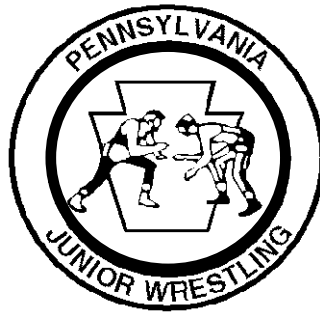
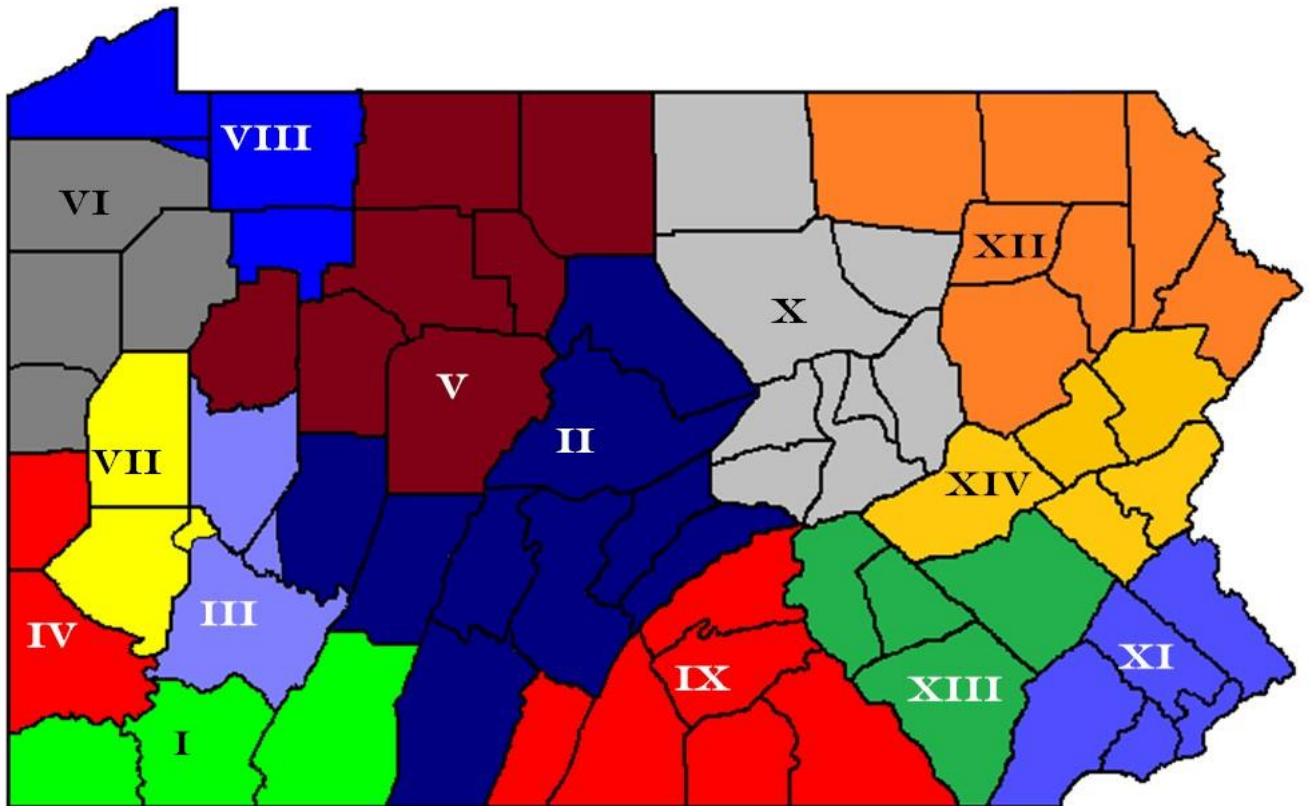


# PENNSYLVANIA JUNIOR WRESTLING



Official Website: [www.pajw.org](http://www.pajw.org)



# PENNSYLVANIA JUNIOR WRESTLING

## I. Pennsylvania Junior Wrestling

**A. Definition:** Pennsylvania Junior Wrestling is a non-profit organization providing youth, an opportunity to participate in the sport of wrestling. It is not only the goal to develop wrestlers but also to contribute to the development of the moral, physical, mental, and emotional attitudes of young people as they develop toward adulthood.

PJW Tournaments are designed to give any youngster residing full time, in Pennsylvania and meeting the established requirements set by the Pennsylvania Junior Wrestling Committee, the previously mentioned opportunities.

### B. Acronyms

1. Pennsylvania Junior Wrestling shall also be known as PJW.
2. Pennsylvania Junior Wrestling Committee, which is the policy making and administrative board for PJW, shall be known as the PJWC.

### C. Organization and Operation

1. PJW, a Pennsylvania non-profit corporation, is organized and operated exclusively for the charitable and educational purposes described above. In general, PJW will foster and promote national and international sports competition by developing athletes for that competition, primarily by operating on a local, regional, and state level.
2. No part of the organization's net revenues will inure to the benefit of private individuals.
3. The organization will not, as a substantial part of its activities, attempt to influence legislation or participate to any extent in a political campaign for or against any candidate for public offices.
4. PJW strives to create a safe environment for its wrestlers so its participants can grow, learn and have fun. An integral part of creating a safe environment is making sure that the participants are not harmed in any way while participating in the sponsored events. To that end, PJW seeks to minimize the risk of potential sexual abuse, and has adopted a policy for all PJWC members to secure initial background check which includes criminal history & child abuse history and updated checks every 5 years, assuring no instances of sexual abuse of violence toward children. The purpose of this policy is to create a culture in which child sexual abuse is addressed and prevented.

(Policy on Appendix G)

### D. Geographic Area

1. PJW's geographic area encompasses the State of Pennsylvania.
2. Each area has predetermined boundary within Pennsylvania as established by the PJWC. (Map shown in Appendix H)

3. Boundary questions are handled by the Area Chairpersons involved. Major disputes are settled by the PJWC Chairperson and/or the PJWC.

