

# **2020 Pennsylvania Junior Wrestling 7th Annual Junior High State Championships**

## **A. A Note to Wrestlers:**

Congratulations on your quest to be a contender for a PA Junior Wrestling Junior High State Championship. The Tournament Committee, Area II, and the City of Johnstown welcome you to the First Summit Arena at The Cambria County War Memorial for the 7th Annual PA Junior High State Championship Tournament. We hope you have a memorable experience as you compete for the gold. Best of luck to all!!!

## **B. A Note to the Wrestling Families:**

Johnstown is very excited to host the PJW Jr. High State Championship Tournament, and we are all working hard to make this experience a memorable one for the wrestlers and their families. Hopefully, you will find Johnstown a very hospitable and friendly city with plenty of accommodations and things to do. If there are any suggestions on how to improve things for next year, please email them to George LeGrand ([georgelegrand40@gmail.com](mailto:georgelegrand40@gmail.com)).

## **C. Tournament Location:**

The 2020 PJW Sate Championship Tournament will be held at First Summit Arena at The Cambria County War Memorial, located at 326 Napoleon St. Johnstown, PA 15901.

## **D. Schedule:**

**Please note that Day 1 will consist of split sessions. Wrestlers from 77 – 117 lbs. will wrestle in Session 1 in the morning and wrestlers from 124 – 252 lbs. will wrestle in Session 2 in the afternoon. This is a change from previous years.**

**Session I:** Saturday, February 29 at 8:00 AM (doors open at 6:30 AM)  
(Boy's weight classes from 77 lb. – 117 lb.)

**Session II:** Saturday, February 29 at 2:00 PM  
(Boy's weight classes from 124 lb. – 252 lb.)

**Session III:** Sunday, March 1 at 8:00 AM (doors open at 6:30 AM)  
(All boy's & girl's weight classes)

**Session IV:** Championship Finals  
(All boy's & girl's weight classes)

*Please note that everyone entering the arena must pass through a security check which includes a metal scanner and bag checks. Anything considered to be a weapon must be removed prior to admission. Please limit metal objects in pockets. The security checks might cause delays in entry but are necessary for the safety of all wrestlers and fans. Please plan your arrival time accordingly.*

#### **E. General Admissions Costs:**

\$25.00 Adult both days

\$15.00 Adult one day only

\$15.00 Student both days

\$10.00 Student one day only

*Tickets and programs may be purchased during weigh-ins at the First Summit Arena at The Cambria County War Memorial on Friday evening or at the Arena on Saturday and Sunday.*

#### **F. Weigh-ins:**

Friday, February 28, at the Frank J Pasquerilla Center, across the street from the Arena, at 301 Napoleon Street, Johnstown, PA 15901..... 4:00 PM – 7:00 PM.

Sunday, March 1, at the Frank J. Pasquerilla Center from 6:30 AM – 7:15 AM for wrestlers competing on Sunday. There will be a 1 lb. weight allowance for this weigh in for boys only. Girls must make flat weight.

- At weigh-ins, each wrestler will be given a weigh-in packet, which will contain information about the tournament.
- There will be no weight allowance on Friday, but there will be a 1 lb. allowance on Sunday for boys only. The decisions of weigh-in officials are final.
- There will be a physician on site to review any skin issues.
- In the event that you have a pre-existing skin issue, you must provide a completed and current PJW skin form, signed by a qualified Physician, before you are cleared to wrestle. A copy of the skin form is in this packet.
- In the event that you have a skin issue and do not have a PJW skin form, or your PJW skin form is not current, the onsite physician's determination will be final.

#### **G. Apparel:**

Tournament apparel will be sold during weigh-ins and throughout the tournament at the Arena.



## **H. Locker Facilities:**

Locker facilities are available at the Arena. There will be specific locker rooms available for wrestlers to change and shower with signs identifying them. These locker rooms will be closely monitored by the tournament security staff, and no misconduct or vandalism will be tolerated. Personal items should not be left in the locker rooms. Area II, Cambria County War Memorial, and the Pennsylvania Junior Wrestling Committee will not be responsible for lost or stolen items from these facilities.

## **I. Concessions:**

The Arena concessions will be operating throughout the tournament for spectator convenience. The concessions are operated solely by Cambria County War Memorial. PJW and Area II are in no way affiliated with these concessions. Health food and drinks will be available for the wrestlers and fans.

***You are not permitted to bring food or drinks into the arena from the outside. All bags will be inspected.***

## **J. Parking:**

There is ample parking within walking distance of the arena. Parking will be free on the streets after 5:00 PM Friday and all day Saturday and Sunday. Parking will also be free in the parking garages. The closest garage is the Intermodal Transportation Center Garage, which is located behind the Pasquerilla Conference Center. The address is 316 Vine Street, Johnstown, PA 15901.

