INTRODUCTION

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

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

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

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, games, schools, players, coaches, spectators, and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more than the health of it.
2019 - 2020 PIAA WRESTLING DISTRICT RULES INTERPRETERS

DISTRICT 1
KIM S. SMITH
281 WARWICK ROAD
ELVERSON, PA 19520
(C) 610-213-5968
kim.s.smith25@gmail.com

DISTRICT 2
TIMOTHY MCGINLEY
283 SPRAGUE AVE.
KINGSTON, PA 18704
(570)288-3293
mcgin@verizon.net

DISTRICT 3
ROBERT DERR
331 ARROWHEAD DRIVE
LITITZ, PA 17543
(H) 717-626-4252
(C) 717-314-4252
bderrhockey@windstream.net

DISTRICT 4
ROCKY MILLER
22 ROSEMARY LN
WILLIAMSPORT, PA 17701
(H) 570-327-8786
(C) 570-220-0065
suzrok@comcast.net

DISTRICT 5
H. JACK PENCIL, JR.
545 E. WATSON STREET
BEDFORD, PA 15522
(C) 814-977-1072
pencilj@bedfordasd.org

DISTRICT 6
BRUCE G. HASELRIG, SR
384 WILLIAM PENN AVENUE
JOHNSTOWN, PA 15901
(C) 814-659-0982
matsense@yahoo.com

DISTRICT 7
LAWRENCE O. MAGGI
269 E BUFFALO CHURCH ROAD
WASHINGTON, PA 15301
(C) 724-747-7175
maggil@co.washington.pa.us

DISTRICT 8
FRED AMBROSE
17019 BURCHFIELD ROAD
ALLISON PARK, PA 15101
(C) 412-559-5042
fambrose11-17@comcast.net

DISTRICT 9
JEFFREY J. LINDERMUTH
54 LINDY LANE
CORSICA, PA 15829
(H) 814-856-2377
(C) 814-715-5788
jeff72lindy@yahoo.com

DISTRICT 10
ERIC R. MOUNT
1014 S. LAKE RD
MERCER, PA 16137
(C) 724-813-8741
mount_eric@yahoo.com

DISTRICT 11
JOSEPH T. MCINTYRE
337 DOGWOOD TERRACE
EASTON, PA 18040
(H) 610-559-1655
(C) 484-241-5080
macattackj@yahoo.com

DISTRICT 12
TBA
# TABLE OF CONTENTS

**MEETING #1:**

| A.  | 2019-20 Wrestling Rules Changes and Comments | 6 |
| B.  | Review of 2018-19 Wrestling Rule Changes | 9 |
| C.  | 2019-20 Points of Emphasis | 12 |
| D.  | 2019-20 PIAA Wrestling Adoptions | 14 |
| E.  | PIAA Policies and Procedures | 15 |
| F.  | Weight Control Program | 15 |
| G.  | Wrestling Restrictive Coaching Rule | 17 |
| H.  | PIAA Wrestling Championship Disqualification Procedures | 19 |
| I.  | Junior High/Middle School Weight Classification | 19 |
| J.  | Optional Junior High/Middle School Interscholastic Competition | 19 |
| K.  | Junior High/Middle School Wrestling Length of Match | 20 |
| L.  | Maximum Number of Entries for Team Championship | 20 |
| M.  | Disqualification Process | 21 |
| N.  | Sportsmanship Message | 22 |
| O.  | Professionalism of Officials | 23 |

**MEETING #2:**

| A.  | Pre-meet Responsibilities | 26 |
| B.  | End of Meet Responsibilities | 28 |

**MEETING #3:**

| A.  | Rule #7 Infractions | 29 |

**MEETING #4:**

| A.  | Rule #3 - Officials and Their Duties | 37 |

**MEETING #5:**

| A.  | Discuss all scoring possibilities other than infractions, as well as Timekeeper and Scorer responsibilities. | 41 |
MEETING #6:

A. Rules of Special Concern and Common Sense

TOPICS FOR DISCUSSION

FORMS AND BULLETINS

<table>
<thead>
<tr>
<th>Form</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018-19 NFHS Wrestling Rules Examination</td>
<td>51</td>
</tr>
<tr>
<td>2019-20 PIAA Wrestling Disqualification Form</td>
<td>70</td>
</tr>
<tr>
<td>2018-20 PIAA Skin Disease Form</td>
<td>71</td>
</tr>
<tr>
<td>Weight Control Guidelines</td>
<td>72</td>
</tr>
<tr>
<td>PIAA Wrestling Uniform Policy</td>
<td>78</td>
</tr>
</tbody>
</table>
MEETING #1:

A. 2019-20 WRESTLING RULES CHANGES AND COMMENTS ON THE RULES:

4-1-1a – Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet.
4-1-1b - Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts.

4-1-1c Note – 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.

4-1-3 – Clarified how wrestling shoelaces shall be secured in an acceptable fashion.

4-1-4 – Clarified what can be displayed on wrestling ear guards.

4-2-1 – Modified the hair rule and identified inappropriate hair control items.

4-3-5 – Clarified what a wrestler shall not wear during a match.

4-5-7 – Clarified what item(s) a female wrestler shall wear at weigh-in.

5-25-2 – Clarified the definition of a takedown.

5-27-1a – Modified the definition of a technical violation.

7-3-1 – Clarified the application of a technical violation.

7-6-6d – Modified the definition of stalling.

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

8-1-4 - Modified the administration of the stalling penalty.

8-1-5 - Modified the administration of the stalling penalty.

8-1-6 - Modified the administration of the stalling penalty.

8-1-7 - Modified the administration of the stalling penalty.

Penalty Chart – Modified to reflect the administration of the new stalling penalty.

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

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

Official's Signal 28 – Modified new signal to indicate that additional time has begun to evaluate head, neck and cervical column injury.
Omission: The following rule was omitted from the 2019-20 Wrestling Rule Book:

5-28-6......If any injury occurs that involves the head, neck, and cervical column, it is a time-out.

This rule was included in the 2019-20 Wrestling Power Point and is discussed in its entirety in NFHS Rule 8-2-4b:

COMMENTS ON 2019-2020 WRESTLING RULES CHANGES

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 undone 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 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.

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.
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.

**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.

**B. REVIEW OF 2018-2019 (LAST YEAR’S) WRESTLING RULES CHANGES**

4-1-2: No additional manufacturer's logo, trademark or promotional references are allowed on the uniform.

4-5-7: Modified what can be worn by wrestlers in the designated weigh-in area.

5-10: The definition of escape was modified.
5-15-1, 5-15-2, 5-15-3: 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.

5-18: The definition of out of bounds has been revised.

5-22-1, 5-22-2: The definition of a reversal has been revised.

5-24-3e, f: 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.

5-25-1, 5-25-3: The definition of a takedown has been revised.

5-28-3: The definition of a recovery time out when a wrestler is injured because of the opponent's false start has been clarified.

6-4-1: the criterion when a match is stopped has been revised.

7-1-5q: The Nelson-Cradle is a new illegal hold/maneuver.

7-1-5y: Modified that a specific maneuver is not allowed.

7-4-2: Repeatedly dropping to one knee, as well as one hand, to break locked hands is considered unsportsmanlike conduct.

8-2-2: Clarified if a wrestler is injured because of the opponent's false start, then the injured wrestler should be accommodated with recovery time.

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.

C. 2019-20 POINTS OF EMPHASIS

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.

**D. 2019-20 PIAA WRESTLING ADOPTIONS AND MODIFICATIONS**

**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.

**Adoptions**


- Adopt Rule 1-5-2, hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment, to determine a minimum wrestling weight (MWW), pursuant to the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC)

**Modifications**

- 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.

**E. PIAA POLICIES AND PROCEDURES**

**RELIGIOUS HEADWEAR GUIDELINES**

14
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.

F. WEIGHT CONTROL PROGRAM

Pursuant to the Weight Control Program adopted by PIAA: 1) the deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) is one week prior to the first assessment (Friday, October 19, 2019) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME), and (b) established NO EARLIER THAN six weeks prior to the first regular season contest day of the wrestling season (Friday, October 25, 2019) and NO LATER THAN the Monday preceding the first regular season contest day of the wrestling season (Monday, December 2, 2019) (see NOTE 2). This certification shall be provided to and maintained by the student’s principal or the principal’s designee.

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

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

For senior high school wrestlers coming out for the team AFTER the Monday preceding the first regular season contest day of the wrestling season the OPC will remain open until January 14th and for junior high/middle school wrestlers coming out for the team AFTER the Monday preceding the first regular season contest day of the wrestling season the OPC will remain open all season.

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

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

To reduce or eliminate “clerical errors,” it is **required** that each head wrestling coach initial the MWW of each of his wrestlers before the school’s principal certifies to the eligibility of the school’s wrestlers.

