

WRESTLING

Weight Control Program

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the minimum weight classification at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner, and (2) established **NO EARLIER THAN** six weeks prior to the first Regular Season Contest date of the wrestling season (**Friday, October 19, 2007**) and **NO LATER THAN** the Monday preceding the first Regular Season Contest date of the wrestling season (**Monday, November 26, 2007**). This certification shall be provided to and maintained by the student's Principal.

In certifying to the minimum weight classification, the Authorized Medical Examiner shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the Authorized Medical Examiner may require that the student wrestle at a minimum weight classification one or more weight classifications above what would otherwise be appropriate based upon the student's Minimum Wrestling Weight, as established by the Initial Assessment. Under these circumstances, the Authorized Medical Examiner may NOT allow a wrestler to participate at a minimum weight classification below that determined by the Initial Assessment.

Junior high/middle school wrestlers shall be certified at **one** of the following **eighteen weight classifications**: 75 lbs., 80 lbs., 85 lbs., 90 lbs., 95 lbs., 100 lbs., 105 lbs., 110 lbs., 115 lbs., 122 lbs., 130 lbs., 138 lbs., 145 lbs., 155 lbs., 165 lbs., 185 lbs., 210 lbs., or 250 lbs.

Senior high school wrestlers shall be certified at **one** of the following **fourteen weight classifications**: 103 lbs., 112 lbs., 119 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 152 lbs., 160 lbs., 171 lbs., 189 lbs., 215 lbs., or 285 lbs.

To reduce or eliminate "clerical errors", it is **required** that each head wrestling coach initial the minimum weight classification of **each** of his wrestlers before the school's Principal certifies to the eligibility of the school's wrestlers.

A two (2)-pound growth allowance is authorized on **Tuesday, January 15, 2008** for both junior high/middle school and senior high school wrestlers.

The deadline for wrestlers to establish their Minimum Wrestling Weight is Friday, February 15, 2008.

Wrestling Coaches' Rule

Coaches and other Team personnel are restricted to the bench/chairs while the clock is running and during normal out-of-bounds and resumption of wrestling except:

- (1) When walking behind the Team bench to encourage wrestlers.
- (2) During a charged time-out or at the end of the match.
- (3) To approach the scorer's table to request the match be stopped to discuss the misapplication of a rule.

Coach misconduct (during the match) is called when a conference is requested with the referee regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, the coach questions the judgment of the referee. The referee shall penalize the **head coach** for misconduct.

Penalty for coach misconduct (during the match)

First Infraction:	Warning.
Second Infraction:	Deduct one (1) Team point.
Third Infraction:	Remove head coach from premises immediately and deduct two (2) Team points. Removal is for the remainder of the day.

Unsportsmanlike conduct of coaches and other Team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during, or after a match. This includes violations of the bench decorum rule, taunting, acts of disrespect, or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct without warning. **The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, not properly groomed, not properly equipped, or not ready to wrestle.** Exception: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoe laces that are not properly secured.

Penalty for unsportsmanlike conduct of contestants (not during the match), coaches, and other Team personnel

First Infraction:	Deduct one (1) Team point.
Second Infraction:	Remove from premises immediately and deduct two (2) Team points. Removal is for the remainder of the event, day/dual meet, or Tournament.

Flagrant misconduct on the part of the coach or any other Team personnel is any act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during, or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized without warning.

Penalty for flagrant misconduct of coaches and other Team personnel

First Infraction:	Remove from premises immediately on the first offense and deduct three (3) Team points. Removal is for the dual meet, remainder of a multiple school event, or Tournament.
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Premises are defined as a tract of land with the building thereon.

The PIAA Wrestling Championships are one Tournament series, starting with section Tournaments. A coach, other Team personnel, and/or contestant disqualified and ejected from a section, district, or region Tournament for unsportsmanlike conduct or flagrant misconduct is eliminated from further participation in any remaining competition in the PIAA Wrestling Championships Tournament series.

A written report must be filed with the PIAA Office by the PIAA-registered wrestling official concerned when a coach, other Team personnel, and/or contestant is disqualified and ejected from a Regular Season and/or Postseason Contest for unsportsmanlike conduct or flagrant misconduct.

Written reports received by PIAA are copied and distributed to the Principal of the involved school and to the District Chairman and Sportsmanship Chairman of the PIAA District Committee having jurisdiction over the school.

PIAA Inter-District Wrestling Regions

Member schools are responsible for acquiring their own lodging and meals. Each competing member school is responsible for the transportation expenses of its contestants and coaches. PIAA will not reimburse member schools for lodging, meals, or transportation expenses.

