Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet.

**Rational:** This rule proposal reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there is no specific requirement for what a wrestler wears under a singlet. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.

Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts.

**Rational:** This rule does not require a suitable undergarment to be worn under compression shorts. Light colored or white compression shorts become transparent if an undergarment is not worn underneath.

Clarified that female wrestlers wear an undergarment that completely covers their breast and that all wrestlers wear suitable undergarments that completely covers parts of their body.

**Rational:** Female wrestlers are required to wear an undergarment that covers the breasts. By adding additional language to minimize the risk of exposure, it will raise the expectation that the suitable undergarment should provide coverage and support during competition.

Clarified how wrestling shoelaces shall be secured in an acceptable fashion.

**Rational:** This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. This also allows the usage of double knotting of the laces as another way to secure the shoes.

Clarified what can be displayed on wrestling ear guards.

**Rational:** The available space on ear guards has become a blank canvas for non-school issued or non-approved promotional logos or references. The intent of NFHS Rule 4 is to maintain the sanctity of the wrestler's uniform and ear guards by not allowing impractical images that detracts from school-issued equipment and uniforms.
Modified the hair rule and identified inappropriate hair control items.

**Rational:** The term "well groomed" is extremely subjective and there is no standard to meet such an arbitrary expectation. Hair that is manipulated poses no threat to either wrestler. It is neither abrasive nor cumbersome. However, physical hair treatments do present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.

Clariﬁed what a wrestler shall not wear during a match.

**Rational:** There is no purpose or function for use of a leg or arm sleeve that does not contain a pad for protection. There is no peer review data or research to support their existence. They are intrusive and do not properly ﬁt all wrestlers.

Clariﬁed what item(s) a female wrestler shall wear at weigh-in.

**Rational:** This language requires the use of a foundation garment for female wrestlers. Female wrestlers should wear underwear that provides appropriate coverage and support.

Clariﬁed the deﬁnition of a takedown.

**Rational:** This rule change eliminates a double standard that was created when the deﬁnition of a takedown was revised last year. So now we have a double standard in the rulebook. To be consistent we need to say that whenever the hand(s) touch the mat they are considered supporting point(s). By removal of the "majority of the wrestler's weight" criteria, we will eliminate the need for the ﬁsherman to make a judgment call on weight bearing extremities. In addition, the application of our new rule on "supporting points" becomes consistent throughout the rulebook, not just on or around the 28-foot circle.

Modiﬁed the deﬁnition of a technical violation.

**Rational:** Now that we have emphasized that pushing or pulling your opponent out of bounds in the neutral position is stalling from last year’s rule changes; we need to clarify fleeing and forcing your opponent out of the wrestling area. By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This technical violation has been underutilized for years, and hopefully this will give ofﬁcials the tools and the conﬁdence to distinguish between it and stalling.

Clariﬁed the application of a technical violation.

**Rational:** The current rule for stalling presents a situational conﬂict for the ofﬁcial to make one of two calls, fleeing versus stalling for the similar type of action. Fleeing is an automatic point where stalling may be a warning on the ﬁrst violation and a point on the second violation. This change would allow the ofﬁcial to only apply the technical violation call of fleeing when the action is related speciﬁcally to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.
7-6-6d: Modified the definition of stalling.

**Rational:** This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. If shoe laces become undone this impedes the flow of the match and the intent of continual action. This also alleviates the burden on the official to determine if it was intentional and or unintentional.

**Note:** Per rule if the laces are visible, they need to be secured in a typical secured fashion (double knotting, shoelace pockets, Velcro, etc.). If during wrestling, the shoelaces that are tied become undone from those typical secured fashion methods but stayed tied, we have no violation. However, if during wrestling, the shoelaces that are tied become undone from those typical secured fashion methods and also become untied, we have stalling.

8-1-3: Modified the administration of the stalling penalty.

**Rational:** Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.

8-2-4a, b(1), (2), (3): Modified the rule to extend time to evaluate head, neck and cervical column injuries.

**Rational:** This proposal allows additional time to evaluate concussions when an appropriate health-care provider is present. If one is not present, the regular injury time is used. It can only be used once to avoid fake injuries. It cannot be used for any other types of injuries. An additional five minutes is reasonable and has worked successfully in Wisconsin for the last 27 years.

9-2-2f: Modified the tie-breaking criteria in a dual-meet competition.

**Rational:** This rule change maintains that forfeits should not be encouraged by rules that give the forfeiting team an advantage. Teams should be encouraged to put a wrestler on the mat for every weight class - not penalized by the likelihood of giving up scoring events counting against them (criteria H and beyond).

