

2021 — 2022

District IV AA-AAA

Wrestling Handbook

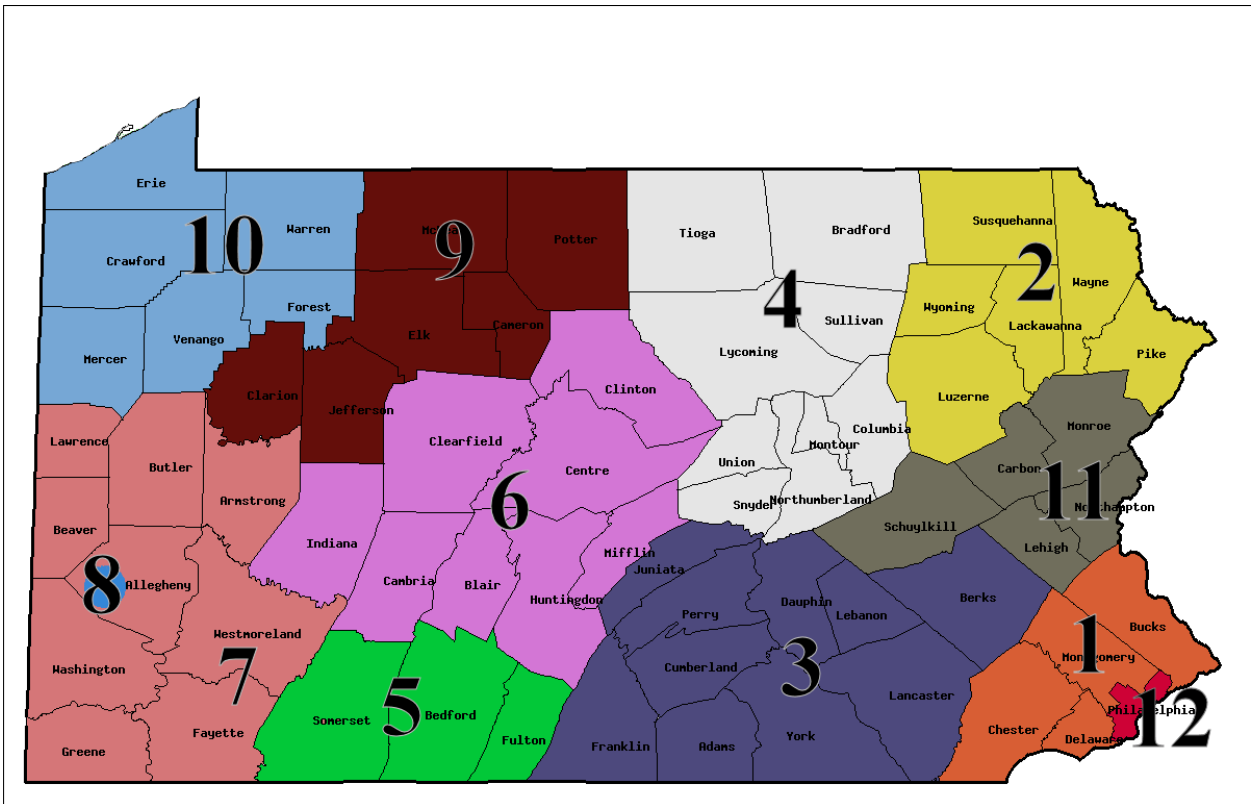


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Wrestling Committee Contacts

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Important Dates

Friday, October 22, 2021:

Deadline for inputting team schedules into the OPC Calculator.

Friday, October 29, 2021:

First day for Minimum Wrestling Weight (MWW) Certification.

Friday, November 19, 2021: 1st Day of Practice.

Friday, November 26, 2021: 1st Scrimmage Date.

Monday, December 6, 2021:

Last Day for Minimum Wrestling Weight Certification.

Friday, December 10, 2021: 1st regular season contest date.

Saturday, December 25, 2021: 2lb Weight Allowance.

Saturday, January 29, 2022: Team Seeding Deadline.

Wednesday, February 16, 2022: Individual Seeding Deadline.

Friday, February 18, 2022: MWW Deadline.

