

# 2021 - 2022 WPIAL JR HIGH WRESTLING SCHEDULE

May 11, 2021

First Practice Date            November 19, 2021  
First Scrimmage Date        November 26, 2021  
First Play Date                December 10, 2021

**Maximum Scrimmages ~ 2**  
**Maximum Contests ~ 22 Team**

The WPIAL Junior High wrestling **section competition begins on December 15, 2021** and 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 19, 2022.** Please check your schedule for accuracy and notify the League Office at (412-921-7181) 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 **fifteen** weights:

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

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 **21 bouts**.
  - b. To the weight of 138, the difference in 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 21 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.

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### 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 2021-2022 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](http://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 10: 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.

### 9. 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.

- a. One (1) Contest for each dual meet.
- b. Two (2) Contests for each triangular meet or each individually or Team-Bracketed Tournaments, involving no more than 8 Teams, pursuant to NFHS Wrestling Rule 10, Conduct of Tournaments, Section 3, Tournament Brackets.
- c. Three (3) Contests for each quadrangular meet, each individually or Team-Bracketed Tournaments, involving at least 9 Teams, pursuant to NFHS Wrestling Rule 10, Conduct of Tournaments, Section 3, Tournament Brackets, and each one-day Multiple School (Dual) Event or individual pool event.
- d. Multiple day Combination Tournament competition points and/or multiple day Multiple School (Dual) Event competition points are the aggregate of b and/or c herein.

**At the sub-varsity level, a Team may enter up to three (3) contestants per weight class, in an individual tournament, without counting additional competition points.**

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- e. The foregoing must be compliant with NFHS Wrestling Rule 1, Competition, Section 4, Representation, and Article 2, which provides for no wrestler to represent that wrestler's school in more than one weight class in any meet or compete in more than five matches (championship or consolation, including forfeits in any one day).

**\*\*\*Teams are limited to no more than two multiple school dual events or combination Tournaments.**

A **COMBINATION TOURNAMENT** is defined as: A Multiple School (Dual) Event in each of the NFHS weight classes in which individuals initially move from round to round as an interscholastic wrestling Team (pools) or advance based on Team results culminating in the wrestlers' placement on an individual bracket with advancement from that point based on the individual results.

A **MULTIPLE SCHOOL (DUAL) EVENT** is defined as: Contests involving three (3) or more Teams of students representing their schools in interscholastic Team wrestling competition.

## 2021 – 2022 WPIAL JUNIOR HIGH WRESTLING SECTION ALIGNMENTS~ 34 TEAMS – (© = Cooperative Sponsorship)

### SECTION 1

Albert Gallatin  
Baldwin  
Belle Vernon  
Connellsville  
Thomas Jefferson  
West Mifflin

### SECTION 2

Franklin Regional  
Gateway  
Penn Hills  
Penn Trafford  
Plum  
Woodland Hills

### SECTION 3

Mars  
North Allegheny  
North Hills  
Pine Richland  
Shaler

### SECTION 4

Greater Latrobe  
Greensburg Salem  
Hempfield ©  
McKeesport  
Norwin

### SECTION 5

Bethel Park  
McGuffey  
Mt. Lebanon  
Peters Twp  
Ringgold  
Upper St. Clair

### SECTION 6

Burrell  
Derry  
Eliz Forward  
Knoch  
Mt. Pleasant ©  
Southmoreland