## II. Pennsylvania Junior Wrestling Committee

- A. **Purpose:** The primary responsibility of the PJWC is to annually conduct a wrestling tournament(s) for youngsters who meet the specific requirements as established by the PJWC.
- B. **Members:** The PJWC consists of the PJWC Chairperson, PJWC Vice Chairperson / Secretary, PJWC Treasurer, PJWC Director of communications, Area Chairpersons, Area Alternates or designates and the State Championships Director. All the aforementioned are accountable to the PJWC for their conduct and actions.
  1. PJWC Chairperson:
    - a. Is the executive officer of the PJW and the PJWC.
    - b. Is the PJW and the PJWC Official Representative.
    - c. Is the final authority at State Championships unless appeal is made to the PJWC.
    - d. Conducts all PJWC meetings.
    - e. Establishes the agenda for PJWC Meetings.
    - f. Can appoint special committees from within the PJWC to develop policy or explore legal policies
    - g. May make policy suggestions but must have PJWC approval on all matters except those items outlined in the *PJW Rules and Regulations Handbook*.
    - h. Is elected by a majority vote of the PJWC for a three (3) year term, which can be consecutive terms. If the PJWC Chairperson cannot complete an elected term of office, a successor may be nominated or elected to fulfill that term.
    - i. Is the legal and administrative authority of the PJW and the PJWC and is only surpassed by a majority vote of the PJWC.
  2. PJWC Vice chairperson / Secretary:
    - a. Maintains the history records for PJW, reports minutes of the meetings.
    - b. Fulfills all responsibilities of, and conducts all PJWC meetings in the absence of the PJWC Chairperson.
    - c. Is elected by a majority vote of the PJWC for a three (3) year term, which can be consecutive terms. If the PJWC Vice chairperson / Secretary cannot complete an elected term of office, a successor may be nominated or elected to fulfill that term.
    - d. Reports the minutes of previous meetings, and mails meeting reminders.
    - f. Is in charge of correspondence of the PJWC.
    - h. Is also a legal and administrative authority of the PJW and the PJWC and is only surpassed by the PJWC Chairperson or a majority vote of the PJWC.

3. PJWC Treasurer:

- b. Maintains the financial records for PJW and is the Chief Financial Officer for the PJWC.
- b. Fulfills all responsibilities of and conducts all PJWC meetings in the absence of the PJWC Chairperson, and the PJWC Vice Chairperson / Secretary.
- c. Is elected by a majority vote of the PJWC for a three (3) year term, which can be consecutive terms. If the PJWC Treasurer cannot complete an elected term of office, a successor may be nominated or elected to fulfill that term.
- d. Is the keeper of PJWC funds, reports and advises on the financial status of the PJWC, negotiates, authorizes and/or pays all financial agreements or obligations incurred by the PJWC.
- e. Maintains required legal documentation for non-profit and tax exemption status.
- f. Is also a legal and administrative authority of the PJW and the PJWC and is only surpassed by the PJWC Chairperson and PJWC Vice Chairperson / Secretary or a majority vote of the PJWC.

4. PJWC Director of Communications:

- a. Operate and maintain [www.pajw.org](http://www.pajw.org)
- b. Operate and maintain official social media platform
- c. Dissemination of all PJWC communication

5. Area Chairperson(s):

- a. Comprise the legislative group of PJW.
- b. Is elected by a voting method determined in the Area represented.
- c. Is conditionally appointed to the PJWC by a majority vote of the PJWC, individual must provide current clearances within 30 days.
- d. Must operate the Area within the policies or mandates established by the PJWC.
- e. Is responsible for any assessment made by the PJWC to operate the PJWC.
- f. Is responsible for sending and paying the expenses of the required number of referees to the State Championships.
- g. Must forward the Area winners and runners-up to the PJW State Championships Director or designated representative.
- h. Is the liaison between the Area and the PJWC.
- i. Is to make sure that all entrants are covered by the insurance carrier selected by the PJWC.
- j. Is to conduct a PJW Area Championship to determine the Area's entries into the State Championships.
- k. Is the final authority at all PJW tournaments held within the Area.

- l. Establishes additional operating policies within the Area to operate the Area that do not conflict with PJWC policies and goals.
  - m. Shall provide legal proof of age for all entries in the State Championships from the Area.
  - n. Should direct any major problem that cannot be resolved locally to PJW Chairperson and PJWC.
  - o. May designate a third party to represent his / her Area at a PJWC meeting by informing the PJWC Chairperson, PJWC Vice Chairperson / Secretary or PJWC Treasurer, in written form presented to the PJWC Chairperson prior to the meeting.
  - p. Submits required participation forms and data to PJWC officers.
4. Area Alternates:
- a. Assume the position of Area Chairperson when the Area Chairperson is not present at a PJWC meeting / Event.
  - b. May discuss and suggest ideas at a PJWC meeting but has no motion making or voting authority except when assuming the position of an Area Chairperson.
  - c. Is elected by a voting method determined in the Area represented.
  - d. Is appointed to the PJWC by a majority vote of the PJWC, individual must provide current clearances within 30 days.
5. State Championships Director(s):
- a. Directs either the PJW Youth State Championship Tournament or the PJW Junior High State Championship Tournament per the established guidelines and under the direction of the PJWC, individual must provide current clearances within 30 days.
  - b. Are selected by a voting method determined in the Area represented that is submitting the bid to host the tournament.
  - c. Is appointed to the PJWC by a majority vote of the PJWC.
- a. Informs the PJWC on the progress of the State Championships.
  - b. Has no voting authority on the PJWC.
  - c. Has the responsibility for a follow-up report on the State Championships at the Fall Meeting, including a financial expense report for the State.
6. PJW Head Referee:
- a. Is elected by a majority vote of the PJWC for a three (3) year term, which can be consecutive terms. If the PJWC Head Referee cannot complete an elected term of office, a successor may be nominated or elected to fulfill that term.
  - b. Directs oversight of referees at the PJW Youth and the PJW Junior High State Championship Tournaments per the established guidelines and under the direction of the PJWC.

