabs, turbans and yarmulkes are acceptable types of religious headwear.

### **EXHIBITION MATCHES**

At the PIAA Wrestling Steering Committee meeting held in April 2018, discussion was held regarding the concern that exhibition matches are being contested either before or after varsity competition without utilizing adopted NFHS rules. Plainly stated, exhibition matches cannot occur outside of defined competition standards for the safety of your athletes.

If there is interest in providing for additional opportunities for wrestling, junior varsity competition may occur either before or after the varsity competition. However, such competition must take place under NFHS Wrestling Rules, requiring matches wrestled at weight classes both athletes are eligible, and conducted by a PIAA-registered wrestling official, and recording a score. Matching up wrestlers without a weigh-in or wrestling contests without the supervision of an official cannot occur.

For additional information on creating junior varsity competition for your athletes, please contact your District Wrestling Chairman or Mark E. Byers at the PIAA Office at 717-697-0374 or [mbyers@piaa.org](mailto:mbyers@piaa.org).



### LEG AND ARM SLEEVES

As a result of a continuing conversation between PIAA officials and coaches surrounding legal knee pads and sleeves, PIAA corresponded with NFHS regarding the rules application on the pieces of special equipment. It has been determined that knee pads or elbow pads with ex-tended sleeves will be considered legal and permitted to be worn by contestants in the sport of wrestling. While PIAA encourages a single solid color for this special equipment, NFHS wrestling rules permit multi-color knee pads and elbow pads.

Examples of legal special equipment (NFHS Wrestling Rule 4-3) are pictured below:



**Enforcement of Rules and Use of Signals and Mechanics**

All officials must pay particular attention to the enforcement of contest rules as they are written and also the use of approved signals and mechanics, especially as they relate to ejections. Failure to enforce the rules as written and/or failing to use approved signals and mechanics makes it difficult for PIAA to support officials when an ejection occurs.



## NFHS OFFICIAL WRESTLING SIGNALS

<p><b>1. Starting the Match</b></p> 	<p><b>2. Stopping the Match</b></p> 	<p><b>3. Time-Out</b></p> 	
<p><b>4. Start Injury Time</b></p> 	<p><b>5. Start Blood Time Out</b></p> 	<p><b>6. Start Recovery Time</b></p> 	
<p><b>7. Stop Blood/Injury/Recovery Time</b></p> 	<p><b>8. Neutral Position</b></p> 	<p><b>9. Indicates No Control</b></p> 	
<p><b>10. Out-of-Bounds</b></p> 	<p><b>11. Indicates Wrestler in Control – Left/Right Hand</b></p> 	<p><b>12. Defer Choice</b></p> 	<p><b>13. Potentially Dangerous – Left/Right Hand</b></p> 



# NFHS OFFICIAL WRESTLING SIGNALS

14. Stalemate



15. Caution – False Start or Incorrect Starting Procedure



16. Stalling – Left/Right Hand



17. Interlocking Hands or Grasping Clothing



18. Reversal



19. Technical Violation



20. Illegal Hold



21. Near-Fall



22. Awarding Points – Left/Right Hand



23. Unsportsmanlike Conduct – Left/Right Hand



24. Flagrant Misconduct – Left/Right Hand



25. Coach Misconduct – Left/Right Hand



26. Unnecessary Roughness – Left/Right Hand



27. Default Technical Fall Disqualification



28. Start Head, Neck, Cervical Injury Evaluation Time



**PIAA BY-LAWS: ARTICLE XIII, SECTION 8: DISQUALIFICATIONS****Section 8. Disqualification From Next Contest(s).****General Rule. Preamble**

Sportsmanship is a core principle in interscholastic athletics. Actions which are unethical and/or intended to demean, embarrass, intimidate or injure opposing contestants, Teams, spectators and/or officials are considered unsportsmanlike and will not be tolerated since they are contrary to the purposes of PIAA and convey lessons incompatible with the reason why high school sports exist.

