

Pennsylvania Interscholastic Athletic Association, Inc.

# 2017/18 Wrestling Preseason Bulletin–*REVISED*

Rules, Revisions, and Interpretations



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**October 2017**

*Statewide Rules Interpreter:*  
**Dr. John A. Hosage**

## 2017/18 NFHS WRESTLING RULES CHANGES

- 4-1-1a-c** Clarified the criteria for an alternative uniform.
- 4-5-3** Modified what is appropriate and allowable in the designated weigh-in area.
- 5-11-1** Clarified the definition of a fall.
- 5-11-5** Modified the location of where a fall or near fall can be awarded.
- 5-15-2b, c** Clarified the scoring of points in relation to the location on the mat.
- 5-19-10** Modified the position of the referee at the beginning of the start of a match.
- 6-6-4a(1)** Clarified the process of correcting an error by the timekeeper during a dual meet.
- 6-6-5a(1)** Clarified the process of correcting an error by the timekeeper during a tournament.
- 7-1-2** Modified that two moves (straight-back suplay and straight-back salto) are now illegal.
- 7-1-5w** Clarified that a specific maneuver is not allowed.
- 7-6-4d** Modified another determinant for stalling.



**2017/18 COMMENTS ON THE RULES CHANGES**

**Clarified the Criteria for an Alternate Uniform (4-1-1a-c):** The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS Wrestling questionnaire. In addition, a member state association experimented with a 2-piece uniform this past wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.

**Modified What is Appropriate & Allowable in the Designated Weigh-in Area (4-5-3):** If an athlete misses weight on the first attempt on the scale, he/she shall not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before stepping back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale.

**Clarified the Definition of a Fall (5-11-1):** This change will allow for fewer match interruptions. Provided the clock is running, a fall shall be able to be earned. Referees shall permit wrestling to continue as long as the offensive wrestler's supporting parts remain inbounds, and as long as no body part of the defensive wrestler goes off the mat.

**Modified the Location Where a Fall or Near-fall Can Be Awarded (5-11-5):** Offensive wrestling shall be rewarded. If wrestling is continuing during a match, then falls and near falls should be awarded/earned with no deference to the out-of-bounds line.

**Clarified the Scoring of Points in Relation to the Location on the Mat (5-15-2b, c):** Offensive wrestling shall be rewarded. While the clock is running, takedown, escape, reversal, near-fall and falls will be allowed/earned as long as the supporting points of either wrestler are inbounds.

**Modified the Position of the Referee at the Beginning of the Start of a Match (5-19-10):** When starting the wrestlers in the down position, the referee shall be in front of, stationary and at an angle to the contestants. The referee shall also establish eye contact with the scorer's table.

**Clarified the Process of Correcting an Error by the Timekeeper During a Dual Meet (6-6-4a1):** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

**Clarified the Process of Correcting an Error by the Timekeeper During a Tournament (6-6-5a1):** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

**Modified Two Moves That Are Now Illegal (7-1-2):** The straight-back salto and straight back suplay are dangerous regardless of which body part (head, neck, or shoulder(s)) hits the mat first.

**2017/18 COMMENTS ON THE RULES CHANGES (cont'd)**

**Clarified That a Specific Maneuver is Not Allowed (7-1-5):** The front flip or hurdle from the neutral position is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match. This maneuver is a last-ditch effort attempt to score; however, the attempt to flip or hurdle one's opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he/she is not only left to counter the scoring attempt but is also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.

**Modified Another Determinant for Stalling (7-6-4d):** This will provide rule support for a casebook interpretation.

**2017/18 PIAA ADOPTIONS AND MODIFICATIONS**

- Adopt the 2017-2018 NFHS Wrestling Rules Book, which includes the following 14 weight classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 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)
- Modify Rule 1-5-2, and Rule 8-2-4 (Concussion rule) to clarify that an appropriate health care professional is an MD or DO.
- Adopt the NFHS Medical Release Form for Wrestler to Participate with Skin Lesion(s);
- 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 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.