A two (2)-pound growth allowance is authorized on or after **Wednesday, December 25, 2019**, for both junior high/middle school and senior high school wrestlers.

**The deadline for senior high school wrestlers to establish their MWW is Friday, February 14, 2020.**

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

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

A letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) submitted, on behalf of the affected student(s), by the concerned principal.

Confirmation from the school’s attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.

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

All information must be forwarded to the PIAA District Wrestling Chairman **on or before Friday, February 14, 2020**, for that wrestling chairman’s consideration, with a courtesy copy of the cover letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) forwarded to the involved PIAA District Chairman.

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

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

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

G. WRESTLING RESTRICTIVE COACHES’ RULE

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

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

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

**Penalty for coach misconduct (during the match):**

- **First Offense:** Warning.
- **Second Offense:** Deduct one (1) team point.
- **Third Offense:** Deduct two (2) team points and immediate removal from the premises of the head coach for the remainder of the day.

**Unsportsmanlike conduct of coaches and other team personnel** is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during, or after a match. This includes violations of the bench decorum rule, taunting, acts of disrespect, or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct without warning.

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

First Offense: Deduct one (1) team point.

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

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

Penalty for flagrant misconduct of coaches and other team personnel:

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

Premises are defined as a tract of land with the building thereon.

The PIAA Wrestling Championships are one tournament series, starting with section tournaments. A coach, other team personnel, and/or contestant disqualified and ejected from a PIAA Section, District, or Region Tournament for unsportsmanlike conduct or flagrant misconduct is eliminated from further participation in any remaining competition in the PIAA Wrestling Championships Tournament series.

A written report must be filed with the PIAA Office by the appropriate PIAA-registered wrestling official when a coach, other team personnel, and/or contestant is disqualified and ejected from a regular season and/or postseason contest for unsportsmanlike conduct or flagrant misconduct.

Written reports received by PIAA are copied and distributed to the principal of the involved school, the District Chairman, sport specific chairperson, District Officials’ Representatives, and the Sportsmanship Chairperson of the PIAA District Committee having jurisdiction over the school. In addition, the principal of the involved school is required to complete a disqualification response form and submit same to the sport specific chairperson of the PIAA District having jurisdiction over the member school.
H. PIAA WRESTLING CHAMPIONSHIPS DISQUALIFICATION PROCEDURES

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

A written report must be filed with the PIAA Office by the PIAA-registered wrestling official concerned when a coach, other team personnel, and/or contestant is disqualified and ejected from a regular season and/or postseason contest for unsportsmanlike conduct or flagrant misconduct.

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

I. JUNIOR HIGH/MIDDLE SCHOOL WRESTLING WEIGHT CLASSIFICATIONS

Competition shall be divided into the following 15 weight classifications:

<table>
<thead>
<tr>
<th>80 lbs.</th>
<th>108 lbs.</th>
<th>155 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>87 lbs.</td>
<td>115 lbs.</td>
<td>170 lbs.</td>
</tr>
<tr>
<td>94 lbs.</td>
<td>122 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 25.

J. OPTIONAL JUNIOR HIGH/MIDDLE SCHOOL INTERSCHOLASTIC WRESTLING COMPETITION

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

a. At weigh-in, all wrestlers shall be listed from lowest to highest match-up weights.
b. To the weight of 138 pounds, the difference in actual weight for that day shall not exceed five (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.

K. JUNIOR HIGH/MIDDLE SCHOOL WRESTLING LENGTH OF MATCH

Regular matches in dual meets or tournament championship competition shall be four and one-half minutes in length divided into three periods of one and one-half minutes each.

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

Overtime matches in tournaments and dual meets shall consist of one, one-minute period followed by two, 30-second tiebreakers, if necessary, and one, 30-second ultimate tiebreaker, if necessary.

In all matches there is no rest between periods and the match is recessed only long enough to position the wrestlers for the start of the next period.

L. Maximum Number of Entries (Qualifiers) to the 2019-20 PIAA Team Wrestling Championships

<table>
<thead>
<tr>
<th>District</th>
<th>AA</th>
<th>AAA</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
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<td>2</td>
<td>2</td>
</tr>
<tr>
<td>XII</td>
<td>0*</td>
<td>2</td>
</tr>
</tbody>
</table>

**Totals** 20 20
M. DISQUALIFICATION PROCESS

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

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

Example #2:
Wrestler/coach gets ejected from an individual tournament contest on Friday, the team’s next contest is another individual tournament the following Friday. The wrestler/coach cannot participate in the remainder of the individual tournament (by rule) and the wrestler/coach is not eligible to participate in the next scheduled event, the following weekend’s individual tournament.
**Example #3:**
The wrestler/coach gets ejected from a two day multiple school event/tournament on the first day of competition on Friday. The next varsity contest is a match on the following Tuesday. Are the wrestler and/or coach eligible to participate in the Tuesday dual meet?

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

When a coach or contestant is disqualified/ejected from a regular or post-regular season contest a report must be filed by the official who disqualified/ejected the coach or contestant. When the report is received in the PIAA Office it is faxed to the concerned school principal and athletic director and mailed to the respective District Chairmen, officials representatives and sportsmanship chairmen. The principal and athletic director are to meet with ejected person and file a written report with the respective district sport chairman.

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

**N. SPORTSMANSHIP MESSAGE**

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

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

Please Note: The addition of “and PIAA adoptions” and the words “contest” to officials and replaced player with “contestant” to the Sportsmanship Message.

For distribution purposes, this message is printed on the back of all PIAA registered sports officials’ 2019-20 identification cards. Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.
**This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.**

O. PROFESSIONALISM

Appearance - **All officials will wear the proper officiating uniform which includes the PIAA patch. No State Championship Patches may be worn during the season. No exceptions!**

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

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

All officials must pay particular attention to the enforcement of playing rules as they are written and also the use of approved signals and mechanics, especially as they relate to ejections. Failure to enforce the rules as written and/or failing to use approved signals and mechanics makes it difficult for PIAA to support officials when an ejection occurs.
<table>
<thead>
<tr>
<th>Region</th>
<th>Site</th>
<th>District(s)</th>
<th>Maximum Number of Entries (Qualifiers) by Region</th>
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<td>II</td>
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<td>I</td>
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<td>Indiana University of PA</td>
<td>VI</td>
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</tr>
<tr>
<td></td>
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TOTAL AA ENTRIES (QUALIFIERS) PER WEIGHT CLASSIFICATION: 50

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<tr>
<td>Southeast AAA</td>
<td>Pottstown HS</td>
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<tr>
<td></td>
<td>Pottstown, PA</td>
<td></td>
<td></td>
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<tr>
<td>South Central AAA</td>
<td>Giant Center</td>
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</table>
Northwest AAA
Altoona Area HS
Altoona, PA
IV 0*
VI 4
VIII 2
IX 5*
X 3
14

Southwest AAA
Canon-McMillan HS
Canonsburg, PA
VII Self-Contained Region

TOTAL AAA ENTRIES (QUALIFIERS) PER WEIGHT CLASSIFICATION 28
*Indicates District combined with another District to form a Sub-Region.

MAXIMUM NUMBER OF QUALIFIERS FROM REGIONS TO INTER-DISTRICT CHAMPIONSHIPS

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<th>Region</th>
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<tr>
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<td>SE</td>
<td>5 20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SC</td>
<td>4 20</td>
</tr>
</tbody>
</table>
MEETING #2:

A. Pre-meet Responsibilities

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

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

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


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

RULE 4 - Wrestlers’ Classification and Weigh-In

Section 1 - Wrestlers Uniform

Article 1: Wrestler shall wear:

a. A one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other under garment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting, a single solid color, unadorned and shall not extend below the knee. The one piece singlet shall be school-issued. **NOTE:** Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts.

b. Compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

c. A form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail: the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling.
The form fitted compression shirt shall be school-issued. 
NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable undergarment that covers their breasts.

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

**Article 2:** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

NOTE: One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

**Article 3:** Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If laces are visible, they shall be secured in an acceptable fashion. If the shoelaces come undone, the penalty would be an automatic stalling call. Note: And acceptable secure fashion could be double knotting of the laces.

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

a. Adequate ear protection.

b. No injury hazard to the opponent.

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

Any manufacturer’s logo/trademark/reference that appears on the wrestling ear guards, including legal hair covering, can be no more than 2 ¼ square inches with no dimension more than 2 ¼ inches and may appear no more than once on ear guards. No additional manufacturer’s logo/trademark or promotional reference shall be allowed on the wrestling ear guard.

**Article 5:** The uniform shall be worn as intended/design by the manufacturer.
B. **End of Meet Responsibilities**

1. Sign Book, and record the time of the end of the match.
   **Rule 3-1-12**: Following the end of a dual meet or tournament match, the referee shall sign the official scorebook or individual score sheet certifying results and shall also record the time of day at completion of the meet or tournament.

