"PINNING IDEAS"
PIAA WRESTLING CHAPTERS MEETING GUIDE

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INTRODUCTION

In competitive athletic contests, the game official represents the ultimate in integrity for any competition. By their very nature, officials are neutral and are responsible to keep the contests played on equal terms. Through actions on and off the field, officials must earn the respect and confidence of players, coaches, and spectators. This confidence and respect is not earned by words, but by unquestioned honesty, demonstrated ability, obvious devotion to, and full understanding of the game.

The rules of competitive athletics are, for the most part, complex. They are difficult to read, understand, and interpret. Mere book knowledge of the rules does not make an official. To an official, knowledge of the rules is basic. To achieve excellence, an official must combine knowledge with good officiating techniques. To assist in this goal, we have provided the following meeting guides. Hopefully, these guides will assist in having each play considered with consistent judgment, intelligence, understanding, courage, and without intimidation.

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a check-up. It is part of good personal health maintenance to have an annual physical exam and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility, and muscle endurance. These components, along with proper nutrition, will assist in developing one’s optimum body composition.

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, games, 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.
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MEETING #1:

A. 2017-18 WRESTLING RULES CHANGES AND COMMENTS:

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.

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 and 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 nearfalls 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.

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.

B. 2017-18 EDITORIAL AND OTHER CHANGES

NONE

C. REVIEW OF 2016-2017 (LAST YEAR’S) WRESTLING RULES CHANGES

5-11-2i Clariﬁed when a wrestler shall be awarded penalty point(s).

7-2-2g, h Clariﬁed an additional potentially dangerous hold when an arm trap is applied.

CLARIﬁED WHEN A WRESTLER SHALL BE AWARDED PENALY POINT(S) (5-11-2i): The committee felt that when the defensive wrestler uses unethical techniques to avoid being pinned, the offensive wrestler should not only be awarded the near fall or fall points but should be awarded the appropriate penalty point(s) for that transgression at the next stoppage of the match.

CLARIﬁED AN ADDITIONAL POTENTIALLY DANGEROUS HOLD WHEN AN ARM TRAP IS APPLIED (7-2-2g, h): The committee identiﬁed another potentially dangerous hold when an arm trap is applied. From a standing position, when one wrestler is place in a body lock with one or both arms trapped and then is lifted from the mat and is unable to use his arm(s) to break his fall — creating a potentially dangerous situation — the referee shall stop the match.
D. 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.

• 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 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.
E. 2017-18 PIAA WRESTLING ADOPTIONS


- 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, Rules 4-2-3, 4, and 5, and pursuant to Rule 4-2-3.

- 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.

F. WEIGHT CONTROL PROGRAM

Pursuant to the Weight Control Program adopted by PIAA: 1) the deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) is one week prior to the first assessment (Friday, October 20, 2017) (see NOTES 1 and 2) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME), and (b) established NO EARLIER THAN six weeks prior to the first regular season contest day of the wrestling season (Friday, October 27, 2017) and NO LATER THAN the Monday preceding the first regular season contest day of the wrestling season (Monday, December 4, 2017) (see NOTE 2). This certification shall be provided to and maintained by the student’s principal or the principal’s designee.

In certifying to the MWW, the AME 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").
NOTES:

Any subsequent additions or substitutions to a PIAA member senior high school’s complete varsity wrestling schedule must be approved by that school’s PIAA District Wrestling Chairman.

For senior high school wrestlers coming out for the team AFTER the Monday preceding the first regular season contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the team AFTER the Monday preceding the first regular season contest day of the wrestling season the OPC will remain open all season.

Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete’s first regular season wrestling contest and shall be consistent with the athlete’s weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establish a percentage of body fat below 7 percent for a male or 12 percent for a female, the student must obtain an AME’s consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

To reduce or eliminate “clerical errors,” it is required that each head wrestling coach initial the MWW 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 or after Monday, December 25, 2017, for both junior high/middle school and senior high school wrestlers.

The deadline for senior high school wrestlers to establish their MWW is Friday, February 16, 2018.

Procedure to Request Relief from Delinquent Hydration Test(s) and/or Weight Assessment(s) in PIAA Wrestling Weight Control Program

A member school shall submit the following, relative to its request for relief:

A letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) submitted, on behalf of the affected student(s), by the concerned principal.
Confirmation from the school’s attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.

Any pertinent information from the attending assessor of any assessments attempted and the rationale of why those assessments failed.

All information must be forwarded to the PIAA District Wrestling Chairman on or before Friday, February 16, 2018, for that wrestling chairman’s consideration, with a courtesy copy of the cover letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) forwarded to the involved PIAA District Chairman.

The District Wrestling Chairman will submit all provided information to that District’s Chairman with a cover letter of support or nonsupport of the request for relief.

The District Chairman will review all information and either approve or reject the request for relief.

Upon request by the principal of the concerned school, the District Chairman may convene a hearing before his District Committee into the request for relief.

Decisions of District Committees may be appealed by the principal of the concerned school to the PIAA Board of Directors or a PIAA Board of Appeal by requesting an appeal, in writing, to the PIAA Executive Director.
G. WRESTLING RESTRICTIVE 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:

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

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, a coach questions the judgment of the referee. The referee shall penalize the head coach for misconduct.

Penalty for coach misconduct (during the match):

First Offense: Warning.

Second Offense: Deduct one (1) team point.

Third Offense: Deduct two (2) team points and immediate removal from the premises of the head coach 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.

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

First Offense: Deduct one (1) team point.

Second Offense: Deduct two (2) team points and immediate removal from the premises for the remainder of the dual meet, multiple school (dual) event 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 Offense:** Deduct three (3) team points and immediate removal from the premises for the remainder of the dual meet, multiple school (dual) event or tournament.

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 PIAA 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 appropriate PIAA-registered wrestling official 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, the District Chairman, sport specific chairperson, District Officials’ Representatives, and the Sportsmanship Chairperson of the PIAA District Committee having jurisdiction over the school. In addition, the principal of the involved school is required to complete a disqualification response form and submit same to the sport specific chairperson of the PIAA District having jurisdiction over the member school.

**H. PIAA WRESTLING CHAMPIONSHIPS DISQUALIFICATION PROCEDURES**

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.
I. JUNIOR HIGH/MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATIONS

Competition shall be divided into the following 18 weight classifications:

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 25.

J. 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 five (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.
K.  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.

L.  Maximum Number of Entries (Qualifiers) to the 2017-18 PIAA Team Wrestling Championships

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<td>Totals</td>
<td>21</td>
<td>20</td>
<td></td>
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</table>
M. DISQUALIFICATION PROCESS

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 scheduled contest of that level.

Example #1:
A 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 an individual tournament contest on Friday, the team’s next contest is another individual tournament the following Friday. The
wrestler/coach cannot participate in the remainder of the individual tournament (by rule) and the wrestler/coach is not eligible to participate in the next scheduled event, the following weekend’s individual tournament.

**Example #3:**
The wrestler/coach gets ejected from a two day multiple school event/tournament on the first day of competition on Friday. The next varsity contest is a match on the following Tuesday. Is the wrestler and/or coach eligible to participate in the Tuesday dual meet?

**Ruling:**
No. Since the wrestler/coach was ejected for the remainder of the multiple school event/tournament, the next scheduled event is Tuesday and they are not eligible to participate by PIAA’s disqualification policy (the next scheduled event).

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 chairmen. The principal and athletic director are to meet with ejected person and file a written report with the respective district sport chairman.

A copy is also given to the Assistant Executive Director and placed in the school’s file. Officials are to file a report with the PIAA Office on the appropriate form within 24 hours of the ejection or they may be placed on probation. Officials who repeatedly do not file the proper form in the prescribed time period may be suspended. This will, in effect, eliminate the false belief that if a report is not filed, the disqualification/ejection did not occur.

**N. SPORTSMANSHIP MESSAGE**

ALL OFFICIALS MUST READ THIS MESSAGE TO CAPTAINS AND HEAD COACHES PRIOR TO GAMES AT ALL LEVELS.

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.

Please Note: The addition of “and PIAA adoptions” to the Sportsmanship Message.
For distribution purposes, this message is printed on the back of all PIAA registered sports officials’ 2017-18 identification cards. Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

**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.**

O. **PROFESSIONALISM**

**Appearance** - All officials will wear the proper officiating uniform which includes the PIAA patch. **No exceptions!**

Discussions with students should only be done during a contest and only concerning rules and the contest being officiated. Officials should never be in a setting where they may be alone with a student, if avoidable.

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

All officials must pay particular attention to the enforcement of playing 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.
### PIAA WRESTLING CHAMPIONSHIP SERIES ENTRIES (QUALIFIERS)

<table>
<thead>
<tr>
<th>Region</th>
<th>Site</th>
<th>District(s)</th>
<th>Maximum Number of Entries (Qualifiers) by Region</th>
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<tr>
<td><strong>Northeast AA</strong></td>
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<td><strong>Wilson HS</strong></td>
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<td>3</td>
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<td><strong>West Lawn, PA</strong></td>
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<td>4</td>
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<td></td>
<td></td>
<td>XII</td>
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<td><strong>Indiana University of PA</strong></td>
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**TOTAL AA ENTRIES (QUALIFIERS) PER WEIGHT CLASSIFICATION**

48

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<th>Region</th>
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</table>
MEETING #2:

A. Premoot Responsibilities

1. Arrive at meet site approximately one (1) hour before start time unless you are responsible for weigh-ins.

2. If you are responsible for weigh-ins, arrive at least a half hour before scheduled weigh-ins.

3. Check mat and wrestling area for conformation to the rules.


5. Check to see if the home team has hired medical staff. If a medical problem arises you will know in advance who has the responsibility.

RULE 4 - Wrestlers’ Classification and Weigh-In

Section 1 - Wrestlers Uniform

Article 1: Wrestler shall wear:

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 the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other under garment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting, a single solid color, unadorned and shall not extend below the knee. The one piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts.

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, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, must be worn under shorts designed for wrestling. 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.

c. A form-fitted compression shirt which shall not 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.
NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable undergarment that covers their breasts.

Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting, single solid color, unadorned and shall not extend below the knee.

Article 2: Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on each item of uniform apparel. An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn.
NOTE: One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

Article 3: Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the shoes have laces, the laces shall either be taped to the shoe, or secured by a locking device on the wrestling shoe in an acceptable fashion.

Article 4: Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:

a. Adequate ear protection.

b. No injury hazard to the opponent.

c. An adjustable locking device to prevent it from coming off or turning on the wrestler's head.