**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.



**REFEREES' WRESTLING SIGNALS  
HIGH SCHOOL**

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

**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 which has been adopted by PIAA. 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 feels 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. Ensure that appropriate health-care professionals will understand that covering a contagious lesion is not a permitted option. 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.

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

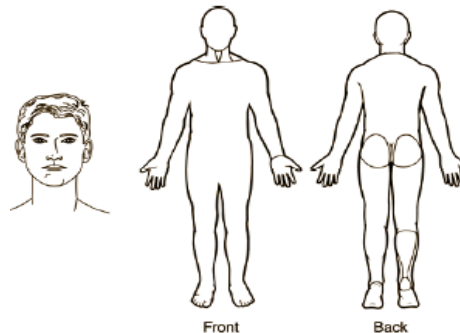
Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Enrolled in \_\_\_\_\_ School Mark Location AND Number of Lesion(s)

Diagnosis: \_\_\_\_\_

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 # \_\_\_\_\_

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 three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**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 48 hours. For primary (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 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 TREATING \*AME:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please become familiar 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.

Revised/Approved by NFHS SMAC – April 2015 / PIAA Revised March 22, 2017

**\*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.

**NOTE:** PIAA considers an appropriate health care professional to be a M.D. or D.O.

**2017/18 POINTS OF EMPHASIS****Off the Scale Activities**

Off the scale activities have been identified as an area of concern and a subsequent rule change brings the topic to prominence. Any activities that are conducted to either lose or gain weight are prohibited. Activities (is not limited to) such as modifying clothing, hair, drinking fluids, gorging and regurgitation are not allowed. The practice of trying to modify a wrestler's weight is unhealthy and unsportsmanlike.

**Cleanliness of Uniforms and Pads**

Communicable diseases are a major concern in the sport of wrestling and any infectious disease outbreak has the potential to end a team's season, or even suspend the sport across an entire state. It is imperative that ALL school officials, coaches and wrestlers continually use best practices to control the spread of communicable diseases.

A major aid in preventing the spread of communicable disease is to properly clean all wrestling mats and wrestling equipment. Cleaning wrestling mats prior to each use is highly recommended. An effective disinfectant is 10% bleach (mix 1 part household bleach to 9 parts water). There is no advantage of using a stronger chlorine bleach and water solution than what is recommended above. Commercial disinfectant products are also available. Be sure that any product used states that it is effective against viruses, fungi and bacteria. Typically, the label will state the cleaner is bactericidal, fungicidal and virucidal. Please follow the directions on the label closely for the best effectiveness. When cleaning wrestling mats, it is recommended to walk backwards while mopping in an effort to minimize contamination from the shoes.

Likewise, it is imperative to clean all wrestling equipment and clothing daily. All workout gear should be cleaned after each practice. This includes towels, clothing, headgear, shoes, knee pads and any bags used to transport this equipment. In addition to cleaning wrestling equipment and wrestling mats properly, a few basic steps must be taken by all involved in the sport in order to minimize the risk of spreading communicable diseases. Communicable diseases are preventable. Following these steps will decrease the risk that these communicable diseases will be spread among the athletes in the wrestling room and/or during competition.

- Educate coaches, athletes, referees and parents about communicable skin conditions and how they are spread. (<http://www.nwcaskinprevention.com/webinar/>)
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Emphasize to the athletes the importance of showering immediately after each practice and competition. Soap must be used. If shower facilities are unavailable, athletes should clean all exposed skin with "baby wipes" immediately after practices and competitions.
- Wash all workout clothing and personal gear after each practice and competition.

**2017/18 POINTS OF EMPHASIS (cont'd)**

- Coaches or athletic trainers should perform daily skin checks to ensure early recognition of potential communicable skin conditions. Athletes must not be allowed to practice or compete if an active infection is suspected, even if the infection is covered. Any suspicious lesions must be evaluated by an appropriate health-care provider prior to an athlete practicing or competing.
- Athletes must not share practice gear, towels or personal hygiene products (razors) with others.
- Athletes should refrain from any cosmetic shaving (chest, arms, abdomen) other than face.
- Athletes should clean hands with an alcohol-based gel prior to every wrestling match to decrease bacterial load on the hands.
- Make certain that athletes and coaching staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, etc.) and strongly encourage yearly influenza vaccination.