2. Leave wrestling area as soon as possible. Be aware of security.

3. Do not comment to coaches or media.

4. If reportable violations have occurred, all officials must submit a report on the proper form to the PIAA Office. Reportable violations are any disqualifications of a wrestler, coach, or team personnel due to misconduct, unsportsmanlike conduct, or flagrant misconduct. These penalties would require a contestant to sit out the next contest. Disqualification due to the penalty chart sequence of 1 point; 1 point; 2 points; disqualify; are not reportable. Additionally, any unusual situations which may occur such as injury, unsportsmanlike conduct of team or spectators, problems with contest management, and/or suspension of a match or tournament are to be submitted to the PIAA Office by e-mail at pgebhart@piaa.org or fax (717) 918-1981 within 24 hours of the conclusion of the match or tournament.
MEETING #3:

A. RULE 7 Infractions

Section 1 - Illegal Holds/Maneuvers

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

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

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

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

Article 5: Other illegal holds/ maneuvers include, but are not limited to: (See photos 38-90 on pages 69 thru 78 of the 2019-20 NFHS Wrestling Rules Book.

a. A double under-hook snap back from the standing position.

b. The hammerlock above the right angle.

c. The twisting hammerlock along with lifting the elbow off the back in a hammerlock situation.

d. Any headlock in which the arms or hands are locked around the opponent's head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria has been met or ¾ Nelson).

e. Straight head scissors (even though an arm is included).

f. Full nelson.

g. Holds/maneuvers putting pressure on the throat and/or carotid artery.

h. Twisting kneelock taken against the joint and/or away from the body.

i. Keylock.

j. Overhead double arm bar.
k. Locking the hands behind the back in a double arm bar from the front.
l. Neck wrench.
m. Front, quarter nelson with the chin.
n. Leg block (cut-back).
o. Overscissor when pressure is applied against the joint which may cause hyperextension.
p. Bending, twisting or forcing the head or any limb beyond its normal limits of movement.
q. Back bow.
r. Figure 4 scissor around the body, the head or both legs.
s. Chicken wing with pressure toward the shoulder, parallel to the long axis of the body.
t. Hand(s) in the eyes or raking the eyes.
u. Any hold/maneuver used for punishment.
v. Any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation and;
w. A back flip from the standing position, or a front flip and/or front hurdle over an opponent in the standing position, and
x. Rear standing, double knee kickback.
y. The Nelson-Cradle.

**Article 6:** A wrestler applying a legal hold/maneuver shall not be penalized when his opponent turns a legal hold/maneuver into an illegal hold. The referee shall cause the hold/maneuver to be released when it becomes illegal. The match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. Whenever possible, an illegal hold/maneuver shall be prevented rather than penalized.
Section 2 - Potentially Dangerous Holds

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

Article 2: Potentially dangerous holds include:

a. The double wristlock.
b. Split scissors.
c. The guillotine, when the arm is forced to such an extent as to endanger a contestant.
d. Chicken wing.
e. Toeholds.
f. A front headlock or any headlock with an arm or leg encircled.
g. When a wrestler stands, with one for both arms trapped; and
h. Other holds/maneuvers which may cause injury when used legally.

Contestants should know the dangers of these holds. The referee should anticipate the dangers of injury from these holds and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds into illegal positions without interrupting action, unless it is necessary to stop the hold in order to prevent injury. When the defensive wrestler stands supporting all of the weight of the offensive wrestler, a potentially dangerous situation exists and the referee shall stop the match. (See photos, 91 to 104, on pages 78 to 80 of the 2019-20 NFHS Wrestling Rules Book).

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

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

Section 3 - Technical Violations

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

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

Article 3: Interlocking or overlapping the hands, fingers or arms around his opponent’s body (with or without arms included) or both legs by a wrestler in the advantage position, unless his opponent has all his weight supported entirely on his feet or he has lifted his opponent off the mat or his opponent has met near fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.) (See photos, 103 to 106, on pages 80-81 of the 2019-20 NFHS Wrestling Rules Book).

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

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

Section 4 - Conduct of Contestants

Article 1: Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but it is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck, a forceful slap to the head or face, and/or gouging or poking the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct.
Article 2: **Unsportsmanlike conduct** involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the official, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing headgear, or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee or one hand to break locked hands, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

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

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

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

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

Article 2: Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out-of-bounds and resumption of wrestling. During this time, the coach may walk behind the team bench to encourage his wrestlers, or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area parallel to the bleachers. He may approach the official's table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match. (See Rule 2-2)

Article 3: Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during or after a match. This includes violations of the bench decorum rule (Rule 7-5-2), taunting, acts of disrespect or those actions which incite negative reaction by others. This also includes the use of any tobacco products. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.
Article 4: Coach Misconduct is called when a conference is requested with the referee regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, the coach questions the judgment of the referee.

Article 5: Flagrant misconduct on the part of the coach or any other team personnel is any act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the Penalty Chart.

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

Section 6 - Stalling

Article 1: Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and officials to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees. (5-24)

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

Article 3: It is stalling in the neutral position when a wrestler:
   a. Continuously avoids contact with his opponent.
   b. Plays the edge of the mat.
   c. Prevents his opponent from returning to or remain inbounds.
   d. Is not attempting to secure a takedown.

Article 4: It is stalling when the contestant in the advantage position:
   a. Does not wrestle aggressively and attempt to secure a fall, except
when he intentionally releases his opponent in order to thereafter immediately attempt to secure a takedown.

b. Legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds;

c. Holding an opponent's leg with the use of two hands on two legs or two hands on one leg in action not designed to break his opponent down or is for the purpose of securing a fall or is to prevent an escape or reversal is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.

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

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

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

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

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

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

   d. Have shoelaces come undone.

   Note: 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.

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

Stalling in the Ultimate Tiebreaker:

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

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

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

**Rule 7-6**

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

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

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

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

A. Rule 3 - Officials and Their Duties

1. Review the following articles under Rule 3:

**Article 1:** The referee’s uniform consists of an 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, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes without colored highlights. The referee shall be neatly attired and have other accessories, including a colored disc, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist. *The PIAA Official's patch is to be worn on the upper left sleeve. No other patches except for the American Flag are to be worn on official's uniform. State Championship Patches are not to be worn during the season.*

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

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

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

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

**Article 7:** When possible the referee should award points on the edge of the mat calls before blowing the whistle for out-of-bounds.

**Article 8:** The referee shall be firm in enforcing the letter and spirit of the rules, consistently penalizing infractions. He must enforce penalties for infractions
explained in Rule 7 and Rule 8 without hesitation. The referee shall not use TV monitoring, replay or other video equipment in making decisions related to the match.

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

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

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

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

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

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

3. Discuss how to properly work with and as an assistant referee Rule 3, Section 2 in the 2019-20 NFHS Wrestling Rule Book pages 13 & 14.

4. Discuss Preliminary Weigh-ins
   a. Determine if official is responsible. It is ideal to arrive 1 ½ hours prior to weigh-in. It is ideal to be in uniform to conduct weigh-ins but NOT mandatory.
   b. All teams may weigh-in with preliminary meet teams. This must be a mutual agreement. The official conducting weigh-in need not be the official overseeing the meet.
   c. Weigh-in is gender specific. Provisions must be made if a contestant is the opposite sex of the official. A visiting team has the obligation to notify the home team in advance; home team must make the provision.

5. Discuss determining allowances
   a. Determine date for growth allowance.
   b. Maximum for consecutive days is two pounds.
c. Make sure coaches are in agreement for a legitimate allowance. If yes, notification goes to AD, principle or head coach. If no, weigh in with allowance. The league will handle the disagreement at a later time.

d. Teams need not request an allowance if one is due. However, if the other team discovers the opposing team is eligible and did not request, they could request and the eligible team must grant it even though they did not want it.

e. Notification for an allowance must be 48 hours prior to competition, except in an emergency, such as a school closing. School closing alone does not qualify for an allowance. A team must be prevented from practicing.

6. Discuss Pre Weigh in Procedures
   a. Start on time- typically one hour prior to competition.
   b. If visiting team does not arrive on time, determine if contact has been made, establish time of arrival and reason. Determine if there is a need to postpone or forfeit. Home team can be weighed in if visiting team will arrive late.
   c. Confirm with both coaches all wrestlers are present. Obtain computer weigh-in form from each coach. There can be no weigh-in without this document.
   d. Determine number of scales authorized. Scales cannot be added after weigh-in has started. Home school may allow visiting team to bring a scale, but not required to do so. Check to see if the scale is currently certified. Check scale balance before starting.
   e. Inform wrestlers there is not eating or drinking during weigh-in.
   f. Secure weigh-in area. No one shall enter or exit during the weigh-in.