Article 5: The uniform shall be worn as intended/designed by the manufacturer.

B. End of Meet Responsibilities

1. Sign Book, and record the time of the end of the match.
Rule 3-1-12: Following the end of a dual meet or tournament match, the referee shall sign the official scorebook or individual score sheet certifying results and shall also record the time of day at completion of the meet or tournament.
2. Leave wrestling area as soon as possible. Be aware of security.

3. Do not comment to coaches or media.

4. If reportable violations have occurred, all officials must submit a report on the proper form to the PIAA Office. Reportable violations are any disqualifications of a wrestler, coach, or team personnel due to misconduct, unsportsmanlike conduct, or flagrant misconduct. These penalties would require a contestant to sit out the next contest. Disqualification due to the penalty chart sequence of 1 point; 1 point; 2 points; disqualify; are not reportable. Additionally, any unusual situations which may occur such as injury, unsportsmanlike conduct of team or spectators, problems with contest management, and/or suspension of a match or tournament are to be submitted to the PIAA Office by e-mail at pgebhart@piaa.org or fax (717) 697-7721 within 24 hours of the conclusion of the match or tournament.
MEETING #3:

A. RULE 7 Infractions

Section 1 - Illegal Holds/Maneuvers

Article 1: A slam is lifting and returning an opponent to the mat with unnecessary force. This infraction may be committed by a contestant in either the top or bottom position on the mat, as well as during a takedown. A slam shall be called without hesitation.

Article 2: A full, straight-back suplay and the straight-back salto are illegal.

Article 3: An intentional drill or a forceful fall-back is illegal and usually occurs when the defensive wrestler, from a standing position, goes forcibly to the mat while the offensive man has a scissors or a cross-body ride.

Article 4: Pulling back as opposed to grasping the thumb or 1, 2, or 3 fingers of an opponent’s hand.

Article 5: Other illegal holds/ maneuvers include, but are not limited to: (See photos 38-90 on pages 68 thru 77 of the 2017-18 NFHS Wrestling Rules Book.

   a. A double under-hook snap back from the standing position.
   b. The hammerlock above the right angle.
   c. The twisting hammerlock along with lifting the elbow off the back in a hammerlock situation.
   d. Any headlock in which the arms or hands are locked around the opponent’s head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria has been met or ¾ Nelson).
   e. Straight head scissors (even though an arm is included).
   f. Full nelson.
   g. Holds/maneuvers putting pressure on the throat and/or carotid artery.
   h. Twisting kneelock taken against the joint and/or away from the body.
   i. Keylock.
   j. Overhead double arm bar.
k. Locking the hands behind the back in a double arm bar from the front.

l. Neck wrench.

m. Front, quarter nelson with the chin.

n. Leg block (cut-back).

o. Overscissor when pressure is applied against the joint which may cause hyperextension.

p. Bending, twisting or forcing the head or any limb beyond its normal limits of movement.

q. Back bow.

r. Figure 4 scissor around the body, the head or both legs.

s. Chicken wing with pressure toward the shoulder, parallel to the long axis of the body.

t. Hand(s) in the eyes or raking the eyes.

u. Any hold/maneuver used for punishment.

v. Any hold/maneuver with pressure exerted over the opponent’s mouth, nose, throat or neck that restricts breathing or circulation and;

w. A back flip from the standing position, or a front flip and/or front hurdle over an opponent in the standing position, and

x. Rear standing, double knee kickback.

**Article 6:** A wrestler applying a legal hold/maneuver shall not be penalized when his opponent turns a legal hold/maneuver into an illegal hold. The referee shall cause the hold/maneuver to be released when it becomes illegal. The match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. Whenever possible, an illegal hold/maneuver shall be prevented rather than penalized.

**Section 2 - Potentially Dangerous Holds**

**Article 1:** Holds are potentially dangerous when a body part is forced to the limit of normal range of movement. The wrestler applying such a hold shall be cautioned against forcing it into an illegal position. If the offensive wrestler causes a potentially dangerous hold to become illegal, he shall be penalized
Article 2: Potentially dangerous holds include:

a. The double wristlock.

b. Split scissors.

c. The guillotine, when the arm is forced to such an extent as to endanger a contestant.

d. Chicken wing.

e. Toeholds.

f. A front headlock or any headlock with an arm or leg encircled.

g. When a wrestler stands, with one for both arms trapped; and

h. Other holds/maneuvers which may cause injury when used legally.

Contestants should know the dangers of these holds. The referee should anticipate the dangers of injury from these holds and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds into illegal positions without interrupting action, unless it is necessary to stop the hold in order to prevent injury. When the defensive wrestler stands supporting all of the weight of the offensive wrestler, a potentially dangerous situation exists and the referee shall stop the match. (See photos, 91 to 104, on pages 78 to 80 of the 2017-18 NFHS Wrestling Rules Book).

Article 3: The double wristlock and chicken wing become illegal when forced into a twisting hammerlock position, or with the force applied parallel instead of perpendicular to the long axis of the opponent's body.

Article 4: No contestant should ever be put in a position where he must forfeit a neutral position, a position of advantage or a fall because of an injury or danger to life or limb. The referee shall promptly stop any and all holds which, in his opinion, are being used for punishment. If a legitimate hold is forced to such an extent as to endanger a contestant, or if it becomes a punishing hold, the referee shall stop the match in order to require the hold to be broken. The match shall be restarted as following an out-of-bounds.

Section 3 - Technical Violations

Article 1: Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding wrestling, is a
technical violation. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds the offending wrestler shall be penalized. There can be no technical violation of fleeing the mat if near-fall points have been earned.

**Article 2:** Grasping of clothing, mat or headgear by a contestant is prohibited. Any advantage gained thereby shall be nullified. Grasping clothing to gain or prevent an escape, reversal, takedown or fall is a technical violation and the penalty points shall be awarded in addition to points earned.

**Article 3:** Interlocking or overlapping the hands, fingers or arms around his opponent's body (with or without arms included) or both legs by a wrestler in the advantage position, unless his opponent has all his weight supported entirely on his feet or he has lifted his opponent off the mat or his opponent has met near fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.) (See photos, 103 to 107, on pages 79-80 of the 2017-18 NFHS Wrestling Rules Book).

**Article 4:** Leaving the wrestling area, without first receiving permission to do so from the referee, is a technical violation.

**Article 5:** Reporting to the mat, not properly equipped or not ready to wrestle or any equipment that is detected as being illegal after the match has started is a technical violation. (See Penalty Chart)

**Section 4 - Conduct of Contestants**

**Article 1:** Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but it is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck, a forceful slap to the head or face, and/or gouging or poking the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct.

**Article 2:** Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the official, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing headgear, or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one
knee to break locked hands, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

**NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean other under any circumstance including on the basis of race, religion, gender or national origin.

**Article 3:** Flagrant misconduct involves physical or nonphysical acts and they can occur before, during or after a match and is any act considered by the official to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It would include, but is not limited to, striking, butting, elbowing, kicking an opponent or using any tobacco products.

**Section 5 - Conduct of Coaches, Team Personnel, and Others**

**Article 1:** All persons affiliated with the team including wrestlers, coaches, trainers and managers are subject to the rules and will be governed by decisions of the referee.

**Article 2:** 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. During this time, the coach may walk behind the team bench to encourage his wrestlers, or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area parallel to the bleachers. He may approach the official’s table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match. (See Rule 2-2)

**Article 3:** 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 (Rule 7-5-2), taunting, acts of disrespect or those actions which incite negative reaction by others. This also includes the use of any tobacco products. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.

**Article 4:** Coach Misconduct 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.
Article 5: 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 in accordance with the Penalty Chart.

Article 6: A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

Section 6 - Stalling

Article 1: Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and officials to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees.

Article 2: When an official recognizes stalling occurring at any time and in any position, he shall warn the offender and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling without hesitation.

Article 3: It is stalling in the neutral position when a wrestler:

   a. Continuously avoids contact with his opponent.

   b. Plays the edge of the mat.

   c. Prevents his opponent from returning to or remain inbounds.

   d. Is not attempting to secure a takedown.

Article 4: It is stalling when the contestant in the advantage position:

   a. Does not wrestle aggressively and attempt to secure a fall, except when he intentionally releases his opponent in order to thereafter immediately attempt to secure a takedown.

   b. Legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds;
c. Holding an opponent’s leg with the use of two hands on two legs or two hands on one leg in action not designed to break his opponent down or is for the purpose of securing a fall or is to prevent an escape or reversal is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.

d. Stays behind the opponent while on his/her feet, making no attempt to bring the opponent to the mat.

**Article 5:** When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

**Article 6:** It is stalling by either wrestler when he:

a. Repeatedly grasps or interlocks around one leg of his opponent to prevent him from scoring.

b. Delays the match. This includes straggling back from out-of-bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat or.

c. Repeatedly creates a stalemate situation to prevent an opponent from scoring.

**Article 7:** The defensive man is not stalling when he is overpowered by his opponent.

**Stalling in the Ultimate Tiebreaker:**

Stalling is perhaps the most difficult call in wrestling. Few calls are subject to such a degree of controversy and few calls spark such a degree of emotion among coaches and spectators.

The ultimate tiebreaker presents a different format when it comes to stalling. The referee should take into account that the offensive wrestler does not have to score to win, and can win by controlling the defensive wrestlers for 30 seconds. If the defensive wrestler scores, the match is concluded. This could be by an escape, reversal or through a penalty point(s). If the offensive wrestler scores, the match is also concluded. If neither wrestler scores, the offensive wrestler will be awarded one point and declared the winner.

To ensure that the offensive wrestler does not take advantage of the 30 seconds by just grabbing onto a body part(s) and holding on, a stalemate should be called immediately after determining that the offensive wrestler has grabbed onto a body part(s) solely in an effort to prevent the defensive
wrestler from scoring. Wrestling will resume from the offensive starting position on the mat; if the offensive wrestler uses a similar tactic again, stalling should be called and penalized accordingly.

**Rule 7-6** Clearly and thoroughly details stalling. The opening sentence sets the tone for the remainder of the rule: "Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or score of the match." With that overriding philosophy, the calling of stalling in the tiebreaker has become a concern of the rules committee. The following is presented as a guide to assist coaches and officials in determining how to coach a wrestler and how an official might judge stalling in the tiebreaker. The official should realize that the offensive wrestler does not have to score to win. To somewhat ensure that the offensive wrestler does not take advantage of the Tiebreaker (30 seconds) by just grabbing onto a body part and holding on, the following is provided for clarification:

**SITUATION:** The offensive wrestler drops to a single leg, (a) below the knee, with a shoulder against the thigh of the defensive wrestler who is down on the mat, (b) with the shoulder against the shin of the defensive wrestler who is down on the mat, (c) the defensive wrestler stands and the offensive wrestler locks hands onto a single leg or around the waist and holds, either by standing or lifting the defensive wrestler off the mat and/or walks around.