AA - Team Wrestling

Pig-Tail Round (17 or more Teams) Monday, January 31, 2022:

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

Round of 16—Wednesday, February 2, 2022:

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

Saturday, February 5, 2022 — 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 7, 2022:

District 4 Third Place @ District 11 Runner-Up 7pm

District 4 runner-up (home) vs. District 3 3rd. 7pm

Wednesday February 9, 2022

District 4 Champ(home) vs. 1-1 or 12-1.

District 4 Runner-up or District 3-3 @ District 10-1

District 4 Third Place or District 11-2 @ District 7-1

AAA District 9/4 Champ @ District 3-1.

February 10-12, 2022: Giant Center Hershey

Sectionals

4 qualifiers to Districts

Saturday, February 19, 2022

Weigh-Ins: 9am.

1st Session—10:00am

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

**North - Hal Stockdill
@ Athens H.S.**

Athens
Canton
NEB
North Penn
Sayre
Sullivan County
Towanda
Troy
Wellsboro
Williamson
Wyalusing

**Central – Mike Snyder
@ Montgomery H.S.**

Benton
Bloomsburg
Central Columbia
Hughesville
Jersey Shore
Loyalsock
Meadowbrook Christian
Montgomery
Montoursville
Muncy
South Williamsport
Warrior Run

**South – Chris Venna
@ Shamokin H.S.**

CMVT
Danville
Lewisburg
Line Mountain
Mid-West
Mifflinburg
Milton
Mount Carmel
Shamokin
Southern Columbia
Sugar Valley

Districts

6 qualifiers to Regionals

Williamsport High School

Friday: February 25, 2022

Registration from 3:00-4:00.

Weigh-in begins @ 4:00pm.

Coaches meeting @ 4:30.

Wrestling begins @ 5:00pm.

Saturday: February 26, 2022

Weigh-in begins @ 8:00am.

Elimination Round @9:00am.

Semi-Finals & Consolation Quarter-finals
begin @ approximately 10:30am.

Consolation Semi-Finals begin @
approximately 1:00pm

Coaches meeting 4:00.

5th & 6th place bouts begin @ 4:15pm.

3rd & 4th place bouts begin @ 5:00pm.

Hall of Fame @ 6:00pm

Parade of champions @ 6:15pm.

Championship Finals @ 6:30pm.

Regionals

Districts II, IV
4 qualifiers to States

Williamsport High School

Friday: March 4, 2022

Registration from 3:00-4:00.

Weigh-in begins @ 4:00pm.

Coaches Meeting @ 4:30.

Wrestling begins @ 5:00pm.

Saturday: March 5, 2022

Weigh-in begins @ 8:00am.

Elimination Round @9:00am.

Semi-Finals & Consolation Quarter-finals
begin @ approximately 10:30am.

Consolation Semi-Finals begin @
approximately 1:00pm

Coaches meeting 4:00.

5th & 6th place bouts begin @ 4:15pm.

3rd & 4th place bouts begin @ 5:00pm.

Parade of champions @ 6:15pm.

Championship Finals @ 6:30pm.

2022 Seeding Dates and Criteria

Sectionals

A. Dates

1. Cut-off date for seeding points for Sectionals is 9am Wednesday, February 16, 2022.
2. Matches can be made up until Tuesday, 2/15/2022.
3. Seeding points are final upon closing of the Becker Networks program @ 9am Thursday, Feb. 17, 2022.
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. Losers in round of 16 are out of the tournament.
8. **Seeding information will be sent out via email to Head Coaches by 2pm Thursday 2/17/22 for review prior to the release of seeding to the District IV webpage and Media outlets at 8:00pm Thursday, 2/17/2022.**

B. Criteria

1. If two wrestlers have the same point total, the higher seed will go to:
 - * 2021-2022 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.

2022 Seeding Dates and Criteria (cont.)

Districts

A. Dates

1. Seeding will be completed Sunday, February 20, 2022.
2. Seeding will be first released to coaches for review and confirmation as early as 11pm Saturday and no later than 12pm Sunday, February 20, 2022.
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.

