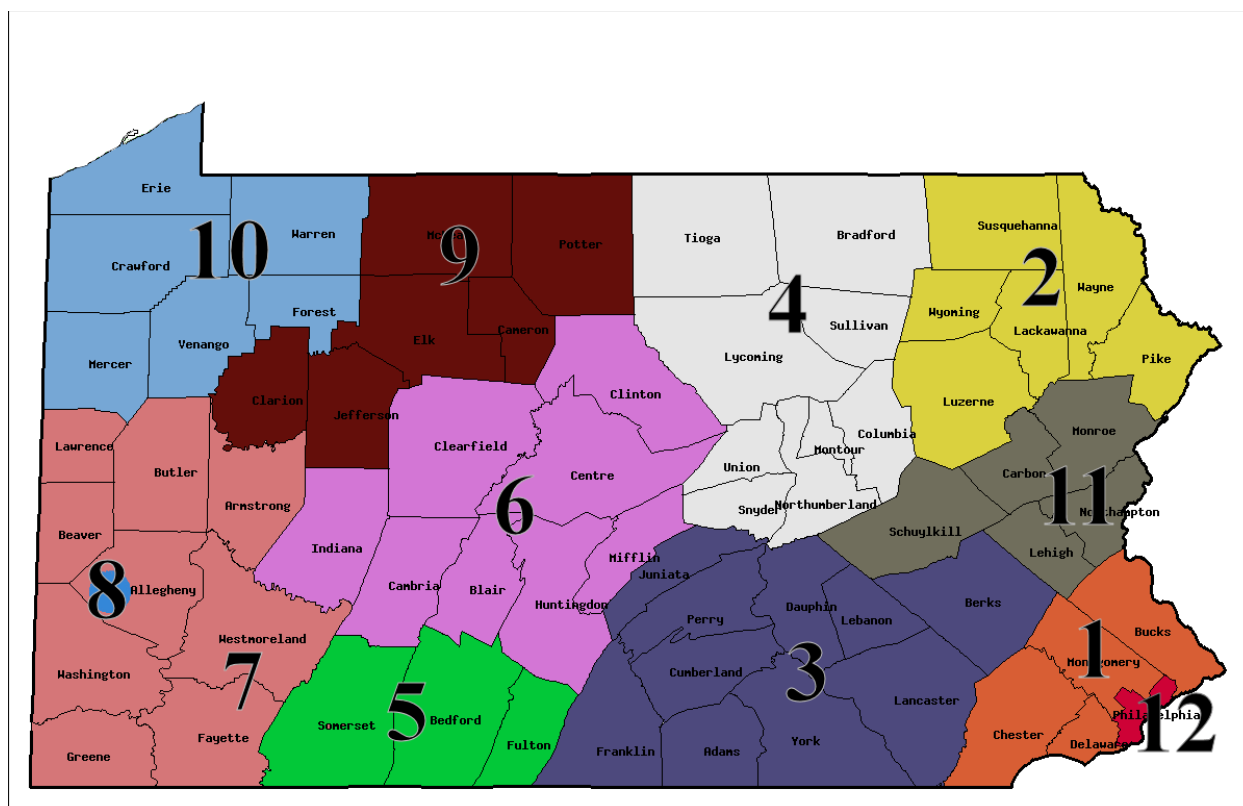


2019 — 2020

District IV AA-AAA

Wrestling Handbook



2019 State Champions

AA: 106 – Sheldon Seymour, Troy

AA: 195 – Gaige Garcia, Southern Columbia

AAA: 220 – Nate Schon, Selinsgrove

AA – Team: Southern Columbia

AA – Individual: Southern Columbia

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Wrestling Committee Contacts

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North Section & District Tournament Director: Steve Gobble
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Cell—570-637-9398

Central Section Director: Bob Apple
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Cell—570-490-7613

Sean McCann
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Cell—570-220-8024

AAA Districts Representative: Hal Stockdill
Email—stochal@sulcosd.k12.pa.us
Cell—570-447-4415

Important Dates

Friday, October 18, 2019:

Deadline for inputting team schedules into the OPC Calculator.