PIAA Wrestling Championships

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PIAA will reimburse member schools an expense allowance to defray the cost of lodging and meals for all contestants and two (2) coaches per member school. Member schools will be reimbursed for lodging and meals when a contestant has been eliminated from further competition in the Championship bracket. Reimbursement will be on a per person basis, based upon the Region from which the member school qualified, as follows:

Region	Prelims	Qtr. Finals	Semi-Finals	Finals
SC	\$20	\$30	\$40	\$50
SE	\$30	\$40	\$50	\$60
NE	\$40	\$50	\$60	\$70
SW	\$50	\$60	\$70	\$80
NW	\$60	\$70	\$80	\$90

Reimbursement checks, made payable to the respective competing member schools, will be made available to the those schools' head wrestling coaches within one (1) hour of the final elimination match in the Championship bracket of the last contestant representing a competing member school, or within one (1) hour of the conclusion of the member school's last contestant's match in the finals.

PIAA Wrestling Championships Pairings

1. No Region champions meet in the first round.
2. Region champions and runners-up do not meet until finals.
3. Minimal number of times when Region champions meet in 2nd round and occurrences are evenly distributed among all Regions.
4. Seeding of returning champions in the same weight classification will be done, if necessary.

Junior High / Middle School Wrestling Weight Classifications

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.	

The minimum weight for a 75-pound contestant is 66 pounds. The minimum weight for a 75-pound contestant who wishes to wrestle at the 80-pound weight classification is 71 pounds.

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 January 15.

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.

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 shall consist of three periods. The first period shall be 30 seconds in length, and the second and third periods shall each be one-minute in length.

Overtime matches, in Tournaments and dual meets, shall consist of one, one-minute period followed by a 30-second 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.

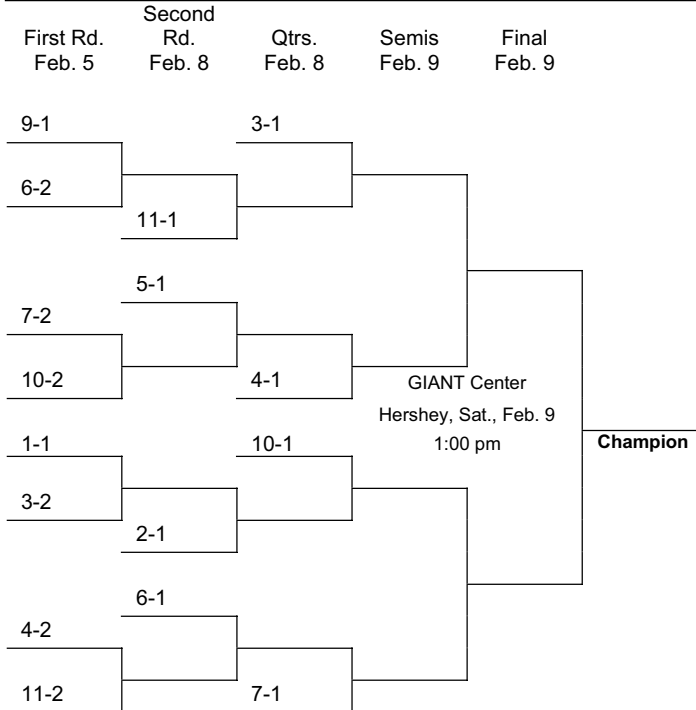
Maximum Number of Entries (Qualifiers) to the 2007-2008 PIAA Team Wrestling Championships

District	AA	AAA	District	AA	AAA
I	1	3	VII	2	2
II	1	1	VIII	0	1
III	2	2	IX	1	1
IV	2	1	X	2	1
V	1	0	XI	2	2
VI	2	1	XII	0	1
			Totals	16	16

PIAA WRESTLING CHAMPIONSHIP SERIES ENTRIES (QUALIFIERS)

Region	Site (subject to change)	District(s)	Maximum Number of Entries (Qualifiers) Per Weight Class From Districts to Inter-District Regions	Number of Entries (Qualifiers) Per Weight Class From Regions to States
Northeast AA	Williamsport Area HS	II	3	3
	Williamsport, PA	IV	5	
Southeast AA	Wilson HS	I	2	5
	West Lawn, PA	III	6	
		XI	4	
Northwest AA	Sharon HS	IX	3	3
	Sharon, PA	X	5	
Southwest AA	Cambria Co. War Memorial	V	3	5
	Johnstown, PA	VI	5	
		VII	6	
TOTAL AA ENTRIES (QUALIFIERS) PER WEIGHT CLASSIFICATION				16
Northeast AAA	Liberty HS	II	4	3
	Bethlehem, PA	IV	2	
		XI	6	
Southeast AAA	Norristown HS	I	10	4
	Norristown, PA	XII	2	
South Central AAA	HERSHEYPARK Arena	III	Self-Contained	3
	Hershey, PA			
Northwest AAA	Altoona Area HS	VI	4	3
	Altoona, PA	VIII	2	
		IX	3	
		X	3	
Southwest AAA	TBD	VII	Self-Contained	3
TOTAL AAA ENTRIES (QUALIFIERS) PER WEIGHT CLASSIFICATION				16

2007-2008 PIAA AA TEAM WRESTLING CHAMPIONSHIP



2007-2008 PIAA AAA TEAM WRESTLING CHAMPIONSHIP