**A. Mandatory Disqualification. One Game Suspension** Any Coach, team personnel and/or contestant who is disqualified from a Scrimmage, Interschool Practice, and/or Contest by a state high school association-recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct is disqualified from Coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach and/or contestant was previously disqualified. For a Coach, participation in the next Contest includes any contact by the Coach with members of the Team, including other Coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal must direct the Coach not to attend all of the Contest(s).

**B. Supplemental Disqualification. Two Game Suspension** Two Game Suspension. Any Coach, team personnel and/or contestant who, is ejected from a Scrimmage, Interschool Practice, and/or Contest by a state high school association recognized and/or registered official and a component of the ejection is any of the following actions: confronting an official, coach, or contestant; physically contacting an official, coach, or contestant; directing foul or vulgar language/gestures toward an official, coach, contestant or spectator(s); using ethnic or racially insensitive comments: will be disqualified from coaching and/or participating for the remainder of the day and for the next two (2) Contests including all Contests on the next two (2) Contest days of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach, team personnel and/or contestant was previously disqualified. For the purposes of this provision, the jurisdiction of the official(s) to apply and enforce this rule begins upon the official's arrival at the Contest site and ends when the official (or the last of the team of officials) leaves the Contest site. The Contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas.

**NOTE: What this means for officials is that any disqualification that previously only applied to contests now apply to scrimmages as well. Officials ejecting persons from scrimmages must now submit the DQ form for these additional instances also.**

When the Supplemental Disqualification implicates a contestant, and in addition to the two (2) Contests disqualification, the contestant may not return to competition representing the contestant's school until the contestant completes the NFHS Sportsmanship program at NFHS Learn (online) and provides a certification of completion of this program to the student's Principal and the Principal submits the certification to the PIAA District Sport Chairman. A Coach disqualified under this provision may not return to competition representing the Coach's school until the Coach completes the NFHS Sportsmanship program and Teaching and Modeling Behavior program at NFHS Learn (online) and provides a certification of completion of these two programs to the Coach's Principal and the Principal submits the certification to the PIAA District Sport Chairman.

A PIAA District Committee may, at its discretion, convene a hearing to address any and all disqualifications and may provide additional penalties as warranted by the circumstances. Penalties handed down by the District Committee would be covered under Article XIII of PIAA By-Laws.

The Supplemental Ejection is not designed for violations of "Rules of the Game" but rather for the conduct and foul language that result in the ejection. The one game sit out penalty still remains for those actions that do not fit the Supplemental Ejection policy.

PIAA Board of Directors has given officials an additional tool to use, if warranted, to curb bad behavior. PIAA Board of Directors is concerned about the number of ejections and the conduct and foul language that result in ejections. This could aid in the recruitment and retention of officials if bad behaviors are reduced.

Ejections submitted may be edited by the PIAA office to a Supplemental Disqualification if the criteria are met after reading the Reason for Disqualification section of the submitted disqualification form.

Schools considering appeal should review the PIAA By-Laws Article XIII to determine if an appeal is permitted.

### PIAA BY-LAWS: ARTICLE XIII, SECTION 8: EXAMPLES

- **Situation:** After the basketball game has concluded and the officials are in the locker room, varsity head coach Jones begins to bang on the door and use profanity toward the officials.
- **Ruling:** The coach's actions would merit a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Jones who must sit out the next two varsity contests. The crew chief must also make contact with Coach Jones' athletic director immediately or immediately after leaving the contest site to inform them that the Supplemental Disqualification was issued on Coach Jones.
  
- **Situation:** During a junior varsity soccer game a player from team A commits a handball violation in the penalty area denying an obvious goal scoring opportunity.
- **Ruling:** The referee awards a penalty kick to Team B and properly issues a red card and escorts the player from Team A to the sideline. The referee also informs the coach of the reason for ejection. The referee must file the Disqualification Report within 24 hours and the player must sit out the next junior varsity contest.. This is a standard one game sit out disqualification penalty.
  
- **Situation:** In the third inning of a baseball game the head coach disagrees with a safe/out call and charges onto the field while yelling profanities at the umpire.
- **Ruling:** The umpire must eject the head coach and inform them that they are being assessed a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Smith who must sit out the next two junior varsity contests.
  