- c. Meets with all referees prior to the start of any wrestling at the PJW Youth and the PJW Junior High State Championship Tournaments and clarifies operating issues related to bout issues and expectations of the referees.
- d. Becomes the level of first appeal to any referees' decisions, rules interpretations and related bout related decisions at the PJW Youth and the PJW Junior High State Championship Tournaments and will be the final authority on all rules or bout related decisions unless appealed to the PJWC through the proper process.
- e. Directs the execution of weigh-ins at PJW Youth and Junior High State Championship Tournaments in conjunction with the State Tournament Director(s).
- f. Directs and exemplifies the Referee Code of Ethics (Appendix E).
- g. Leads the PJW Referee Evaluation program (Appendix F) for the PJW Youth and the PJW Junior High State Championship Tournaments and provides a summary report at the Spring Meeting.
- h. At the Fall Meeting, provides a report of rules changes by the National Wrestling Federation, and recommends applicability to the PJWC. The PJWC will vote on these recommendations to pass them as PJW Rules or Regulations as necessary
- i. Has no voting authority on the PJWC.

7. PJW Alt Head Referee

- a. Is elected by a majority vote of the PJWC for a three (3) year term, which can be consecutive terms. If the PJWC Alt Head Referee cannot complete an elected term of office, a successor may be nominated or elected to fulfill that term.
- b. Primary job is to assist the Head Referee where needed

8. Terminating Office

- a. When an individual terminates serving in any of the aforementioned offices, a written resignation should be presented to the PJWC.
- b. If the PJWC Chairperson, PJWC Vice Chairperson / Secretary or the PJWC Treasurer is absent from two consecutive meetings without notifying another officer, the post will be considered as abandoned. The PJWC may then elect a replacement for that term of office.
- c. If an Area Chairperson is absent from two consecutive meetings without notifying either the PJWC Chairperson, PJWC Vice Chairperson / Secretary or the PJWC Treasurer, the post will be considered as abandoned. The PJWC may then elect an interim replacement for that position, or until the Area selects new representation.

**C. Meetings:**

- 1. Four (4) meetings of the Committee may be held annually and traditionally conduct the following types of business:

- a. Spring Meeting is usually held in May to discuss long range plans, appoint ad hoc committees, review the previous State Championships, and review the direction and leadership of the PJWC. Every three years elect the PJWC Chairperson, PJWC Vice Chairperson / Secretary and the PJWC Treasurer officers (but not both in the same year). The PJWC will evaluate officers' performance in non-election years.
  - b. Fall Meeting is usually held in October or November to hear reports, appoint ad hoc committees, order medals, nominate PJW Recognition Awards, perform annual Treasury audit, and adopt rules for the ensuing tournaments.
  - c. Winter Meeting is usually held in January or February finalize plans for the State Championships, review procedures and paperwork for upcoming season, establish ad hoc committees, submission of PJW Recognition award write-up, and hear reports.
  - d. State Championships Meeting is held at the site of the State Championships, to handle problems or immediate concerns or urgent business of the PJWC. The head referee of the State Championships will also attend this meeting and report to the PJWC.
2. Dates:
- a. All meeting dates are determined by the PJWC Chairperson or the PJWC.
  - b. Dates of the meetings will vary from year to year, but are typically held on Sundays, typically starting at 10AM.
3. Rotation of Meetings:
- a. The Area conducting the State Championships will host the State Championships Meeting.
  - b. The Area conducting the State Championships will host Spring Meeting, alternating from the Junior High Championship location in odd years and the Youth Championship location in even years.
  - c. The Fall Meeting and Winter Meeting will be held in the State College area, and are hosted by the PJWC.
4. Variations:
- a. Additional meetings of the PJWC or ad hoc committee meetings can be established by the PJWC Chairperson or by determination of the majority of PJW Area Chairpersons.
5. Meeting Representation:
- a. The Area Chairperson and/or Alternate are expected to attend all meetings.
  - b. Anyone interested in PJW may attend PJWC meetings.
  - c. Guests will be permitted to address the PJWC on any subject concerning PJW; time may be limited by the PJWC Chairperson.
  - d. The PJWC Chairperson may, when time is short or the size of the group is large, restrict the discussion to the PJWC.

- e. The PJWC Chairperson, PJWC Vice Chairperson / Secretary, PJWC Treasurer or an Area Chairperson may call for an executive session if necessary.

#### **D. Voting:**

##### 1. Members

- a. PJWC Chairperson: may cast a vote to break a tie vote before the PJWC. Only in the absence of the PJWC chairperson the PJWC Vice Chairperson / Secretary may cast a vote to break a tie vote before the PJWC.
- b. PJWC Treasurer has no voting authority, unless is conducting the meeting in the absence of the PJWC Chairperson and PJWC Vice Chairperson / Secretary, and if applicable for item a. in this section.
- c. Area Chairpersons: have one vote each on any motion before the PJWC.
- d. Area Alternates: have one vote on any motion before the PJWC in the absence of their given Area Chairperson.
- d. State Championships Director(s): have no voting authority on the PJWC level.
- e. PJWC Head Referee: has no voting authority on the PJWC level.
- f. Proxy voting is never permitted.

##### 2. Method:

- a. The PJWC Chairperson will determine the voting procedure used, roll call vote will follow ascending numerical order, except the State Championships site determination is always a secret ballot.
- b. Virtual meeting participation is permitted by an Area when approved prior by PJWC.
- c. Virtual meeting participation with full voting rights once per season (Fall, Winter, and Spring).
- d. Virtual participation beyond once per season is permitted. However, it will result in forfeiture of voting rights.
- e. Secret ballot will be sent electronically to PJWC Chairperson or PJWC Vice Chairperson / Secretary via email.

##### 3. Quorum:

- a. A quorum shall consist of a simple majority of the Areas with voting rights.
- b. Any motion before the Committee must have a majority vote of the Areas present before the motion can be approved.

#### **E. Funding for PJWC**

##### 1. PJWC:

- a. Assessment of Areas.

