

WESTERN PENNSYLVANIA INTERSCHOLASTIC ATHLETIC LEAGUE

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TO: ATHLETIC DIRECTORS OF **NON-TEAM WRESTLING SCHOOLS**

DATE: January 13, 2019

FROM: Timothy O'Malley, Executive Director

RE: WPIAL INDIVIDUAL WRESTLING CHAMPIONSHIPS

Per WPIAL policy, non-team wrestling schools may enter one competitor per weight class in the WPIAL individual wrestling championship series. The championships begin with a section tournament, which will be held as follows:

Class AA - Friday, February 15, 2019

Class AAA – Saturday, February 24, 2019

If your school plans to enter competitor(s), please fax on school letterhead, the following information: Student's Name, Grade, and Certified minimum weight class. **This information must be received in the League Office no later than, January 18, 2019.** Following receipt of your competitor(s), the WPIAL will notify you of a sectional site and will provide additional information.

As you now, the PIAA has a wrestling weight certification program in compliance with new National Federation of State High School Associations wrestling rules 1-5-1, 2, and 3. The establishment of a minimum wrestling weight class based on not less than 7% body fat for males and not less than 12% body fat for females is required for all levels of interscholastic wrestling in Pennsylvania. PIAA is using the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator as the mechanism to calculate the minimum wrestling weight for each wrestler and use this minimum wrestling weight to assign a minimum wrestling weight class. Additional information is available in the Wrestling page of the PIAA Rules and Regulations section of the Handbook. In addition, information on the NWCA Optimal Performance Calculator is available at www.NWCAonline.com and e-mail at opc@nwca.cc. If you have any questions, please contact the League Office, 412/921-7181 or Wrestling Chairman, Frank Vulcano, vulcanojr@cmsd.k12.pa.us.

CC- Frank Vulcano, Wrestling Committee Chairperson