- **Situation:** During the boys varsity soccer match, Player A1 is taken down with a legal tackle by Player B1. Player A1 feels that a foul should have been called and jumps from the ground and yells at the nearest official saying, "Hey Ref, you suck."
- **Ruling:** The official must immediately be issued a red card and eject Player A1. The official must then inform Player A1's head coach of the ejection and the fact that it is a Supplemental Disqualification due to the foul language directed at the official. The ejecting official must file the Supplemental Disqualification report within 24 hours on the player who must sit out the next two varsity contests.
  
- **Situation:** After the volleyball match has concluded and the officials are walking through the school lobby to get to their cars a parent confronts the officials and uses profanity toward them.
- **Ruling:** The officials must not engage the parent in discussion and should continue to their vehicle, if possible. Upon reaching their vehicles the crew chief must immediately contact the host school's athletic director and inform them of what occurred. The officials do not retain jurisdiction under the Supplemental Disqualification in this instance. It does not apply to fans, only coaches and contestants. School athletic administrators must take action to prevent this type of occurrence in the future.
  
- **Situation:** After the varsity football game has ended and the officials are gathering at the 40 yard line to proceed to the locker room, the head coach rushes on to the field and confronts the crew about calls made that evening. The coach while using foul and abusive language contacts one of the officials.
- **Ruling:** The crew chief must inform the head coach that he is being assessed a Supplemental Disqualification for his actions. The crew chief must file the Supplemental Disqualification report within 24 hours on the head coach who must sit out the next two varsity contests.
  
- Final Point:
- **Question:** On the new two game DQ is it going to be the officials' decision if it's a two game DQ or the PIAA's after reviewing the report?
- **Answer:** As with the previous one game DQ, it is always the decision of the official to eject but the actions of the player or coach will be the deciding factor whether the Supplemental DQ is used. The official really has no decision to make. If the actions fit the criteria of the Supplemental Disqualification, then the penalty is two games, the decision will be made for them by the actions of the offender. The official will not have the ability to choose between the two different disqualifications. The choice will be made for them.

**NFHS MEDICAL RELEASE FORM  
FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)**

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also believes that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health – care professionals that led to the research into this subject and to the development of this form.

**GOALS FOR ESTABLISHING A WIDELY USED FORM:**

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health – care professionals who are signing “return to competition forms”. Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health – care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health – care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

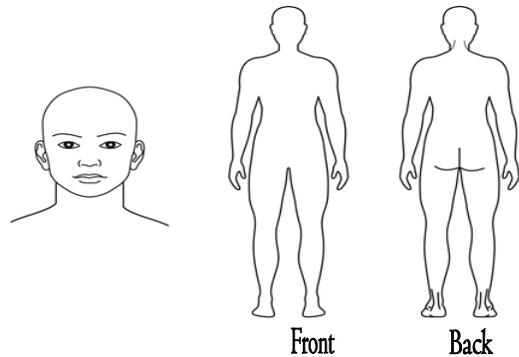
**IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:**

1. Each state association needs to determine which appropriate health – care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health – care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a “bodygram” with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health – care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired, and can be edited in any way for use by various individuals or organizations. It may also be modified and used for sports other than wrestling. In addition, the NFHS SMAC would welcome comments for inclusion in future versions, as this form will be reviewed yearly, and modified as needed.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS SPORTS MEDICINE ADVISORY COMMITTEE  
 MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_  
 Enrolled in \_\_\_\_\_ School  
 Diagnosis: Mark Location AND Number of Lesion(s) \_\_\_\_\_  
 \_\_\_\_\_  
 Location AND Number of Lesion(s): \_\_\_\_\_  
 \_\_\_\_\_  
 Medication(s) used to treat lesion(s): \_\_\_\_\_  
 \_\_\_\_\_  
 Date Treatment Started: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time: \_\_\_\_\_  
 Form Expiration Date for this Lesion [Note on Diagram(s)]: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Earliest Date the Wrestler May Return to Participation: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Treating Authorized Medical Examiner (\*AME) [print/type]: \_\_\_\_\_ License # \_\_\_\_\_  
 Office Address: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
 Treating \*AME's Signature: \_\_\_\_\_ Date of Exam: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



**Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:**

**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorum, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm on scalp or skin):** Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

**Note to Appropriate Health-Care Professionals:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

*"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*

*"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."*

*"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."*

Once a lesion is considered non-contagious, it may be covered to allow participation.

