<table>
<thead>
<tr>
<th>Rule</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-1-2</td>
<td>No additional manufacturer's logo, trademark or promotional references are allowed on the uniform.</td>
</tr>
<tr>
<td>4-5-7</td>
<td>Modified what can be worn by wrestlers in the designated weigh-in area.</td>
</tr>
<tr>
<td>5-10</td>
<td>The definition of escape was modified.</td>
</tr>
<tr>
<td>5-15-1, 5-15-2, 5-15-3</td>
<td>A wrestler is now inbounds if two supporting points of either wrestler are inside or on the boundary line. This could be two supporting points of one wrestler or one supporting point of each wrestler.</td>
</tr>
<tr>
<td>5-18</td>
<td>The definition of out of bounds has been revised.</td>
</tr>
<tr>
<td>5-22-1, 5-22-2</td>
<td>The definition of a reversal has been revised.</td>
</tr>
<tr>
<td>5-24-3e, f</td>
<td>Stalling in the neutral position also takes place when a wrestler is backing off the mat and out of bounds, as well as when the wrestler is pushing or pulling out of bounds.</td>
</tr>
<tr>
<td>5-25-1, 5-25-3</td>
<td>The definition of a takedown has been revised.</td>
</tr>
<tr>
<td>5-28-3</td>
<td>The definition of a recovery time out when a wrestler is injured because of the opponent's false start has been clarified.</td>
</tr>
<tr>
<td>6-4-1</td>
<td>The criteria when a match is stopped has been revised.</td>
</tr>
<tr>
<td>7-1-5q</td>
<td>The Nelson-Cradle is a new illegal hold/maneuver.</td>
</tr>
<tr>
<td>7-1-5y</td>
<td>Modified that a specific maneuver is not allowed.</td>
</tr>
<tr>
<td>7-4-2</td>
<td>Repeatedly dropping to one knee, as well as one hand, to break locked hands is considered unsportsmanlike conduct.</td>
</tr>
<tr>
<td>8-2-2</td>
<td>Clarified if a wrestler is injured because of the opponent's false start, then the injured wrestler should be accommodated with recovery time.</td>
</tr>
</tbody>
</table>
Clarified the Criteria for an Additional Manufacturer’s Logo and Promotional Marking (4-1-2): Additional logos, trademarks and promotional markings are frequently being applied to the wrestling uniform. This rule allows for minimal disruption of the sanctity of the wrestling uniform and attempts to prevent the exploitation of students.

Allowance of Low-Cut Socks During Weigh-In (4-5-7): Feet are typically not inspected during a normal skin check. The wearing of low-cut socks will give contestants an option to prevent the spreading of athlete’s foot and other foot infections. The wrestlers will not be able to add or remove the socks if they do not make weight.

Modified the Definition of an Escape (5-10): This rule defines what an escape is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler considered inbounds. No wrestling action at the edge of the mat will result in the referee stopping the match.

Modified the Definition of Supporting Points (5-15-1, 5-15-2, 5-15-3): This rule removes the subjectivity in the out-of-bounds call without increasing the out-of-bounds area. In addition it assists the referee’s call of out of bounds more consistently. Changing the knees to knee(s) is consistent with sub-article 5-15-2a (4). The removal of “majority of weight” criteria will aid the referee in focusing on the supporting points that are inbounds instead of what is out of bounds. This simplifies the determination with any combination of two supporting points being considered inbounds. Thee modification clearly defines the offensive wrestler’s supporting points in a pinning situation. No wrestling action at the edge of the mat will result in the referee stopping the match.

Modified the Definition of Out of Bounds (5-18): This rule removes the subjectivity in the out-of-bounds call without increasing the out-of-bounds area. It also assists the referees to call out of bounds more consistently. The removal of the “majority of weight” criteria will aid the referee in focusing on inbounds and out of bounds, rather than trying to make a judgement on weight-bearing extremities. This simplifies the determination with any combination of two supporting points being inbounds.

Modified the Definition of a Reversal (5-22-1, 5-22-2): This rule defines what a reversal is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler being considered inbounds. No wrestling action at the edge of the mat will result in the referee stopping the match.

Modified the Definition of Stalling in the Neutral Position (5-24-3e): The addition of these two criteria has contributed to keeping the action within the boundary lines at different positions. This modification of stalling in the neutral position has made the stalling call an easier call for the official with definitive language as a guide.
Modified the Definition of a Takedown (5-25-1, 5-25-3): This rule defines what a takedown is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler being considered inbounds.