Friday, October 25, 2019:

First day for Minimum Wrestling Weight (MWW) Certification.

Monday, November 18, 2019: 1st Day of Practice.

Saturday, November 23, 2019: 1st Scrimmage Date.

Monday, December 2, 2019:

Last Day for Minimum Wrestling Weight Certification.

Friday, December 6, 2019: 1st regular season contest date.

Wednesday, December 25, 2019: 2lb Weight Allowance.

Saturday, January 25, 2020: Team Seeding Deadline.

Wednesday, February 12, 2020: Individual Seeding Deadline.

Friday, February 14, 2020: MWW Deadline.

AA - Team Wrestling Tournament Schedule

Pig-Tail Round (17 or more Teams) Monday, January 27, 2020:

- * Home team is the higher seed.
- * Weigh-ins—6pm.
- * Wrestling begins—7PM.

Round of 16—Wednesday, January 29, 2020:

- * Home team is the higher seed.
- * Weigh-ins—6pm.
- * Wrestling begins—7PM.

Saturday, February 1, 2020 — Milton High School:

- * Weigh-ins—10am.
- * Round #1—Quarter-Finals 11:00am.
- * Round #2—S. Finals & 1st Rd. Cons. 1:00pm.
- * Round #3—Consolation Semi-finals 3:00pm.
- * Round #4—Consolation &
Championship Finals 6:00pm.

Team States

Monday, February 3, 2020:

District 4 Third Place @ District 3 Runner-Up 7pm.

February 6-8, 2020: Giant Center Hershey

February 6th District 4 Champ vs. 10-2 – 7-3 winner.

February 6th District 4 runner-up vs. 11-1.

February 6th 4-3 vs 3-2 winner vs. 7-1.

February 6th AAA 9/4 champ vs. 11-2 vs. 3-4 winner.

Sectionals

Saturday, February 15, 2020

Weigh-Ins: 9am.

1st Session—10:00am

**Consolation & Championship Finals—
6:00pm.**

<u>North</u> - Steve Gobble	<u>Central</u> – Bob Apple	<u>South</u> – Dave Campbell
@ Troy H.S.	@ Hughesville H.S.	@ So. Columbia H.S.
Athens	Benton	CMVT
Canton	Bloomsburg	Danville
North Penn	Central Columbia	Lewisburg
NEB	Hughesville	Line Mountain
Sayre	Loyalsock	Mid-West
Sullivan County	Meadowbrook Christian	Mifflinburg
Towanda	Montgomery	Milton
Troy	Montoursville	Mount Carmel
Jersey Shore	Muncy	Southern Columbia
Williamson	South Williamsport	Shamokin
Wyalusing	Warrior Run	Sugar Valley

Districts

Williamsport High School

Friday: February 21, 2020

Registration from 3:00-4:00.

Weigh-ins begin @ 4:00pm.

Coaches meeting @ 4:30.

Wrestling begins @ 5:00pm.

Saturday: February 22, 2020

Weigh-ins—7:30.

Elimination Round @8:30am.

Semi-Finals & Consolation Quarter-finals
begin @ approximately 10:00am.

Consolation Semi-Finals begin @
approximately 12:30pm

Coaches meeting 3:30.

5th & 6th place bouts begin @ 4:00pm.

3rd & 4th place bouts begin @ 4:45pm.

Hall of Fame @ 5:30pm

Parade of champions @ 5:45pm.

Championship Finals @ 6:00pm.

Regionals

Williamsport High School

Friday: February 28, 2020

Registration from 3:30-4:30.

Weigh-ins begin @ 5:00pm.

Coaches Meeting @ 5:30.

Quarter-Finals begin @ 6:00pm.

Saturday: February 29, 2020

Weigh-ins begin @ 8:30am.

Championship Semi-Finals (2mats) &
Consolation Quarter-Finals (1mat) begin
@ 9:30am.

Consolation Semi-Finals begin @
approximately 12:00pm.

Coaches meeting @ 3:30pm.