- b. Assessment of participating wrestlers.
- c. Charitable donations.
- 2. PJWC Officers:
  - a. From the PJWC treasury.
- 3. Area Chairpersons:
  - a. Assessment of participating wrestlers.
  - b. Other fund raising methods may be used by the Area Chairperson or designee, providing these methods are beneficial to the wrestling and do not conflict with the goals of PJW.
- 4. State Championships Director(s):
  - a. Expenses are to be paid from funds of the host Area or from the State Championships.
- 5. Clarification of Terminology:
  - a. The word *assessment of wrestlers* means an entry fee established by the PJWC, may vary at any given time to meet the financial needs of PJW/PJWC.
  - b. The words *assessment of Areas* means monies approved by the PJWC to be paid by Area Chairperson for expenses of the PJWC.

#### **F. Expenses of PJWC**

- 1. Standard Expenses:
  - a. General operating expenses.
  - b. Ad Hoc committee expenses.
  - c. Purchase of special recognition awards.
  - d. Motions passed indicating the expenditure of PJWC funds.
  - e. PJWC Chairperson, PJWC Vice Chairperson / Secretary and PJWC Treasurer's expenses:
    - i. Expenses to maintain their respective office incurred for PJW/PJWC business.
    - ii. Discretion is left to each of these officers as to whether payment is received per each occurrence or in one yearly amount.
- 2. Special Expenses:
  - a. Charitable contributions may be granted based on PJWC approval.

#### **G. PJW Rules Policy**

- 1. Tournaments:
  - a. General operating rules established to operate the State Championships will extend to any qualifying tournaments.
  - b. Wrestling matches will be conducted under PIAA rules except as modified by PJWC.
- 2. Additional operational rules and regulations may; be found in the PJWC minutes that are applicable to the operations of the PJWC and tournaments hosted by PJW from the date of approval of this handbook.

3. Rules Reservation Clause: The PJWC reserves the right to change these rules and regulations, typically at the Fall meeting.

### III. Tournaments

#### A. Division of Tournaments

1. State Championships
  - a. PJW Youth State Championship Tournament
    - i. Date:
      - a.) Is established by the PJWC.
      - b.) As a general rule, the PJW Youth State Championships shall be conducted annually, two weeks after the PIAA State Finals.
      - c.) When Easter falls on this weekend, the Tournament shall be held the weekend following Easter.
      - d.) Dates will be established and made public a minimum of 4 years.
    - b. PJW Junior High State Championship Tournament
      - i. Date:
        - a.) Is established by the PJWC.
        - b.) As a general rule, the PJW Junior High State Championships shall be conducted annually, the weekend before the PIAA State Finals, or as close to the last allowed competition date set by the PIAA for Junior High teams.
        - c.) Dates will be established and made public a minimum of 4 years.
    - c. Tournament Site(s) for State Championships:
      - i. Areas interested in hosting either State Championships will Notify PJWC Vice Chairperson / Secretary prior to Fall meeting to be added to the agenda and make an oral presentation of the proposed site and give each Area Chairperson a copy of the proposals at the Fall Meeting. If this procedure is not followed there will be no consideration for the tournament site. The site proposals for the PJW Youth and the PJW Junior High State Championship Tournament will not occur in the same year.
      - ii. The PJWC votes to sanction an Area Chairperson to host the State Championships and selects the site of the event.
      - iii. The PJWC will award the State Championships on a two-year (2) basis.
      - iv. When the site for the State Championships is being considered, secret ballots will be cast with the lowest one eliminated (more than two) until one proposal obtains at least a majority of votes.
    - d. Finances:
      - i. The host Area appoints a State Championships Director and/or committee who become responsible to conduct the tournament under PJWC rules and regulations.

- ii. The host Area for the State Championships Tournament is responsible for conducting and financing the State Championships, in conjunction with guidelines provided by the PJWC.
- 2. Area Tournaments:
  - a. Area Chairpersons are responsible for conducting the Youth and Junior High Area Tournaments under PJW rules.
  - b. Area Youth Tournaments are generally held the weekend following the PIAA State Finals, but may be earlier as set by the Area Chairperson.
  - c. Area Junior High Tournaments are generally held the weekend prior to the PJW Junior High State Championships, but may be earlier as determined by the Area Chairperson.
  - d. The Area Youth and Junior High Tournaments may be held in the same venue and time frame, as determined by the Area Chairperson.
  - e. The Area may hold an optional “Futures Championship” event for novice wrestlers if so desired, following PJW guidelines. Venue and time of this event is determined by the Area Chairperson.
  - f. Each Area Tournament must be concluded by the date fixed by the PJWC and qualifiers determined in each weight class.
  - g. Area Chairperson or the designee is responsible for the cost incurred for operating the Area Tournament.
- 3. Area Sub-qualifier Tournaments
  - a. It is the responsibility of the Area Chairperson to establish as many sub-qualifiers for the Youth and Junior High Tournaments as necessary to operate the Area.
  - b. Dates, sites, and personnel are determined by the Area Chairperson.
  - c. Costs to operate sub-qualifiers are the responsibility of the Area Chairperson or designee.

**B. Funds from Tournaments and PJWC Meetings:**

- 1. General Policy:
  - a. Revenues collected at PJW Tournaments are to be used to advance the sport of wrestling.
- 2. PJWC Meetings:
  - a. The PJWC is responsible for financing any ad hoc committee meeting expenses.
  - b. The Area hosting the State Championships is responsible for the cost incurred and the site location of the State Championship Meeting and on a yearly rotating basis, the Spring Meeting.
  - c. The PJWC is responsible for financing the Fall and Winter Meetings.

**C. Insurance**

- 1. Every PJW tournament will be covered by general liability insurance purchased by the PJW. This insurance is not to be construed as insurance that a venue (school district or other entity) currently may carry on a facility, but

as additional insurance that protects the hosting group, Area Chairperson, PJWC and referees from liability.

2. Every participant in a PJW tournament shall be covered by accident insurance by a provider designated by PJWC. Cost of insurance will be covered within the entry fee paid by participants.