7. Discuss how to properly conduct the weigh-in of contestants.
   a. Use random draw system- wrestlers should line up in the order drawn in a suitable undergarment. Wrestling compression shorts and shorts designed for wrestling are acceptable. Low cut socks, below the ankle may be worn. Socks may not be added or removed after the wrestler steps on the scale.
   b. Commence weigh-ins by calling the drawn weight. It is typical to call the visitors to the scale first, but not mandatory.
   c. Have contestant stand on scale with back to indicator with both feet flat in the middle of the scale. Feet must not hang over the ends of the platform.
   d. Require contestants to get on and off scale in a gentle manner.

   e. Read and verbalize the weight. Any wrestler that did not make weight may step back on scale a second time. If the weight is not ideal, and
another authorized scale(s) are available, the wrestler may step on each scale once. Nothing can be added or subtracted from the body. If the weight qualifies the wrestler for the weight below, inform coaches the wrestler is only good for one weight. The wrestler cannot go down a weight as the weight below is closed. There is one exception, as an example: if weigh-ins started at 120, the wrestler weighted in at 112.5, the coach can hold the wrestler until 113 is called. He may use his second weigh in for 113 as it is not closed when 120 was called. Therefore the wrestler could go down a weight. This can only happen with the drawn weight and the weight below it. If a wrestler is overweight, he/she may go up to the two weights they are qualified for.

f. Confirm with coaches that all wrestlers have been weighed. State the weight class is closed.

g. This is also an excellent time for the referee to check nails, hair length, and facial hair for legality. Wrestlers should not be taped, so skin may be checked. If you suspect a skin condition, verify the possession of a legal form. This legal document must be presented at weigh-in. (see page 16-17 of 2019-20 NFHS Wrestling Rules Book and refer to page 71 in this chapter meeting guide). The only exception to this is if there is a designated onsite health care professional present and able to examine the wrestler immediately prior to or immediately after weigh-in.

h. Although this is not mandatory, this is also an appropriate time to check orthodontic mouth guards, pads, and braces for legality. Artificial limbs are permitted by state approval. If a wrestler weighs in without the artificial limb, they must wrestle without the limb. If a wrestler weighs in with the limb, they must wrestle with the limb.

i. If a hair cover is needed, the rule states it should be presented at weigh-in to be validated. However, the rule book states no penalty for not presenting it at weigh-in. NFHS states it may be presented at a later time. This hair cover must also conform to the logo rule.

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

NOTE: The only forms that can be used when informing referees of a communicable skin condition is located on page 6 in the Rules and Regulations of the 2019-20 PIAA Handbook. A copy of this form is on the website www.piaa.org, sports, wrestling, scroll down for documents.
MEETING #5:

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

1. Rule 5, Section 25 - Takedown

Article 1: It is a takedown when, from a neutral position, a wrestler gains control over his opponent down on the mat and a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds. When the defensive wrestler's hand(s) touch the mat, it is considered a supporting point(s). (See photos, 23 to 30, on pages 67 to 68 in the 2019-20 NFHS Wrestling Rules Book).

Article 2: A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler’s legs or torso are controlled and the wrestler’s hand(s) touch the mat beyond reaction time. (See photo 31 on page 68 in the 2019-20 NFHS Wrestling Rules Book).

Article 3: In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are inbounds. The total of two supporting points of one wrestler or one supporting point of each wrestler that are inbounds. (See photos, 32 to 34, on page 68 in the 2019-20 NFHS Wrestling Rules Book).

2. Rule 5, Section 10 – Escape

It is an escape when the defensive wrestler gains a neutral position and his opponent has lost control, beyond reaction time, while a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match.

Rule 5, Section 22 – Reversal

Article 1: It is a reversal when the defensive wrestler comes from underneath and gains control of his opponent, either on the mat or in a rear-standing position, while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting points of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match. (See photos, 21 to 22, on page 66 in the 2019-20 NFHS Wrestling Rules Book).

Article 2: In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The
total of two supporting points could be two supporting points of one wrestler or one supporting points of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.

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

**Article 1:** A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The two seconds (one-thousand-one, one-thousand two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. A fall is imminent when any part of both shoulders or both scapula of either wrestler are in contact with the mat. The shoulders or scapula must be held inbounds in continuous contact with the mat. A fall terminates wrestling. (See photo 5 & 6, on page 63-64 in the 2019-20 NFHS Wrestling Rules Book).

**Article 2:** A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (See photos, 5 to 8, on page 63-64 in the 2019-20 NFHS Wrestling Rules Book).

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

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

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

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

e. When the defensive wrestler places himself in a precarious during an attempted escape or reversal, a near fall shall not be scored, unless the offensive wrestler has control and restrains the opponent in a pinning situation for two seconds.
f. If the defensive wrestler is injured or bleeding occurs in an imminent near-fall situation or before the two-point near fall criteria of a two count have been met, the match will be stopped and a two-point near-fall awarded.

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

h. If the defensive wrestler is injured or indicates an injury or bleeding occurs after the three-point near fall is earned, the match will be stopped and a four-point near fall shall be awarded.

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

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

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

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

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

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

5. Discuss scorer and assistant scorer responsibilities and proper communication with them refer to (Rule 3, Section 3) on page 14, in the 2019-20 NFHS Wrestling Rules Book.

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

a. Recording points scored by each contestant when signaled by the referee.
b. Circling the first point(s) scored in the regulation match, including overtime;

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

d. Constantly checking with the visiting team’s scorer.

e. Immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match.

f. Recording the completion time of matches.

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

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

6. Rule 5, Section 17 – Match

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

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

7. Rule 5, Section 7 – Default

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

a. There is no injury default. If score keepers are using the term, please correct them.
8. **Rule 5, Section 8 – Disqualification**

A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer's table in a dual meet and then withdraws. Also if a wrestler reports to the table and is not properly equipped, if he/she cannot correct in the allotted time, he/she will be disqualified.

9. **Rule 5, Section 13 – Forfeit**

When the opponent, for any reason, fails to appear for a match. In order to receive a forfeit, the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. Forfeits count as matches when considering the five-matches in one-day limit.

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

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

11. **Rule 9, Section 1 – Scoring**

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

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

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

a. Keeping the overall time of the match.

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

c. Monitoring recovery time.

d. Notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by
46

a coach to discuss a possible error.

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

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

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

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

A. Rules of Special Concern and Common Sense.

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

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

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

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

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

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

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

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

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

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

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

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

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

**PIAA Officials’ Convention**:

The 26th Annual PIAA Officials Convention will be held August 7 and 8, 2020, with details forthcoming. Officials need to have continuing education training through their attendance at the PIAA Annual Officials’ Convention in their sport once over every five years. This five year requirement also qualifies officials to work the state tournament.
TOPICS FOR DISCUSSION

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

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

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

4. Please review the official wrestling signals and the mechanics of showing them to the table. No pet signals allowed, use only those listed in for high school and college on pages 82-83 of the 2019-20 NFHS Wrestling Rules Book. This review is strongly suggested since improper signals are quite prevalent. In your review you should demonstrate the signals.

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


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

8. Out of bounds situations and calls.

9. Control.

10. How to use the whistle.

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

Some of the signals used improperly are:

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

2. Pounding the mat to indicate defensive stalling.

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

4. Indicating stalemate by pounding the fists away from the chest, instead of holding them against the chest.
5. Pointing to the wrestler earning points with the points before raising them up.
6. Pointing to the wrestler earning points with one hand and raising them with the other. We use colors to eliminate this extra motion.
7. Indicating no control with one hand rather than two.
8. Inducting no control as a static rather than a motion signal.
9. Indicating a no control high as opposed to wait high
10. Rolling fall call.
11. Indicating distance needed for fall with fingers.
12. Neutral with palms of hands facing out as opposed to facing each other.
13. Flip flop hand to indicate not held for near-fall.
14. Splitting the hands and arms apart to indicate a separation prior to indicating the neutral signal.
15. Showing a T with the hands to indicate a time-out and stop the clock.
16. Pounding on fist from above the other to indicate defer.
1. Each state association may authorize exceptions to NFHS playing rules to provide reasonable accommodations to:
   A. Individual participants with disabilities.
   B. Individual participants with special needs.
   C. Individuals with unique and extenuating circumstances.
   D. All of the above.

2. A match is a competition between two wrestlers who are:
   A. The same age.
   B. The same grade in school.
   C. Nearly equal weight as possible.
   D. None of the above

3. Video recording of a match is authorized unless prohibited by the:
   A. NFHS.
   B. NCAA.
   C. State high school association.
   D. Tournament manager.

4. The mat area includes the wrestling mat and a space of at least __________ surrounding the mat, as well as the team benches and scorer's table where facilities permit.
   A. 5 feet
   B. 10 feet
   C. 15 feet
   D. 20 feet

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

6. The wrestling area of the mat shall be a circular area with a minimum of ________ in diameter.
   A. 22 feet
   B. 24 feet
   C. 26 feet
   D. 28 feet
7. A series of matches, one in each of the NFHS weight classes, constitutes a:
   A. Tournament.
   B. Scrimmage.
   C. Dual meet.
   D. Practice.