Clarified the Definition of a Recovery Time-out (5-28-3): Clarification that if a wrestler is injured because of the opponent’s false start in the neutral position, then the injured wrestler should be accommodated with recovery time as part of the existing criteria.

Clarified that the Application of a Hold/Maneuver is Illegal (7-1-5q): Clarified that the application of the back bow maneuver is illegal.

Modified that a Specific Maneuver is Not Allowed (7-1-5y): Modified that the Nelson-Cradle is an illegal hold/maneuver. The Nelson-Cradle is a combination made up of a half Nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat. Also, the action occurring on the lower spine as the knee is brought up near the head is dangerous. When the move is finished the offensive wrestler can either roll it over or draw it backward.

Clarified Another Example of Unsportsmanlike Conduct (7-4-2): Repeatedly dropping to one hand to force an opponent to break locked hands happens just as often as repeatedly dropping to one knee. There is no difference between the two acts. This has been enforced by many officials without proper rule coverage. This conduct is now being addressed in the rules book.

Clarified the Accommodation of Time to an Injured Wrestler (8-2-2): Clarification that if a wrestler is injured because of the opponent’s false start in the neutral position, then the injured wrestler should be accommodated with recovery time as part of the existing criteria.

2018/19 PIAA ADOPTIONS AND MODIFICATIONS


- 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

- 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.
EXHIBITION MATCHES

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

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

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

RELIGIOUS HEADWEAR GUIDELINES

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

As a result of a continuing conversation between PIAA officials and coaches surrounding legal knee pads and sleeves, PIAA corresponded with NFHS regarding the rules application on the pieces of special equipment. It has been determined that knee pads or elbow pads with extended sleeves will be considered legal and permitted to be worn by contestants in the sport of wrestling. While PIAA encourages a single solid color for this special equipment, NFHS wrestling rules permit multi-color knee pads and elbow pads. Examples of legal special equipment (NFHS Wrestling Rule 4-3) are pictured below:
Enforcement of Rules and Use of Signals and Mechanics

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

REFEREES’ WRESTLING SIGNALS
HIGH SCHOOL

1. Starting the Match
2. Stopping the Match
3. Time Out
4. Start Injury Time
5. Start Blood Time Out
6. Start Recovery Time
7. Stop Blood/Injury Recovery Time
8. Neutral Position
9. Indicates No Control
10. Out-of-Bounds
11. Indicates Wrestler in Control Left/Right Hand
12. Defer Choice
13. Potentially Dangerous Left/Right Hand
14. Stalemate
15. Caution – False Start or Incorrect Starting Procedure
16. Stalling Left/Right Hand
17. Interlocking Hands or Grasping Clothing
18. Reversal
19. Technical Violation
20. Illegal Hold
21. Near-Fall
22. Awarding Points Left/Right Hand
23. Unsportsmanlike Conduct Left/Right Hand
24. Flagrant Misconduct Left/Right Hand
25. Coach Misconduct Left/Right Hand
26. Unnecessary Roughness Left/Right Hand
27. Default Technical Fall Disqualification

Revised 2015
The National Federation of State High School State Associations’ (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

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

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

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

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

Revised/Approved by NFHS SMAC - April 2018
Name: ___________________________ Date of Exam: ______ / ______ / ______

Diagnosis: ________________________________________________

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s):

Medication(s) Used to Treat Lesion(s):

Date Treatment Started: ______ / ______ / ______ Time:

Form Expiration Date for this Lesion (Note on Diagram(s)): ______ / ______ / ______

Earliest Date the Wrestler May Return to Participation: ______ / ______ / ______

Provider Signature: __________________________ Office Phone #: __________________________

Provider Name (Must Be Legible): __________________________

Office Address: __________________________

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

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

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

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

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

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

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

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

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

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

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

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

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

Revised/Approved by NFHS SMAC – April 2018
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.
2018/19 POINTS OF EMPHASIS (cont’d)

- 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.

Stalling
Wrestling is an aggressive endeavor and should be coached and executed in that manner. It is expected that wrestlers stay inbounds and compete. There is no passive wrestling. There are no provisions in the rules to allow a wrestler to rest. Backing off the mat out of bounds, 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. Regardless of the position-top, bottom or neutral- stalling is not acceptable. The referee shall be unwavering in penalizing a stalling infraction without warning or hesitation.