**DISCLAIMER:** The National Federation of State High School Associations (NFHS)/Pennsylvania Interscholastic Athletic Association, Inc. (PIAA) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

**\*AUTHORIZED MEDICAL EXAMINER (AME):** A licensed physician of medicine or osteopathic medicine, a physician assistant certified, or either a certified registered nurse practitioner or a school nurse practitioner, who is under the supervision of a licensed physician of medicine or osteopathic medicine.

**OPTIONAL JUNIOR HIGH/MIDDLE SCHOOL INTERSCHOLASTIC WRESTLING COMPETITION**

A junior high/middle school, in cooperation with other junior high/middle schools, may conduct interscholastic wrestling competition using the following criteria:

- a. At weigh-in, **all** wrestlers shall be listed from lowest to highest match-up weights.
- b. To the weight of 138 pounds, the difference in actual weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in actual weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 15 weight classifications set forth herein.
- c. The selection of wrestlers in the bouts shall be done by the two schools alternating with the visiting team having first choice.
- d. Forfeits shall not be permitted.

**JUNIOR HIGH / MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATIONS**

Competition shall be divided into 15 weight classifications as follows

80 lbs.	115 lbs.	155 lbs.
87lbs.	122 lbs.	170 lbs.
94 lbs.	130 lbs.	190 lbs.
101 lbs.	138 lbs.	210 lbs.
108 lbs.	145 lbs.	250 lbs.

A contestant is permitted to wrestle up one weight classification above that for which the contestant's actual weight qualifies that contestant to wrestle.

A two (2) pound growth allowance shall be added on or after December 25th.

**JUNIOR HIGH/MIDDLE SCHOOL WRESTLING LENGTH OF MATCH**

Regular matches in dual meets or Tournament Championship competition shall be four and one-half minutes in length divided into three periods of one and one-half minutes each.

Consolation matches in Tournaments shall be three-minutes in length divided into three periods of one minute each.

Overtime matches, in Tournaments and dual meets, shall consist of one, one minute period followed by two 30-second tiebreakers, if necessary, and one 30-second ultimate tiebreaker, if necessary.

In all matches there is no rest between periods and the match is recessed only long enough to position the wrestlers for the start of the next period.



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If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials' Uniforms. Please give them your consideration for any purchases regarding officials' supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports' officiating. Officially Sports may be contacted via email at [sales@officiallysports.com](mailto:sales@officiallysports.com), by visiting [www.officiallysports.com](http://www.officiallysports.com).

### PIAA SPORTSMANSHIP MESSAGE

\*\*This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.\*\*

*PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.*



Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportsmanship message prior to the contest. This is an improper procedure and this message **MUST** be read. Officials are not to paraphrase, modify, or develop their own Sportsmanship Message to the captains and head coaches. The proper procedure is head coaches and captains **MUST** attend the pre-game reading of the sportsmanship message. For distribution purposes, this message is printed on the back of all PIAA registered sports officials' 2023-2024 identification cards.

This message **MUST BE READ VERBATIM** by the contest officials. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Wrestling Rules. The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.

### CONFLICT OF INTEREST POLICY FOR ALL SPORTS

PIAA has a written policy regarding conflict of interest. This policy is in all of our post regular season officiating contracts and is contained in the PIAA Athletic Officials' Manual for all officials to view.

An official will remove themselves from a contest if they find that they have any personal association with any of the competitors or coaches on any team, with the competitors' school, or with the competitors' community, such as being a relative of a competitor, or being an employee or a relative of a competitor in the competitors school district, or a resident of the competitors' community.

