

2009-2010 WPIAL WRESTLING SCHEDULE

April 2, 2009

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

Maximum Competitions ~ 22
Maximum Scrimmages ~ 2

The WPIAL wrestling **section competition begins on December 16, 2009** and must be **completed by January 20, 2009**. The section schedule consists of one (1) section match on each of the five (5) Wednesday dates. 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. **However, member schools are not permitted to meet their section match obligation with a member school at a multiple dual meet tournament. Regardless of adjustments in the schedule, all section matches must be completed no later than January 20, 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 memo, schedule and calendar to your head wrestling coach.**

Coaches are advised that the PIAA By-Laws Article XIV, Section 3 require that the "HEAD" coach attend a minimum of one PIAA mandatory rules interpretation prior to each season. Mandatory rules meeting dates and times are available on the PIAA website. www.piaa.org

REGULAR SEASON MATCHES

If ties occur in a dual meet, the 2009-2010 NFHS Rules book criteria will be used to break the tie. Each WPIAL section of 10 or 11 teams has been divided into two (2) subsections of 5 or 6 teams. The League schedule of 4 or 5 matches includes only matches versus other schools in the same subsection. The PIAA reduction in competitions from 24 to 22 and the shortened season by one week requires that section schedules are minimized to permit the PIAA individual and team tournament component of the season to be met. The reduction in section matches will also allow schools greater flexibility in scheduling individual tournaments, dual meet tournaments, and exhibition dual meets.

A random draw of weight classes will be used in all dual meet and team tournaments.

SECTION CHAMPIONSHIP TOURNAMENT

On Wednesday, January 27, a one-day section championship tournament doubleheader will be held prior to the WPIAL team championship tournament. At the section championship tournament, the first place finisher from each subsection will wrestle the second place team from the opposite subsection in the same section. The two winners will then wrestle for the section championship. The winner will be declared the section champion and will be presented the section plaque. The defeated team will be the 2nd place finisher in the section. The two defeated teams in the preliminary match will wrestle for 3rd and 4th place in the section. The top four (4) place finishers will advance to the WPIAL Team Championship Tournament

In the event of a two-way tie for first or second, head to head competition will prevail. A tie of three or more teams will be broken by comparing the head-to-head competition between the tied teams that may result in one or more of the teams demonstrating a higher cumulative total of victories. If the three or more tied teams have identical records against each other, the NFHS tie breaking system (Rule 9-2-2) will be used to break the tie.

In 2009-10, the section championship tournament will be held at the site of the first place team in the "B" subsections. If the designated site for the tournament is not available, the WPIAL will assign the site based on the League "Home Site Policy". The WPIAL wrestling Committee will organize and manage the section championship tournament.

Teams involved in the section championship tournament are not required to count the two (2) competition points for the matches in the tournament. It is suggested, but not required, that other section teams wrestle each other in an exhibition match on January 27. However, these schools will have to count the match as a competition point.

WPIAL TEAM CHAMPIONSHIPS

The top four (4) place finishers from the section championship tournament will advance to the WPIAL Team Championship tournament. The team tournament will begin with necessary preliminary matches on Monday, February 1, 2010. In Class AAA, the WPIAL will advance three teams to the PIAA team tournament. In Class AA, two (2) teams will advance to the PIAA tournament. The third place qualifier in Class AAA will be determined in a consolation match between the defeated teams in the semifinal round of the tournament.

WPIAL INDIVIDUAL CHAMPIONSHIPS

The WPIAL individual championships will begin with a sectional tournament. In class AA and AAA, sectionals will be held in a one-day format. In Class AAA, the top four (4) place winners from each sectional tournament will advance to the WPIAL/Southwest Regional tournament from which three (3) wrestlers will advance to the state tournament. In Class AA, the top four (4) place winners from each sectional tournament will advance to the WPIAL Championships from which six (6) wrestlers will advance to the PIAA Southwest Regional Tournament. Five (5) wrestlers will advance to the state tournament. Wrestle-back competition will be included from the first round of Sectionals, WPIAL and Regional Championships. Additional information on team and individual championships will be available on the WPIAL website. Dates for the WPIAL/PIAA individual tournament series are on the wrestling calendar. **It is recommended that schools do not schedule team competitions after the date of the seeding meeting for the individual sectional tournaments.**

WEIGHT CONTROL

The PIAA will again use the NFHS Weight Management Program (Rule 1-3-1)) for the 2009-2010 wrestling season.

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.

Another important component for the Weight Certification Program will be the certification of Weight Certification Assessors. Every school will need to have a certified 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 regular season contest day of the winter sports season.

Senior high school wrestlers must be certified at only one of the following fourteen weight classifications:

103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285 lbs.

It is **required** that each head wrestling coach initial the minimum weight classification of **each** of his wrestlers before the schools Principal certifies the eligibility of the schools wrestlers, in order to reduce or eliminate "clerical errors".

Schools shall be prohibited from changing the minimum weight classification on the Junior High/Middle School Certificate of Eligibility and on the Senior High School Certificate of Eligibility after **February 19, 2010**.

A two (2)-pound growth allowance is authorized on or after January 15 for both junior high/middle school and senior high wrestlers.

COMMUNICABLE SKIN DESEASE

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 inadvisable, 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 weight-in or prior to competition in a 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 (MD. Or DO.)**

METHOD OF COUNTING COMPETITIONS

A PIAA member school is permitted to participate in a maximum of twenty-two (22) regular season wrestling contests based on the following method of counting regular season wrestling contests.

One (1) contest for each dual meet.

Two (2) contests for each triangular meet or for each individual tournament involving up to 8 teams.

Three (3) contest for each quadrangular meet, for each one (1) day multiple school event, or for each individual tournament involving 9 or more teams.

Four (4) contests for each two (2) day multiple school event.

A **Multiple School Event** is defined as:

Contests involving three (3) or more teams of students representing their schools in interscholastic team wrestling competition. NOTE: multiple school events were formerly referred to as Dual Meet Tournaments.

The home team is obliged to phone all scores to Don Rebel @ MSA Sports Network (412/539-0360), the Pittsburgh Post Gazette (412/263-1621), the Tribune Review (888/748-8742 ~ 800/690-8040), and Ken Wunderley phone (412/664-4977) or fax (412-664-1189). Other appropriate local papers should be notified as well.