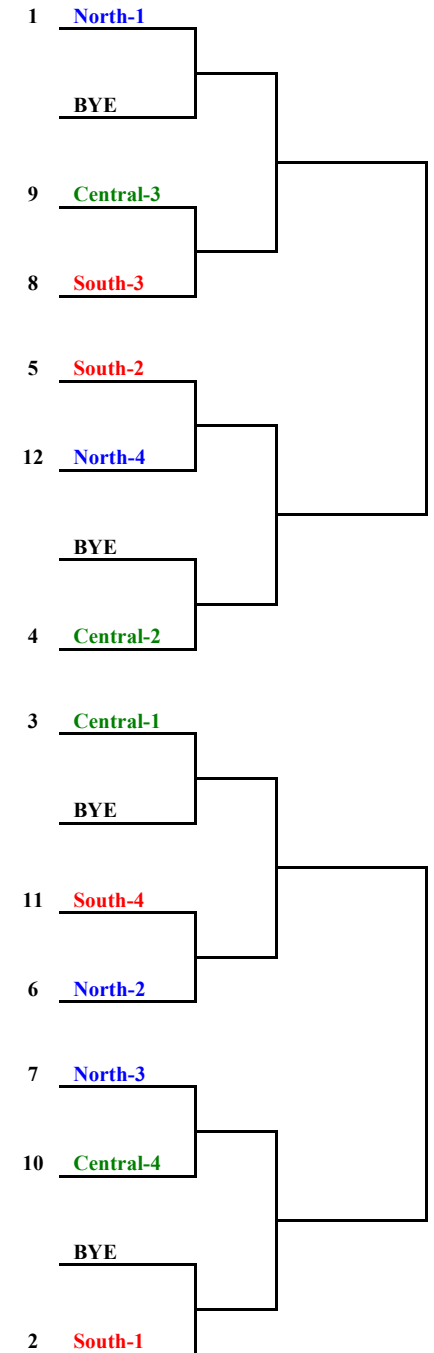
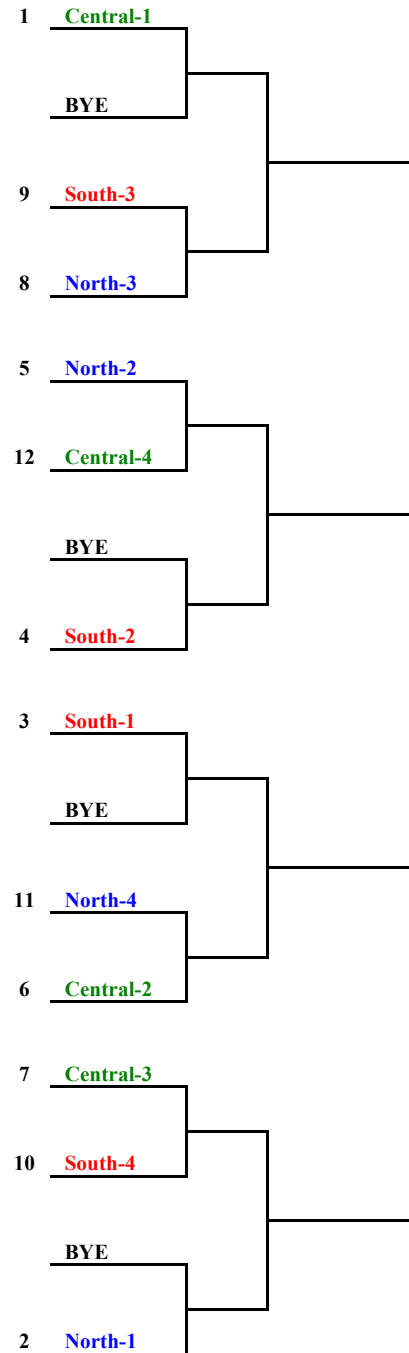
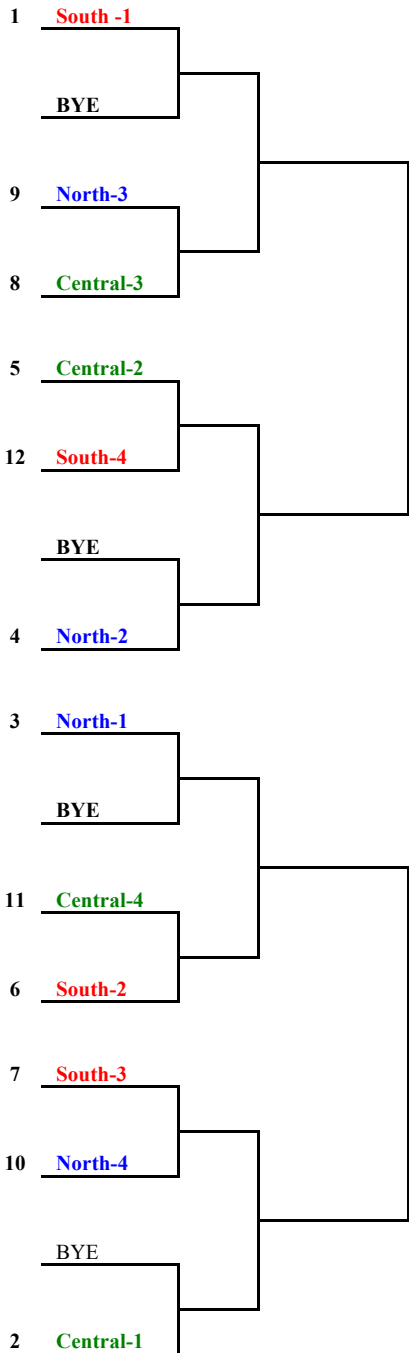
District 4 AA Individual Brackets Pairings

