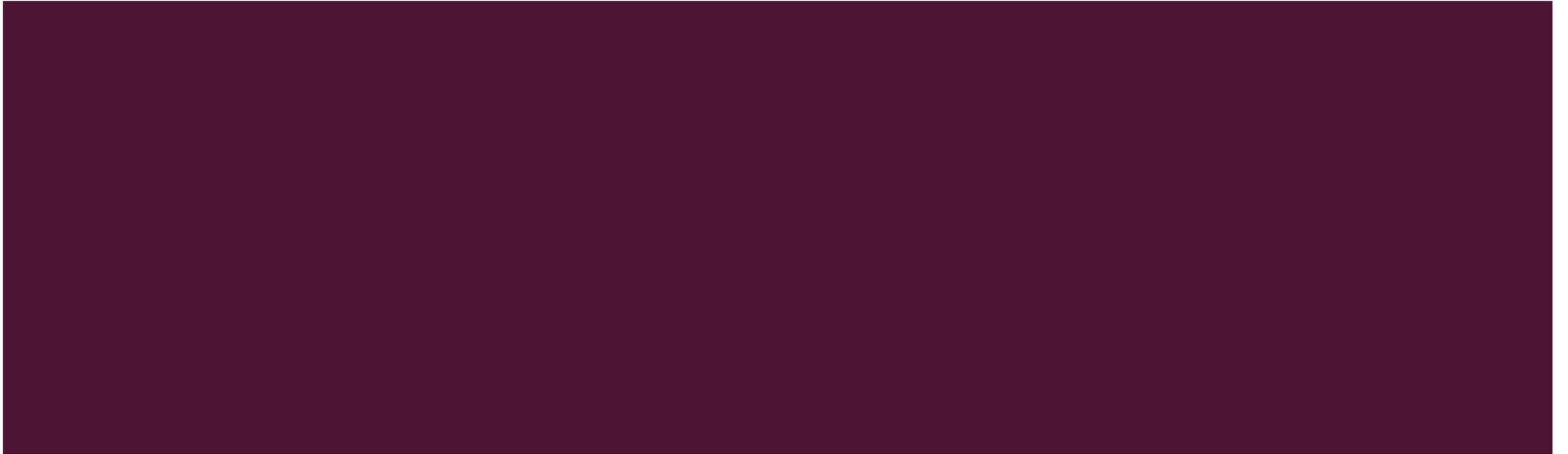

PA GIRLS WRESTLING SANCTIONING INFORMATION SESSION



PRESENTATION OUTLINE

- Girls wrestling under PIAA jurisdiction
 - General structure
 - Coaching and practices
 - Competition points
 - In-season competitions
 - Hosting in-season competitions
 - Post-season competitions
 - Moves and transfers
 - Cooperative Sponsorship Agreements
 - Forming or continuing a girls wrestling team
- Q and A

ADDITIONAL INFORMATION

An FAQ, which reflects all of the information contained in this presentation, and more, can be found at www.sanctionpa.com/resources

The document was worked on with the PIAA and we highly recommend that document as a complimentary resource to this presentation. You can view it as you go through this presentation or save it for future reference. You are also welcome to disseminate it to coaches, staff, parents, and others.

GENERAL STRUCTURE OF GIRLS WRESTLING

- PIAA jurisdiction will begin July 1, 2023
- 2023-2024 will be first winter season under PIAA
- Winter sport, folkstyle, follows PIAA rules on first days of practice and competition
- One class for girls – AA and AAA will be combined
- Rules consistent for girls wrestling and boys wrestling
- **With PIAA's vote, both HS and JH wrestling will be under PIAA jurisdiction**

GENERAL STRUCTURE OF GIRLS WRESTLING

- HS Weight classes will be NFHS 13 weight classes for girls:
 - 100, 106, 112, 118, 124, 130, 136, 142, 148, 155, 170, 190, 235
- JH Girls weight classes have not yet been determined
- There will be a 2-pound allowance after December 25
- Girls **MUST** go through hydration testing and weight certification
 - 12% body fat minimum for girls whether on girls or boys team
- Girls **MUST** follow weight descent plans

GENERAL STRUCTURE OF GIRLS WRESTLING: ROSTERING

- Girls must be rostered on either a girls team or a boys team. Cannot switch membership in the same season
- Girls at schools with a boys team only:
 - Can wrestle on the boys team, subject to local school policies
 - Are eligible to compete in the girls post-season
 - Cannot compete in both the girls and boys individual post-season
- Girls at schools with a boys and girls team:
 - Can wrestle on the girls team OR boys team
 - Boys team rostering is permitted under certain circumstances. If this is done, the girl CANNOT opt into the girls post-season

GENERAL STRUCTURE OF GIRLS WRESTLING: ROSTERING

- 9th grade girls:
 - Must be rostered on either a girls team or a boys team. Cannot switch membership in the same season
 - Can wrestle for HS or JH, not both in same season (Not permitted to wrestle for girls JH team and boys HS team in the same season or vice versa (boys JH, girls HS))
- **9th grade girls who are on the JH team, cannot enter the high school post-season**

GENERAL STRUCTURE OF GIRLS WRESTLING

■ Weigh-in rules:

All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1). If the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt.

■ Female uniform rules:

These rules state that 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. A suitable undergarment, which completely covers the buttocks and groin area, must also be worn under a one-piece singlet.

If wearing a compression shirt, it can't cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. Female contestants choosing to wear a form-fitted compression shirt, whether as part of a two-piece uniform or under a one-piece singlet, shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure.

■ No hair length requirement

COACHING AND PRACTICES

- Coaching
 - Girls and boys teams can share coaches
 - Teams at different levels can also share coaches – the same coach can coach both the JH and HS team
 - Girls teams can add no additional coaches, add assistant(s), add volunteer(s), or create separate staff
- Practices
 - Boys and girls teams can practice together
 - Also possible to practice at a different time or run parallel practices (same place, same time, different instruction)
 - JH and HS teams can practice together with the following caveat:
 - PIAA by-laws prohibit JH and HS wrestlers from physically wrestling each other. They cannot physically practice with or against athletes at the HS level for safety purposes. Schools ARE permitted to hold practices with JH and HS athletes present within the same space and receiving common instruction.

COACHING AND PRACTICES

- Many logistical options for schools
 - Girls and boys JH teams can share practices and wrestle each other, and have same, additional, or separate coaching staff
 - Girls and boys HS teams can share practices and wrestle each other, and have same, additional, or separate coaching staff
 - HS and JH teams can share practices but can't physically wrestle each other at those practices. Can have same, additional, or separate coaching staffs
 - With many schools previously having run combined JH and HS girls practices, for schools wanting to continue that model, could use same coaching staff for the girls JH and HS teams (with possible overlap with the JH and/or HS boys coaching staff) and have the JH and HS girls teams continue to practice together
- There is no one right answer. Each school can use the logistical structure that works best for their particular situation

COMPETITION POINTS

- In-season competitions (duals, tournaments, etc.) earn competition points of varying values
- Post-season competitions (districts, Regionals, States) do NOT earn competition points
- Competition points are calculated per team, not per individual athlete
- Participation of at least one team member in an event accrues competition points for the entire team that participant represents
- **A maximum of 22 competition points can't be exceeded in a season**
 - Varsity team has 22 varsity competition points maximum per season
 - JV team has 22 JV competition points maximum per season. These are separate from the varsity team's 22 points.

COMPETITION POINT VALUES (same as boys)

Dual meet = 1 competition point

Triangular meet (3 teams, 2 matches each) = 2 competition points

Individual or team bracketed tournament involving no more than 8 teams = 2 competition points

Individual or team bracketed tournament with 9 or more teams = 3 competition points

One-day multiple school (dual) or individual pool (round robin) = 3 competition points

Quad meet (4 teams, 3 matches each) = 3 competition points

Note: A PIAA-member school may participate in no more than two (2) team or individual pool or round robin events, excluding triangular and quadrangular meets, during the Regular Season.

Girls teams - keep track of which events are pooled (round robin) events and which are bracketed to ensure you don't exceed the maximum # of pooled events per season

IN-SEASON COMPETITIONS – GIRLS ON BOYS TEAMS

- Girls on boys teams can enter boys events, including duals, varsity tournaments, and JV tournaments
- **If a girl wrestles in a girls designated competition, this will utilize boys team competition points because competition points get charged to the team the competing athlete is rostered on.**
 - A separate girls division at a tournament the boys are attending still counts as a separate event and therefore additional competition points for the boys team
 - A school with a boys team is not prohibited from registering their female athletes for a girls event but it will use the boys team's competition points

IN-SEASON COMPETITIONS – GIRLS JH and HS TEAMS

- **Girls Teams can compete in girls duals, varsity tournaments, JV tournaments**
 - If you have a separate girls team (HS or JH), then they will have their own set of competition points
 - Don't need full girls roster. Will accrue same number of competition points
 - JH and HS girls cannot be combined (compete against each other) in competitions
 - Our recommendation is that tournaments continue to offer JH and HS opportunities, just divide those groups into separate divisions. This would ensure sufficient competition opportunities for both groups

IN-SEASON COMPETITIONS – GIRLS JH AND HS TEAMS

- **There is no PIAA minimum/maximum number of dual meets versus tournaments that a team must wrestle**
 - Many girls teams may prefer to utilize tournaments to get more matches for their wrestlers, especially if they only have a few girls on the team and would not have a participant for a large number of weight classes in a dual meet setting
 - Schools in these situations could attend as many as 7 3-point tournaments per season. The remaining competition point could be used for a girls dual for Senior Night or other occasion

IN-SEASON COMPETITIONS – GIRLS TEAMS

- **Girls teams – per PIAA rules (same for the boys), there is a limit on the number of wrestlers that can be entered per weight class into in-season events**
 - Can enter as many as 2 girls per weight class in certain in-season tournaments
 - **In HS varsity regular season individually bracketed tournaments with 9 or more teams, a team may, at the discretion of the Tournament Director, enter an additional wrestler per weight class without counting as additional team competitions. This would result in a maximum of 2 girls per weight class. Any entries above one per weight class is not guaranteed – it is up to tournament director**
 - At the JV level, a team may enter up to three contestants per weight class in an individual tournament, at the discretion of the Tournament Director, without counting as additional competition points.

IN-SEASON COMPETITIONS – GIRLS TEAMS

- JV Squads and JV Tournaments
 - **Girls Teams can consider developing JV squads and attending JV tournaments**
 - JV tournaments accrue JV competition points. Teams may not exceed 22 JV competition points in a season
 - Do not just attend JV tournaments to avoid bracketed tournaments – most tournaments have season records/accolades that entrants can't exceed, JV tournaments are not factored into a varsity wrestler's official season record, and JV records do not count towards post-season individual seeding
 - A wrestler can wrestle matches on the varsity and JV level in the same season

IN-SEASON COMPETITIONS

A list of in-season girls HS and JH tournaments can be found at www.sanctionpa.com/events

If you are hosting a girls tournament, please reach out to us at sanctionpa@gmail.com and we will add your event to the list

HOSTING IN-SEASON COMPETITIONS

■ Dual

- Adhere to all PIAA rules – use weigh-in sheet, conduct official weigh-ins, utilize girls weight classes, follow weight descent plans, do not enter ineligible athletes, record results in OPC

■ Tournament

- Adhere to all PIAA rules - all schools attending are PIAA-member schools or ensuring the non-PIAA member school's eligibility rules for school, team, and contestants meet the requirements of PIAA, putting the event in the OPC, conducting formal weigh-ins with a weigh-in sheet, following PIAA rules in the execution of the tournament, and entering weights and results in the OPC.
- The tournament may also require PIAA sanctioning approval. Information on sanctioning can be accessed here: <http://www.piaa.org/schools/tournaments/default.aspx>

POST-SEASON COMPETITIONS

■ JH

- There is no PIAA State tournament on the JH level (true for all PIAA sports)

■ HS

- No team dual championship for girls teams in 2023-2024
- **Girls state championships will be with the boys in the Giant Center in March 2024**
- Qualifying events will be announced
- **A team can enter one wrestler per weight class into individual post-season competition**

POST-SEASON COMPETITIONS

- School with boys team only
 - If a school only has a boys team on which girls are competing, then the girls can declare to either enter the girls or boys individual post-season
 - Girls cannot enter both the boys and girls post-season, but could enter one of them
- Schools with girls teams and boys teams
 - If a girl chooses to wrestle on the boys team when there is also a girls team at her school, then that girl cannot opt into the girls post-season
- For all student-athletes: to be eligible for post-season, a girl must be rostered on a PIAA team and adhere to all PIAA rules

POST-SEASON COMPETITIONS

- A girl cannot practice with team, not be rostered, and enter post-season
- A girl cannot wrestle for a club, not be rostered, and enter post-season
- A girl CAN be homeschooled or attend a cyber school and participate in athletics in the local public school in which they reside
- A girl at a charter school can compete for the charter school. If they don't have a team, she can participate in the local public school of residence
- A girl at a PIAA-member Catholic School, with the school's permission, can participate during the regular and post-season by following *Policy Concerning Qualification For Postseason Competition Of Individual Students From Schools That Do Not Sponsor A Team During The Regular Season*

MOVES AND TRANSFERS

- Girls wrestling will be subject to the same transfer rules as any other sport under PIAA (Article VI: Transfers, Residence and Recruiting of the PIAA By-Laws)
- If coaches or parents have questions, those questions should be directed to the athletic administration of the school

COOPERATIVE SPONSORSHIP AGREEMENTS

- For girls at a PIAA-member public or private school without a girls wrestling team, it may be possible to join the team of another school if a Cooperative Sponsorship Agreement is in place
- Co-ops (Cooperative Sponsorship Agreements) are covered by PIAA policy and permit girls at a school without a girls team to join the girls team at another school if certain criteria are met
 - All Agreements are voluntary – school is not required to create co-op
 - All Agreements must be submitted to the PIAA and approved by them
 - See [Article III, Section 10](#) of PIAA Handbook for exact criteria

FORMING OR CONTINUING A GIRLS WRESTLING TEAM

- **Teams can still be formed even though the 100-school threshold has been surpassed and sanctioning has been achieved.** Girls wrestling will still bring the same benefits to your school community
 - Provides equitable opportunities, connects students to post-secondary education, provides for incredible scholarship opportunities, highly cost effective sport to add, can only help with school's Title IX compliance
 - One girl is enough to constitute a team
 - Forming a team provides the girls their own set of competition points
- **In addition to HS teams, consider forming JH girls teams in order to support competition opportunities, growth of the team, and continuity between elementary and HS. There are currently MORE GIRLS wrestling per grade in JH than in HS and opportunities for these girls are important to sustain their involvement**
- Indicating school sponsorship also assists in determining qualifiers for each District

FORMING OR CONTINUING A GIRLS WRESTLING TEAM

- The deadline for forming a team to be recognized for the 2023-2024 season is prior to the first practice date of November 17, 2023
- **To form a team, ADs must utilize the PIAA portal and mark “Girls Wrestling” as a sport the school sponsors**
 - **All schools must utilize the portal - previous team designation with SanctionPA will not be carried over to the PIAA portal automatically**
 - If you mark Girls Wrestling in the portal before July 1 (while designated as Emerging Sport), that WILL carry over after July 1 and will not need to be remarked

IMPORTANT NOTES FOR SCHOOLS WITH GIRLS TEAMS

- Reminders/adjustments as your girls team moves to PIAA rules
 - All events will utilize official weigh-ins
 - Enter roster in Track, enter all results in Track, hydration testing must be completed, weight descents must be followed
 - Depending on tournament, 1-2 girls per weight class in varsity tournaments. 3 in JV (at discretion of tournament director)
 - 2 pooled events (round robins) max per season
 - One girl per weight class for post-season
 - No 7-12 grade events where all wrestling each other (but can have HS and JH tournament occurring in same place)
 - Make sure sport sponsorship for girls wrestling is marked in PIAA portal
 - Consider if adding staff is needed for next season. Although not required, many schools planned to add position(s) when PIAA began sponsorship

IMPORTANT NOTES FOR SCHOOLS WITHOUT GIRLS TEAMS

- Girls can continue to be rostered on your boys team, subject to local school policies
- In-season girls events will now count as competition points. With girls rostered on your boys team, this would mean those points would go to the boys team
- Girls on your boys team:
 - Are eligible to compete in the girls post-season
 - Cannot compete in both the girls and boys individual post-season



QUESTIONS



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