

## **Penn Elementary Wrestling League Rules Summary**

The Penn Elementary League has adopted the PIAA Rules governed by The National Federation of state High School Associations Wrestling Rules Book. This book will be the final determining factor for rules questions. There are a few exceptions which the league by-laws will override.

### **1.) Competition**

- a. Matches
- b. Representation
- c. Weight-Control Program
  - i. The league has decided to eliminate this rule

### **2.) Equipment**

- a. Mat
- b. Team Benches
- c. Scorer's Table
- d. Scales

### **3.) Referees & Their Duties**

- a. Referee
  - i. The league has decided that the pre-match inspection is not required by the referee
  - ii. He may however still stop a wrestler from wrestling if he/she is in violation of the rules
- b. Assistant Referee
- c. Scorer
- d. Timekeeper

### **4.) Wrestlers' Classification & Weigh-in**

- a. Wrestlers' Uniform
  - i. Article 4 : Ear guards are mandatory.
  - ii. Integrated Hairnet Mandatory if applicable
- b. Wrestlers' Appearance
- c. Special Equipment
- d. Weight Classification
  - i. Our Weight Classes – 42-46-50-54-58-62-66-70-74-78-82-86-91-98-105-115-130-165-optional UNL
  - ii. No growth allowance will be used
- e. Weighing In
  - i. We have our own weigh-in procedure as defined by our by-laws
    - 1. Both opposing coaches will be present at the weigh-in, but a referee is not mandatory. Wrestlers will weigh in with a singlet and socks on only, nothing else. This is considered stripped weight. A wrestler will have only two tries to make weight. A wrestler is not allowed to gain or lose weight by any artificial methods during the weigh-in period. If a

wrestler does not make weight the first time, he can go to the bathroom but not do any physical activity, and then step on the scale only one more time. The wrestler in question must return to the scale prior to the conclusion of the official weigh-in. A wrestler may compete in his actual weight class at weigh in or one weight class above his actual weight class at weigh in. Both coaches will record actual weight.

#### 5.) Definitions

- a. The league will use all Definitions as printed in the book.

#### 6.) Conduct of Matches

- a. Length of Match
  - i. Our Varsity Matches are 1-1 ½-1 ½
  - ii. Our JV Matches are 1-1-1
  - iii. Current printed book rules for overtime will be used by all matches
  - iv. Tournament Matches are 1-1-1
- b. Starting the Match
  - i. The league has decided for varsity matches to start wrestling at the lightest weight and continue thru the heaviest weight until the match is completed
- c. Choice of Position
- d. Stopping & Starting the Match
- e. End-of-Match Procedure
  - i. It is permissible to allow the wrestlers to shake hands with the opposing coach/team as long as it does not delay the flow of the entire match or create undue hardship for anyone involved.
- f. Correction of Errors
- g. Overtime
  - i. Current printed book rules for overtime will be used by all matches

#### 7.) Infractions

- a. Illegal Holds/Maneuvers
- b. Potentially Dangerous Holds
- c. Technical Violations
  - i. It shall not be a technical violation if the wrestler's laces are not secured.
  - ii. It shall be a technical violation if the wrestler does not have a headgear.
- d. Conduct of Contestants
- e. Conduct of Coaches
- f. Stalling

#### 8.) Penalties & Injuries

- a. The league will follow all penalties & injury rules, but reserves the right to institute its own penalties, sanctions, or fines as determined by the league by-laws.

#### 9.) Scoring

- a. The league will use all scoring rules as printed in the book.

#### 10.) Conduct of Tournaments

- a. The league will use all tournament rules as printed in the book