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



2022 Seeding Dates and Criteria (cont.)

Regional Seeding

District IV 6 qualifiers

District II 4 qualifiers

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 II 4th place
#8 District II 4th place	#8 District IV 4th place
#9 District IV 5th Place	#9 District IV 5th place
#10 District IV 6th place	#10 District IV 6th place

1. If a wrestler forfeits in the placement round of the District Tournament the wrestler receiving the forfeit may choose the placement he wants for regionals. Example the #3 From district IV may choose the top or the bottom bracket #5 or #7.

Regional formula

#1

Winning % Number of wins divided by total matches (20-5 20 divided by 25=80)
2021-22 Subtract -8 for each match under 12 (10-0 =100 - 16=84)

#2

State

1=100, 2=95, 3=90, 4=85, 5=80, 6=75, 7=70, 8=65

Regional

1=60, 2=50, 3=45, 4=40, 5=35, 6=30

District

1=25, 2=15, 3=10, 4=4, 5=3, 6=1

Total example

20-5=80

10-0=84

R3rd=45

R3rd=45

Total 125

Total 129

This formula if for the District champ only all other wrestlers are seeded following the chart below.

Regional Seeding

D IV Champ has higher point total.

D II Champ has a higher point total.

#1 District IV Champ
#2 District II Champ
#3 District IV Runner-up
#4 District II Runner-up
#5 District IV 3rd place
#6 District II 3rd place
#7 District IV 4th place
#8 District II 4th place
#9 District IV 5th place
#10 District IV 6th place

#1 District II Champ
#2 District IV Champ
#3 District II Runner-up
#4 District IV Runner-up
#5 District II 3rd place
#6 District IV 3rd place
#7 District II 4th place
#8 District IV 4th place
#9 District IV 5th place
#10 District IV 6th place

Wrestling

NFHS RULES BOOK ADOPTION/MODIFICATION

*PIAA adopts the 2021-22 NFHS Wrestling Rules Book.

*Modify Rule 4-2-1 to permit wrestlers to have facial hair of up to a half-inch in length, as long as the skin of the wrestler is visible so that a proper medical examination can be performed.

*Pursuant to Rule 4-2-3, adopt the NFHS Medical Release Form for Wrestler to Participate with Skin Lesion(s).

*Modify Rule 4-4-1 to include the following 13 weight classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 172, 189, 215, and 285.

*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).

*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 Rule 4-5-3 to provide that a wrestler is eligible for the weight class their weight makes them eligible, plus the next highest weight, subject to their descent plan.

*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.

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 22, 2021) (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 29, 2021) and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (Monday, December 6, 2021 - 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. 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 wrestler 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 Saturday, December 25, 2021 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 18, 2022.

**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 11, 2022, 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. PIAA has used the definition of: Premises are defined as a tract of land with the building thereon.

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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 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.