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

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

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

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

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

13. During tournament competition, coaches are allowed to:
    A. Stand in the restricted zone.
    B. Sit on chairs at the edge of mat, or in the corner in the restricted zone.
    C. Kneel alongside the mat.
    D. Coach standing near mat-side.

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14. During tournament competition, a maximum of _________ team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat.
   A. two
   B. three
   C. four
   D. None of the above.

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

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

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

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

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

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

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21. The referee should notify the coach and/or wrestlers during injury, blood or recovery time at the ______ for the remaining time left.
   A. 30-second and 15-second marks
   B. 1-minute and 30-second marks
   C. 45-second and 30-second marks
   D. 2-minute and 1-minute marks

22. The ______ has full control of the match on matters of judgment.
   A. Referee
   B. Home team's administrator
   C. Scorekeeper
   D. Official timer

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

24. The ______ retains clerical authority over the meet through the completion of any reports.
   A. Home team management
   B. Official scorer
   C. Referee
   D. Home team coach

25. The referee's jurisdiction in a tournament ends ____________.
   A. 30 minutes after the last match.
   B. Upon signing the bout sheet after the last match.
   C. 45 minutes after the last match.
   D. 60 minutes after the last match.

26. In a dual meet, who is responsible for verifying that skin checks have been performed:
   A. The referee.
   B. Designed on-site meet appropriate care professional.
   C. Designed on-site meet parent who is a medical professional.
   D. The host teams.

27. The ______ is responsible for inspecting contestants during dual meets and tournaments for proper grooming.
   A. Health-care professional
   B. Referee
   C. Visiting coach
   D. Home team coach

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28. Before the dual meet begins, who will clarify rules to coaches and contestants upon request?
   A. Home school administrator.
   B. The referee.
   C. The scorer.
   D. The timekeeper.

29. Before the dual meet begins, the head coach will verify that the team is groomed, properly equipped, ready to wrestle and:
   A. Done with warm-ups.
   B. Ready to exchange lineups.
   C. Has shoe laces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.
   D. Ready to be seeded.

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

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

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

33. The referee will meet with head coaches and captains before ________________.
   A. The tournament begins.
   B. The teams warm-up.
   C. The semifinal round.
   D. The dual meet begins.

34. Who is responsible for deciding legality of equipment, mats and uniforms?
   A. The host schools.
   B. The athletic trainer.
   C. The referee.
   D. The host school athletic director.

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

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

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

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

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

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

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

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

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

44. Which is not part of a wrestler's uniform?
   A. Singlet.
   B. Shorts designed for wrestling.
   C. Socks.
   D. Tight fitting compression shirt.

45. Which is not considered special equipment:
   A. Leg sleeve.
   B. Knee pads.
   C. Face mask.
   D. Ear guards.

46. Special equipment must:
   A. Allow normal movement of the joints.
   B. Allow opponent to apply normal holds/maneuvers.
   C. Be approved by referee.
   D. All the above.

47. Which is not allowable under a one-piece uniform?
   A. Full-length tights with stirrups.
   B. Compression shorts.
   C. One-legged full length tight.
   D. All of the above.

48. The legal hair covering may have
   A. Two logos 2 ¼ square inch including promotional reference.
   B. One logo 2 ¼ square inches and no additional promotional reference.
   C. One logo 2 ½ square inches and no additional promotional reference.
   D. One logo 3 square inches and no additional promotional reference.

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

50. Braided hair that is longer than allowed by rule is allowable if it:
   A. Is soft to the touch.
   B. Doesn't contain rubber bands.
   C. Doesn't contain bobbie pins.
   D. Is contained in a legal hair cover.

51. There are ____ weight classifications.
   A. 15
   B. 14
   C. 13
   D. 12

52. What is not allowed during a weigh-in?
   A. Leaving the weigh-in area with the permission of the meet administrator.
   B. If failing to make weight, stepping immediately back on same scale.
   C. Weighing in same gender shoulder to shoulder.
   D. Activities that promote dehydration.

53. Certain action(s) are prohibited during time off scale if a wrestler doesn't make weight on the first attempt. They include:
   A. Immediately stepping back on the first scale.
   B. Weight loss or weight gain activity.
   C. Immediately stepping on each available scale.
   D. All of the above.

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

55. When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted a 1-pound additional allowance, a minimum of __________ advance notice is required for the opponent(s).
   A. 24 hours
   B. 36 hours
   C. 48 hours
   D. None of the above.

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

57. Bad time is created when the wrong wrestler is given a choice:
   A. At the start of second period.
   B. At the start of the third period.
   C. On the next re-start after a one-point stalling penalty.
   D. Both B & C.

58. Biting is an act of ____________.
   A. Flagrant misconduct.
   B. Unsportsmanlike conduct.
   C. Technical violation.
   D. Potentially dangerous.

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

60. When awarding an escape how many supporting points are required to be in-bounds:
   A. One total.
   B. Two of either wrestler.
   C. One of each wrestlers' for a total of two.
   D. Both B & C.

61. Wrestler B is beyond the boundary line and on his back in a pinning situation. In which situation will wrestler A be allowed to score a near-fall or fall?
   A. Wrestler A has Wrestler B in a headlock. Wrestler A's feet are touching the boundary line and his/her knees are beyond the boundary line.
   B. Wrestler A has a deep half nelson with an inside crotch pinning combination. Wrestler A has his/her feet in bounds with knees inside the boundary line, but off the mat.
   C. Both A and B.
   D. Neither A and B.
62. A technical fall occurs when a wrestler has earned a/an:
   A. 8-point advantage.
   B. 10-point advantage.
   C. 15-point advantage.
   D. 5-point advantage.

63. A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of his/her body:
   A. On the boundary line.
   B. Off the mat.
   C. Inbounds.
   D. None of the above.

64. A wrestler is allowed to weigh-in wearing socks and must abide by the following regulation:
   A. The socks must be low-cut and may be removed at any point during the weigh-in.
   B. The height of the socks must be a minimum of 6 inches above the ankle.
   C. The sock shall be unadorned and a single solid color.
   D. The socks must be low-cut and cannot be removed or added if the wrestler does not make weight.

65. The use of tobacco products is:
   A. Coach misconduct.
   B. Flagrant misconduct.
   C. Unfairmanlike conduct.
   D. Allowed when walking to your vehicle in the parking lot.

66. A flagrant misconduct will be awarded if a wrestler:
   A. Uses tobacco.
   B. Locks hands 3 times.
   C. False starts 4 times.
   D. Stalls for more than 2 minutes.

67. Wrestlers are inbounds if a total of two supporting points are:
   A. Completely outside of the boundary line but touching the mat.
   B. Completely outside of boundary line.
   C. Inside or on the boundary line.
   D. None of the above.

68. Wrestlers are inbounds if a total of:
   A. All supporting points are inbounds.
   B. One supporting point of each wrestler is inbounds.
   C. Two supporting points of either wrestler are inbounds.
   D. All of the above.
69. When down on the mat supporting points are:
   A. The knee(s)
   B. The hand(s)
   C. The head
   D. All of the above.

70. Fall or Near-fall can be earned if the wrestler being pinned has all or part of the shoulders or scapula beyond the boundary line and the offensive wrestler's toes are supporting point and the knee(s) of the offensive wrestler are:
   A. Inside or on the boundary line in contact with the mat.
   B. Inside of or on the boundary line above the mat.
   C. Beyond the boundary line.
   D. Both A & B.

71. Wrestling shall continue if:
   A. Two supporting points of either wrestler are inbounds.
   B. Only one wrestler keeps one supporting point inbounds.
   C. Only one wrestler keeps a hand inbounds.
   D. Only one wrestler keeps one knee inbounds.

72. Out of bounds occurs when:
   A. Any supporting point is beyond the boundary line.
   B. Any supporting point is on the boundary line.
   C. One supporting point if each wrestler is on the boundary line.
   D. There is not at least one supporting point or both supporting points of each wrestler inbounds.

73. A wrestler injured by a false start in the neutral position shall:
   A. Take an injury time-out.
   B. Default the match.
   C. Take recovery time.
   D. Take injury time followed by recovery time.

74. A wrestler who is not able to continue after being injured due to a false start in the neutral position:
   A. Is awarded the match after using their injury time.
   B. Must default the match if unable to continue.
   C. Is awarded the match by default after using his/her recovery time.
   D. None of the above.

75. The referee shall be in front of the contestants when starting the wrestlers from the

   A. Neutral position.
   B. Optional start.
   C. Down position.
   D. Optional start and down position.

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76. A reversal can be earned if:
   A. Neither wrestlers have supporting points inbounds and the toes of scoring wrestler finish out of bounds.
   B. Only one wrestler has one supporting point inbounds.
   C. Either wrestler is inbounds.
   D. None of the above.