## **IV. Tournament Rules**

### **A. Eligibility**

#### **1. Entry**

- a. Any youth meeting the requirements established by the PJWC. All participants must complete a valid entry form (template shown in Appendix A).
- b. Age Requirements: A wrestler's age group classification is determined by his/her age on December 31.
  - i. Supplemental proof of age (original birth certificate) may be required if there is reasonable suspicion that an entrant does meet the criteria.
- c. Age Groups:
  - i. Areas may conduct younger age divisions at the Area level, with weight classes established by the Area Chairperson.
    - a.) The established PJW entry fee is required for all “Futures Tournaments.”
    - b.) Wrestlers competing in “Futures Tournaments” may then enter either the PJW Youth or PJW Junior High Tournaments, and must pay the appropriate registration, if timing of the events allows.
    - c.) There is no advancement beyond the Area level for the “Futures Tournament.”
  - ii. Boys Eight and Under Group
    - a.) If an Area conducts younger age groups, a wrestler must choose to compete in the younger age group or in the Eight & Under group when entering the tournament. A wrestler may not participate in both age divisions
  - iii. Boys Nine and Ten Age Group
  - iv. Boys Eleven and Twelve Age Group
  - v. Girls Eight and Under
  - vi. Girls Nine and Ten
  - vii. Girls Eleven and Twelve
  - viii. Junior High Age Group
    - a. Wrestlers in grades 7, 8, and 9 with PIAA defined junior high eligibility may participate.

- 1) No wrestler with PIAA defined Varsity or Junior Varsity experience would be permitted.
  - 2) Any wrestler not governed by PIAA eligibility rules, who has represented a school or other educational institution in, or otherwise participated in, any state association sanctioned events against Varsity or Junior Varsity competition, regardless of the state where this has occurred, will not be permitted.
- b.) An 11 or 12 year old already in Junior High may participate in either the 11-12 Youth Age Division, or in the Junior High Division but cannot participate in both events.
  - c.) A wrestler who is not eligible for 11-12, and not yet enrolled in Junior High (7th grade level), may enter the Junior High Age Group
- d. Any contestant must participate in the age group in which his/her age falls.
    - i. A wrestler meeting age criteria in either the 8-Under or 9-10 Age Divisions, but over the weight limit at heaviest weight class, is permitted to compete in the next older age division at the appropriate weight.
  - e. A wrestler may not enter more than one weight class.
  - f. A wrestler may file only one entrance application.
    - i. Exception – a wrestler participating in a “Futures Tournament” novice event, may enter the PJW Youth or Junior High Tournament if timing and permits, and if meeting all eligibility rules.
  - g. A wrestler must present proof of age to the Area Chairperson at a time established by the Area Chairperson.
  - h. Each participant shall pay an entry fee as determined by the PJWC and the entry fee shall be the same in all Areas.
  - i. Each wrestler must compete in his/her Area of residence.
    - i. If extenuating circumstances merit, a wrestler may compete in another Area if both Area Chairpersons agree, and complete the PJW Wrestler Competing in Another Area form (Appendix D)
    - ii. Supplemental proof of residency (Appendix I) may be required if there is reasonable suspicion that an entrant does meet the criteria.
  - j. Each Area Chairperson determines the entry date for the Area and after what parameter that date is set, a wrestler may not change his/her weight class. An Area Chairperson may fill vacant spots in weight classes by shifting a legally entered wrestler into a vacant spot.
  - k. If a participant is suspected of having a communicable skin disease or other condition that makes participation appear inadvisable, his coach/parent shall provide written documentation from a physician stating the athlete’s participation would not be harmful to his opponent. This document shall be furnished at weigh-in or prior to competition. Covering

a communicable condition shall not be considered acceptable and does not make the wrestler eligible. See NFHS Skin Lesion Form (Appendix B).

- l. If a participant is suspected of having a communicable skin disease or other condition that makes participation appear inadvisable, Final determination shall be made by onsite medical personal.
- m. You must enter the Division represented by the Gender on your Birth Certificate.
- n. Girls must enter the Girls Division.
  - i. A Girls participant exceeding the maximum weight class in the Girls 11-12 Division would then be permitted to enter the boys division. A Girls participant exceeding the maximum weight class in the Girls Junior High Division would then be permitted to enter the boys division.

## 2. Weights

### a. Groups

1. Younger Age Groups: Established by PJW Area Chairperson.
  2. Boys Eight and Under: 45, 50, 55, 60, 65, 75, 90, 100 and 110.
  3. Boys Ten and Under: 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 120, 135 and 150 maximum.
  4. Boys Eleven and Twelve: 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 135, 145, 160 and 200 maximum.
  5. Junior High: 82, 89, 96, 103, 110, 117, 124, 132, 140, 147, 157, 172, 192, 212, 252 These weight classes will be the same as PIAA Junior High Boys weights, at season's end.
  6. Girls – Eight and Under: 45, 51, 57, 63, 69, 76, 87, 96 and 105
  7. Girls – Nine and Ten: 56, 63, 70, 78, 86, 94, 102, 110, 120 and 135
  8. Girls – Eleven and Twelve: 60, 66, 72, 78, 84, 92, 100, 108, 116, 125, 140 and 160
  9. Girls Junior High: 82, 89, 96, 102, 107, 112, 117, 122, 127, 133, 140, 150, 164, 182, 222 These weight classes will be the same as PIAA Junior High Girls weights, at season's end.
- b. The State Championships Director determines when and how weigh-ins will be staged, in accordance with the following, and approved by PJWC:
  - c. To be eligible for the maximum weight class, a wrestler must weigh more than the proceeding weight class.
    1. PJW rules will allow the weigh in period, and related practices to be determined by the Tournament Director.
    2. Wrestlers must weigh in wearing an approved uniform.
    3. Wrestlers must present any special equipment to be approved by Weigh in Official.