**Braces that are Properly Padded and Covered**

As defined by rule, any equipment that does not permit normal movement of the joints and prevents a wrestler's opponent from applying normal holds/maneuvers shall not be allowed. Any such equipment not limited to legal hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks must fit snug against the wrestler's body and if the equipment is hard and/or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. This precaution is for the wrestler and his opponent so that they can compete to the best of their abilities.

**Stalemate/Fleeing the Mat**

There are occasions that during a wrestling match the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve his/her respective position or gain an advantage. As soon as that situation is identified, the referee shall stop the match and wrestling shall continue. Hands locked around one leg of an opponent without the intent of taking him/her down or preventing the opponent from scoring is considered stalling. There is no passive wrestling. Wrestling is an aggressive endeavor and should be coached and executed in that manner. Regardless of the position, top, bottom or neutral, stalling is not acceptable. The referee shall be firm in enforcing the letter and spirit of the rule and consistently penalize any stalling infraction without hesitation.

Conversely, fleeing the mat to avoid wrestling at any time during a match is not permitted and will be penalized. Wrestlers shall make every attempt to stay inbounds and compete. Leaving the mat without permission from the referee or forcing an opponent out of bounds is a technical violation.

**Illegality of Straight Back Salto and Suplay**

Risk minimization of the wrestlers is paramount. With the advent of new and innovative holds/maneuvers influencing our sport from other levels of combat sports, grappling and various martial arts, we have to remain



**2017/18 POINTS OF EMPHASIS (cont'd)**

vigilant for any holds/maneuvers used in a way that endangers life and limb of our students. Any act that exceeds typical aggressive wrestling becomes unnecessary roughness. The use of a full straight back salto and straight back suplay are two examples that when applied (regardless of which body part hits the mat first) are illegal holds and should be stopped immediately.

**Consistency of the Start of Each Match**

Consistency of the start of the match is imperative for the wrestlers, coaches and spectators. There is a uniformity that creates a familiarity for the wrestling world. Knowing what to expect each and every time speaks to the professionalism of the referee and the importance of conducting the match in a professional businesslike manner. The referee starts the match from the neutral position, the wrestlers shall be between the referee and the scorer's table. The referee will glance at the scorer's table to make sure that they are ready and then indicate to the wrestlers to shake hands (not hand slaps). After the handshake, the referee moves in partially between the two wrestlers to discourage a false start. Then the referee will blow his/her whistle while simultaneously giving the signal to start the match. Understanding the positioning for the referee in relationship to the two wrestlers and the scorer's table is critical to have and necessary in maintaining control of the match. For officials, they have to hone their skills in being consistent with the start of each wrestling match they work.

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

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

Competition shall be divided into 18 weight classifications as follows

- |         |          |          |          |
|---------|----------|----------|----------|
| 75 lbs. | 100 lbs. | 130 lbs. | 185 lbs. |
| 80 lbs. | 105 lbs. | 138 lbs. | 210 lbs. |
| 85 lbs. | 110 lbs. | 145 lbs. | 250 lbs. |
| 90 lbs. | 115 lbs. | 155 lbs. |          |
| 95 lbs. | 122 lbs. | 165 lbs. |          |

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

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

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. Overtime is the same as varsity.

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

Overtime matches, in Tournaments and dual meets, shall be the same as senior high, varsity competition; one minute, sudden victory period, and if needed, two 30-second tiebreakers, and a 30-second ultimate tiebreaker.

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.

### 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, team, 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 officials that your players 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' 2017-2018 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.

### 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 stripped weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in stripped weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 18 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.

**PIAA BY-LAWS: ARTICLE XIII, SECTION 8**

Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct shall be 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.** 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 shall direct the coach not to attend all of the Contest(s).

Any coach and/or contestant ejected from the last Contest in that sport in a sport season shall be disqualified from coaching and/or participating in the first Contest(s) in that sport in the subsequent sport season, at the same level (varsity, junior varsity, or otherwise) of competition, at any PIAA member school or, if the student changes levels of competition, such as from junior varsity to varsity, the first Contest(s) in that sport.

The official shall file a report with the PIAA Office on the form prescribed for the sport involved, within twenty-four (24) hours following the completion of the Contest in which the ejection occurred. Failure to file such report shall not affect the validity or consequences of the ejection.

In wrestling, the athletic director and principal must meet with the ejected coach/contestant and detail in a report what corrective action has been taken. This report then must be signed by all parties and sent to the district wrestling chairperson. This form is located on the PIAA website on the wrestling page.

When a coach or contestant is disqualified/ejected from a Regular or Post-Regular Season Contest a report must be filed by the official who disqualified/ejected the coach or contestant. When the report is received in the PIAA Office it is faxed to the concerned school Principal and Athletic Director and mailed to the respective District Chairmen, officials' representatives and sportsmanship chair. A copy is also given to the Associate Executive Director and placed in the school's file.

Officials must complete the disqualification form online through the officials' information area of the PIAA website. Officials who repeatedly do not file the proper form in the prescribed time period may be suspended. Go to [www.piaa.org](http://www.piaa.org) to file a report.

**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.

**EXAMPLES OF DISQUALIFICATION PROVISION  
OF ARTICLE XIII, SECTION 8**

The following examples are for wrestlers or coaches and are only examples and not a complete list. What this means is a wrestler or coach ejected from a contest at any level must sit out the remainder of the day and the next day of the next contest at that level.

**Example #1:** Wrestler/coach gets ejected from a junior varsity contest before a varsity contest. This wrestler/coach gets disqualified for the **remainder of the day and the next day** of the next junior varsity contest. If this contest is followed by a varsity contest **on the same day**, the wrestler/coach gets disqualified for the varsity contest also (**the whole day**).

**Example #2:** Wrestler/coach gets ejected from a varsity contest on Friday, the team's next varsity contest is Tuesday. The Tuesday varsity contest is preceded by a junior varsity contest, wrestler/coach cannot participate in any of Tuesday contests.

**Example #3:** Wrestler/coach gets ejected from a varsity wrestling match Saturday. The next varsity contest is a match on next Friday but the match gets postponed to Saturday. On Saturday, the junior varsity team is to compete in another wrestling match, a wrestler and/or coach eligible to participate in the junior varsity match? Since the Friday contest was postponed the **next varsity match** is the same day as the junior varsity match and the wrestler/coach are not eligible to participate the whole day.

**\*\*Note to officials: the enforcement of the rules as written and the use of the mechanics when ejecting personnel from a contest cannot be stressed enough. PIAA cannot defend the lack of enforcement of sportsmanship rules nor the failure to use approved mechanics with regard to these ejections.\*\***

**SPORTS MEDICINE COMMITTEE  
RECOMENDATIONS**

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 BY-LAWS, ARTICLE XV; SECTION 3  
REQUIREMENT OF WRITTEN CONTRACT**

All PIAA member schools shall enter into either paper or electronic contracts on the official contract form entitled "Contract for Officials Under PIAA Rules" with all registered sports officials retained by the schools or assigned by an assignor. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor. Disputes arising from oral agreements will not be considered by PIAA.

**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.

**PIAA OFFICIALS INSURANCE**

For the 2017-2018 school year, American Specialty Insurance Services will provide the following benefits:

- One Million Dollars of Liability Coverage;
- \$25,000 Excess Accident Medical Coverage (with a \$250 deductible);
- \$5,000 Accidental Death and Dismemberment (including a cardiac benefit).

This program is administered by American Specialty Insurance Services and underwritten by USF&G and Mutual of Omaha. Both carriers carry “A” ratings by A.M. Best. Again this year, as a new service for chapters, all regularly scheduled chapter meetings will be covered under PIAA’s basic liability coverage. This is a major change from the past when only the annual rules interpretation meetings have been covered. Chapters are requested to please submit their list of regularly scheduled chapter meetings to the PIAA Office to assist procedurally in the exchange of information to have all local associations’ meetings covered.