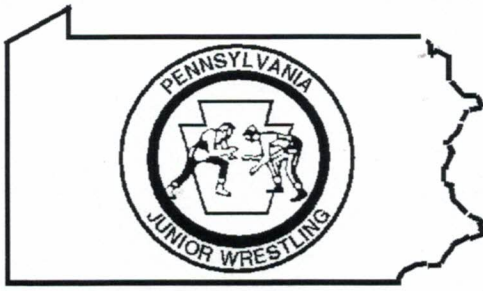
## **K. General Information:**

- Medals will be awarded to the top 8 place finishers for boys & top 4 for girls.
- Wrestling will begin promptly at 8:00 AM Saturday and 8:00 AM Sunday.
- Wrestlers will be called to the staging area 30 minutes prior to starting times.
- Please do not go to the warm up / staging area prior to being called on the PA system.
- Please be aware of the rule concerning forfeits for not reporting to staging or the wrestling mat in a timely manner. A copy of that rule is included in this packet.
- Access to the Arena floor is restricted to wrestlers and coaches.
- **Only 2 coaches per wrestler will be allowed to enter the Arena floor and only 2 coaches are permitted in the corners. Any additional coaches in corners will be immediately escorted from the floor area. There will be no coach's bands. The 2 coach per wrestler rule will be policed at several levels of staging. Wrestlers who will be coached by a club coach who is on the floor should only have 1 coach enter the floor through staging with them. The 2 coaches per corner rule will be strictly enforced. We need to do this to alleviate congestion in the wrestling area, assure**

**spectator's views are not hindered and to abide by PJW rules. Please don't risk missing your young wrestler's match by violating this rule!**

- Hats are not permitted on the Arena floor.
- PJW and PIAA Rules will be strictly enforced.
- Wrestlers, Coaches, Parents and Spectators are expected to demonstrate good sportsmanship and conduct on and off the mats. Unsportsmanlike conduct will be penalized. Misconduct in any form, including destroying or defacing War Memorial Arena facilities, Hotels, Motels, Restaurants, etc. will result in eviction and prosecution.
- The War Memorial Arena will remove any noise makers, laser pointers, or weapons at the entrance. All bags will be searched at the entrance gates for the protection of all wrestlers and fans.
- **The use of cameras, video recorders, camera phones, etc. is prohibited on the arena floor. All photos and recording must be from the spectator seating area. Violators will be immediately escorted from the wrestling area.**
- No outside food or drinks are permitted to be brought into the Arena and/or Tournament.





**COOPERATION IS THE THEME**  
**OPERATION IS THE TOOL AND**  
**DEVELOPMENT OF YOUNG PEOPLE**  
**IS THE GOAL**

### **Pennsylvania Junior Wrestling Medical Release Form for Wrestler to Participate with Skin Lesion(s)**

This form must be processed listing the name, birth date, and school of a wrestler competing in any PJW tournament after being diagnosed as having a skin lesion or is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable. The PIAA or the NFHS forms may also be used.

### **MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)**

#### **GOALS FOR ESTABLISHING A WIDELY USED FORM:**

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or cannot participate.
4. Provide a basis to support physician decisions on when a wrestler can or cannot participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

#### **IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:**

1. Inclusion of the applicable NFHS Wrestling Rules so physicians will understand that covering a contagious lesion is not an option that is allowed by Rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the Coach can provide a fully completed medical release form allowing that wrestler to wrestle.



**Pennsylvania Junior Wrestling**  
**MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_

Date of Exam: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Diagnosis \_\_\_\_\_

Location AND Number of Lesion(s) \_\_\_\_\_

Medication(s) Used to Treat Lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time: \_\_\_\_\_

Form Expiration Date for this Lesion (Note on Diagram(s)): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Earliest Date the Wrestler May Return to Participation: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

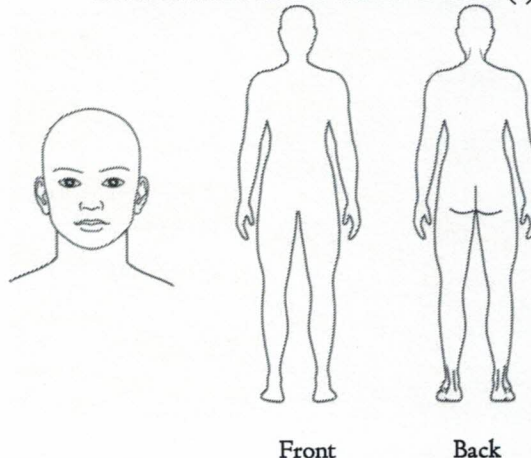
Provider Signature \_\_\_\_\_

Office Phone #: \_\_\_\_\_

Provider Name (Must Be Legible) \_\_\_\_\_

Office Address \_\_\_\_\_

Mark Location AND Number of Lesion(s)



Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm on scalp or skin):** Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

**Note to Appropriate Health-Care Professionals:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 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, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is considered non-contagious, it may be covered to allow participation.

**DISCLAIMER:** Pennsylvania Junior Wrestling (PJW) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

## **PA JUNIOR WRESTLING BOUT FORFEIT RULE**

Adopted 10/19/2015

PJW Rule IV, B, 5b. (Tournament Rules, Final Match Rules, Forfeits) says:

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."

If a wrestler does not report to staging when called, another bout may be sent to the mat during this time if able.

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.

A wrestler who forfeits a bout by this rule may still participate in any consolation bouts as dictated by the bracketing.

Any bout forfeited by this rule will not be changed after the forfeit is awarded.