Parade of Champions @ 4:00pm.

Championship and Consolation Finals
both begin @ 4:15pm.

2019 Seeding Dates and Criteria

Sectionals

A. Dates

1. Cut-off date for seeding points for Sectionals is 9am Wednesday, February 12, 2020.
2. Matches can be made up until Tuesday, 2/11/2020.
3. Seeding points are final upon closing of the Becker Networks program @ 9am Thursday, Feb. 13, 2020.
4. No shifting of weight classes is permitted after the seeding is completed in the Becker Network Program.
5. Replacement for injury and illness is permitted.
6. Note brackets will be reseeded if a wrestler withdraws, or is disqualified at weigh-ins.
7. **Seeding information will be sent out via email to Head Coaches by 2pm Thursday 2/13/20 for review prior to the release of seeding to the District IV webpage and Media outlets at 8:00pm Thursday, 2/13/2020.**

B. Criteria

1. If two wrestlers have the same point total, the higher seed will go to:
 - * 2019-2020 head to head result.
 - * Greater number of matches wrestled.
 - * Coin flip by tournament director.
2. Only varsity records can be counted for seeding
3. All forfeits count on a wrestler's record for seeding.
4. **All** wrestlers must have 12 bouts to get full total if not subtract 8 points or each bout under 12 from total.
5. Byes:
 - * Points will be earned for a bye when that wrestler wins his next bout.
 - * A win via bye does not apply to the individual record.

2020 Seeding Dates and Criteria (cont.)

Districts

A. Dates

1. Seeding will be completed Sunday, February 16, 2020.
2. Seeding will be first released to coaches for review and confirmation as early as 11pm Saturday and no later than 12pm Sunday, February 16, 2020.
3. Seeding will be officially released after this confirmation period @ 4pm by the District Wrestling Chairman.

B. Criteria / Placement

1. Champions only will be seeded 1-3 by points only.
2. All other seeds will be predicated by the seed of sectional champions using the following formula.