4. Wrestler has the entire weigh in period to make weight.
- d. Weight Allowance:
  1. Flat weights for all qualifiers leading to the PJW Youth and Junior High State Championships.
  2. At the Sunday Weigh In for the Junior High State Tournament there will be a 2lbs weight allowance.
3. Bout management
  - a. Wrestlers may not participate in more than 7 bouts per day, and must have at least a 30 minute rest period between bouts.
  - b. These guidelines may be adjusted by Tournament Directors in the case of extenuating and unforeseen situations and approved by the PJWC.

**B. Finals Match Rules:**

1. Entry
  - a. Three boys and two girls qualifiers from each Area are eligible to advance to the PJW Youth Championships and four boys and two girls qualifiers from each Area advance to the Junior High State Championships at each weight class in each age division.
  - b. If a qualifier is unable to attend the State Championships, the next eligible wrestler may be entered by the Area Chairperson upon proper notice to the State Championships Director prior to the beginning of weigh-ins.
  - c. Entries in each age division and weight class are entered in the PJW Youth and Junior High State Championships brackets by a method selected and approved by the PJWC.
    1. If an open slot in the brackets occurs because of no wrestler advanced from the Area Tournament, the PJW Tournament Director will adjust the pairings to eliminate a BYE into the round of sixteen. This should occur as soon as practicable after the Area Tournament, and before brackets are released for public information.
    2. If an open slot in the brackets occurs because of a wrestler not making weight, or otherwise not appearing for weigh-ins, no adjustment to the brackets will occur, unless there is an undesirable balance in byes. This will be determined by the PJW Tournament Director.
    3. Champions from the prior season will be separated within the bracket. To be considered for this a wrestler MUST be a returning PJW State Champion AND win their respective Area Qualifier in the current year.
2. Bout Times:
  - a. PJW Youth Championships:
    - 1.) Each bout will consist of three (3) periods of 1, 1, & 1 minutes for 8u and 9&10 and 1:30, 1, 1 for 11&12 respectively for championship bouts.
    - 2.) Overtime bouts will consist of a one-minute period starting in the neutral position followed by a thirty (30) second period, if necessary; choice for

the second period goes to the wrestler who scored the first bout points or by coin flip if no points scored.

- 3.) Consolation bout times will be at the discretion of the Area Chairperson in tournaments at the Area level. At the State Championships level, must be approved by the PJWC if other than 1:00-1:00-1:00.
  - 4.) For Area Tournaments and Qualifiers, Full Wrestle backs and True Second are encouraged, but it is up to each Area to determine if either approach will be used at the qualifier or Area levels.
- a. PJW Junior High Championships:
- 1.) Each bout will consist of three periods and follow PIAA rules for PJW Junior High, including period times, currently are 1:30-1:30-1:30 for championship bouts.
  - 2.) Overtime bouts will follow PIAA rules for Junior High, including period times, currently are 1:00-0:30-0:30-(0:30) Ultimate Tie Breaker.
  - 5.) Consolation bout times will be at the discretion of the Area Chairperson in tournaments at the Area level. At the State Championships level, must be approved by the PJWC if other than 1:00-1:30-1:30.
  - 6.) For Area Tournaments and Qualifiers, Full Wrestle backs and True Second are encouraged, but it is up to each Area to determine if either approach will be used at the qualifier or Area levels.
3. Uniforms at State Championships:
- a. Wrestlers must wear the Area approved uniform when wrestling in any bout, any contestant not in required uniform will be given five minutes to change into proper Area uniform or will be disqualified.
  - b. Uniforms are to be in the color code approved by the PJWC for each area. Uniforms must be high cut, with a 4" minimum leg length, no logos other than PJW, and the Area represented. An American flag, and or Vendor logo not to exceed 2" by 3" is also permitted on the singlet.
  - c. Girls MUST be provided a Girls Cut Singlet for the State Tournament.
  - d. Tights or similar undergarments may be worn under singlets as long as they are a solid color and must match the area colors. No stripes, letters, adornments, or wording of any kind are permitted.
  - e. When an Area does not have a uniform to fit a particular wrestler, special consideration may be granted by the PJWC Chairperson for use of alternate apparel.
  - f. If an Area cannot afford uniforms, the PJWC may advance necessary funds to purchase the uniforms, as a two (2) year loan.
  - g. For the Parade of Champions, the ceremonies for awarding medals and taking photographs, wrestlers will wear only equipment approved for competition along with the official Area singlet and T-shirt. Wearing of hats at these ceremonies is prohibited.

- h. If the Gear that an Area orders for the State Championships fails to be delivered in time for the Tournament special consideration will be given to wear other appropriate apparel by vote of the PJWC
  - i. No Singlet advertising other State Tournaments will be allowed on the Competition Floor.
- 4. Coaches
  - a. No more than two (2) coaches in any corner for a wrestler.
  - b. There will be only one corner per wrestler.
  - c. Each wrestler must have a coach in his/her corner before a bout can begin.
- 5. Forfeits
  - a. A wrestler will forfeit if not making weight during the weigh-in hours established.
  - b. A wrestler will forfeit if called three (3) successive times for the bout (to the staging area, or to the designated mat if no staging is in use) and does not appear. The calls will be made every two minutes, and the maximum time for all three calls will be a total of six (6) minutes until a forfeit will be called. The calls will be made within the staging area and by the announcer so it is heard on the main arena floor. Calls will be “1. X Wrestler report immediately to Mat # or to Staging; 2. Second Call for X Wrestler to Mat # or to Staging; and 3. FINAL CALL for X Wrestler to Mat # or to Staging.”
    - 1.) If a wrestler does not report to staging when called, another bout may be sent to the mat during this time if able.
    - 2.) If three calls have been made, and six minutes elapses, and the wrestler has not reported ready to wrestle, staging (or the mat if no staging is in use) will inform the head table that a forfeit has been declared. The wrestler receiving the forfeit will appear on the mat and receive the forfeit. Any bout forfeited by this rule will not be changed after the forfeit is awarded. In the event of extenuating circumstances, the Tournament Director may suspend this rule with approval from PJWC Chairperson or PJWC Vice Chairperson.
    - 3.) NOTE: A wrestler who forfeits a bout by this rule may still participate in any consolation bout as directed by the bracketing.
- 6. Round Robin Criteria
  - A. Round Robins will be used at the State Tournaments when there are 3 or fewer Wrestlers in the Bracket.
    - a. In Area or Qualifier tournaments, when a round robin pairing system is used in a given weight class, the following criteria will be used, if all three wrestlers finish the competition with the same win/loss record. The first criterion that is met shall determine the winner:
      - 1. The wrestler whose **opponent has been penalized for flagrant or unsportsmanlike conduct** shall be declared the winner.

