

2009-2010 WPIAL JR HIGH WRESTLING SCHEDULE

April 16, 2009

First Practice Date ~ November 20, 2009
First Scrimmage Date ~ November 28, 2009
First Play Date ~ December 11, 2009

Maximum Scrimmages ~ 2
Maximum Competitions ~ 22

The WPIAL Junior high wrestling **section competition begins on December 16, 2009** and all section matches must be **completed by January 23, 2010**. When possible, the section schedule mirrors the varsity-wrestling schedule to permit the scheduling of combined junior high /varsity wrestling matches. The section schedule may be adjusted to fit the home team facility. In addition, other schedule adjustments may be made upon both schools reaching mutual agreement. A minimum number of section matches was scheduled to permit more flexibility in scheduling exhibition dual matches and tournaments.

Junior high wrestling competition may continue after the last section date but must end by February 26, 2010. Please check your schedule for accuracy and notify the League Office at (412-921-7181) or (1-800-297-9553) if any errors are found. **Please provide a copy of this schedule to your head wrestling coach.**

All Junior High wrestling will be conducted under the following guidelines:

1. All contests must follow National Federation Rules.
2. Section match competitions shall be for four and one-half minutes in length divided into three periods of one and one half minutes each.
3. WPIAL **section** matches will be scored and a team score established by the prescribed method using the following eighteen weights:

| | | | | |
|----|-----|-----|-----|-----|
| 75 | 95 | 115 | 145 | 210 |
| 80 | 100 | 122 | 155 | 250 |
| 85 | 105 | 130 | 165 | |
| 90 | 110 | 138 | 185 | |

4. All exhibition matches scheduled may be conducted using the optional PIAA wrestling competition model described below:
 - a. At weigh-in, **all** wrestlers shall be listed from lowest to highest match-up weights for a maximum of **20 bouts**.
 - b. To the weight of 138, the difference is stripped weight for that day shall not exceed 5 lbs. Above 138, the difference in stripped weight shall not exceed 10 lbs. Minimum weight class certification shall be done at the traditional weight classes
 - c. The selection of wrestlers in the 20 scored bouts shall be done by the two schools alternating with the visiting team having first choice.
 - d. Traditional scoring shall be in effect-forfeits shall not be permitted.
5. It is recommended that afternoon contest do not begin before **3:30 PM** unless both principals agree.
6. The scheduled date may be adjusted to another day and time by mutual agreement of the principals.

7. **COMMUNICABLE SKIN DISEASE**

The PIAA has adopted the National Federation Wrestling Rule relevant to communicable diseases. The rule is as follows:

Rule 4-2-3: If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear advisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable disease shall not be considered acceptable and does not make the wrestler eligible to participate.

All PIAA schools are required to use the **PIAA COMMUNICABLE SKIN DISEASE FORM** when necessary to comply with Rule 4-2-3. **The form must be completed and signed only by a physician (M.D. or D.O.)**

8. **WEIGHT CONTROL**

The PIAA will again use the NFHS Weight Management Program (Rule 1-3-1)) for the 2008-2009 wrestling season. The weight control program is required for all levels of interscholastic wrestling, including junior high and middle school.

The Weight Certification Program has four major points of emphasis: (1) a wrestler may not go below 7% body fat for males and 12% body fat for females; (2) a wrestler must have a urine specific gravity of 1.025 or lower before they have a body fat assessment; (3) a wrestler may not lose more than 1.5% of his/her body weight per week; (4) the weight certification program will have a built in nutritional component.

The National Wrestling Coaches Association web-based program known as the NWCA Optimal Performance Calculator will be used. The program calculates the lowest body fat for each wrestler along with providing a weekly weight loss descent program and a nutritional program where wrestlers can create a diet plan based on their caloric needs. All athletic directors and coaches are encouraged to visit the NWCA website www.nwcaonline.com and become familiar with the Optimal Performance Calculator.

Every school will need to have a certified weight assessor to perform the urinalysis and body fat measurements for the Optimal Performance Calculator. All wrestlers must have their certified minimum wrestling weight class certified by an authorized medical examiner on the PIAA **"Section 7: CIPPE Minimum Wrestling Weight Classification"** form. This certification must be established NO EARLIER THAN six weeks prior to the first practice day of the winter sports season.

2009-2010 WPIAL JUNIOR HIGH WRESTLING SCHEDULE ~ 72 TEAMS

SECTION 1

Franklin Regional
Gateway
Kiski
Penn Hills
Woodland Hills

SECTION 2

Derry
Indiana
Latrobe
Plum
Penn Trafford

SECTION 3

Albert Gallatin *South*
Belle Vernon
Connellsville *West*
Laurel Highlands
Uniontown

SECTION 4

Connellsville *East*
Elizabeth Forward
Greensburg Salem
Hempfield
McKeesport
Norwin

SECTION 5

Butler
Fox Chapel
Hampton
Knoch
Seneca Valley

SECTION 6

Avonworth
North Allegheny
North Hills
Pine Richland
Shaler

SECTION 7

Baldwin
Bethel Park
South Allegheny
Thomas Jefferson
West Mifflin

SECTION 8

McGuffey
Peters Twp
Ringgold
Upper St Clair
Waynesburg

SECTION 9

Canon McMillan-Blue
Chartiers Valley
Mt Lebanon –*Jefferson*
North Allegheny-*Black*
Trinity
West Allegheny

SECTION 10

Burgettstown
Canon McMillan-*Gold*
Fort Cherry
Mt Lebanon - *Mellon*

SECTION 11

Carlynton
Chartiers Houston
Keystone Oaks
South Fayette
South Park

SECTION 12

Bentworth
Beth Center
Jefferson Morgan
West Greene

SECTION 13

Charleroi
Mt Pleasant
Southmoreland
Yough

SECTION 14

Highlands
Kittanning
Mars
West Shamokin

SECTION 15

Burrell
Riverview
St Valley
Valley

NOTE:

Elderton dropped Sec 14~ West Shamokin added
Jeannette dropped in Sec 13