Champs	2nd	3rd	4th
1	6	7	12
2	5	8	11
3	4	9	10

3. Example Brackets can be found on the next page.

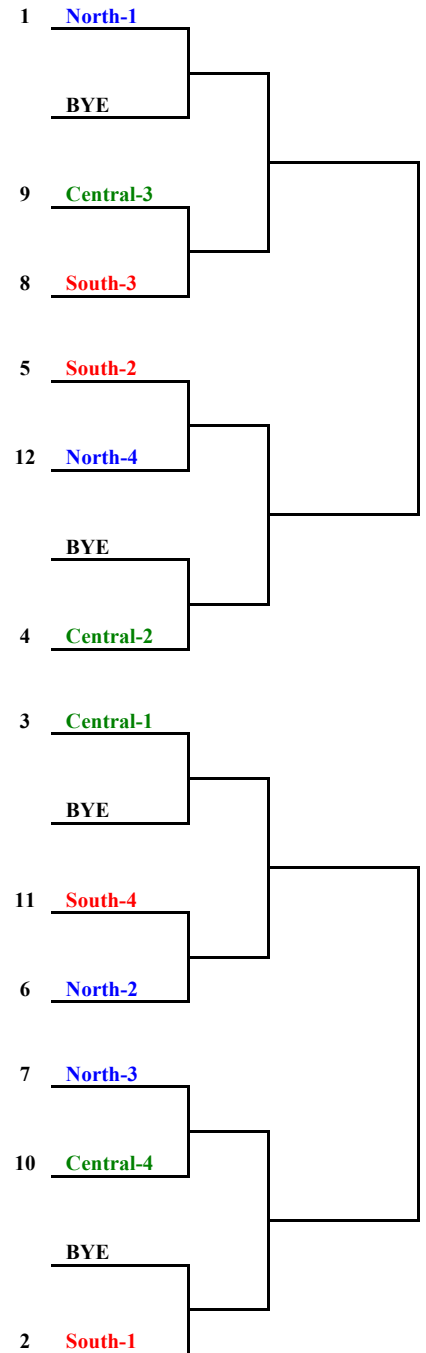
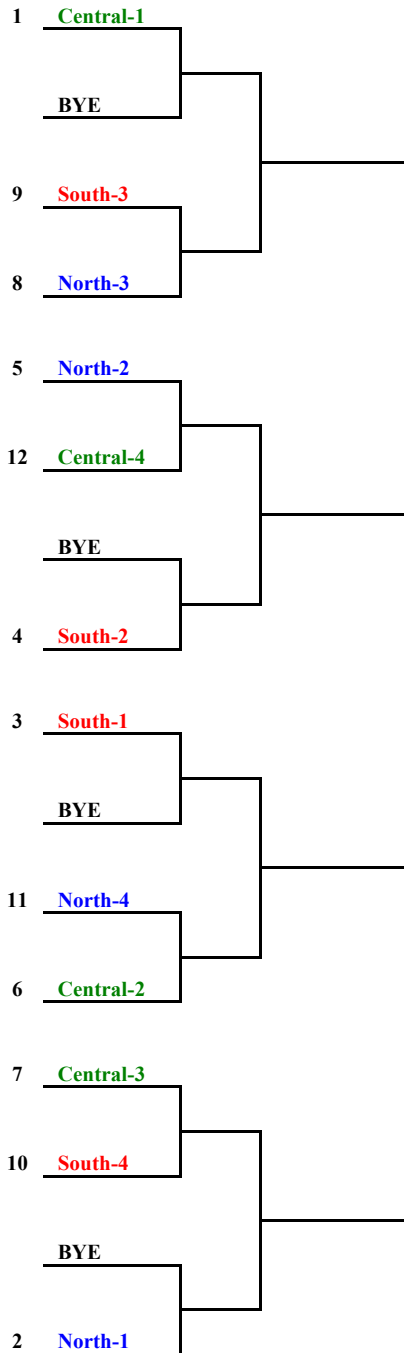
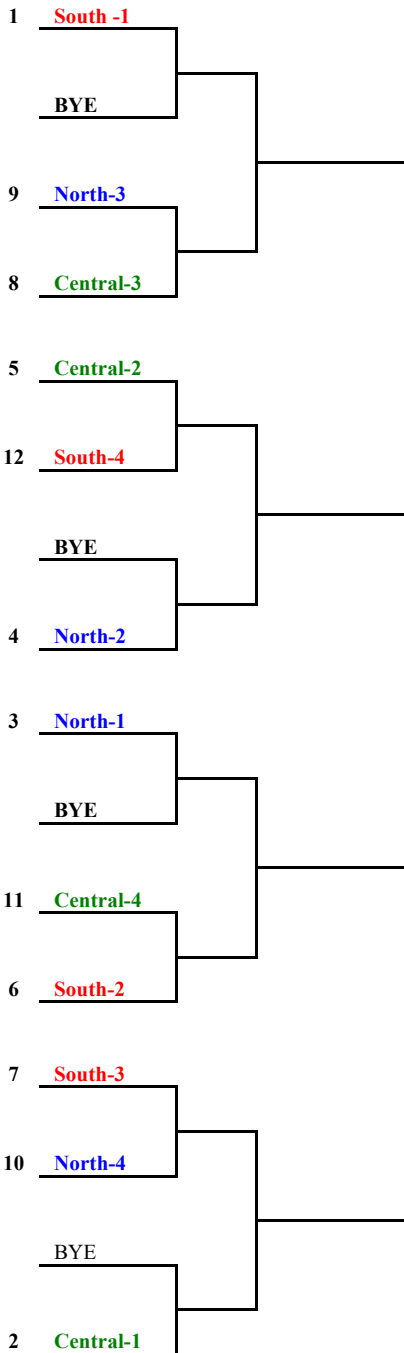
District 4 AA Individual Brackets Pairings

The following are "EXAMPLES" of brackets with each section having the highest points at a weight class.