Special Equipment Procedure
Special Equipment is identified in Rule 4 as any equipment that is not required by rule. All special equipment should be presented prior to stepping on the mat to begin wrestling. In fact, it is a requirement by rule that the referee will decide on the legality of such equipment. Any equipment that prevents normal movement of the joints and which prevents one’s opponent from applying normal holds/maneuvers should not be allowed. It is reasonable for the wrestler to present his/her special equipment during the weigh-in/skin check period.

Preventing Injuries from False Starts in the Neutral Position
A number of injuries are occurring due to false starts in the neutral position. This is a preventable injury.

It is imperative that the official use proper mechanics to prevent neutral false starts. When starting the match in the neutral position, the official shall be positioned between the wrestlers to prevent a false start. The official shall sound the whistle when stepping back from between the wrestlers. This mechanic should be a visible reminder to wrestlers about the concert for unnecessary injuries that can be alleviated with attention to false starts.
2018/19 POINTS OF EMPHASIS (cont’d)

Preventing Injuries from False Starts in the Neutral Position

A number of injuries are occurring due to false starts in the neutral position. This is a preventable injury.

It is imperative that the official use proper mechanics to prevent neutral false starts. When starting the match in the neutral position, the official shall be positioned between the wrestlers to prevent a false start. The official shall sound the whistle when stepping back from between the wrestlers. This mechanic should be a visible reminder to wrestlers about the concert for unnecessary injuries that can be alleviated with attention to false starts.

JUNIOR HIGH / MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATIONS

<table>
<thead>
<tr>
<th>Weight Classifications</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>75 lbs.</td>
<td>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.</td>
</tr>
<tr>
<td>80 lbs.</td>
<td>Consolation matches in Tournaments shall be three-minutes in length divided into three periods of one minute each.</td>
</tr>
<tr>
<td>85 lbs.</td>
<td>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.</td>
</tr>
<tr>
<td>90 lbs.</td>
<td>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.</td>
</tr>
<tr>
<td>95 lbs.</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

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

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportsmanship message prior to the contest. This is an improper procedure and this message MUST be read. Officials are not to paraphrase, modify, or develop their own Sportsmanship Message to the captains and head coaches. The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message. For distribution purposes, this message is printed on the back of all PIAA registered sports officials' 2018-2019 identification cards.

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

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

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

a. At weigh-in, **all** wrestlers shall be listed from lowest to highest match-up weights.

b. To the weight of 138 pounds, the difference in actual weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in actual weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 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.
Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct shall be disqualified from coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s).

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

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

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

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

Officials must complete the disqualification form online through the officials’ information area of the PIAA website. Officials who repeatedly do not file the proper form in the prescribed time period may be suspended. Go to www.piaa.org to file a report.

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

An official will remove themselves from a contest if they find that they have any personal association with any of the competitors or coaches on any team, with the competitors' school, or with the competitors' community, such as being a relative of a competitor, or being an employee or a relative of a competitor in the competitors school district, or a resident of the competitors' community.
EXAMPLES OF DISQUALIFICATION PROVISION
OF ARTICLE XIII, SECTION 8

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

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

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

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

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

SPORTS MEDICINE COMMITTEE
RECOMMENDATIONS

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

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

All PIAA member schools shall enter into either paper or electronic contracts on the official contract form entitled “Contract for Officials Under PIAA Rules” with all registered sports officials retained by the schools or assigned by an assignor. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor. Disputes arising from oral agreements will not be considered by PIAA.
If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

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

**PIAA OFFICIALS INSURANCE**

For the 2018-2019 school year, American Specialty Insurance Services will provide the following benefits:

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

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

**COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

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

**UNIVERAL HYGIENE PROTOCOL FOR ALL SPORTS**

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving. Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.
Strategies for reducing the potential exposure to these infectious agents include:

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

### INFECTIOUS SKIN DISEASES

**BLOOD-BORNE INFECTIOUS DISEASE**

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

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

If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports’ officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.
Means of reducing the potential exposure to these agents include:

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

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

OFFICIALS’ UNIFORM

1. The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.
2. All PIAA-registered officials must wear identical uniforms during a contest.
3. Required uniform for wrestling officials:
   - Shirt: Alternating black and white 1-inch vertically striped, short-sleeved shirt with a black collar. V-neck shirts have been approved for PIAA member school games as long as all officials are dressed alike.
   - Slacks: Full length black trousers.
   - Belt: Black (if pants have loops).
   - Socks: Black.
   - Shoes: Solid black with black laces.
   - Lanyard: Black

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

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

Smoking and/or tobacco chewing is prohibited.