2. The wrestler who **wins by fall, default, or disqualification** shall be declared the winner.
3. The wrestler who **wins by technical fall** shall be declared the winner.
4. The wrestler who **wins by major decision** shall be declared the winner.
5. The wrestler who has the **greater number of first points scored** shall be declared the winner.
6. The wrestler who has scored the **greater number of points for near falls** shall be declared the winner.
7. The wrestler who has scored the **greater number of takedowns** shall be declared the winner.
8. The wrestler who has scored the **greater number of reversals** shall be declared the winner.
9. The wrestler who has scored the **greater number of escapes** shall be declared the winner.
10. The wrestler who has been **penalized the least for stalling** shall be declared the winner.
11. The wrestler who has been **warned the least for stalling** shall be declared the winner.
12. The wrestler whose **opponent has been penalized the most for all other infractions** shall be declared the winner.
13. If all of the above eliminates one wrestler, the remaining two wrestlers will wrestle one match to determine the winner.

### **C. Supplementary PJW Controls**

1. Officials
  - a. Must be a PIAA card carrier for any PJW Tournament.
  - b. Will use PIAA rules except where PJWC has modified them.
  - c. Are Accountable to the PJWC to follow all PJW Rules and will follow the Code of Ethics for Officials Participating at PJW Events
  - d. Any official's decision on rules or calls that is appealed is to be directed to the Head Referee for disposition. All decisions by the head referee are final.
  - e. All Matches in the State Championships will have a referee and an assistant referee.
  - f. Will be evaluated at the State Championship Tournament in accordance with the PJW Wrestling Official Evaluation Policy, which is administered by the PJW Officials Review Committee.
2. Sales at tournament sites must be authorized by the Area Chairpersons, or the State Tournament Director at the PJW State Championships.
3. Tournament results and public relations are the responsibility of each Area, or the State Tournament Director at the PJW State Championships.

4. The shaking of hands after a match by a wrestler with the opposing coach is optional and should be encouraged.
5. Physician, Certified Athletic Trainer, Physician Assistant or Nurse Practitioner specifically trained in sports medicine must be present at all PJW Tournaments, and an ambulance must be on call or on site at all times.
6. Coaches and/or spectators will be ejected from a PJW Tournament when they do not conduct themselves in a fashion pursuant for a youth program.
7. Any person ejected for misconduct should be identified on the PJW Report of Flagrant Misconduct form (Appendix C). If the person ejected is a spectator, that person may not act as a coach in any subsequent PJW tournament during that year.

## **V. PJWC Guidelines for Participants/Coaches/Guardians**

### **A. Conduct Code**

1. Each entrant/guardian must complete and sign the Entrants Code of Conduct statement that is part of the PJW Entry Form as shown on Appendix A
3. Contestants/Coaches/Guardians are expected to demonstrate good sportsmanship on and off the mat. Unsportsmanlike conduct can result in deduction of match points, disqualification from the tournament, and/or removal from the premises. A PJW Report of Flagrant Misconduct (Appendix C) should be completed if appropriate. PJWC disciplinary may follow.
4. Contestants/Coaches/Guardians are expected to refrain from damaging or defacing any part of the host buildings or grounds. Such action will result in eviction from the premises and/or prosecution. PJWC disciplinary action will follow.
5. Contestants/Coaches/Guardians are representing PJW while staying in the host community; therefore, any misbehavior in the host community may result in prosecution and subsequent PJWC disciplinary action.

### **B. PJWC Disciplinary Action for Contestants/Coaches/Guardians**

1. The PJWC, following the established Due Process (outlined in "C"), may vote to withdraw honors earned, and/or suspend the Contestant/Coaches/Guardians from future PJW participation.

### **C. Due Process**

1. The constitutional rights of the individual Participants/Coaches/Guardians are assured and protected by the due process of law. Therefore, the following procedure will be administered when the Code of Conduct is violated.
  - a. PJWC will notify the Participant/Coach/Guardian of the specific violations in writing within 20 days of the incident.
  - b. The Participant/Coach/Guardian shall submit a written response to the alleged violation within 10 days of receiving the notification.
  - c. This written response will be taken to the PJWC Spring Meeting for consideration.

- d. There will be no use of video recordings (or other recording methods) in considering decisions made, for the purpose of reviewing incidents for disciplinary issues or part of due process.
- e. The Participant/Coach/Guardian will be notified in writing of the date of the Spring Meeting (usually held in May) and given the opportunity to appear before the committee with counsel. No appearance will be interpreted as accepting the PJWC decision. All discussion and questions by the PJWC will occur in executive session; the complainant will be excused from executive session for deliberation by the PJWC. The PJWC will issue any related decision, or conduct any vote in open session.
- f. The Participant/Coach/Guardian will be notified in writing of the PJWC decision within 10 days of the Spring Meeting.

**D. Applicability**

- 1. The aforementioned (A-Conduct Code, B-Disciplinary Action, C-Due Process) will apply to all levels of PJW competition - Sectional, Sub-Area, Area, and State Championships)

**VI. Guidelines for PJWC members, or all representatives of PJW.**

**A. Conduct Code**

- 1. As the PJW (and PJWC) is responsible and accountable for its members and representatives, all members and representatives are accountable to the PJWC.
- 2. All members and representatives shall abide by all PJW Rules and Regulations or any mandates by the PJWC.
- 3. All members and representatives are expected to demonstrate good sportsmanship and good moral character. They shall abide by, and promote the goals of PJW. They will conduct themselves in the best interest of the competitors, the sport, and the organization (PJW).
- 4. All PJWC members will be required to submit a background check for child abuse or violence against children every 5 years. A committee of the PJWC will review the background checks to assure compliance with PJW Sexual Abuse Prevention policy. Failure to comply with PJW Sexual Abuse Prevention Policy, or to submit a background check will result in removal from the PJWC.
- 5. Any violation by PJWC members or representatives of PJW could result in PJWC disciplinary action.
- 6. Legal convictions, missing two consecutive meetings without proper representation by an Alternate or designee, or failure to complete operational duties also constitute reasons for possible disciplinary action.