77. It is stalling in the neutral position when a wrestler:
   A. Cannot improve his or her respective position.
   B. Is overpowered by the opponent.
   C. Prevents the opponent from returning to or remaining inbounds.
   D. Causes a hold/maneuver to be forced beyond normal range of motion.

78. A wrestler that backs off the mat out of bounds in the neutral position is penalized for:
   A. Stalling.
   B. False start.
   C. Misconduct.
   D. Unsportsmanlike conduct.

79. When awarding a takedown at the edge of the mat how many supporting points must be inbounds if the feet of the scoring wrestler finish out of bounds?
   A. One.
   B. All.
   C. Two.
   D. Zero.

80. A wrestler injury from a false start in the neutral position is entitled to recovery time of:
   A. 2 minutes.
   B. 1 minute.
   C. 90 seconds.
   D. 30 seconds.

81. Which is not considered unsportsmanlike conduct?
   A. Failure to properly secure shoe laces.
   B. Taunting.
   C. Violations of bench decorum rule.
   D. All of the above.

82. The first period of a consolation match shall be:
   A. One or three minutes in length.
   B. One or two minutes in length.
   C. One or four minutes in length.
   D. All of the above.

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83. The first period of overtime shall be:
   A. Two minutes.
   B. Three minutes.
   C. One minute.
   D. None of the above.

84. When there is no longer a total of _________ supporting points inbounds, wrestling should be stopped.
   A. One
   B. Two
   C. Three
   D. All of the above.

85. Tournament scoring errors by the referee must be corrected prior to:
   A. 60 minutes after the conclusion of the tournament.
   B. The start of the next match on that mat.
   C. The start of the next period.
   D. Conclusion of the tournament.

86. A slam is penalized as:
   A. A technical violation.
   B. Stalling.
   C. An illegal maneuver.
   D. Potentially dangerous.

87. The back bow is:
   A. Misconduct.
   B. Unsportsmanship.
   C. Illegal.
   D. All of the above.

88. Which move is considered an illegal hold:
   A. Three quarter Nelson.
   B. Half Nelson.
   C. Far side cradle.
   D. Nelson cradle.

89. Which maneuver is not illegal?
   A. Leg block (cut back).
   B. When a wrestler stands with one or both arms trapped.
   C. Figure 4 around the body.
   D. Locking the hands behind the back in a double arm bar from front.
90. It is stalling in neutral position when a wrestler:
   A. Continuously avoids contact with the opponent.
   B. Plays the edge of the mat.
   C. Holds the heel to the buttocks.
   D. Both A & B.

91. The referee will not stop the match when penalizing:
   A. An illegal hold by offensive wrestler.
   B. A defensive wrestler in a pinning situation.
   C. Unsportsmanlike conduct by offensive wrestler.
   D. Both A & C.

92. Coach misconduct results in the following except:
   A. First offense - warning.
   B. Second offense - deduct one team point.
   C. Remove both teams from gym.
   D. Third offense - deduct two team points and removal of the head coach for the remainder of the day.

93. An injured wrestler is entitled to a maximum injury time-out of:
   A. 2 minutes.
   B. 3 minutes.
   C. 1 ½ minutes.
   D. 1 minute.

94. A wrestler injured by a false start from the neutral position that cannot continue wrestling following the recovery time shall win the match by:
   A. Forfeit.
   B. Default.
   C. Disqualification.
   D. None of the above.

95. A wrestler will be awarded ________ point(s) for a takedown.
   A. 1
   B. 3
   C. 4
   D. 2
96. Wrestlers competing in a multi-day team advancement tournament are eligible to compete;
   A. At whatever weight class they properly weigh-in at for each day of competition, plus one weight class above.
   B. At the weight class they properly weigh-in at, plus one weight class above as determined by the first day of the event weigh-in only.
   C. At whatever weight class they weigh-in for each day of competition, plus two weight classes above what they weigh-in at.
   D. None of the above.

97. In the event two wrestlers, who have competed against each other previously in the tournament are paired again due to the cross-bracketing. How should their match be treated?
   A. take the results of the first match and advance the winner.
   B. rebracket and keep them away from each other until the finals.
   C. give the winner of the previous match the option of wrestling or not.
   D. match shall be wrestled and scored as if the wrestlers had not previously met.

98. A flagrant misconduct call results in which of the following?
   A. suspension to the bench/team area.
   B. disqualification of the offending wrestler.
   C. disqualification of the individual, immediate removal from premises, and deduction of three team points on the first offense.
   D. offer to the offended team the option of disqualification or deduction of three team points.

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

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

## 2018-19 NFHS Wrestling Exam Part I

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer Choice</th>
<th>Answer Text</th>
<th>Rule Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>D</td>
<td>All of the above.</td>
<td>1-1-2</td>
</tr>
<tr>
<td>2.</td>
<td>C</td>
<td>Nearly equal weight as possible.</td>
<td>1-1-1</td>
</tr>
<tr>
<td>3.</td>
<td>C</td>
<td>State high school association.</td>
<td>1-1-3</td>
</tr>
<tr>
<td>4.</td>
<td>B</td>
<td>10 feet</td>
<td>2-1-5, 5-16</td>
</tr>
<tr>
<td>5.</td>
<td>D</td>
<td>5 feet wide.</td>
<td>2-1-2</td>
</tr>
<tr>
<td>6.</td>
<td>D</td>
<td>28 feet</td>
<td>2-1-2</td>
</tr>
<tr>
<td>7.</td>
<td>C</td>
<td>Dual meet.</td>
<td>1-2-1</td>
</tr>
<tr>
<td>8.</td>
<td>C</td>
<td>Prior to the beginning of the meet.</td>
<td>1-2-3</td>
</tr>
<tr>
<td>9.</td>
<td>A</td>
<td>2-inch-wide</td>
<td>2-1-3</td>
</tr>
<tr>
<td>10.</td>
<td>C</td>
<td>10-foot circle.</td>
<td>2-1-3</td>
</tr>
<tr>
<td>11.</td>
<td>D</td>
<td>Placed at the center of the mat.</td>
<td>2-1-4</td>
</tr>
<tr>
<td>12.</td>
<td>D</td>
<td>1-inch red line on one side and 1-inch green line on other end.</td>
<td>2-1-4</td>
</tr>
<tr>
<td>13.</td>
<td>B</td>
<td>Sit on chairs at the edge of mat, or in the corner in the restricted zone.</td>
<td>2-2-2</td>
</tr>
<tr>
<td>14.</td>
<td>A</td>
<td>two</td>
<td>2-2-2</td>
</tr>
<tr>
<td>15.</td>
<td>D</td>
<td>All of the above.</td>
<td>2-2-3</td>
</tr>
<tr>
<td>16.</td>
<td>A</td>
<td>Home management.</td>
<td>2-4-1</td>
</tr>
<tr>
<td>17.</td>
<td>D</td>
<td>All of the above.</td>
<td>3-1-1</td>
</tr>
<tr>
<td>18.</td>
<td>B</td>
<td>Black wrestling/gym shoes with colored highlights.</td>
<td>3-1-1</td>
</tr>
<tr>
<td>19.</td>
<td>B</td>
<td>Signs the official scorebook or individual score sheet.</td>
<td>3-1-12</td>
</tr>
<tr>
<td>20.</td>
<td>C</td>
<td>Appropriate clock and wrestlers.</td>
<td>3-1-14</td>
</tr>
<tr>
<td>21.</td>
<td>B</td>
<td>1-minute and 30-second marks</td>
<td>3-1-14</td>
</tr>
<tr>
<td>22.</td>
<td>A</td>
<td>Referee</td>
<td>3-1-2</td>
</tr>
<tr>
<td>23.</td>
<td>C</td>
<td>Upon arrival at the site.</td>
<td>3-1-3</td>
</tr>
<tr>
<td>24.</td>
<td>C</td>
<td>Referee</td>
<td>3-1-3</td>
</tr>
<tr>
<td>25.</td>
<td>B</td>
<td>Upon signing the bout sheet after the last match.</td>
<td>3-1-3</td>
</tr>
<tr>
<td>26.</td>
<td>A</td>
<td>The referee.</td>
<td>3-1-4a</td>
</tr>
<tr>
<td>27.</td>
<td>B</td>
<td>Referee</td>
<td>3-1-4b, 3-1-5b</td>
</tr>
<tr>
<td>28.</td>
<td>B</td>
<td>The referee.</td>
<td>3-1-4c</td>
</tr>
<tr>
<td>29.</td>
<td>C</td>
<td>Has shoe laces secured either with tape or by a locking device on the wrestling shoe in an acceptable fashion.</td>
<td>3-1-4d</td>
</tr>
<tr>
<td>30.</td>
<td>D</td>
<td>Upon request.</td>
<td>3-1-5c</td>
</tr>
<tr>
<td>31.</td>
<td>A</td>
<td>The head coach.</td>
<td>3-1-5d</td>
</tr>
<tr>
<td>32.</td>
<td>B</td>
<td>The signals and procedures to be used.</td>
<td>3-1-4e</td>
</tr>
<tr>
<td>33.</td>
<td>D</td>
<td>The dual meet begins.</td>
<td>3-1-4f</td>
</tr>
<tr>
<td>34.</td>
<td>C</td>
<td>The referee.</td>
<td>3-1-6</td>
</tr>
</tbody>
</table>
35. **A** Declare a referee's time-out to correct the equipment. 3-1-6