**Contact information is as follows:**  
**Drew Smith, Vice-President for Client Services**  
**Sara Douglass, Administrative Assistant**  
**American Specialty Insurances Services, Inc.**  
**142 N. Main Street, P.O. Box 309**  
**Roanoke, Indiana 46783-0309**  
**Phone: 260-672-8800**  
**Fax: 260-673-www.amerspec.com**

**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.

**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.

## 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 lock 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.



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Association

# OFFICIALLY SPORTS

**“WE TAKE PRIDE IN OFFICIATING”**



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 calling 800-934-4555 or at [www.officiallysports.com](http://www.officiallysports.com).

**OTHER COMMUNICABLE 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.

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- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

**OFFICIALS’ UNIFORM**

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. V-neck shirts have been approved for PIAA member school games as long as all officials are dressed alike.  
**Slacks:** Full length black trousers.  
**Belt:** Black (if pants have loops).  
**Socks:** Black.  
**Shoes:** Solid black with black laces.  
**Lanyard:** Black

Gray shirts with black pinstripes, or specific event shirts, **are not allowed for PIAA matches/tournaments.** No exceptions.

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.

V-neck shirts have been approved for PIAA member school games as long as all officials are dressed alike.



**PIAA 2017 - 2018 DISTRICT RULES**  
**INTERPRETERS**

District 1 .....	KIM S. SMITH .....	kim.s.smith25@gmail.com
District 2.....	DR. JOHN A. HOSAGE.....	johnhosage@aol.com
District 3.....	JOSEPH P. GEESEY .....	refgze1@comcast.net
District 4.....	JACK F. YOUNG .....	jackyoung@athensasd.org
District 5.....	H. JACK PENCIL, JR.....	pencilj@bedfordasd.org
District 6.....	BRUCE G. HASELRIG, SR.....	matsense@yahoo.com
District 7.....	LAWRENCE O. MAGGI.....	maggil@co.washington.pa.us
District 8.....	FRED AMBROSE .....	fambrose11-17@comcast.net
District 9.....	JEFFREY J. LINDERMUTH .....	jeff72lindy@yahoo.com
District 10.....	ERIC R. MOUNT .....	mount_eric@yahoo.com
District 11.....	JOSEPH MCINTYRE.....	macattackj@yahoo.com

**PIAA 2017-18 Wrestling Schedule**

First Practice Date	November 17th
Minimum Length of Preseason Practice	3 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 8th
Maximum Length of Regular Season	11 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 3rd
PIAA AA & AAA Wrestling Championships	March 8th, 9th, & 10th GIANT Center, Hershey



PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.  
 550 GETTYSBURG ROAD, PO BOX 2008  
 MECHANICSBURG PA 17055-0708  
 TELEPHONE (717) 697-0374 OR (800)382-1392

**WRESTLER, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM**

During the PIAA wrestling Regular Season and Postseason, a disqualified wrestler, coach, and/or Team personnel shall not be permitted to participate **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 wrestler, coach, and/or Team personnel 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 shall direct the coach not to attend all of the Contest(s), in accordance with ARTICLE XIII, Disqualification from next contest Section 8 of the PIAA By-Laws and NFHS Wrestling Rules 5-8, 5-14, 5-12, 5-29, 5-30, 7-1-1, 7-1-5, 7-3-1, 7-4-1, 7-4-2, 7-4-3, 7-5-5, 8-1-3, 8-2-2, and 8-2-4 for flagrant misconduct. The ejecting official must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place.

Name of Disqualified Wrestler, Coach and/or Team Personnel		School	
Date of Match	Location of Match/Tournament		Time of Match
Visiting Team		PIAA District	Visiting Team's Final Score
Home Team		PIAA District	Home Team's Final Score
Name of Referee Who Issued Disqualification			Level of Competition

**REASON FOR DISQUALIFICATION**

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**DATE OF REPORT**

**OFFICIAL'S NAME** (person issuing DQ)

**PIAA DISTRICT**

NOTES