### PIAA BY-LAWS, ARTICLE XV; SECTION 5 RECOMMENDATION OF WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

## OFFICIAL'S UNIFORM

**From the officials' Manual:**

### **E. Required Uniforms for PIAA-Registered Officials:**

#### **Official's Emblem**

By action of both the Board of Directors and the Officials Council, the emblem is an integral part of the officially prescribed PIAA standard uniform. As such, it must be worn on the left sleeve (3 inches down from shoulder seam) of the official's standard shirt when officiating in all PIAA sponsored games. An official's shirt may also have a U.S. flag attached to the right sleeve (3 inches down from shoulder seam). Any other patch, emblem or identifying item may be worn on an officials' jacket, but not on the officials' shirt.

#### **Required Uniform Policy**

Except where specifically modified by the Board of Directors, the acceptable official's uniform for any PIAA contest will be determined by the National Federation of State High School Association (NFHS).

All PIAA-Registered Sports Officials must wear identical uniforms during a contest.

The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited. Smoking and/or tobacco chewing is prohibited. Obviously, use of alcoholic beverages prior to game assignments is prohibited.

White soles around the shoe are not considered an accent mark and shoes with white soles cannot be worn as an approved uniform item.

1. The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.
2. All PIAA-registered officials must wear identical uniforms during a contest.
3. Required uniform for wrestling officials:
  - Shirt** - Alternating black and white 1-inch vertically striped short sleeved shirt with a black collar or v-neck collar or gray shirt with black pinstripes.
  - Slacks** - Full length Black Trousers.
  - Belt** - Black, if worn.
  - Socks** - Black.
  - Shoes** - Solid Black or Predominately Black with some white, clean and shined.
  - Lanyard or Smitty** – Black

The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited.

Smoking and/or tobacco chewing is prohibited.

NOTE: It has been discussed that the wearing of warm-ups and warm-up jackets at PIAA events should only have PIAA insignia on them. Officials are representing their local association and PIAA and therefore should not be wearing logos, patches or jackets of other association or organizations.

PIAA sports' officials may display an American flag (maximum size 2 by 3 inches) on the right sleeve of their uniform shirt approximately three inches down from the shoulder seam. This will be the same position the PIAA official patch is displayed on the left sleeve.

## **CANCELLATION OF AN OFFICIAL'S CONTRACT BY A PIAA MEMBER SCHOOL**

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

**Comment:** It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has “double booked” the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a “good faith “ effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor's responsibility. Officials should request contracts from their assignors or schools for both parties protection.

## **COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

### **Means of reducing the potential exposure to these agents include:**

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.



### INFECTIOUS SKIN DISEASES

**Strategies for reducing the potential exposure to these infectious agents include:**

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

### BLOOD-BORNE INFECTIOUS DISEASE

**Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:**

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (match or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

### UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving. Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

### SPORTS MEDICINE COMMITTEE RECOMMENDATIONS

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

**PIAA 2023 - 2024 DISTRICT RULES**  
**INTERPRETERS**

District 1 .....	MARK MARINO.....	mark@marinoholdings.com
District 2 .....	TIMOTHY MCGINLEY.....	mcgin@verizon.net
District 3 .....	ROBERT DERR.....	bdermatref13@outlook.com
District 4 .....	ROCKY MILLER .....	suzrok@comcast.net
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District 10 .....	ERIC R. MOUNT.....	mount_eric@yahoo.com
District 11 .....	ANTONIO PHILLIPS.....	tonyphill1@msn.com

**PIAA 2023-24 Wrestling Schedule**

First Practice Date	November 17th
Minimum Length of Preseason Practice	2 Weeks
First Inter-School Practice or Scrimmage Date	November 24th
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2
First Regular Season Contest Date	December 1st
Maximum Length of Regular Season	12 Weeks
Maximum Number of Regular Season Contests	22
District Deadline Team Wrestling	February 3rd
Team Wrestling Preliminary Round	February 5th
PIAA AA & AAA Team Wrestling Championships	February 8th, 9th, & 10th GIANT Center, Hershey
Last Regular Season Contest Date and District Deadline	February 24th
Region Deadline	March 2nd
PIAA AA & AAA Wrestling Championships	March 7th, 8th, & 9th GIANT Center, Hershey



NOTES