36. **B** Without hesitation. 3-1-9

37. **C** TV monitoring, replay or other video equipment. 3-1-9

38. **D** On the edge of the mat away from wrestlers and coaches. 3-2-2f

39. **A** The assistant should bring it to referee's attention immediately. 3-2-2e

40. **B** The assistant referee. 3-2-2l

41. **A** In position to observe any action from underneath. 3-2-2j

42. **D** Both wrestlers and coaches leaving wrestling area. 3-2-2k

43. **B** Stirrups. 4-1-1a

44. **C** Socks. 4-1-1a-c, 4-3-1a

45. **D** Ear guards. 4-1-4, 4-3-1a-b

46. **D** All the above. 4-3-1

47. **C** One-legged full length tight. 4-1-1

48. **B** One logo 2 ¼ square inches and no additional promotional reference. 4-1-2

49. **A** Light heelless, reaching above the ankles, laces tied and secured. 4-1-3

50. **D** Is contained in a legal hair cover. 4-2-1

51. **B** 14 4-4-1

52. **D** Activities that promote dehydration. 4-5-3

53. **B** Weight loss or weight gain activity. 4-5-3

54. **C** A contestant may step on and off the scale two times to allow for mechanical inconsistencies. 4-5-3

55. **C** 48 hours 4-5-5

56. **C** May wrestle in the next higher weight class, permitted by individual weight-loss plan on that given date. 4-5-8

57. **B** At the start of the third period. 5-1-1a, e

58. **A** Flagrant misconduct. 5-2-1

59. **C** Always charged to head coach 5-5-2

60. **D** Both B & C. 5-10

61. **B** Wrestler A has a deep half nelson with an inside crotch pinning combination. Wrestler A has his/her feet in bounds with knees inside the boundary line, but off the mat. 5-15-2c

62. **C** 15-point advantage. 5-11-4

63. **B** Off the mat. 5-11-5

64. **D** The socks must be low-cut and cannot be removed or added if the wrestler does not make weight. 4-5-7

65. **B** Flagrant misconduct. 5-12-1b

66. **A** Uses tobacco. 5-12-1b

67. **C** Inside or on the boundary line. 5-15-1

68. **D** All of the above. 5-15-1

69. **D** All of the above. 5-15-2a

70. **D** Both A & B. 5-15-2c

71. **A** Two supporting points of either wrestler are inbounds. 5-15-3
<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Description</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>72</td>
<td>D</td>
<td>There is not at least one supporting point or both supporting points of each wrestler inbounds.</td>
<td>5-18</td>
</tr>
<tr>
<td>73</td>
<td>C</td>
<td>Take recovery time.</td>
<td>5-28-3</td>
</tr>
<tr>
<td>74</td>
<td>C</td>
<td>Is awarded the match by default after using his/her recovery time.</td>
<td>8-2-2</td>
</tr>
<tr>
<td>75</td>
<td>D</td>
<td>Optional start and down position.</td>
<td>5-19-10</td>
</tr>
<tr>
<td>76</td>
<td>C</td>
<td>Either wrestler is inbounds.</td>
<td>5-22-1</td>
</tr>
<tr>
<td>77</td>
<td>C</td>
<td>Prevents the opponent from returning to or remaining inbounds.</td>
<td>5-24-3c</td>
</tr>
<tr>
<td>78</td>
<td>A</td>
<td>Stalling.</td>
<td>5-24-3e</td>
</tr>
<tr>
<td>79</td>
<td>C</td>
<td>Two.</td>
<td>5-25-3</td>
</tr>
<tr>
<td>80</td>
<td>A</td>
<td>2 minutes.</td>
<td>5-28-3</td>
</tr>
<tr>
<td>81</td>
<td>A</td>
<td>Failure to properly secure shoe laces.</td>
<td>5-30-1</td>
</tr>
<tr>
<td>82</td>
<td>B</td>
<td>One or two minutes in length.</td>
<td>6-1-2</td>
</tr>
<tr>
<td>83</td>
<td>C</td>
<td>One minute.</td>
<td>6-1-3</td>
</tr>
<tr>
<td>84</td>
<td>B</td>
<td>Two</td>
<td>6-4-1</td>
</tr>
<tr>
<td>85</td>
<td>B</td>
<td>The start of the next match on that mat.</td>
<td>6-6-5a1</td>
</tr>
<tr>
<td>86</td>
<td>C</td>
<td>An illegal maneuver.</td>
<td>7-1-1</td>
</tr>
<tr>
<td>87</td>
<td>C</td>
<td>Illegal.</td>
<td>7-1-5q</td>
</tr>
<tr>
<td>88</td>
<td>D</td>
<td>Nelson cradle.</td>
<td>7-1-5y</td>
</tr>
<tr>
<td>89</td>
<td>B</td>
<td>When a wrestler stands with one or both arms trapped.</td>
<td>7-2-2g</td>
</tr>
<tr>
<td>90</td>
<td>D</td>
<td>Both A &amp; B.</td>
<td>7-6-3</td>
</tr>
<tr>
<td>91</td>
<td>B</td>
<td>A defensive wrestler in a pinning situation.</td>
<td>8-1-2d</td>
</tr>
<tr>
<td>92</td>
<td>C</td>
<td>Remove both teams from gym.</td>
<td>8-1-5a, b, c</td>
</tr>
<tr>
<td>93</td>
<td>C</td>
<td>1 ½ minutes.</td>
<td>8-2-1</td>
</tr>
<tr>
<td>94</td>
<td>B</td>
<td>Default.</td>
<td>8-2-2</td>
</tr>
<tr>
<td>95</td>
<td>D</td>
<td>2</td>
<td>9-1-2</td>
</tr>
<tr>
<td>96</td>
<td>B</td>
<td>At the weight class they properly weigh-in at, plus one weight class above as determined by the first day of the event weigh-in only.</td>
<td>11-1-4 Note</td>
</tr>
<tr>
<td>97</td>
<td>D</td>
<td>Match shall be wrestled and scored as if the wrestlers had not previously met.</td>
<td>10-3-10</td>
</tr>
<tr>
<td>98</td>
<td>C</td>
<td>Disqualification of the individual, immediate removal from premises, and deduction of three team points on the first offense.</td>
<td>8-1-6</td>
</tr>
<tr>
<td>99</td>
<td>D</td>
<td>Covered in the NFHS Wrestling Rules Book.</td>
<td>3-1-13</td>
</tr>
<tr>
<td>100</td>
<td>B</td>
<td>A referee's time-out.</td>
<td>3-1-6</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>Time of Match</td>
<td></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 | REFEREE’S NAME (person issuing DQ) | PIAA DISTRICT
**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS SPORTS MEDICINE ADVISORY COMMITTEE**

**MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

<table>
<thead>
<tr>
<th>Student’s Name:</th>
<th>Age:</th>
<th>Grade:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enrolled in:</td>
<td></td>
<td>School</td>
</tr>
</tbody>
</table>

Mark Location AND Number of Lesion(s):

Diagnosis:

Medication(s) used to treat lesion(s):

Date Treatment Started: _____ / _____ / _____  Time: __________

Form Expiration Date for this Lesion [Note on Diagram(s)]: _____ / _____ / _____

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

Treating Authorized Medical Examiner (*AME) [print/type]: License #

Office Address: Phone: ( ) ________________

Treating *AME’s Signature: Date of Exam: _____ / _____ / _____

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

**Bacterial Diseases (impetigo, boils):** To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 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 of 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 4-2-3, 4-2-4 and 4-2-5 which states:

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

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

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

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

**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.

*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.

Revised/Approved by NFHS SMAC – April 2019 / PIAA Revised May 31, 2019
The following information and questions and answers regarding the PIAA weight control program are provided for the distribution of accurate and factual information in conjunction with the National Wrestling Coaches Association’s (NWCA) weight control program and the use of the NWCA Optimal Performance Calculator.