**RULING:** In this scenario, the referee should apply the following philosophy: If the top wrestler is "control wrestling," they should not be called for stalling in the tiebreaker. If the top wrestler is "hanging on" and not control wrestling, the referee should call a stalemate immediately and restart the wrestling. If the top wrestler goes to a maneuver to hang on again and not control wrestling then stalling should be called against the top wrestler and penalized accordingly. On the third offense for the same action, penalize for stalling which will end the match.

**NOTE:** The offensive wrestler could be disqualified as the sequence of penalties, as shown in the Penalty Chart, would still apply.
MEETING #4:

A. Rule 3 - Officials and Their Duties

1. Review the following articles under Rule 3:

Article 1: The referee’s uniform consists of a short-sleeved knit shirt, with alternating black and white one-inch stripes; (THE PIAA DID NOT ADOPT THE GRAY WITH BLACK PINSTRIPES OR AN EVENT PROVIDED SHIRT COMMON TO ALL OFFICIALS AT THAT EVENT), full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes without colored highlights. The referee shall be neatly attired and have other accessories, including a colored disc, 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. The PIAA Official’s patch is to be worn on the upper left sleeve. No other patches except for the American Flag are to be worn on official’s uniform.

Article 3: The jurisdiction time of the referee will begin upon arrival at the site and will conclude with the approval of the scorebook in dual meets and when the referee signs the bout sheet after the last match of a tournament. The meet referees retain clerical authority over the meet through the completion of any reports, including those imposing disqualification, that are responsive to action occurring while the meet referees had jurisdiction. State associations may intercede in the event of unusual incident after the meet referees’ jurisdiction has ended or in the event that a meet is terminated prior to the conclusion of the regulation meet.

Article 6: Only authorized signals shall be used by the referee when signaling and verbally notifying the contestants and scorer when warning or awarding points to either wrestler. The thumb is not to be used when signaling point(s) only fingers.

Enforcement of Rules and Use of Signals/Mechanics

All officials must pay particular attention to the enforcement of playing 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.

Article 7: When possible the referee should award points on the edge of the mat calls before blowing the whistle for out-of-bounds.
Article 8: The referee shall be firm in enforcing the letter and spirit of the rules, consistently penalizing infractions. He must enforce penalties for infractions explained in Rule 7 and Rule 8 without hesitation. The referee shall not use TV monitoring, replay or other video equipment in making decisions related to the match.

Article 9: **When penalizing either wrestler, the referee shall stop the match, use the appropriate NFHS signal and announce the penalty in the prescribed manner so that coaches, contestants, scorers and spectators are aware of the penalty, except as noted in Rule 8, Section 1, Article 2.**

Article 10: The referee shall stop potentially dangerous holds, if possible before they reach the dangerous state.

Article 12: The referee has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

Article 13: During injury, blood or recovery time-outs, the referee should be in a position to monitor the appropriate clock and wrestler. The referee should notify the coach and/or wrestler at the one minute mark and the 30-second mark as to the amount of time remaining.

2. Discuss the meaning and application of Rule 3, Section 1, Article 2:

Article 2: On matters of judgment, the referee shall have full control of the match and his decisions shall be final, based upon the NFHS wrestling rules and interpretations. The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS wrestling rules.

3. Discuss how to properly work with and as an assistant referee Rule 3, Section 2 in the *2017-18 NFHS Wrestling Rule Book* page 13 & 14.

4. Discuss how to properly conduct the weigh-in of contestants.
   a. Check scale balance before starting. If it is a bar scale, see if it is reset to zero if electronic.
   
   b. Check to see if the scale is currently certified.
   
   c. Obtain computer weigh-in form from each coach. There can be no weigh-in without this documentation.
   
   d. Record actual weight.
   
   e. Have contestant stand on scale with back to indicator.
f. It is very important that the contestant stand with both feet flat and in the middle of the scale platform. Feet must not hang over the ends of the platform.

g. All contestants shall weigh-in wearing no more than a suitable under garment. They may not remove the under garment.

h. Require contestants to get on and off the scale in a gentle manner.

i. This is also an excellent time for the referee to check the skin for any illegal conditions.

j. 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 and it must be attached to the headgear. 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. This hair cover must also conform to the logo rule.

k. If a communicable skin document is completed, it must be presented at weigh-in. (see page 16-17 of 2017-18 NFHS Wrestling Rules Book and refer to page 73 in this chapter meeting guide).

l. If a wrestler is presented at a weight other than his minimum certified weight as listed on the weight sheet, that weight should be recorded on the weigh-in sheet.

**NOTE:** The only forms that can be used when informing referees of a communicable skin condition is located on page 6 in the Rules and Regulations of the 2017-18 PIAA Handbook. A copy of this form is on the website [www.piaa.org](http://www.piaa.org), sports, wrestling, scroll down for documents.
MEETING #5:

A. Discuss all scoring possibilities other than infractions previously discussed.

1. Rule 5, Section 25 - Takedown

   Article 1: It is a takedown when, from a neutral position, a wrestler gains control over his opponent down on the mat while the supporting points of either wrestler are inbounds. When the majority of the defensive wrestler's weight is borne on his hand or hands, it is considered a supporting point(s). (See photos, 23 to 30, on pages 66 to 67 in the 2017-18 NFHS Wrestling Rules Book).

   Article 2: A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the majority of the wrestler's weight is supported by his hands. (See photo 31 on page 67 in the 2017-18 NFHS Wrestling Rules Book).

   Article 3: In awarding a takedown at the edge of the mat control must be established while the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds. (See photos, 32 to 34, on page 67 in the 2017-18 NFHS Wrestling Rules Book).

2. Rule 5, Section 10 – Escape

   It is an escape when the defensive wrestler gains a neutral position and his opponent has lost control, while the supporting points of either wrestler are inbounds.

Rule 5, Section 22 – Reversal

   Article 1: It is a reversal when the defensive wrestler comes from underneath and gains control of his opponent, either on the mat or in a rear-standing position, while the supporting points of either wrestler are inbounds. (See photos, 21 to 22, on page 65 in the 2017-18 NFHS Wrestling Rules Book).

   Article 2: In awarding a reversal at the edge of the mat control must be established while the supporting point(s) of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.

4. Rule 5, Section 11 – Fall, Near Fall & Technical Fall

   Article 1: A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The two seconds (one-thousand-one, one-thousand two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. A fall is imminent when any part of both
Article 2: A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (See photos, 5 to 8, on page 62-63 in the 2017-18 NFHS Wrestling Rules Book).

a. Criteria for near fall occur when any part of both shoulders or both scapula of the defensive wrestler are held within four inches of the mat or less; or when one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less with the mat; or when the defensive wrestler is held in a high bridge or on both elbows.

b. Only the wrestler with the advantage, who has an opponent in the pinning situation, may score a near fall.

c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of the number of times the offensive wrestler places an opponent in the near fall position during the pinning situation.

d. A bridge back in a body scissor or bridgeovers with a wrist lock are not considered near fall situations even though a fall may be scored.

e. When the defensive wrestler places himself in a precarious during an attempted escape or reversal, a near fall shall not be scored, unless the offensive wrestler has control and restrains the opponent in a pinning situation for two seconds.

f. If the defensive wrestler is injured or bleeding occurs in an imminent near-fall situation or before the two-point near fall criteria of a two count have been met, the match will be stopped and a two-point near-fall awarded.

g. If the defensive wrestler is injured or bleeding occurs after a two-point near fall criteria of a two count have been met and before the three-point near-fall criteria of a five count have been earned, the match will be stopped and the three-point near fall shall be awarded.
h. If the defensive wrestler is injured or indicates an injury or bleeding occurs after the three-point near fall is earned, the match will be stopped and a four-point near fall shall be awarded.

i. If in f-h, when a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near fall points in accordance with f-h at the next stoppage.

Article 3: If the near fall criteria are met for a period of two seconds, a two point near fall will be earned and if the near-fall criteria are met for five continuous seconds, a three point near-fall will be earned.

Article 4: A technical fall occurs when a wrestler has earned a 15-point advantage over his opponent, however;

a. If a takedown or reversal, straight to near-fall criteria or a near fall creates a 15-point advantage, the match shall continue until the near-fall situation has concluded.

b. Once the technical fall has been earned, the offensive wrestler cannot lose the match except by flagrant misconduct.

Article 5: A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler’s body out-of-bounds.

5. Discuss scorer and assistant scorer responsibilities and proper communication with them refer to (Rule 3, Section 3) on page 14, in the 2017-18 NFHS Wrestling Rules Book.

Article 1: The official scorer shall be seated at the scorer’s table and is responsible for:

a. Recording points scored by each contestant when signaled by the referee.

b. Circling the first point(s) scored in the regulation match, including overtime;

c. Recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers in the advantage position at the start of the second and third periods including overtime.

d. Constantly checking with the visiting team’s scorer.
e. Immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match.

f. Recording the completion time of matches.

g. Presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

**Article 2:** The assistant scorers are responsible for recording points earned by each individual wrestler during the course of the match and circling first point(s) scored in the regulation match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

6. **Rule 5, Section 17 – Match**

**Article 1:** A match is competition between two individual wrestlers who are of as nearly equal weight as possible.

**Article 2:** A match begins when the proper wrestler reports to the scorer’s table in dual matches and tournaments until the conclusion of wrestling. The conclusion of wrestling occurs when the time expires at the end of the third period, when the overtime ends, or when a fall, technical fall, disqualification or default or forfeit occurs.

7. **Rule 5, Section 7 – Default**

A default is awarded when one of the competitors is unable to continue wrestling for any reason.

a. There is no injury default. If score keepers are using the term, please correct them.

8. **Rule 5, Section 8 – Disqualification**

A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer’s table in a dual meet and then withdraws. Also if a wrestler reports to the table and is not properly equipped, if he/she cannot correct in the allotted time, he/she will be disqualified.
9. **Rule 5, Section 13 – 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. Forfeits count as matches when considering the five-matches in one-day limit.