Official’s Signal 28: Modified new signal to indicate that additional time has begun to evaluate head, neck and cervical column injury.

**Rational:** To support the new rule change to indicate that Head/Neck/Cervical Column evaluation time has begun.

Omission: The following rule was omitted from the 2019-20 Wrestling Rule Book: 5-28-6. However, it was included in the 2019-20 Wrestling Power Point and is discussed in its entirety in NFHS Rule 8-2-4b:

5-28-6……If any injury occurs that involves the head, neck, and cervical column, it is a time-out.
Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet. (4-1-1a) – This rule reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there is no specific requirement for what a wrestler wears under a singlet. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.

Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts. (4-1-1b) - This rule reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there is no specific requirement for what a wrestler wears under shorts that are designed for wrestling and a compression short. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.

Clarified that female wrestlers wear an undergarment that completely covers their breast and that all wrestlers wear suitable undergarments that completely covers parts of their body. (4-1-1c Note) – Female wrestlers are required to wear an undergarment that covers the breasts. By adding additional language to minimize the risk of exposure, it is the expectation that the suitable undergarment should provide coverage and support during competition.

Clarified how wrestling shoelaces shall be secured in an acceptable fashion. (4-1-3) – This rule holds the coach and wrestler accountable regarding verification that they have come to the mat properly equipped, and if not, there would be an automatic stalling call issued. This also allows the use of double knotting of the laces as another way to secure the shoes. If the laces become unsecure from the locking device and visible, there is no penalty. If the laces become undone, now there is a stalling call issued.

Clarified what can be displayed on wrestling ear guards. (4-1-4) – The available space on ear guards has become a blank canvas for non-school issued, non-approved promotional logos or references. The intent of NFHS Rule 4 is to maintain the sanctity of the wrestler's uniform and ear guards by not allowing images that detracts from school-issued equipment and uniforms.

Modified the hair rule and identified inappropriate hair control items. (4-2-1) – The term "well groomed" is extremely subjective and there is no standard to meet such an arbitrary expectation. Hair that is manipulated poses no threat to either wrestler. It is neither abrasive nor cumbersome. However, physical hair treatments/ control items do present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.

Clarified what a wrestler shall not wear during a match. (4-3-5) – There is no purpose or function for use of a leg or arm sleeve that does not contain a pad for protection. There is no peer review data or research to support their existence. They are intrusive and do not properly fit all wrestlers.

Clarified what item(s) a female wrestler shall wear at weigh-ins. (4-5-7) – This language specifies that a female wrestler wears item(s) that completely covers their buttocks and breasts.

Clarified the definition of a takedown. (5-25-2) – This rule change eliminates a confusion by some last year. Our rule is not the college rule that if the hands touch the mat, you immediately score a takedown. To be consistent, we say that whenever the hand(s) touch the mat they are considered supporting point(s). By removal of the "majority of the wrestler's weight" criteria, we will eliminate the need for the official to make a judgmental call on weight bearing extremities. In addition, the application of our new rule on "supporting points" becomes consistent throughout the rulebook, not just on or around the 28-foot circle.
2019/20 COMMENTS ON THE RULES CHANGES (cont’d)

Modified the definition of a technical violation. (5-27-1a) – By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This technical violation has been underutilized for years, and hopefully this will give officials the tools and the confidence to distinguish between it and stalling.

Clarified the application of a technical violation. (7-3-1) – The current rule for stalling presents a situational conflict for the referee to make one of two calls, fleeing versus stalling for the similar type of action. Fleeing is an automatic point where stalling may be a warning on the first violation and a point on the second violation. This change would allow the referee to only apply the technical violation call of fleeing when the action is related specifically to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.

Modified the definition of stalling. (7-6-6d) – This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. If shoelaces become undone this impedes the flow of the match and the intent of continual action. This also alleviates the burden on the official to determine if it was intentional and or unintentional.

Modified the administration of the stalling penalty. (8-1-3, 4, 5, 6, 7) - Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.

Modified to reflect the administration of the new stalling penalty. (Penalty Chart) – The new Penalty Chart is reflective of the removing of the stalling call from the penalty progression. Hopefully, this will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.

Modified the rule to extend time to evaluate head, neck and cervical column injuries. (8-2-4a, b(1), (2), (3)) – This rule allows additional time to evaluate head, neck, cervical column and/or nervous system injuries when an appropriate health-care provider is present. If one is not present, the regular injury time is used. It cannot be used for any other types of injuries.