### Information for School Administration:

**Q.** Is there a charge for a school to utilize the NWCA Optimal Performance Calculator?

**A.** Yes. There is a $30 charge payable to NWCA per senior high and junior high/middle schools. This fee must be paid prior to their access code becoming activated. On-line registration via a credit card is the preferred method of payment. Schools may utilize a registration form provided by NWCA if payment must be made by check.

**Q.** What happens if a school does not pay their $30 fee?

**A.** Their codes to access the information in the Optimal Performance Calculator will not be activated until their fee has been paid to NWCA.

**Q.** Does the athletic director have a separate code from the assessor and coach?

**A.** No. The athletic director may use the same code as the one issued to the coach.

**Q.** When can the initial assessment for wrestlers be performed?

**A.** It may be done anytime, on or after Friday, October 25, 2019 (six weeks prior to the first legal Contest date for wrestling (Friday, December 6, 2019). All assessments are to be completed on Monday, December 2, 2019 (Monday preceding the first Contest Date).

**Q.** If a school does not have a trained assessor to perform the hydration testing and body fat determination. What can the school do?

**A.** On the PATS website, [www.gopats.org](http://www.gopats.org) there is a list of all trained assessors in Pennsylvania. A school must contact one of these individuals to perform the proper assessments for wrestlers prior to Monday, December 2, 2019. The PIAA website, [www.piaa.org](http://www.piaa.org), will also provide a link to the PATS website to assist schools in obtaining a trained assessor, if needed.

**Q.** Is a student-athlete allowed to come out for wrestling after the first legal play date?

**A.** Any student-athlete who comes out for wrestling after the first Regular Season Contest date (Friday, December 6, 2019) cannot Practice until they have completed the pre-participation physical evaluation or recertification, as applicable. They will have 14 days to complete an initial assessment and appeal, if desired, prior to their participation in a Contest.

**Q.** Will wrestlers receive a code to access the NWCA Optimal performance Calculator?

**A.** Yes. Each coach will be able to print out a team roster with unique codes for each wrestler to view the NWCA Optimal Performance Calculator and nutrition component of the program. Wrestlers will not be able to enter or change any data submitted to the NWCA Performance Calculator.
Q. What happens if a wrestler fails the hydration test?
A. That athlete is done for the day. No other testing may occur and they may re-test for hydration no earlier than 24 hours.

Q. Is there an appeal process for the athlete to move below the initially assessed skinfold measurement?
A. Yes. A coach, athlete, or their parents, may request an appeal of the initial assessment. However, this appeal must be done at a PIAA approved assessment site and must be completed before the first legal playing date of the regular wrestling season (Friday, December 6, 2019). Appeals may only be performed using Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing Assessment or Dexa Testing. All costs associated with this appeal are the responsibility of those who are appealing the initial assessment. Costs may vary site to site and may range upward to a few hundred dollars. Conservatively, estimates have started at $75 and up. **Clarification on Appeals:** Appeals may take place any time prior to a wrestler’s first competition which may fall after the Friday, December 6, 2019 deadline. If a wrestler competes at an assessed weight prior to an appeal, that wrestler is accepting of the initial Minimum Wrestling Weight and assessment. The deadline of Thursday, December 5 is intended to permit an appeal, without the wrestler needing to miss competition.

Q. What is the time frame of the appeal must be completed from the original assessment? If there is no time frame of when the appeals must be completed, what is the date an appeal can be done?
A. The original assessment may be done anytime on or after Friday, October 25, 2019 (six weeks prior to first scheduled Contest date) and no later than Monday, December 2, 2019 (Monday preceding the first Contest Date). An appeal can be made after the initial assessment and prior to the first legal Contest date of the wrestling season (Friday, December 6, 2019). **The appeal must be made at a weight no lighter than 1.5% total weight loss per week, from the date of the initial assessment.** (Please see the Clarification on Appeals above).

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

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

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

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

Q. What is the deadline date for when a wrestler must reach his MWW?
A. *Friday, February 14, 2020.* This is the Friday after the PIAA Team Wrestling Championships.

**Information for Coaches:**

Q. Should schools provide their opponents with an eligibility list for their team members?
A. Yes. The weight assessment program does not change the responsibility of each schools’ athletic administration to provide opponent schools with a current eligibility list of those athletes who are eligible to participate and represent each member school. The list is to be posted on the PIAA website utilizing the PIAA-provided school access code.

Q. How will coaches receive their codes to submit their schedule and results?
A. Coaches will be e-mailed their codes as established by NWCA and PIAA directly from NWCA if on-line registration is utilized. If schools pay by check, they will receive codes from NWCA following receipt of payment and processing of their registration.

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

Q. Must a coach use the NWCA Performance Calculator weigh-in sheet for all of their weigh-ins?
A. Yes. Coaches or their designee (athletic director or school assessor) must print out a weigh-in sheet for every weigh-in their school participates in for the 2019-2020 PIAA Wrestling Season. It is recommended each school present minimally two copies of their weigh-in sheet at weigh-ins, one for themselves and one for their opponents. In events of multiple schools, multiple copies of this sheet must be made available for each opponent. The Tournament administration may assist in this process following weigh-ins.

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

Q. Who’s responsible for entering the results of events (duals, invitationals, multiple dual events, etc.)?
A. Each member school is required to submit their results and weigh-in information no later than 24 hours after the conclusion of an event. **NOTE: Recording of Weights in Multiple Dual Events Versus Individual Events:** Since a wrestler may compete at different weight classes in a two-day Multiple Dual Events, each weigh-in must be recorded for each wrestler. In individual tournaments where a wrestler is locked into a single weight class, only the first day of weigh-ins must be recorded for each wrestler.
Q. What is the timeline for entering scheduled event results and weights?
A. Results and weigh-in information must be entered no later than 24 hours after the conclusion of an event. Coaches will be able to submit the appropriate stripped weight the wrestler makes at weigh-ins for any event. They must keep a copy of the actual weigh-in sheets for verification in case of any disputes. District wrestling committee chairman may request this original document to solve any disputes if such arises.

Information on Assessment:

Q. When is the official first day assessments can be done?
A. Friday, October 25, 2019. Six weeks prior to the first Contest day of the wrestling regular season.

Q. What is the deadline date for the completion of all assessments?
A. Monday, December 2, 2019, the Monday preceding the first Contest day of the regular season. Wrestlers must still have a pre-participation physical evaluation or recertification, if applicable, prior to their competing in practice.

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

Q. Will a variance be applied to athletes who are below 7% males and 12% females?
A. No.

Q. What method (Lange skinfold caliper, bio-impedance, bodpod hydro) is used to Administer the assessments? Does the state use more than one method?
A. Body fat assessments are to be performed by Pennsylvania Athletic Trainer’s Society (PATS) trained assessors. They will be using the Lange skinfold caliper to determine the percent body fat of each wrestler to establish their minimum weight class for participation in the 2019-2020 PIAA wrestling season. Hydration testing will be done first by using a Refractometer. This test will be to determine hydration only and not as a diagnosis. A wrestler must pass the hydration test before body fat assessment is completed. Wrestlers will have their skin fold assessment performed once.

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

Q. If a wrestler’s MWW falls within the 2-lb growth allowance, may the wrestler wrestle at that lower weight class?
A. Yes. Wrestlers may wrestle in any weight class their MWW makes them eligible for on any given day during the regular season.
Q. **Who can be trained as an assessor?**
A. Persons eligible to be trained are Authorized Medical Examiners (licensed physician of medicine or osteopathic medicine, a physician assistant certified, a certified registered nurse practitioner, or a school nurse practitioner) certified athletic trainers, school nurses, or a member school sport medicine staff designee as determined by the school’s physician with the concurrence of the school principal. These individuals may be allied healthcare professionals who may include physical therapists, emergency medical technicians, exercise physiologists and the like.

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

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

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

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

Q. **What may an assessor use to measure the athlete’s hydration?**
A. A trained assessor may only use an optical or digital refractometer. This test will only be used to determine hydration and not as a diagnosis tool. Assessors may not use hydration strips of any type to determine an athlete’s hydration.

Q. **What does an assessor do after they perform the hydration testing?**
A. If a wrestler passes the hydration testing part of this weight assessment, then the assessor may perform the skinfold measurements to determine lean body mass and the resultant minimum weight. The assessor must then place the measurements into the NWCA OPC to determine a wrestler’s minimum wrestling weight.
**Information on District and PIAA Administration:**

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

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

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

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

1) The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.

2) All PIAA-registered officials must wear identical uniforms during a contest.

3) Required uniform for wrestling officials:

- **Shirt:** Alternating black and white 1-inch vertically striped short sleeved shirt with a black collar or V-neck collar or gray shirt with black pinstripes.
- **Slacks:** Full length black trousers.
- **Belt:** Black (if pants have loops).
- **Socks:** Black.
- **Shoes:** Solid black with black laces.
- **Lanyard:** 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. (Minutes, Board of Control, PIAA Summer Workshop, July 17, 1989, p. 3)

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

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