10. **Rule 8, Section 2 - Injury**

   **Article 2:** If a contestant is injured as a result of an illegal hold, unnecessary roughness or unsportsmanlike conduct (during the match) to the extent the contestant is unable to continue following a maximum of two minutes recovery time the contestant shall be awarded the match by default. In case of an intentional attempt to injure an opponent, the offender shall be disqualified. Recovery time for injury because of an illegal hold is not deducted from the injured wrestler’s injury-time allowance and coaching is allowed. A contestant cannot take injury time immediately following recovery time.

11. **Rule 9, Section 1 – Scoring**

   **Article 7:** A decision is earned by the wrestler who has scored the greater number of points, as provided by the individual match scoring system, if no fall has resulted during the match. If the winner's score exceeds the loser's score by fewer than 8 points, it is a regular decision and if the margin is from 8 to 14 points, it is a major decision. If the margin is 15 points or more it is a technical fall.

12. **Rule 3, Section 4 – Timekeeper**

   **Article 1:** The match timekeeper is responsible for:

   a. Keeping the overall time of the match.

   b. Recording the accumulated time-outs for injury and blood time.

   c. Monitoring recovery time.

   d. Notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error.

   e. Assisting when requested by the referee, in determining whether a situation occurred before or after the termination of a period.

   f. When a visual clock is not available, calling the minutes to referee,
contestants, and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period at 15-second intervals.

13. Discuss the necessity of actual weights recorded at the head table. Wrestlers cannot move down but they can move up if their actual weight qualifies them. The wrestler will not weigh-in a second time. The actual weight recorded will be used to determine a legal qualified weigh in addition to the certified weight and target weight for that meet.

If a wrestler does not make the weight for which he is presented, he can move up two weights if he is qualified for those weights in his weight plan.
MEETING #6:

A. Rules of Special Concern and Common Sense.

1. The meet officials shall assume authority for the contest within his jurisdiction time Rule 3, Section 1 Art. 3.

   Article 3: The jurisdiction time of the referee will begin upon arrival at the site and will conclude with the approval of the scorebook in dual meets and when the referee signs the bout sheet after the last match of tournament. The meet referees retain clerical authority over the meet through the completion of any reports, including those imposing disqualification, that are responsive to action occurring while the meet referees had jurisdiction. State associations may intercede in the event of unusual incident after the meet referees' jurisdiction has ended or in the event that a meet is terminated prior to the conclusion of the regulation meet.

2. Be aware of the possible violation of Rule 4, Section 4, Article 3, after arrival at the meet site.

   Article 3 At any time the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

3. Be in good physical condition so that you can properly handle a meet or tournament.

4. Review with chapter members how to pack the uniform and equipment. Prepare a check list.

5. All officials should have written contracts from the host school or league assigner for their assignments. It is recommended that you have it in your possession when you arrive at the event. Some assignors provide a computed assignment with a contract when you arrive at the school.

6. Review neatness, appearance and professionalism as it affects each individual as a PIAA registered official. Refer to PIAA Athletic Officials' Manual on the PIAA website www.piaa.org. All are vital factors in being considered for regional assignments.

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

8. Review of tobacco use rule. Smoking and/or tobacco chewing is prohibited.
9. Review of no alcohol use on premises of meet.

10. Suggest that you obtain an emergency phone number to call in case you break down and cannot get to the school or will be late. With the use of cell phones to use email, an email address would be useful.

11. If you are going to a location for the first time, get directions well in advance of the event. If possible go to the site in advance of the meet, not all high schools compete at the high school building some use middle schools or junior high schools.

12. When you return your contract, put your cell phone number on it if you have one. If you are in route and the meet is canceled, you can be contacted.

PIAA Officials’ Convention:

The 24th Annual PIAA Officials Convention will be held the 1st or 2nd week of August of 2018, with details forthcoming. Officials need to have continuing education training through their attendance at the PIAA Annual Officials’ Convention in their sport once over every five years. This five year requirement also qualifies officials to work the state tournament.
TOPICS FOR DISCUSSION

1. Proper way to conduct weigh-ins. (see meeting #4)

2. Proper way to conduct pre-meet duties in the locker room.

3. When starting a match in the offensive and defensive position, good mechanics are needed. Be sure to set both wrestlers before blowing the whistle to start. A mandatory sequence to line up is no longer required.

4. Please review the official wrestling signals and the mechanics of showing them to the table. No pet signals allowed, use only those listed in for high school and college on pages 82-83 of the 2016-17 NFHS Wrestling Rules Book. This review is strongly suggested since improper signals are quite prevalent. In your review you should demonstrate the signals. Note-there were two new signals added for the 2015-16 school year.

5. Discuss the function, duties, and mechanics of the assistant referee.


7. Compare each official’s hand near-fall count to a clock. It has been noticed at the state tournament that there is too much variance in the speed of the counts. It varies both fast and slow.

8. Out of bounds situations and calls.

9. Control.

10. How to use the whistle.

11. Have a demonstration of 45 degrees in relation to near fall criteria. A wide variation of judgment of this angle has been observed at the state tournament.

Some of the signals used improperly are:

1. Crossing the hands in front of the body, much like the time out or stop injury clock signal, to indicate the defer choice signal.

2. Pounding the mat to indicate defensive stalling.

3. Using the old unsportsmanlike conduct signal (soaring) to indicate no control.

4. Indicating stalemate by pounding the fists away from the chest, instead of holding them against the chest.
5. Pointing to the wrestler earning points with the points before raising them up.

6. Pointing to the wrestler earning points with one hand and raising them with the other. We use colors to eliminate this extra motion.

7. Indicating no control with one hand rather than two.

8. Inducting no control as a static rather than a motion signal.

9. Indicating a no control high as opposed to wait high

10. Rolling fall call.

11. Indicating distance needed for fall with fingers.

12. Neutral with palms of hands facing out as opposed to facing each other.

13. Flip flop hand to indicate not held for near-fall.

14. Splitting the hands and arms apart to indicate a separation prior to indicating the neutral signal.

15. Showing a T with the hands to indicate a time-out and stop the clock.

16. Pounding on fist from above the other to indicate defer.
1. A match is a competition between two wrestlers who are:
A. The same age.
B. The same grade in school.
C. Nearly equal weight as possible.
D. None of the above

2. A series of matches in each of the NFHS weight classes in which advancement and/or results are based upon the team’s collective results:
A. Individually bracketed tournaments.
B. Team advancement tournaments.
C. Combination tournaments.
D. None of the above.

3. A series of matches, one in each of the NFHS weight classes, constitutes a:
A. Tournament.
B. Scrimmage.
C. Dual meet.
D. Practice.

4. A wrestler who makes weight in a weight class may be shifted to:
A. A lower weight class.
B. A different team.
C. The next higher weight class.
D. None of the above.

5. A contestant shall not accept a forfeit in one weight class and compete in:
A. A tournament the next day.
B. A dual the next day.
C. Any event.
D. Another class.
6. Each individual state high school association shall develop and utilize a special weight-control program which will discourage:
   A. Forfeits.
   B. Excessive weight reduction.
   C. Excessive weight increase.
   D. Poor eating habits.

7. Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:
   A. Individual participants with disabilities.
   B. Individual participants with special needs.
   C. Individuals with unique and extenuating circumstances.
   D. All of the above.

8. Each team shall designate a captain or captains:
   A. Prior to weigh-ins.
   B. After the first match begins.
   C. Prior to the beginning of the meet.
   D. None of the above.

9. For health and safety reasons, the state association’s weight-control program shall require:
   A. Hydration testing.
   B. Concussion testing.
   C. Flexibility testing.
   D. Endurance testing.

10. In dual-meet competition a school may be represented by only:
    A. Two wrestlers in each weight class.
    B. One wrestler in each weight class.
    C. Three wrestlers in each weight class.
    D. As many wrestlers that the coach selects in each weight class.

11. No contestants shall wrestle in two consecutive matches with less than ______minutes rest between matches.
    A. 30
    B. 35
12. Prior to the meet, the head coach shall verify that all wrestlers will:
   A. Be in proper uniform, properly groomed, properly equipped and ready to wrestle.
   B. Ready to wrestle, properly groomed only.
   C. Properly equipped, in proper uniform only.
   D. Report to the mat when called.

13. The person responsible for verifying that all wrestlers competing are properly groomed, in proper uniform and properly equipped in a tournament shall be:
   A. The official scorer.
   B. The referee.
   C. The competitor.
   D. The head coach.

14. The random draw is supervised by:
   A. The referee.
   B. The coaches after weigh-ins are concluded.
   C. Other authorized personnel.
   D. Both A & C.

15. The random draw shall take place:
   A. After all wrestlers have weighed in.
   B. Only if coaches don’t want to start at 106 pounds.
   C. Immediately preceding weigh-ins.
   D. None of the above.

16. The state high school association's weight-control program shall require each wrestler to establish:
   A. A certified maximum weight.
   B. A certified concussion test.
   C. A certified minimum weight.
   D. None of the above.

17. The weight-control program developed by each individual state high school association which would establish the minimum weight class should include:
A. Body fat assessment.
B. Hydration testing.
C. A monitored descent plan.
D. All of the above.

18. Video recording is authorized unless:
A. Both coaches do not agree.
B. Prohibited by the state high school association.
C. Prohibited by the host school.
D. Both B and C.

19. A mat must have the shock-absorbing qualities of at least:
A. 2 inches per PVC.
B. 1 inch per PVC.
C. 3 inches per PVC.
D. 4 inches per PVC.

20. A scorer’s table shall be placed at least_________ from the edge of the mat.
A. 5 feet
B. 10 feet
C. 8 feet
D. None of the above.

21. At the center of the mat shall be a:
A. 9-foot circle.
B. 8-foot circle.
C. 10-foot circle.
D. No circle is required.

22. For dual meets, all team personnel, including coaches other than participating contestants, shall be restricted to an area which is at least:
A. 5 feet from edge of mat.
B. 10 feet from edge of mat.
C. 10 feet from center of mat.
D. 5 feet from center of mat.
23. Only ____ team personnel are permitted on chairs at the edge of mat during tournament competition.
   A. 4
   B. 3
   C. 2
   D. 1

24. In a tournament the restricted zone shall be no closer than 5 feet from the edge of the:
   A. mat.
   B. scorer’s table.
   C. team benches.
   D. circle.

25. Scales used for weigh-ins shall be certified:
   A. Never.
   B. Twice a year.
   C. Annually.
   D. Monthly.

26. Starting lines, 1-inch wide shall be:
   A. Omitted.
   B. Placed at the side of the mat.
   C. Placed anywhere on the mat.
   D. Placed at the center of the mat.

27. Surrounded and secured to the wrestling area of the mat shall be a safety mat area approximately _______
   A. 1-foot wide.
   B. 2-feet wide.
   C. 3-feet wide.
   D. 5-feet wide.