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

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

V-neck shirts have been approved for PIAA member school games as long as all officials are dressed alike.
PIAA 2018-2019 District Rules Interpreters

<table>
<thead>
<tr>
<th>District</th>
<th>Interpreter</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>District 1</td>
<td>KIM S. SMITH</td>
<td><a href="mailto:kim.s.smith25@gmail.com">kim.s.smith25@gmail.com</a></td>
</tr>
<tr>
<td>District 2</td>
<td>DR. JOHN A. HOSAGE</td>
<td><a href="mailto:johnhosage@aol.com">johnhosage@aol.com</a></td>
</tr>
<tr>
<td>District 3</td>
<td>ROBERT DERR</td>
<td><a href="mailto:bderrhockey@windstream.net">bderrhockey@windstream.net</a></td>
</tr>
<tr>
<td>District 4</td>
<td>JACK F. YOUNG</td>
<td><a href="mailto:jackyoung@athensasd.org">jackyoung@athensasd.org</a></td>
</tr>
<tr>
<td>District 5</td>
<td>H. JACK PENCIL, JR.</td>
<td><a href="mailto:pencilj@bedfordasd.org">pencilj@bedfordasd.org</a></td>
</tr>
<tr>
<td>District 6</td>
<td>BRUCE G. HASELRIG, SR</td>
<td><a href="mailto:matsense@yahoo.com">matsense@yahoo.com</a></td>
</tr>
<tr>
<td>District 7</td>
<td>LAWRENCE O. MAGGI</td>
<td><a href="mailto:maggil@co.washington.pa.us">maggil@co.washington.pa.us</a></td>
</tr>
<tr>
<td>District 8</td>
<td>FRED AMBROSE</td>
<td><a href="mailto:fambrose11-17@comcast.net">fambrose11-17@comcast.net</a></td>
</tr>
<tr>
<td>District 9</td>
<td>JEFFREY J. LINDERMUTH</td>
<td><a href="mailto:jeff72lindy@yahoo.com">jeff72lindy@yahoo.com</a></td>
</tr>
<tr>
<td>District 10</td>
<td>ERIC R. MOUNT</td>
<td><a href="mailto:mount_eric@yahoo.com">mount_eric@yahoo.com</a></td>
</tr>
<tr>
<td>District 11</td>
<td>JOSEPH MCINTYRE</td>
<td><a href="mailto:macattackj@yahoo.com">macattackj@yahoo.com</a></td>
</tr>
</tbody>
</table>

PIAA 2018-19 Wrestling Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Practice Date</td>
<td>November 16th</td>
</tr>
<tr>
<td>Minimum Length of Preseason Practice</td>
<td>3 Weeks</td>
</tr>
<tr>
<td>First Inter-School Practice or Scrimmage Date</td>
<td>November 24th</td>
</tr>
<tr>
<td>Maximum Number of Regular Season Inter-School Practices or Scrimmages</td>
<td>2</td>
</tr>
<tr>
<td>First Regular Season Contest Date</td>
<td>December 7th</td>
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<tr>
<td>Maximum Length of Regular Season</td>
<td>12 Weeks</td>
</tr>
<tr>
<td>Maximum Number of Regular Season Contests</td>
<td>22</td>
</tr>
<tr>
<td>District Deadline Team Wrestling</td>
<td>February 2nd</td>
</tr>
<tr>
<td>Team Wrestling Preliminary Round</td>
<td>February 4th</td>
</tr>
<tr>
<td>PIAA AA &amp; AAA Team Wrestling Championships</td>
<td>February 7th, 8th, &amp; 9th GIANT Center, Hershey</td>
</tr>
<tr>
<td>Last Regular Season Contest Date and District Deadline</td>
<td>February 23th</td>
</tr>
<tr>
<td>Region Deadline</td>
<td>March 2nd</td>
</tr>
<tr>
<td>PIAA AA &amp; AAA Wrestling Championships</td>
<td>March 7th, 8th, &amp; 9th GIANT Center, Hershey</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>Location of Match/Tournament</td>
</tr>
<tr>
<td>Visiting Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Home Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Name of Referee Who Issued Disqualification</td>
<td>Level of Competition</td>
</tr>
</tbody>
</table>

**REASON FOR DISQUALIFICATION**


DATE OF REPORT | OFFICIAL’S NAME (person issuing DQ) | PIAA DISTRICT