Modified the tie-breaking criteria in a dual-meet competition. (9-2-2f) – This rule maintains that forfeits should not be encouraged by rules that give the forfeiting team an advantage. Teams should be encouraged to put a wrestler on the mat for every weight class - not penalized by the likelihood of giving up scoring events counting against them (criteria h and beyond).

Modified new signal to indicate that additional time has begun to evaluate head, neck and cervical column injury. (Official’s Signal) – To support the new rule change to indicate that Head/Neck/Cervical Column evaluation time has begun.
Wrestler’s Equipment

The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform. Furthermore, he or she is the adult who is responsible that each wrestler’s skin, nails and hair are suitable and compliant for competition. Regarding the uniform and wrestler’s appearance, we are experiencing modesty challenges which reflect negatively on the sport. Both genders shall wear suitable undergarments that completely cover their buttocks and groin area. Especially, when the school-issued uniform is light-colored or white; once wet from perspiration, the uniform can become transparent and without the proper undergarment, it makes the wrestler feel self-conscious and anyone around the area feeling uncomfortable. We are encouraged that wrestling is inviting to so many girls; however, we have to ensure that their breasts are completely covered and supported for the vigorous rigors of interscholastic wrestling.

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, pushing or pulling the opponent 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 firm and consistent in enforcing the letter and spirit of the rule. The referee shall be unwavering in penalizing a stalling infraction without warning or hesitation.

Concussion Evaluation Time Extension

We have modified the injury time-out to incorporate more time to evaluate any head, neck, cervical column and/or nervous system. When an appropriate health-care professional is present, he or she has the authorization to extend the time to evaluate the wrestler’s condition to a maximum time limit of five (5) minutes. If a subsequent similar injury occurs during the same match, then the injured wrestler shall default the match. When this provision is used, the time consumed for evaluation of the injury shall not affect time used or available for other types of injuries.

Sportsmanship Enforcement

Education-based athletics plays a tremendous role in the development of our young people. Each person associated with high school wrestling is responsible to teach, model, support and administer good sportsmanship. Without good sportsmanship, we lose everything we are trying to accomplish, and the young person is failed and let down by the very same adults that he/she trusts. Coaches should promote good sportsmanship in their coaching method and be an appropriate role model. The referee shall enforce NFHS sportsmanship rules, from opening handshakes to making stalling or fleeing-the-mat calls. The lessons learned on the competition mat are the supports and underpinnings of developing a young person into a conscientious and responsible adult. Finally, the wrestler is ultimately responsible for his or her behavior and decorum. To gain a victory by using poor sportsmanlike moves or techniques only masks the temporary exhilaration of the win. The success becomes hollow and the person eventually loses the joy of competing, which is not the purpose of high school athletics. Working collectively by promoting good sportsmanship, we can increase the number of opportunities for more people to participate in the sport at various levels of engagement.
2019/20 POINTS OF EMPHASIS (cont’d)

Importance of Hydration with Body Fat Assessment

Assessing hydration status prior to body composition testing is the cornerstone of establishing body fat percentage, fat free mass and a healthy minimum wrestling weight. Studies show that dehydration may significantly overestimate the percentage of body fat when assessing with skin calipers, bioelectrical impedance and the BodPod. There is also no evidence regarding the accuracy of ultrasound testing when determining body composition in dehydrated individuals. In addition to concerns regarding reliability of body fat percentage measurements, it is essential to weigh the wrestler in a well-hydrated state to ensure that the minimum weight calculation starts from a safe and healthy weight. If the wrestler is dehydrated when weighed, then that wrestler is starting from a “lower than normal” weight and will thus be certified to wrestle at a potentially unsafe weight. While it is recognized that there may be some difficulties in obtaining a urine sample, hydration testing prior to weight certification is vital to the health and safety of the wrestler.

2019/20 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:
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.
NFHS OFFICIAL
WRESTLING SIGNALS

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

28. Start Head, Neck, Cervical Injury Evaluation Time
NFHS MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations’ (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model 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:
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.

Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.

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.

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:
Each state association needs to determine which appropriate health-care professional can sign off on this form.

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.

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.

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.

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.

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 2019
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 biooclusive 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 4-2-2, 4-2-3, and 4-2-4 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)/Pennsylvania Interscholastic Athletic Association, Inc. (PIAA) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

Revised/Approved by NFHS SMAC – April 2019 / PIAA Revised May 31, 2019

*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.
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.

### JUNIOR HIGH / MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATIONS

Competition shall be divided into 15 weight classifications as follows:

<table>
<thead>
<tr>
<th>Weight</th>
<th>Match-Up Weight</th>
<th>Match-Up Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>80 lbs.</td>
<td>115 lbs.</td>
<td>155 lbs.</td>
</tr>
<tr>
<td>87 lbs.</td>
<td>122 lbs.</td>
<td>170 lbs.</td>
</tr>
<tr>
<td>94 lbs.</td>
<td>130 lbs.</td>
<td>190 lbs.</td>
</tr>
<tr>
<td>101 lbs.</td>
<td>138 lbs.</td>
<td>210 lbs.</td>
</tr>
<tr>
<td>108 lbs.</td>
<td>145 lbs.</td>
<td>250 lbs.</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.

### 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.

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**Officially Sports**

"WE TAKE PRIDE IN OFFICIATING"

If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports’ officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.
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' 2019-2020 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.

CONFLICT OF INTEREST POLICY FOR ALL SPORTS

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

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

PIAA BY-LAWS, ARTICLE XV; SECTION 5

RECOMMENDATION OF WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.
CANCELLATION OF AN OFFICIAL’S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

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

PIAA BY-LAWS: ARTICLE XIII, SECTION 8

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

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

The official must 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, log into your PIAA account, click Submit Disqualification Form.
# 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.**

# OFFICIAL’S UNIFORM

From the officials’ Manual:

E. Required Uniforms for PIAA-Registered Officials:

**Official's Emblem**

By action of both the Board of Directors and the Officials Council, the emblem is an integral part of the officially prescribed PIAA standard uniform. As such, it must be worn on the left sleeve (3 inches down from shoulder seam) of the official's standard shirt when officiating in all PIAA sponsored games. An official’s shirt may also have a U.S. flag attached to the right sleeve (3 inches down from shoulder seam). Any other patch, emblem or identifying item may be worn on an officials' jacket, but not on the officials' shirt.

**Required Uniform Policy**

Except where specifically modified by the Board of Directors, the acceptable official's uniform for any PIAA contest will be determined by the National Federation of State High School Association (NFHS).

All PIAA-Registered Sports Officials must wear identical uniforms during a contest.

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. Obviously, use of alcoholic beverages prior to game assignments is prohibited

White soles around the shoe are not considered an accent mark and shoes with white soles cannot be worn as an approved uniform item.
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.

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 or v-neck collar or gray shirt with black pinstripes.
   - Slacks - Full length Black Trousers.
   - Belt - Black, if worn.
   - Socks - Black.
   - Shoes - Solid Black or Black with white accents with black laces. White soles around the shoe are not considered an accent mark.
   - Lanyard or Smitty – Black

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.
INFECTIONOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

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

BLOOD-BORNE INFECTIOUS DISEASE

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

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

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving. Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

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).
District 1       KIM S. SMITH ...........................................kims.smith25@gmail.com
District 2      TIMOTHY MCGINLEY ........................................ mcgin@verizon.net
District 3      ROBERT DERR ..............................................bderrhockey@windstream.net
District 4      ROCKY MILLER ..............................................suzrok@comcast.net
District 5      H. JACK PENCIL, JR. ........................................pencilj@bedfordasd.org
District 6      BRUCE G. HASELRIG, SR ..............................matsense@yahoo.com
District 7      LAWRENCE O. MAGGI .................................maggil@co.washington.pa.us
District 8      FRED AMBROSE ............................................ fambrose11-17@comcast.net
District 9      JEFFREY J. LINDEMUTH ....................................jeff72lindy@yahoo.com
District 10     ERIC R. MOUNT .............................................. mount_eric@yahoo.com
District 11     JOSEPH MCINTYRE ...........................................macattackj@yahoo.com

PIAA 2019-20 Wrestling Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Practice Date</td>
<td>November 18th</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 23rd</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 6th</td>
</tr>
<tr>
<td>Maximum Length of Regular Season</td>
<td>12 Weeks</td>
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<tr>
<td>Maximum Number of Regular Season Contests</td>
<td>22</td>
</tr>
<tr>
<td>District Deadline Team Wrestling</td>
<td>February 1st</td>
</tr>
<tr>
<td>Team Wrestling Preliminary Round</td>
<td>February 3rd</td>
</tr>
<tr>
<td>PIAA AA &amp; AAA Team Wrestling Championships</td>
<td>February 6th, 7th, &amp; 8th GIANT Center, Hershey</td>
</tr>
<tr>
<td>Last Regular Season Contest Date and District Deadline</td>
<td>February 22nd</td>
</tr>
<tr>
<td>Region Deadline</td>
<td>February 29th</td>
</tr>
<tr>
<td>PIAA AA &amp; AAA Wrestling Championships</td>
<td>March 5th, 6th, &amp; 7th 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

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

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