28. The mat area includes:
   A. The wrestling mat.
   B. The team benches.
C. The scorer's table.
D. All of the above.

29. The scorer's table shall be large enough to accommodate:
A. Official timekeeper.
B. Head scorer.
C. Visiting team's scorer.
D. All of the above.

30. The two 3-foot lines shall be connected by:
A. 1-inch green line on both ends.
B. 2-inch green line on both ends.
C. 1-inch red line on both sides.
D. 1-inch red line on one side and 1-inch green line on other end.

31. The wrestling area of the mat shall be a circular area a minimum of_______
A. 50 feet in diameter.
B. 40 feet in diameter.
C. 28 feet in diameter.
D. 24 feet in diameter.

32. The wrestling area shall be marked by ___________ painted lines.
A. 2-inch-wide
B. 3-inch-wide
C. 1-inch-wide
D. 4-inch-wide

33. The wrestling mat shall be of uniform thickness not more than:
A. 2 inches thick.
B. 3 inches thick.
C. 5 inches thick.
D. 4 inches thick.

34. Wrestlers shall weigh in on scales provided by ________________
A. Home management.
B. Visiting team.
C. Local association.
D. None of the above.

35. A type of time-out that is used to correct legal equipment which becomes illegal through use is called:
A. Injury time.
B. A referee’s time-out.
C. Blood time.
D. Bad time.

36. Before a tournament begins each day, who will review the signals and procedures with the scorers and timekeeper:
A. The referee.
B. The tournament manager.
C. The head coach.
D. The assistant coach.

37. Before a team advancement tournament begins each day, who will verify that the team is groomed, properly equipped and ready to wrestle, including shoe laces being secured:
A. The head coach.
B. The assistant coach.
C. The tournament manager.
D. The referee.

38. Before the dual meet begins, the referee shall review with scorers and timekeepers:
A. The skin forms collected during weigh-ins.
B. The signals and procedures to be used.
C. The first and last names of all contestants.
D. None of the above.

39. Before the dual meet begins, who will clarify rules to coaches and contestants upon request:
A. Home school administrator.
B. The referee.
C. The scorer.
D. The timekeeper.
40. Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and _______________.
   A. Done with warm-ups.
   B. Ready to exchange lineups.
   C. Has shoe laces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.
   D. Ready to be seeded.

41. Before the dual meet begins, skin checks will be performed by the referee, if not performed by:
   A. Skin checks are only required if skin note is presented.
   B. The visiting coaches.
   C. The home team coaches.
   D. Designated on site appropriate health-care provider.

42. Coaches are not permitted to address:
   A. The referee.
   B. The assistant.
   C. The scorer.
   D. The timekeeper.

43. During a headlock, the assistant should position himself:
   A. In position to observe any action from underneath.
   B. At the scorer’s table watching the clock.
   C. At the edge of the mat away from the action.
   D. In 10-foot circle away from the action.

44. During injury, blood or recovery time-outs, the referee should be in position to monitor:
   A. The timekeeper and scorers.
   B. Both coaches.
   C. Appropriate clock and wrestlers.
   D. Both team benches.

45. During the end-of-the-match procedure, the assistant referee should observe:
   A. The referee leaving wrestling area.
   B. The spectators in the stands.
   C. Both wrestlers and coaches leaving the mat area.
D. Both wrestlers and coaches leaving wrestling area.

46. If a disagreement is present between the referee and the assistant referee:
   A. The assistant's position is upheld.
   B. The home team coach would settle the matter.
   C. The referee has the authority to settle the matter.
   D. The home team administrator would settle the matter.

47. If legal equipment becomes illegal or inoperative through use during a match, the referee shall:
   A. Declare a referee's time-out to correct the equipment.
   B. Penalize the offending wrestler for a technical violation.
   C. Forfeit the match.
   D. All of the above.

48. If the assistant referee disagrees with the referee, they should do the following:
   A. The assistant should bring it to referee's attention immediately.
   B. The assistant will bring it up in the locker room.
   C. The assistant will not have an opinion.
   D. The assistant must go to scorer's table and discuss in confidence.

49. In a dual meet the referee will perform skin checks if not performed by:
   A. Designated on-site, appropriate health-care professional.
   B. The home team coach.
   C. The visiting team coach.
   D. Skin checks are only required if skin notes are presented.

50. In a near-fall situation, the assistant referee should:
   A. Inform the coaches of time left in period.
   B. Signal to the scorer's table the amount of near-fall points earned.
   C. Signal to the timekeeper amount of time left in period.
   D. Not be down on the mat.

51. Shin checks should be performed prior ____________.
   A. to the start of a dual meet.
   B. to the first match of a tournament.
C. to the teams arriving at the competition.
D. Both A & B.

52. The _______ is the person responsible for circling the first point(s) scored in regulation match.
A. timekeeper
B. official scorer
C. assistant referee
D. home team management

53. The _____is/are responsible for recording accumulated time-outs for injury and blood time.
A. timekeeper
B. scorekeeper
C. coaches
D. assistant scorekeeper

54. The assistant referee should assist the referee when observing interlocking hands or grasping of clothing by:
A. Informing both coaches verbally.
B. Informing the scorers verbally.
C. Giving the proper signal and informing the referee of the infraction.
D. Giving the signal for illegal hold and informing the referee.

55. The assistant referee will be granted the same mobility as the referee and will assist the referee in:
A. Talking with coaches during matches.
B. Making calls.
C. Explaining calls to scorers and timekeepers.
D. All of the above.

56. The official scorer shall be seated:
A. With the home team.
B. With the visiting team.
C. At scorer’s table.
D. At the edge of the mat.

57. The red and green armbands shall be worn:
A. Red on right wrist, green on left wrist.
B. Red and green on each wrist.
C. Green on right wrist, red on left wrist.
D. This is left to the discretion of the referee.

58. The referee and the assistant referee should meet to discuss their point of disagreement at this location:
A. In the locker room.
B. In the 10-foot circle with the wrestlers.
C. At the scorer’s table.
D. On the edge of mat away from wrestlers and coaches.

59. The referee, before a tournament begins each day, shall clarify the rules with coaches and contestants when:
A. During weigh-ins.
B. After weigh-ins.
C. After warm-ups.
D. Upon request.

60. The referee has the authority to rule on any situation not:
A. Covered in the NFHS Wrestling Case Book
C. Covered in NFHS exam questions.
D. Covered in the NFHS Wrestling Rules Book.

61. The referee shall have which accessories:
A. Black lanyard.
B. Black whistle.
C. Kit to conduct random draw.
D. All of the above.

62. The referee shall penalize for infractions explained in Rules 7 and 8:
A. If the coaches agree.
B. Without hesitation.
C. If required by the host school and administration.
D. After reviewing video replay.

63. The referee shall stop potentially dangerous holds/maneuvers:

60
A. Immediately.
B. If they become illegal.
C. After contestant is hurt.
D. If possible before it reaches a dangerous state.

64. The referee should award points on the edge of the mat, before blowing the whistle:
A. Always.
B. Never.
C. Sometimes.
D. When possible.

65. The referee should notify the coach and/or wrestlers at the ______ for the remaining time left.
A. 30-second and 15-second marks
B. one-minute and 30-second marks
C. 45-second and 30-second marks
D. two-minute and one-minute marks

66. The referee will meet with head coaches and captains before:
A. the tournament begins.
B. the team warm-up.
C. the semifinal round.
D. the dual meet begins.

67. The referee’s jurisdiction begins:
A. 30 minutes before the meet starts.
B. 45 minutes before the meet starts.
C. Upon arrival at the site.
D. 60 minutes before the meet starts.

68. The referee’s jurisdiction in a dual meet ends ____________.
A. 30 minutes after the last match.
B. 45 minutes after the last match.
C. 60 minutes after the last match.
D. with the approval of the scorebook.
69. The referee’s jurisdiction in a tournament ends ______________.
A. 30 minutes after the last match.
B. upon signing the bout sheet after the last match.
C. 45 minutes after the last match.
D. 60 minutes after the last match.

70. The use of an assistant referee is designed to minimize human error in matters of:
A. Rule application and judgment.
B. Judgment and rule knowledge.
C. Rule knowledge and judgment.
D. Rule application and consistency.

71. To certify results of a dual meet or tournament, the referee:
A. Uses the PA system to announce results to spectators.
B. Signs the official scorebook or individual scoresheet.
C. Provide scores to official media on site.
D. Does not verify scores; this is host team’s responsibility.

72. When making decisions related to the match the referee shall not use:
A. The scorer.
B. The timekeeper.
C. TV monitoring, replay or other video equipment.
D. The assistant referee.

73. Which is not part of a referee’s uniform:
A. Short-sleeved knit shirt with alternating black and white 1-inch stripes.
B. Black wrestling/gym shoes with colored highlights.
C. Black socks.
D. Black full-length trousers.

74. The _________ has full control of the match on matters of judgment.
A. referee
B. home team’s administrator
C. scorekeeper
75. The ________ is responsible for inspecting contestants during dual meets and tournaments for proper grooming.
A. health-care professional
B. referee
C. visiting coach
D. home team coach

76. The ________ retains clerical authority over the meet through the completion of any reports.
A. home team management
B. official scorer
C. referee
D. home team coach

77. Any manufacturer’s logo/trademark that appears on uniform:
A. Cannot exceed 4” x 4”.
B. Cannot exceed 2 1/4” x 2 1/4”.
C. Cannot exceed 3” x 3”.
D. Cannot exceed 1” x 1”

78. During competition, wrestlers wearing wrestling shoes in compliance must be:
A. Light heelless, reaching above the ankles, laces tied and secured.
B. Below the ankle.
C. Shoelaces untied.
D. Unzipped.

79. Full-length tights may be worn under a properly cut one-piece uniform with:
A. Coaches permission.
B. Stirrups.
C. Loose fitting t-shirt.
D. Shorts reaching below the knees.

80. The __________ must approve an undershirt to be worn under one-piece singlet.
A. referee
B. health-care professional
C. host team administrator
D. Undershirts are part of the uniform and do not need approval.

81. Any contestant failing to make weight during the weigh-in period:
A. Shall be sent home.
B. Can wrestle off.
C. May wrestle in the next higher weight class, permitted by individual weight-loss plan on that given date.
D. May wrestle in the next lower weight class.

82. Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of __________ before the first session of each day.
A. one hour
B. two hours
C. three hours
D. four hours

83. During weigh-ins, if only one scale is available:
A. Contestant can choose not to weigh in.
B. Contestant can wear plastic suit.
C. A contestant may step on and off the scale two times to allow for mechanical inconsistencies.
D. Leave weigh-in area to run for only 20 minutes.

84. When giving advanced notice concerning weight allowance, acceptable school staff can be:
A. Coach, homeroom teacher or trainer.
B. School board member.
C. Coach, principal or athletic director.
D. Team scorer, trainer or timekeeper.

85. When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted a 1-pound additional allowance, a minimum of __________ advance notice is required for the opponent(s).
A. 24 hours
B. 36 hours
C. 48 hours
D. None of the above
86. A caution is given to a contestant who:
   A. Applies an illegal move.
   B. Slams his or her opponent.
   C. Assumes an incorrect starting position or false starts.
   D. Bites his or her opponent.

87. A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation:
   A. When near-fall criteria are met for a period of two seconds or longer.
   B. If the defensive wrestler is injured or bleeding occurs in an imminent near-fall situation or before the two-point near-fall criteria of a two count have been met.
   C. If the defensive wrestler is injured or bleeding occurs after the two-point near-fall criteria of a two count have been met and before the three-point near-fall criteria of a five count have been earned.
   D. All of the above.

88. A technical fall occurs when a wrestler has earned:
   A. 8-point advantage.
   B. 10-point advantage.
   C. 15-point advantage.
   D. 5-point advantage.

89. After first round of competition in both championship and consolation brackets, there shall be no________.
   A. defaults
   B. forfeits
   C. disqualifications
   D. byes

90. Any hold/maneuver that restricts breathing or circulation is:
   A. Unsportsmanlike conduct.
   B. Potentially dangerous.
   C. Illegal.
   D. Legal.

91. Any hold/maneuver used to endanger life and limb is:
   A. Potentially dangerous.
B. Illegal.
C. Unsportsmanlike conduct.
D. Legal.

92. Awarding of points is determined by ____________.
A. control
B. head coach
C. scorekeeper
D. disqualification

93. Bad time involves time that occurred:
A. When the wrong wrestler was given choice at start of second period.
B. On next restart after opponent receives one-point stalling penalty.
C. When a clock should have been stopped at the end of a period.
D. After opponent has taken first injury time-out.

94. Biting is an act of ____________.
A. flagrant misconduct.
B. unsportsmanlike conduct.
C. technical violation.
D. potentially dangerous.

95. Flagrant misconduct on the part of contestants are acts which:
A. Are physical or nonphysical acts which occur before, during or after a match and considered by the referee to be serious enough to disqualify from the match and any additional wrestling in a multiple school event.
B. Fail to comply with the end-of-match procedure.
C. Result in questioning the judgment of the referee.
D. None of the above.

96. If the wrong wrestler is given choice of position at the start of third period, this is:
A. Blood time.
B. Injury time.
C. Referee time.
D. Bad time.
97. It is stalling in the neutral position when a wrestler:
A. Cannot improve his or her respective position.
B. Is overpowered by the opponent.
C. Prevents the opponent from returning to or remaining inbounds.
D. Causes a hold/maneuver to be forced beyond normal range of motion.

98. The coach misconduct penalty is:
A. Always charged to home team.
B. Always charged to assistant coach.
C. Always charged to head coach
D. Always charged to opposing team.

99. The first offense for coach misconduct results in:
A. Deduction of one team point.
B. Deduction of two team points.
C. A warning.
D. Deduction of three team points.

100. The use of tobacco products is:
A. Coach misconduct.
B. Flagrant misconduct.
C. Unsportsmanlike conduct.
D. Allowed walking to your vehicle in the parking lot.
# NFHS Exam - Answer Key

## 2016-17 Wrestling Exam Part I

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer Choice</th>
<th>Answer Text</th>
<th>Rule Reference</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
<td>C</td>
<td>Nearly equal weight as possible.</td>
<td>1-1-1</td>
</tr>
<tr>
<td>2.</td>
<td>B</td>
<td>Team advancement tournaments.</td>
<td>1-3-2</td>
</tr>
<tr>
<td>3.</td>
<td>C</td>
<td>Dual meet.</td>
<td>1-2-1</td>
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<tr>
<td>4.</td>
<td>C</td>
<td>The next higher weight class.</td>
<td>1-4-6</td>
</tr>
<tr>
<td>5.</td>
<td>D</td>
<td>Another class.</td>
<td>1-4-5</td>
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<td>6.</td>
<td>B</td>
<td>Excessive weight reduction.</td>
<td>1-5-1</td>
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<tr>
<td>7.</td>
<td>D</td>
<td>All of the above.</td>
<td>1-1-2</td>
</tr>
<tr>
<td>8.</td>
<td>C</td>
<td>Prior to the beginning of the meet.</td>
<td>1-2-3</td>
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<td>9.</td>
<td>A</td>
<td>Hydration testing.</td>
<td>1-5-2</td>
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<tr>
<td>10.</td>
<td>B</td>
<td>One wrestler in each weight class.</td>
<td>1-4-1</td>
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<tr>
<td>11.</td>
<td>C</td>
<td>45</td>
<td>1-4-4</td>
</tr>
<tr>
<td>12.</td>
<td>A</td>
<td>Be in proper uniform, properly groomed, properly equipped and ready to wrestle.</td>
<td>1-2-4</td>
</tr>
<tr>
<td>13.</td>
<td>D</td>
<td>The head coach.</td>
<td>1-3-5</td>
</tr>
<tr>
<td>14.</td>
<td>D</td>
<td>Both A &amp; C.</td>
<td>1-2-2b</td>
</tr>
<tr>
<td>15.</td>
<td>C</td>
<td>Immediately preceding weigh-ins.</td>
<td>1-2-2a</td>
</tr>
<tr>
<td>16.</td>
<td>C</td>
<td>A certified minimum weight.</td>
<td>1-5-3</td>
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<tr>
<td>17.</td>
<td>D</td>
<td>All of the above.</td>
<td>1-5-1</td>
</tr>
<tr>
<td>18.</td>
<td>B</td>
<td>Prohibited by the state high school association.</td>
<td>1-1-3</td>
</tr>
<tr>
<td>19.</td>
<td>B</td>
<td>1 inch per PVC.</td>
<td>2-1-1</td>
</tr>
<tr>
<td>20.</td>
<td>B</td>
<td>10 feet</td>
<td>2-3</td>
</tr>
<tr>
<td>21.</td>
<td>C</td>
<td>10-foot circle.</td>
<td>2-1-3</td>
</tr>
<tr>
<td>22.</td>
<td>B</td>
<td>10 feet from edge of mat.</td>
<td>2-2-1</td>
</tr>
<tr>
<td>23.</td>
<td>C</td>
<td>2</td>
<td>2-2-2</td>
</tr>
<tr>
<td>24.</td>
<td>D</td>
<td>circle.</td>
<td>2-2-2</td>
</tr>
<tr>
<td>25.</td>
<td>C</td>
<td>Annually.</td>
<td>2-4-2</td>
</tr>
<tr>
<td>26.</td>
<td>D</td>
<td>Placed at the center of the mat.</td>
<td>2-1-4</td>
</tr>
<tr>
<td>27.</td>
<td>D</td>
<td>5-feet wide.</td>
<td>2-1-2</td>
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<tr>
<td>28.</td>
<td>D</td>
<td>All of the above.</td>
<td></td>
</tr>
<tr>
<td>29.</td>
<td>D</td>
<td>All of the above.</td>
<td></td>
</tr>
<tr>
<td>30.</td>
<td>D</td>
<td>1-inch red line on one side and 1-inch green line on other end.</td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>C</td>
<td>28 feet in diameter.</td>
<td></td>
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<tr>
<td>32.</td>
<td>A</td>
<td>2-inch-wide</td>
<td></td>
</tr>
<tr>
<td>33.</td>
<td>D</td>
<td>4 inches thick.</td>
<td></td>
</tr>
<tr>
<td>34.</td>
<td>A</td>
<td>Home management.</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>B</td>
<td>A referee's time-out.</td>
<td></td>
</tr>
<tr>
<td>36.</td>
<td>A</td>
<td>The referee.</td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>A</td>
<td>The head coach.</td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>B</td>
<td>The signals and procedures to be used.</td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>B</td>
<td>The referee.</td>
<td></td>
</tr>
<tr>
<td>40.</td>
<td>C</td>
<td>Has shoe laces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.</td>
<td></td>
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<tr>
<td>41.</td>
<td>D</td>
<td>Designated on site appropriate health-care provider.</td>
<td></td>
</tr>
<tr>
<td>42.</td>
<td>B</td>
<td>The assistant.</td>
<td></td>
</tr>
<tr>
<td>43.</td>
<td>A</td>
<td>In position to observe any action from underneath.</td>
<td></td>
</tr>
<tr>
<td>44.</td>
<td>C</td>
<td>Appropriate clock and wrestlers.</td>
<td></td>
</tr>
<tr>
<td>45.</td>
<td>D</td>
<td>Both wrestlers and coaches leaving wrestling area.</td>
<td></td>
</tr>
<tr>
<td>46.</td>
<td>C</td>
<td>The referee has the authority to settle the matter.</td>
<td></td>
</tr>
<tr>
<td>47.</td>
<td>A</td>
<td>Declare a referee's time-out to correct the equipment.</td>
<td></td>
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<tr>
<td>48.</td>
<td>A</td>
<td>The assistant should bring it to referee's attention immediately.</td>
<td></td>
</tr>
<tr>
<td>49.</td>
<td>A</td>
<td>Designated on-site, appropriate health-care professional.</td>
<td></td>
</tr>
<tr>
<td>50.</td>
<td>D</td>
<td>Not be down on the mat.</td>
<td></td>
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<tr>
<td>51.</td>
<td>D</td>
<td>Both A &amp; B.</td>
<td></td>
</tr>
<tr>
<td>52.</td>
<td>B</td>
<td>official scorer</td>
<td></td>
</tr>
<tr>
<td>53.</td>
<td>A</td>
<td>timekeeper</td>
<td></td>
</tr>
<tr>
<td>54.</td>
<td>C</td>
<td>Giving the proper signal and informing the referee of the infraction.</td>
<td></td>
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<tr>
<td>55.</td>
<td>B</td>
<td>Making calls.</td>
<td></td>
</tr>
<tr>
<td>56.</td>
<td>C</td>
<td>At scorer's table.</td>
<td></td>
</tr>
<tr>
<td>57.</td>
<td>C</td>
<td>Green on right wrist, red on left wrist.</td>
<td></td>
</tr>
<tr>
<td>58.</td>
<td>D</td>
<td>On the edge of mat away from wrestlers and coaches.</td>
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<tr>
<td>59.</td>
<td>D</td>
<td>Upon request.</td>
<td>3-1-5c</td>
</tr>
<tr>
<td>60.</td>
<td>D</td>
<td>Covered in the NFHS Wrestling Rules Book.</td>
<td>3-1-13</td>
</tr>
<tr>
<td>61.</td>
<td>D</td>
<td>All of the above.</td>
<td>3-1-1</td>
</tr>
<tr>
<td>62.</td>
<td>B</td>
<td>Without hesitation.</td>
<td>3-1-9</td>
</tr>
<tr>
<td>63.</td>
<td>D</td>
<td>If possible before it reaches a dangerous state.</td>
<td>3-1-11</td>
</tr>
<tr>
<td>64.</td>
<td>D</td>
<td>When possible.</td>
<td>3-1-8</td>
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<tr>
<td>65.</td>
<td>B</td>
<td>one-minute and 30-second marks</td>
<td>3-1-14</td>
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<tr>
<td>66.</td>
<td>D</td>
<td>the dual meet begins.</td>
<td>3-1-4f</td>
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<td>67.</td>
<td>C</td>
<td>Upon arrival at the site.</td>
<td>3-1-3</td>
</tr>
<tr>
<td>68.</td>
<td>D</td>
<td>with the approval of the scorebook.</td>
<td>3-1-3</td>
</tr>
<tr>
<td>69.</td>
<td>B</td>
<td>upon signing the bout sheet after the last match.</td>
<td>3-1-3</td>
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<tr>
<td>70.</td>
<td>A</td>
<td>Rule application and judgment.</td>
<td>3-2-1</td>
</tr>
<tr>
<td>71.</td>
<td>B</td>
<td>Signs the official scorebook or individual scoresheet.</td>
<td>3-1-12</td>
</tr>
<tr>
<td>72.</td>
<td>C</td>
<td>TV monitoring, replay or other video equipment.</td>
<td>3-1-9</td>
</tr>
<tr>
<td>73.</td>
<td>B</td>
<td>Black wrestling/gym shoes with colored highlights.</td>
<td>3-1-1</td>
</tr>
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<td>74.</td>
<td>A</td>
<td>referee</td>
<td>3-1-2</td>
</tr>
<tr>
<td>75.</td>
<td>B</td>
<td>referee</td>
<td>3-1-4b, 3-1-5b</td>
</tr>
<tr>
<td>76.</td>
<td>C</td>
<td>referee</td>
<td>3-1-3</td>
</tr>
<tr>
<td>77.</td>
<td>B</td>
<td>Cannot exceed 2 1/4” x 2 1/4”.</td>
<td>4-1-2</td>
</tr>
<tr>
<td>78.</td>
<td>A</td>
<td>Light heelless, reaching above the ankles, laces tied and secured.</td>
<td>4-1-3</td>
</tr>
<tr>
<td>79.</td>
<td>B</td>
<td>Stirrups.</td>
<td>4-1-1b</td>
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<tr>
<td>80.</td>
<td>A</td>
<td>referee</td>
<td>4-1-1a</td>
</tr>
<tr>
<td>81.</td>
<td>C</td>
<td>May wrestle in the next higher weight class, permitted by individual weight-loss plan on that given date.</td>
<td>4-5-8</td>
</tr>
<tr>
<td>82.</td>
<td>B</td>
<td>two hours</td>
<td>4-5-2</td>
</tr>
<tr>
<td>83.</td>
<td>C</td>
<td>A contestant may step on and off the scale two times to allow for mechanical inconsistencies.</td>
<td>4-5-3</td>
</tr>
<tr>
<td>84.</td>
<td>C</td>
<td>Coach, principal or athletic director.</td>
<td>4-5-5</td>
</tr>
<tr>
<td>85.</td>
<td>C</td>
<td>48 hours</td>
<td>4-5-5</td>
</tr>
<tr>
<td>86.</td>
<td>C</td>
<td>Assumes an incorrect starting position or false starts.</td>
<td>5-4-1</td>
</tr>
<tr>
<td>87.</td>
<td>D</td>
<td>All of the above.</td>
<td>5-11-2, 5-11-2f, 5-11-2g</td>
</tr>
<tr>
<td>88.</td>
<td>C</td>
<td>15-point advantage.</td>
<td>5-11-4</td>
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<td>89.</td>
<td>D</td>
<td>byes</td>
<td>5-3-2</td>
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<tr>
<td>90.</td>
<td>C</td>
<td>Illegal.</td>
<td>5-14-2</td>
</tr>
<tr>
<td>91.</td>
<td>B</td>
<td>Illegal.</td>
<td>5-14-1</td>
</tr>
<tr>
<td>92.</td>
<td>A</td>
<td>control</td>
<td>5-6-3</td>
</tr>
<tr>
<td>93.</td>
<td>C</td>
<td>When a clock should have been stopped at the end of a period.</td>
<td>5-1-2a</td>
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<tr>
<td>94.</td>
<td>A</td>
<td>flagrant misconduct.</td>
<td>5-2-1</td>
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<tr>
<td>95.</td>
<td>A</td>
<td>Are physical or nonphysical acts which occur before, during or after a match and considered by the referee to be serious enough to disqualify from the match and any additional wrestling in a multiple school event.</td>
<td>5-12-2a</td>
</tr>
<tr>
<td>96.</td>
<td>D</td>
<td>Bad time.</td>
<td>5-1-1a</td>
</tr>
<tr>
<td>97.</td>
<td>C</td>
<td>Prevents the opponent from returning to or remaining inbounds.</td>
<td>5-24-3c</td>
</tr>
<tr>
<td>98.</td>
<td>C</td>
<td>Always charged to head coach</td>
<td>5-5-2</td>
</tr>
<tr>
<td>99.</td>
<td>C</td>
<td>A warning.</td>
<td>5-5-3a</td>
</tr>
<tr>
<td>100.</td>
<td>B</td>
<td>Flagrant misconduct.</td>
<td>5-12-1b</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Name of Disqualified Wrestler, Coach and/or Team Personnel</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Match</td>
<td></td>
</tr>
<tr>
<td>Location of Match/Tournament</td>
<td></td>
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<tr>
<td>Time of Match</td>
<td></td>
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<tr>
<td>Visiting Team</td>
<td></td>
</tr>
<tr>
<td>PIAA District</td>
<td></td>
</tr>
<tr>
<td>Visiting Team’s Final Score</td>
<td></td>
</tr>
<tr>
<td>Home Team</td>
<td></td>
</tr>
<tr>
<td>PIAA District</td>
<td></td>
</tr>
<tr>
<td>Home Team’s Final Score</td>
<td></td>
</tr>
</tbody>
</table>

Name of Referee Who Issued Disqualification: 

Level of Competition: 

REASON FOR DISQUALIFICATION

DATE OF REPORT: 

REFEREE’S NAME (person issuing DQ): 

PIAA DISTRICT: 

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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 biooclusive 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.
The following information and questions and answers regarding the PIAA weight control program are provided for the distribution of accurate and factual information in conjunction with the National Wrestling Coaches Association’s (NWCA) weight control program and the use of the NWCA Optimal Performance Calculator.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Is there a charge for a school to utilize the NWCA Optimal Performance Calculator?</strong></td>
<td>Yes. There is a $30 charge payable to NWCA per senior high school. This fee must be paid prior to their access code becoming activated. There is no charge for the junior high schools. On-line registration via a credit card is the preferred method of payment. Schools may utilize a registration form provided by NWCA if payment must be made by check.</td>
</tr>
<tr>
<td><strong>What happens if a school does not pay their $30 fee?</strong></td>
<td>Their codes to access the information in the Optimal Performance Calculator will not be activated until their fee has been paid to NWCA.</td>
</tr>
<tr>
<td><strong>Does the athletic director have a separate code from the assessor and coach?</strong></td>
<td>No. The athletic director may use the same code as the one issued to the coach.</td>
</tr>
<tr>
<td><strong>When can the initial assessment for wrestlers be performed?</strong></td>
<td>It may be done anytime, on or after Friday, October 28, 2016 (six weeks prior to the first legal Contest date for wrestling (Friday, December 9, 2016). All assessments are to be completed on Monday, December 5, 2016 (Monday preceding the first Contest Date).</td>
</tr>
<tr>
<td><strong>If a school does not have a trained assessor to perform the hydration testing and body fat determination. What can the school do?</strong></td>
<td>On the PATS website, <a href="http://www.gopats.org">www.gopats.org</a> there is a list of all trained assessors in Pennsylvania. A school must contact one of these individuals to perform the proper assessments for wrestlers prior to Monday, December 5, 2016. The PIAA website, <a href="http://www.piaa.org">www.piaa.org</a>, will also provide a link to the PATS website to assist schools in obtaining a trained assessor, if needed.</td>
</tr>
<tr>
<td><strong>Is a student-athlete allowed to come out for wrestling after the first legal play date?</strong></td>
<td>Any student-athlete who comes out for wrestling after the first Regular Season Contest date (Friday, December 9, 2016) cannot Practice until they have completed the pre-participation physical evaluation or recertification, as applicable. They will have 14 days to complete an initial assessment and appeal, if desired, prior to their participation in a Contest.</td>
</tr>
<tr>
<td><strong>Will wrestlers receive a code to access the NWCA Optimal performance Calculator?</strong></td>
<td>Yes. Each coach will be able to print out a team roster with unique codes for each wrestler to view the NWCA Optimal Performance Calculator and nutrition component of the program. Wrestlers will not be able to enter or change any data submitted to the NWCA Performance Calculator.</td>
</tr>
<tr>
<td><strong>What happens if a wrestler fails the hydration test?</strong></td>
<td>That athlete is done for the day. No other testing may occur and they may re-test for hydration no earlier than 24 hours.</td>
</tr>
</tbody>
</table>
Q. Is there an appeal process for the athlete to move below the initially assessed skinfold measurement?
A. Yes. A coach, athlete, or their parents, may request an appeal of the initial assessment. However, this appeal must be done at a PIAA approved assessment site and must be completed before the first legal playing date of the regular wrestling season (Friday, December 9, 2016). Appeals may only be performed using Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing Assessment or Dexa Testing. All costs associated with this appeal are the responsibility of those who are appealing the initial assessment. Costs may vary site to site and may range upward to a few hundred dollars. Conservatively, estimates have started at $60 and up.

Q. What is the time frame of the appeal must be completed from the original assessment? If there is no time frame of when the appeals must be completed, what is the date an appeal can be done?
A. The original assessment may be done anytime on or after Friday, October 28, 2016 (six weeks prior to first scheduled Contest date) and no later than Monday, December 5, 2016 (Monday preceding the first Contest Date). An appeal can be made after the initial assessment and prior to the first legal Contest date of the wrestling season (Friday, December 9, 2016). The appeal must be made at a weight no lighter than 1.5% total weight loss per week, from the date of the initial assessment.

Q. Where are the PIAA approved assessment sites for an appeal?
A. A complete listing of the PIAA authorized assessment sites will be posted upon the NWCA performance calculator website and also on the PIAA website www.piaa.org (Note: The results of an appeal are binding so long as the appeal was performed consistent with the wrestlers descent plan).

Q. Does the state allow a second appeal to a BodPod, underwater weighing or dexa testing?
A. No. There is only one appeal of the original assessment and the results of the appeal are binding (see Note above).

Q. What is the amount of weight an athlete is allowed to lose from the time of the original assessment and the appeal? Example=some states allow athletes to lose 2% of their alpha weight no matter if it was 1 day or 14 days so it becomes one flat rate that is determined by 2% of the alpha weight. Many other states limit the athletes to losing no more than 1.5% of their alpha weight per week. If they do they appeal in four days it becomes the following: Alpha Weight X 1.5%/7 X Number of days.
A. PIAA will allow no more than 1.5 % weight loss of their Alpha weight per week.

Q. Does the athlete require a physician’s clearance if they are below 7% males and 12% females?
A. Yes.

Q. Will wrestlers who are below 7% males and 12% females have their MWW weight defaulted to their alpha weight (108 lbs – 5.9% = MWW = 108 lbs - MWC = 112).
A. No. Their MWW will be the weight class their weight assessment will qualify them. If a wrestler is below the 7% and/or 12% skinfold measurement, the Physician must certify to this on the Section 9: CIPPE Minimum Wrestling Weight Classification Form.

Q. What is the deadline date for when a wrestler must reach his MWW?
A. Friday, February 16, 2018. This is the Friday after the PIAA Team Wrestling Championships.

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**Information for Coaches:**

Q. Should head wrestling coaches initial the minimum weight classification of each wrestler on the school’s eligibility sheet?
A. Yes. As stipulated on page 38 of the Rules and Regulations section of the PIAA Handbook, it is required that head coaches initial the minimum wrestling weight of each of his wrestlers before the school Principal certifies the eligibility of the school’s wrestlers.
Q. Should schools provide their opponents with an eligibility list for their team members?
A. Yes. The weight assessment program does not change the responsibility of each schools’ athletic administration to provide opponent schools with a current eligibility list of those athletes who are eligible to participate and represent each member school.

Q. How will coaches receive their codes to submit their schedule and results?
A. Coaches will be e-mailed their codes as established by NWCA and PIAA directly from NWCA if on-line registration is utilized. If schools pay by check, they will receive codes from NWCA following receipt of payment and processing of their registration. Junior High Schools will receive their codes, to the attention of the athletic director, in a mailing from NWCA in early October.

Q. Can coaches submit the hydration and skinfold information to the NWCA Performance Calculator?
A. No. Coaches will only have the ability to read only the assessment data. However, they will have the ability to enter the results of their matches and individual bout results.

Q. Must a coach use the NWCA Performance Calculator weigh-in sheet for all of their weigh-ins?
A. Yes. Coaches or their designee (athletic director or school assessor) must print out a weigh-in sheet for every weigh-in their school participates in for the 2016-2017 PIAA Wrestling Season. It is recommended each school present minimally two copies of their weigh-in sheet at weigh-ins, one for themselves and one for their opponents. In events of multiple schools, multiple copies of this sheet must be made available for each opponent.

Q. What if a coach shows up to a match without a weigh-in sheet?
A. No wrestling may occur until the team can produce an NWCA Performance Calculator weigh-in sheet. Possibly they could access this from the opponent school’s computer system. A school cannot deny an opponent or visiting schools from using their computer system to access the NWCA Performance Calculator if they so request.

Q. Who’s responsible for entering the results of events (duals, invitationals, multiple dual events, etc.)?
A. Each member school is required to submit their results and weigh-in information no later than 24 hours after the conclusion of an event.

Q. What is the timeline for entering scheduled event results and weights?
A. Results and weigh-in information must be entered no later than 24 hours after the conclusion of an event. Coaches will be able to submit the appropriate stripped weight the wrestler makes at weigh-ins for any event. They must keep a copy of the actual weigh-in sheets for verification in case of any disputes. District wrestling committee chairman may request this original document to solve any disputes if such arises.

Information on Assessment:

Q. When is the official first day assessments can be done?
A. Friday, October 28, 2016. Six weeks prior to the first Contest day of the wrestling regular season.

Q. What is the deadline date for the completion of all assessments?
A. Monday, December 5, 2016, the Monday proceeding the first Contest day of the regular season. Wrestlers must still have a pre-participation physical evaluation or recertification, if applicable, prior to their competing in practice.

Q. Does the state give any type of variance from the weight loss plan? Example: Some states allow any wrestler who is within .49 lbs of a weight class (as determined by their individual weight loss plan) to be eligible for the lower weight class. So if the “wt. loss plan” for a wrestler indicates 135.4 lbs for a December 12 weigh-in date, the athlete is eligible for 135.
A. No. The actual weight will determine the corresponding weight class.
Q. Will a variance be applied to athletes who are below 7% males and 12% females?
A. No.

Q. What method (Lange skinfold caliper, bio-impedance, bodpod hydro) is used to Administer the assessments? Does the state use more than one method?
A. Body fat assessments are to be performed by Pennsylvania Athletic Trainer’s Society (PATS) trained assessors. They will be using the Lange skinfold caliper to determine the percent body fat of each wrestler to establish their minimum weight class for participation in the 2016-17 PIAA wrestling season. Hydration testing will be done first by using a Refractometer. This test will be to determine hydration only and not as a diagnosis. A wrestler must pass the hydration test before body fat assessment is completed. Wrestlers will have their skin fold assessment performed once.

Q. Does the original assessor have to perform the skin fold assessments for the appeal or can the skin folds be performed by any certified assessor at the appeal site?
A. Original assessors may be required to attend the appeal site if the appeal site does not have ability to perform skin fold assessments or measure urine specific gravity.

Q. If a wrestler’s MWW falls within the 2-lb growth allowance, may the wrestler wrestle at that lower weight class?
A. Yes. Wrestlers may wrestle in any weight class their MWW makes them eligible for on any given day during the regular season.

Q. Who can be trained as an assessor?
A. Persons eligible to be trained are Authorized Medical Examiners (licensed physician of medicine or osteopathic medicine, a physician assistant certified, a certified registered nurse practitioner, or a school nurse practitioner) certified athletic trainers, school nurses, or a member school sport medicine staff designee as determined by the school’s physician with the concurrence of the school principal. These individuals may be allied healthcare professionals who may include physical therapists, emergency medical technicians, exercise physiologists and the like.

Q. Are schools’ physicians allowed to perform the skinfold measurements?
A. Schools physicians, if trained by the master assessors, are allowed to perform skinfold assessments. However, they may not perform this assessment without being trained by PATS. Schools’ physicians are encouraged to become trained assessors through the PATS training program.

Q. Who does the training of assessors?
A. The Pennsylvania Athletic Trainers Society (PATS) Master Assessors. Master Assessors are those individuals responsible for the training of assessors in the use and techniques of the Lange Skinfold Caliper, which is the only instrument to be used in the determining of body fat percentage for PIAA member school participating wrestlers. Additionally, the master assessors will train the candidates in the proper process to submit information regarding their athletes to the NWCA Optimal Performance Calculator. The Western PA Master Assessor is Mr. Larry Cooper, ATC, Penn Trafford High School and the Eastern PA Master Assessor is Mr. John Moyer, ATC, Wilson High School.

Q. Do assessors need to renew their training annually?
A. Assessors may be provided with information from NWCA to re-visit the process of entering data to the web-based NWCA Optimal Performance Calculator, but they will not need to re-train for using the Lange skinfold calipers. Information for entering data for assessors will be sent directly from NWCA if any changes to the system occur.

Q. How will assessor be assigned and receive their codes for inserting data into the NWCA Optimal Performance Calculator?
A. NWCA staff will assign and directly send to all assessors their respective codes. These codes are case sensitive and will be distributed from NWCA.

Q. What may an assessor use to measure the athlete’s hydration?
A. A trained assessor may only use an optical or digital refractometer. This test will only be used to determine hydration and not as a diagnosis tool. Assessors may not use hydration strips of any type to determine an athlete’s hydration.
Q. What does an assessor do after they perform the hydration testing?
A. If a wrestler passes the hydration testing part of this weight assessment, then the assessor may perform the skinfold measurements to determine lean body mass and the resultant minimum weight. The assessor must then place the measurements into the NWCA OPC to determine a wrestler’s minimum wrestling weight.

**Information on District and PIAA Administration:**

Q. Will each district wrestling chairman receive a code for their use?
A. Yes. Each respective PIAA district wrestling chairman will receive an NWCA assigned code for their use to view schools submitted information.

Q. If a student transfers schools after having their weight class certified, do they have to re-certify?
A. No. The information that has already been submitted may be transferred to the new school via the NWCA website upon authorization from PIAA.

Q. Does PIAA have any other special requests?
A. PIAA will monitor weigh-in weights by district. This will occur by providing each district wrestling chairman with the school codes for all wrestling schools in their district. Each district wrestling chairman will be responsible for the compliance in this process of their own schools. It should be noted that it is desirable to have all wrestlers (including those playing fall sports) be assessed as early as possible to assist in setting their descent timetable. If a wrestler waits to a late date it may make it too difficult to descend to their target minimum weight (weight class).

Q. Who in the PIAA office will be responsible for administering the program which includes the following:
   - Testing of the program
   - Oversight all assessor and school codes
   - Setting the parameters and language for all forms
   - Contact person for the NWCA for the problems
A. Mr. Mark E. Byers, PIAA Chief Operating Officer
   Patrick B. Gebhart, PIAA Assistant Executive Director
   Dr. Robert A. Lombardi, Executive Director
REQUIRED UNIFORM POLICY FOR ALL PIAA WRESTLING OFFICIALS

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 contests 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. (Minutes, Board of Control, PIAA Summer Workshop, July 17, 1989, p. 3)

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.

If you have any questions, please contact Mr. Patrick B. Gebhart, Assistant Executive Director.