	Champ	2nd	3rd	4th
S	1	6	7	12
C	2	5	8	11
N	3	4	9	10

	Champ	2nd	3rd	4th
C	1	6	7	12
N	2	5	8	11
S	3	4	9	10

	Champ	2nd	3rd	4th
N	1	6	7	12
S	2	5	8	11
C	3	4	9	10



2020 Seeding Dates and Criteria (cont.)

Regional Seeding

District IV Champ has higher point total.	District II Champ has a higher point total.
#1 District IV Champ	#1 District II Champ
#2 District II Champ	#2 District IV Champ
#3 District IV Runner-up	#3 District II Runner-up
#4 District II Runner-up	#4 District IV Runner-up
#5 District IV 3rd place	#5 District II 3rd place
#6 District II 3rd place	#6 District IV 3rd place
#7 District IV 4th place	#7 District IV 4th place
#8 District IV 5th place	#8 District IV 5th place

PIAA WRESTLING RULES AND REGULATIONS 2019-2020

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 18, 2019) (see NOTES 1 and 2) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME), and (b) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season (Friday, October 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:

1. 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.
2. 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.
3. 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 establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

PIAA WRESTLING RULES AND REGULATIONS 2019-2020

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

1. A member school shall submit the following, relative to its request for relief:
 - a. 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.
 - b. Confirmation from the school’s attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.
 - c. Any pertinent information from the attending assessor of any assessments attempted and the rationale of why those assessments failed.
2. 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.
3. 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.
4. The District Chairman will review all information and either approve or reject the request for relief.
5. 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.
6. 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.

Wrestling Coaches’ Rule

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

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

PIAA WRESTLING RULES AND REGULATIONS 2019-2020

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 mis-conduct (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.

PIAA WRESTLING RULES AND REGULATIONS 2019-2020

Written reports received by PIAA shall be 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.

Maximum Number of Entries (Qualifiers) to the 2019-2020 PIAA Team Wrestling Championships

District	2A	3A	District	2A	3A
I	1	4	VII	3	3
II	1	1	VIII	0	1
III	3	4	IX	1	1
IV	3	0*	X	3	1
V	1	0*	XI	2	2
VI	2	1	XII	0*	2

PIAA Inter-District Wrestling Regions

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

PIAA Wrestling Championships

Member schools are responsible for acquiring their own lodging and meals. Each competing member school is responsible for the transportation expenses of their Coaches and contestants. PIAA will not reimburse member schools for transportation expenses. PIAA will reimburse member schools an expense allowance to defray the cost of lodging and meals for all contestants and two (2) Coaches per member school. Member schools will be reimbursed for lodging and meals when a contestant has been eliminated from further competition in the Championship bracket. Reimbursement will be on a per person basis, based upon the Region from which the member school qualified, as follows:

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

PIAA WRESTLING RULES AND REGULATIONS 2019-2020

PIAA Wrestling Championships Pairings

1. No Region champions shall meet in the first round.
2. Region champions and runners-up shall not meet until the finals.
3. Regional champions in each weight class shall be ranked utilizing a formula which includes a combination of the winning percentage of each wrestler and prestige points from placement in the previous year's Championship, and/or Region, as applicable. All remaining qualifying wrestlers will be placed on the bracket according to the ranking of each Region champion.
4. Separation of returning champions in the same weight classification, qualifying as Region champions, shall be done, if necessary.

Junior High / Middle School Wrestling Weight Classifications

Competition shall be divided into 15 weight classifications as follows:

80lbs	115lbs	155lbs
87lbs	122lbs	170lbs
94lbs	130lbs	190lbs
101lbs	138lbs	210lbs
108lbs	145lbs	250lbs

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

A two (2) pound growth allowance shall be added on or after Wednesday, December 25.

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:

1. At weigh-in, all wrestlers shall be listed from lowest to highest match-up weights.
2. To the weight of 138 pounds, the difference in stripped weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in stripped weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 15 weight classifications set forth herein.
3. The selection of wrestlers in the bouts shall be done by the two schools alternating with the visiting Team having first choice.
4. Forfeits shall not be permitted.

Junior High/Middle School Wrestling Length of Match

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

Consolation matches 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.