**B. PJW Disciplinary Action for Members or Representatives**

- 1. The PJWC, following the established Due Process (outlined in "C"), may vote to take disciplinary action.

**C. Due Process**

1. The constitutional rights of the individual are assured and protected by the due process of law. Therefore, the following procedure will be administered when necessary.
2. Steps of Resolution:
  - a. Problems/disagreements should be handled at the lowest level applicable. If unable to resolve, it should be referred to the next level, and the decision maker should be certain to personally hear both sides of the dispute. If necessary in ascending order for resolution is as follows:
    - i. Area Sub chairperson, Sectional Chairperson, or Area Designee
    - ii Area Chairperson
    - iii. PJW Chairperson
    - iv. PJWC
  - b. At any stage, there will be no use of video recordings (or other recording methods) in considering decisions made, for the purpose of reviewing incidents for disciplinary issues or part of due process.
  - c. Any issue not resolved by the PJW Chairperson should be submitted in writing to the PJWC by the complainant within 10 days. The PJWC will notify the individuals involved of this action as soon as practicable, and will forward the written complaint to the member or representative within 10 days of receipt.
  - d. The member or representative shall submit a written response to the alleged violation within 10 days of receiving the notification.
  - e. The issue will be placed on the agenda of the next PJWC meeting for consideration.
  - f. The complainant and the member or representative will be notified in writing of the date of the next PJWC meeting, and will be given the opportunity to appear before the committee with counsel. No appearance by either party will be interpreted as accepting the PJWC decision.
  - g. All discussion and questions by the PJWC will occur in executive session (PJWC Officers, Area Chair and Alternates only); the complainant and involved member or representative will be excused from executive session for deliberation by the PJWC. The PJWC will issue any related decision, or conduct any vote in open session.
  - h. The complainant and involved members or representatives will be notified in writing of the decision within 10 days of the PJWC meeting. Any disciplinary action to members or representatives will be held confidential, and the complainant will be informed of only the details that are appropriate for them to know, and do not compromise confidentiality of any PJWC member or representative.

**D. Forms of Discipline (require majority vote of PJWC)**

1. No action at PJWC level
2. Verbal or written reprimand

3. Suspension of office or position
4. Dismissal from office or position (requires 2/3 majority vote of PJWC, rounded to next higher number of PJWC voting membership)
5. Other appropriate action as determined by the PJWC

**E. Applicability**

1. The aforementioned (A-Conduct Code, B-Disciplinary Action, C-Due Process, D-Forms of Discipline) will apply to all members of the PJWC, or any person acting as a representative of PJW at any level of PJW. This includes Area level or below, or at the statewide level.

## **VII. Pennsylvania Junior Wrestling Recognition Awards Program**

**A. Purpose**

1. To provide special recognition to individuals for outstanding contributions to the PJW Program.
2. To provide special recognition to individuals for outstanding achievements as a wrestler.
3. To provide special recognition to business concerns who contribute the benefit of their professional expertise to the mission of or the betterment of PJW goals and programs.

**B. Selection Process**

1. The PJWC shall establish a system to solicit, receive, and evaluate nominations for the award.
2. Nominations
  - a. Shall be made through Area Chairpersons
  - b. Area Chairpersons may present more than one nomination and will include which State Championship Tournament (Youth or Junior High) the award would be presented.
  - c. All nominations must be submitted at the Fall Meeting and will include an oral or written statement supporting the nomination.
  - d. Will be voted on at the Winter Meeting, but the written statement, as it would appear in the State Championships program, **MUST** be presented before voting can occur, or the nomination will not be considered.
3. Confidentiality Clause: The PJWC will make every effort to maintain confidentiality of communications pursuant to any nominations and selection recommendation.

**C. Awards**

1. The PJWC will establish an award model, which will be presented to each recipient.
2. The PJWC will also provide for a permanent type of award that will be displayed on the PJW web site showing the names of all award recipients.

**D. Criteria of Selection**

1. Outstanding Service Recognition Award.

- a. This award shall be presented to those individuals who have provided superior service to PJW activities at either the local, Area or State level.
  - b. Three (3) individuals may be recognized during any subsequent year. A maximum of two presentations will occur at either the Youth or Junior High State Championship Tournament.
  - c. No active PJWC member is eligible for the recognition award until one (1) year after leaving the PJWC.
2. Outstanding Wrestler Recognition Award
    - a. A former Pennsylvania Junior Wrestler may be recognized for outstanding achievement at the PJW, High School, Collegiate, or open competition levels.
    - b. Three (3) individuals may be recognized during any year. A maximum of two presentations will occur at either the Youth or Junior High State Championship Tournament.
    - c. A Wrestler shall not be eligible for the award until five years following his high school graduation. This rule is made in line with the basic premise that the PJW Program is but a step along the way in youth development.
  3. Corporate Partnership Award
    - a. A business entity that has provided ongoing valuable service to PJW to the betterment of PJW goals and programs. This service is generally at the statewide level, and generally provided pro bono, or are at a reduced price from market cost.
    - b. One corporate sponsor may be recognized in any year.

**E. Presentations:**

1. Recognition awards will be made at the State Championships.
2. The award will be presented by the Area Chairperson who made the nomination or by an appointee selected by the Area Chairperson.

**G. Amendments:**

1. The Recognition Awards Program may be amended by the PJWC at any time by a majority vote.

Rules Printed 1975, Revised 1980, 1985 and 1997, October 1999, November 2005, October 2010, October 2013. October 2018, October 2022, October 2023, January 2025, October 2025

Additional Rules: