

PIERCE COUNTY JUNIOR WRESTLING LEAGUE

ARTICLES OF INCORPORATION AND BY-LAWS

UBI#601907329/EIN# 73-1717663

ARTICLE I: BODY

Section A: This organization shall be known as the Pierce County Junior Wrestling League (PCJWL). Pierce County Junior Wrestling League is a nonprofit corporation organized and existing under the laws of the State of Washington. Pierce County Junior Wrestling League is nonsectarian and non-partisan.

Section B: This organization will promote the sport of wrestling by building an outstanding youth wrestling program which inspires sportsmanship, integrity, character, and wrestling excellence. The organization will foster an atmosphere of ethical conduct, respect and sportsmanship while having fun. The program will provide students with the opportunity to learn skills and gain experience and mental understanding necessary for effective participation in a wrestling program. The spirit and intent of these programs shall be that no wrestler will be dropped solely for the lack of ability. The duration of the Pierce County Junior Wrestling League shall be perpetual.

Section C: This organization will promote involvement of role model parents toward helping their child gain an appreciation of wrestling, build confidence, values, determination, and self-discipline, and regard for teammates, rules, courtesy and to further an interest in athletic competition.

ARTICLE II: MEMBERSHIP AND RESTRICTIONS

Section A: Membership in the Pierce County Junior Wrestling League shall be based on a sincere attitude in the spirit of the league's Constitution and bylaws. Teams requesting membership in the PCJWL, will present their request to the membership at the last membership meeting of the team. Membership approval will be based on a majority vote of the existing members.

- i. Current membership consists of
 - a. Auburn A-Team
 - b. Bethel All-Stars
 - c. Eatonville Jr. Wrestling
 - d. Enumclaw Jr. Wrestling
 - e. Federal Way Spartans Wrestling Club
 - f. Fife Jr. Wrestling
 - g. Franklin Pierce Jr. Wrestling
 - h. Gig Harbor Wrestling Club
 - i. Kent Cougars Jr. Wrestling
 - j. Montesano Jr. Wrestling
 - k. Olympia Wrestling Club
 - l. Orting Jr. Wrestling
 - m. Puyallup Wrestling Club
 - n. Rainier Wrestling
 - o. Sumner Panthers Jr. Wrestling
 - p. Tahoma Jr. Bears Wrestling
 - q. Twin City Wrestling Club
 - r. University Place Jr. Vikings
 - s. White River Jr. Wrestling
 - t. Yelm Jr. Wrestling

Section B: The Pierce County Junior Wrestling League is and shall be a non-profit organization. This organization is organized exclusively for charitable purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

Section C: Coaches, including assistant coaches, shall work on a voluntary basis, being a minimum age of eighteen (18) years old. A coach should have knowledge of and a strong interest in the sport of wrestling. All Head coaches shall have at least two (2) years of coaching and/or wrestling experience. Coaches should provide an assistant to prevent the dissolution of the program in the event of the coach's resignation. Coaches shall possess and maintain a current USAWrestling Team Leader certification, this certification shall be submitted to the vital statistics Director. USA Coaches cards are approved for the PCJWL use.

Section D: Wrestlers may compete in a program if they are in kindergarten through the seventh grade. Wrestlers younger or older may be involved but as a non-scoring participant. No wrestler may turn 13 years of age prior to January 1st of the current wrestling season and participate in the nine and over wrestling group. No wrestler may turn 9 years of age prior to January 1st of the current wrestling season and participate in the eight and under wrestling group. (Example: a wrestler who turns 13 on or before January 1 of the current season is not eligible to compete during the wrestling season. A wrestler who turns 9 on or after January 1 of the current season may compete in the 8 and under weight class for the current wrestling season.)

To avoid stacking of teams, individuals should compete on a team or program within their area, unless their area has no program. Wrestlers changing teams, after their second year with a team, will be non-scoring for the new team, for that season, if they were a placing participant at the previous years' League Championship Tournament.

A clear and legible duplicate or photocopy of a wrestler's birth certificate must be in the possession of the Team Director prior to that wrestler participating in any League event. Any age disputes will be verified by the Director of Vital Statistics upon request. Any Team Director may request age verification by submitting a written request to the Director of Vital Statistics.

No wrestling coach of a team member may recruit wrestlers outside of their team's area. A team whose coach violates this rule will forfeit the following year's right to host any league event.

Section E: A wrestling program may have any number of wrestlers or assistant coaches.

A roster will be made including all wrestlers listed by name, address, phone, birth date, age as of January 1 of the current season (the wrestler's age on this date is his official age for the season), school and grade attending, and beginning weight. Rosters will be signed by the team director or head coach and submitted to the Director of Vital Statistics a minimum of two (2) weeks before the first scheduled League meet. Failure to do so may result in forfeit of those individual matches.

Section F: At the conclusion of the competition season, including League and any Inter-League tournaments, the total League monetary funds, including petty cash, must not exceed operating costs of the preceding Season. Funds in excess of the operating costs of the preceding season will be dispersed by vote of the League members at the end of the year.

Section G: Teams, clubs, and associations are required to have insurance covering every person involved in their program. This Insurance will be obtained through the chartering of their team with USAWrestling. Proof of protection must be provided to the League Board before a team may join the League, and each year thereafter. If NOT turned in this will result in disqualification of that Team, club or association.

Section H: Suspension of members, spectators, coaches, or wrestlers must be brought before the League Director as soon as possible. The matter will be discussed and dealt with before the next scheduled event. Any act deemed as "flagrant misconduct" as defined in the current National Federation of High School Rulebook will be grounds for suspension from further participation on a temporary or permanent basis. Spectator or participant conduct, which involves threats, physical confrontation, or use of alcohol or drugs, will be treated as "flagrant misconduct".

There shall be a rules committee established to resolve any violation of these by-laws or suspension of members, coaches, spectators, etc. The rules committee shall consist of the four voting board members and the tournament director of the tournament where the violation occurred.

Any member, spectator, coach, or wrestler who is removed from a wrestling event due to 'unsportsmanlike conduct' or 'flagrant foul', by a referee or tournament director, shall be ineligible to participate or be present at their team's scheduled league events for a 12 month period.

Coaches, Parents, spectators or wrestlers who have team points deducted for unsportsmanlike conduct or flagrant fouls will receive a written warning for the first offence. The rules committee shall determine punishment for a second offence. Coaches, Parents, spectators or wrestlers who receive a written warning are ineligible to participate or be present at their team's next scheduled league event. This can be appealed to the rules committee. The person or organization requesting an appeal must do so in writing or by electronic means within two days of receipt of the penalty. The rules committee will conduct a hearing, by phone or in person, and allow the person or organization an opportunity to explain, defend, and or excuse the alleged misconduct. A simple majority of the rules committee need be present for the hearing, by phone or in person. Any decision of the rules committee, after the hearing, is final.

Section I: League fees will be set by the League members at the beginning of every year. Teams shall be required to pay League fees by a date set by the League members.

Teams may ask for donations/admission at home meets. The fee may not exceed \$5.00 per person for anyone over eighteen (18) years of age. No one shall be denied admission for non-payment of donations/admission.

The home team is responsible for scheduling and paying the officials.

ARTICLE III: PROGRAM, MATCHES AND RESTRICTIONS

Section A: The first League meeting of each season will be held during the first (1st) week of August.

Section B: Turnouts will start no earlier than the Monday of the week that falls three (3) weeks prior to the first PCJWL scheduled competition. There will be no more than six (6) hours of practice per wrestler per week to include any challenge matches. Time spent at practice meets and scheduled meets will not count towards this total.

Section C: Only those wrestlers weighing in at an official weigh-in may be used for team scoring and qualifying for the end of season tournaments.

Skin checks for communicable skin disease shall be performed at all weigh ins.

If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, His or her coach shall provide current (within two weeks) written documentation, on the approved NFHS form, 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, which can be obtained from the PCJWL website, shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. It must be current (i.e., two weeks) and must give the location of the disorder in question. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. In the case of skin disorders like eczema, the physician may sign a form letter stating the non-communicable aspects of the condition. Each athlete should be given every opportunity to show that he is not infected and can compete.

Weight classes for league competition are:

Eight and under 42,46,50,54,58,63,69,78,90,110

Nine and over 57,60,63,66,69,73,77,81,86,91,96,103,110,120,145,175

Any modifications to the above weight classes will be effective for a minimum of two (2) years.

A 110 eight and under wrestler shall weigh a minimum of 100 pounds and a 175 nine and over wrestler shall weigh a minimum of 145 pounds.

The maximum weight differential allowed between 110 eight and under wrestlers is twenty (22) pounds and for 175 nine and over wrestlers is thirty (32) pounds for any League match.

Wrestlers will weigh-in in a singlet (boys & girls) at all weigh-ins.

A wrestler may move up no more than one weight class over the scratch weight he registers at the official weigh-in for any specific competition.

Wrestlers may weigh-in no sooner than three (3) hours before scheduled mat time, weigh ins will be only ninety (90) minutes long and end sixty(60) minutes before the tournament starts.

Exhibition wrestlers will be in the same weight class or weigh within five (5) pounds of one another. Weigh-in for exhibition match wrestlers may be waived with the mutual agreement of both coaches.

A certified referee may be used for the official weigh-in, if arranged for in advance.

Section D: All scoring matches will be comprised of three periods with length as follows:

Eight and under - 60 / 60 / 60 seconds.

Nine and Over - 90 / 60 / 60 seconds.

The home team shall have a scoring table with proper scoring and timing devices and a responsible person. Both teams shall maintain official match records. The use of electronic tournament management is required for all post-season competitions and tournaments that effect post-season seeding (ex. Varsity Duals) Each team should have a member that is proficient in the software used for this management.

Each team shall provide to the Sud Division Manager, the weight, names and age group for qualifying events. These weigh-ins will be used to qualify for post-season tournaments. Both the home and visiting team will submit results of all the varsity dual matches on the form provided by the League Secretary/Treasurer. The results of these dual matches will be used for seeding for the end of the year

The chart in the most recent "National Federation of State High School Rule Book" will be the guideline for penalties in League competition.

All rules and other items not specified in the League By-Laws will be as interpreted in the most recent "National Federation of State High School Rule Book".

No team may implement any variation from standard meet procedures for regular matches without the prior approval of the League membership.

Section E: A safe zone at the edge of the mat will be provided during all matches.

No more than two coaches may be in the wrestling area with the wrestler during the match.

Section F: Scratch weight shall be used for all events prior to Jan.1 unless previously agreed upon by all league teams. After January 1st, a one (1) pound allowance will be added to each weight class.

Section G: The ending of the season, including all tournaments, will be prior to the last Sunday in February.

Section H: The home team will be responsible for the scheduling of referees for all varsity meets and tournaments. The league director will ensure that referees are scheduled for the end of the year league tournaments. Should a referee not appear for a meet, a referee acceptable to both teams shall be appointed. If this cannot be done, both head coaches will officiate, each being responsible for alternate matches.

Referees for junior varsity matches will be appointed by the home team and will be acceptable to both coaches. All referees shall be at least eighteen (18) years of age whenever possible.

ARTICLE IV: GOVERNING BODY AND MEETINGS

Parliamentary Authority

All meetings of the Pierce County Junior Wrestling League shall be conducted using the current edition of "Robert's Rules of Order" as a guide.

Section A: A Board of Directors will be elected for the following year at the end of the season meeting. The Board will consist of four (4) members in good standing and will be voted upon by the Team Directors. They will maintain office for two year terms. No more than two of these positions will turnover in the same year, in an effort to maintain continuity. The requirements and responsibilities will be as follows:

LEAGUE DIRECTOR (Odd)

1. If possible, a person not serving as a Team Director or coach for a league team.
2. Must have participated in League functions including League meetings for at least one previous season.
3. Shall conduct all League meetings.
4. Will chair any protest meeting that have been scheduled.
5. Will ensure adherence of all teams to the by-laws.
6. Will act as a point of reference in resolving organizational or procedural problems for League teams.
7. Will work with teams to help reschedule missed meets.
8. Will train an Assistant Director (if needed) as elected by League members.
9. Will chair the Rules Committee.
10. Will propose a League schedule to the League members not later than the second meeting for the season. If the schedule is not accepted by a majority of the quorum present, a schedule utilizing team placement by random draw will be adopted for the season.

MEMBER-AT-LARGE (Even)

1. If possible, must have participated in League functions, including meetings, for one previous year.

2. Shall conduct League meetings in the absence of the League Director.
3. Receives match results throughout the season.
4. Is responsible for assisting the Tournament Directors by setting the brackets and seeding the wrestlers.
5. Is responsible for acquiring a host(s) for the League tournaments.
6. Will work with the director of the League tournament to ensure sufficient personnel, equipment, and procedures for an effective tournament.
7. Will be a member of the Rules Committee.

SECRETARY/TREASURER (Odd)

1. Will keep minutes at all League meetings and distribute the minutes to all League members within two (2) weeks.
2. Will maintain the League bank accounts and submit written reports, including activity, at initial and ending League season meetings plus monthly reports during the regular season.
3. Will conduct League meetings in the absence of the League Director and Member-at-Large.
4. Responsible for verifying and securing monies for deposit to the League accounts.
5. Responsible for the distribution to all teams at the second League meeting of each season, the standard forms to be used for rosters and reporting match results.
6. Responsible for keeping an accurate file of all minutes and financial transactions.
7. Responsible for updating the Constitution and by-laws after proper membership action and re-issue the affected pages with the changes to all League members.
8. Will be a member of the Rules Committee.

VITAL STATISTICS DIRECTOR (Even)

1. Is in charge of verifying all wrestling participants' birth certificates and verifying age requirements. All documents in question are to be sent either electronically or put on a thumb drive. No Paper will be accepted.
2. Is a voting member of the Rules Committee.
3. Is in charge of maintaining copies of head coaches' certifications.

Besides the Board members, the league will have four (4) additional positions. These positions are not board members.

INFORMATION DIRECTOR

1. Shall maintain electronic communications for the league (e-mail)
2. Shall maintain League website and Social Media accounts
3. Shall assist tournament directors with tournament management software
4. Shall maintain League championship records and results (league statistics)
5. Shall train and educate Team Directors in tournament management software

TOURNAMENT DIRECTOR(s)

1. Is a voting member of the Rules Committee.
2. Shall host and run the tournament as well as be in charge of all aspects of the tournament.
3. Tournament logistics.

SUB-DIVISION MANAGER

1. The elected position of Sub-Division Manager will be created for each Sub-division and must have participated in League functions, including meetings, for one previous year and be connected to one of the teams within the division they will represent.
2. Will assist in the rescheduling and other problems within their sub-division.
3. Will maintain an accurate accounting of qualified weigh-in records for all wrestlers in their sub-division. These records will be obtained from the directors of the teams that are within that sub-division.
4. Will be responsible for post-season tournament seeding for their sub-division.

TEAM DIRECTOR

1. Each team within the PCJWL, shall appoint a director of their team and shall be responsible for the following
 - a. Shall be responsible for coaches and team personal pursuant to these by-laws
 - b. Shall maintain accurate record of ages for all athletes participating with their team
 - c. Shall maintain accurate record of all weights, and report this to their sub-division manager
 - d. Shall attend all PCJWL meetings and vote on their teams behalf
 - i. Shall send a replacement to meetings if not able to attend
 - e. Shall themselves or have an appointed member of their team be proficient in the tournament operating software that is being used by the league at the current time

Section B: The Rules Committee will handle all problems regarding conduct of matches and/or participants. The Rules Committee will also handle all rules protest as specified in Article V, Section A., and all appeals in regards to Article II section G. The rules committee shall consist of the three board members, the tournament director and the vital statistics director.

Section C: Each League meeting is to be attended by at least one representative of each member team. Each member will have one vote on issues. If a representative will not attend, the Secretary/Treasurer is to be notified. The Board will deal with excessive absence by any team. Mandatory scheduled seasonal meetings will include initial meeting, roster meeting, tournament seeding meeting, and end-of-season meeting.

Any club who fails to meet its responsibility as a host of an event, misses 2 consecutive meetings or fails to attend a scheduled event without cause, will be placed on a one season probation consisting of not being allowed to host an event for the following year. A second violation within three years will result in forfeiture of league membership status for a duration of three years. That team will then be eligible to re-apply to join the league.

No meeting shall be called to order or business conducted unless representatives of greater than half of the League member are present.

Each team will supply one person to be appointed as needed to a specific League committee.

Duly authorized committees are permitted to make decisions within their charter and shall report back to the League at the next open meeting.

Section D: Any change in the Constitution and By-Laws requires a two-thirds (2/3) vote of the members present. The proposed change must have been presented by motion and seconded at the previous

League meeting. All other matters requiring a vote will require a simple majority of the League members present after having been made a motion and seconded. Previous discussions are not required.

Section E: A special League meeting may be scheduled with the agreement of any two (2) Board members or a majority of the membership.

Section F: Any Board member may be removed, after written notification that states all charges, meeting date, and other pertinent information is supplied to all members, with a simple majority vote of the League.

Section G: Upon dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code (or any correspondence section of any future tax code) or shall be distributed to the federal government or to a state or local government for public purpose.

ARTICLE V: PROTESTS AND MEDICAL

Section A: Protests that arise during a League meet shall be resolved by the official and the member of the protesting bench. If no satisfaction is established, a formal protest may be made at this time. This protest must be logged in the official score book and followed by a written protest to the League Board. It must be postmarked no later than two (2) days after the date of the match. Judgment calls made by an official are not to be questioned. Misinterpretation of a rule may be used as grounds for a protest. All protests must be accompanied with a \$25.00 fee that will be refunded if you win the protest. If the protestor loses, they lose their \$25.00.

Section B: It is recommended that the home team provide for a physician or medical attendant at every League meet. If this is not possible, at the time of an injury, the official shall be the sole judge as to whether the wrestler may continue. Each coach shall keep medical information on every member of his team close at hand. Medical information should include doctor's name and phone number, hospital preferred, and permission of parent or guardian to administer emergency medical attention. A parent shall not take control when a wrestler is injured during a League match or tournament.

Section C: The home team shall provide a basic first-aid kit and shall have immediate access to an emergency phone or equivalent.

ARTICLE VI: TOURNAMENTS

Section A: A League Championship tournament, divisional tournaments and sub-divisional tournaments will be held each year at the conclusion of regular competition. The host(s) of the tournament(s) will be discussed at the initial meeting, but will be definitely confirmed at the tournament scheduling meeting.

Section B: Qualification for the Subdivision tournament requires each participant to weigh in at least four (4) times at a sanctioned PCJWL event. This rule is to encourage active participation in PCJWL sanctioned events. There will be nine (9) opportunities to achieve the four (4) needed weigh-ins. These weigh-in credits will be assigned as below:

At Round Robin meets (5), including Turkey Tournament but excluding JV/EX festival, a wrestler may receive one (1) weigh in credit for the weight on the scale. They are not required to present at the mat for a match, however when weighing in, they must indicate on the weigh-in slip that this is a "weigh in only" For the weigh-in to count, the wrestler must present at the scale **at the event that their team is scheduled to attend.**

At “Holiday Tournament”(1), a wrestler may receive one (1) weigh in credit in the following manner:

- For Round Robin – 1 weigh in credit for the actual weight on the scale.
- For the Bracketed – 1 weigh in credit for the weight class that they actually present themselves for competition.

At the “Tough Guy Tournament”(1) – 1 weigh in credit will be given for the actual weight on the scale

At “Varsity Dual Tournament”(2), a wrestler may receive weigh in credit for a maximum of two (2) weigh ins. Furthermore, for a wrestler to receive weigh in credit they must present themselves to the mat to wrestle at that weight class. The weigh in credit they will receive will equal the number of times they present to wrestle with a maximum of two (2) for the tournament.

At the “JV/EX Festival tournament”(2), a wrestler may receive 2 weigh-in credits for the actual weight on the scale, given that they present themselves for competition at least two times that day.

A wrestler may use any lower weight or younger age match to qualify at upper weigh or older age, but may not use an upper weight or an older age to qualify at a lower weight or younger age. Age takes precedence over weight class.

A one pound weight allowance will be granted on January 1 and will continue for the remainder of the competition season

Section C: Each team is allowed only two wrestlers per weight class to begin the post-season competition. Only one of these two wrestlers will be seeded and according to varsity records only. The second wrestler will be cross-bracketed. If a team has two or more wrestlers with identical records, the coach of the team shall decide which wrestler shall be seeded and which wrestler will be cross bracketed.

Each team coach shall supply a list of seeded and draw wrestlers to their Sub-Division Manager within forty-eight (48) hours of the last dual match of the season. If results are not supplied within this time limit, the Sub-Division Manager will rank the wrestlers qualified at each weight varsity Dual record.

The wrestler with the greatest win/loss percentage at their weight class will be seeded first, with subsequent seeding positions filled by the remaining wrestler with the greatest win/loss percentage at their weight.

If a tie exists, the following criteria will be used for varsity matches at the weight class in the following order:

1. Winner of the one-on-one match.
2. Best record against common opponents.
3. Best record against sub-divisional opponents.
4. Most wins by fall.
5. Most wins by Technical fall.
6. Most wins by major decisions.
7. Most wins of any kind.

8. Most qualifying varsity matches.
9. Most qualifying matches.
10. Decision of Member-at-Large by blind draw.

If alternates are needed to fill a bracket the alternate from the division missing the wrestler will replace the missing wrestler at the lowest available seed and remaining wrestlers will be re-seeded. If the division that is missing the wrestler has a no show then the alternate from the other division shall fill the open spot at the lowest available seed.

Each coach will verify and make change to his list of the seeded and draw wrestlers for sub-divisional, no later than the end of the seeding meeting. At the close of the seeding meeting, the brackets will be finalized and no wrestler changes may be made. Any changes to wrestlers, requested after the close of the seeding meeting will require a unanimous approval of the other sub-divisional team members.

For sub-divisional, a 16 man bracket will be used if there are more than 8 wrestlers entered into that weight class. The byes will be maintained to cross-bracket and maintain NFHS bracket etiquette rules.

The top 4 placers from each sub-divisional tournament will move on to the divisional tournaments. The 5th place finisher at sub-divisional will be the alternate to divisional.

The top 4 placers from the Divisional tournaments will move on to the league championships. The 5th place finisher at divisional will be the alternate to league championships

For Divisional and League Championships, the wrestlers will be seeded based on their placement at the previous tournament. 8 man brackets will be used, unless there are 4 or fewer wrestlers and NFHS bracket etiquette for cross-bracketing WILL NOT be enforced. All brackets will be line bracketed regardless of the number of participants.

For Divisional, seeds will be as follows:

A sub-division 1/3/5/7 seeds will go to the top 4 placers

B subdivision 2/4/6/8 seeds will go to the top 4 placers

For League Championships

1 Division 1/3/5/7 seeds will go to top 4 placers

2 Division 2/4/6/8 seeds will go to top 4 placers

Section D: A calibrated official and challenge scales will be provided at all tournaments and dual matches.

Section E: In the event of a tie score at the end of three periods, a one 30 second rest period will be taken where coaching is allowed. After the rest period, a one (1) minute, sudden-death overtime period will be wrestled starting from a neutral position. The overtime (and, if necessary, the tie breaker) is an extension of the match and all warnings and penalties are carried into this time. The match will end with the first point(s) awarded whether technical or penalty and the winner declared. If no points have been awarded by the end of one minute overtime period, two thirty (30) second tie breakers will be wrestled. There will be no rest period between the overtime and the tie breaker. After a coin toss to determine choice, the wrestler may select top, bottom, or defer to the other wrestler. In the second tie breaker period, the other wrestler will have choice. Both Tie Breaker periods will be wrestled in full and the winner will be declared by the wrestler with the most points. If a tie remains after the overtime and both tiebreaking periods, an Ultimate Tie Breaker period will be wrestled. The wrestler who scored the first point will have choice of positions and it will be sudden victory scoring.

Section F: Team scoring will be kept at all post-season tournaments using the scoring system outlined in the "National Federation of State High School Rule Book" section for placement points, under

tournament team scoring. Activity and advancement points will not be used. The accumulation of these points at the League tournament will determine the League champion and next 5 highest placing teams, who will be awarded a championship trophy. The placing order of the teams will determine the next year's sub-divisional alignments in the following manner

1A 1st/5th/ 9th/13th/17th

1B 2nd/6th/10th/14th/18th

2A 3rd/7th/11th/14th/19th

2B 4th/8th/12th/15th/20th

Section G: Sub/Division/League – : Tournament Fees

Round Robins – No Wrestler Fee

Turkey Tournament - \$15 per Wrestler

Varsity Team Dual Tournament - \$5 per wrestler

JV/EX Round Robin - \$2 per wrestler

Holiday Tournament - \$15 for Round Robin/\$20 for Bracket per wrestler

Rising Star - \$15 per wrestler

Post-Season Tournaments - \$20 per wrestler

There will be NO increase without the Leagues Division League Board majority vote. All wrestling fees are to be sent to the League upon completion of the tournament

Previous versions

9/2/2012

1/3/2013

10/19/2016

1/31/2019

3/14/2019

11/15/19

Wrestling Rapid Weight Reduction Rule · Addendum to PCJWL By-Laws

Whereas rapid weight reduction "cutting weight" through caloric restriction, dehydration, and excessive exercise in heated environments exposes wrestlers to decreased performance, heat related trauma, and hazard to health and life, Pierce County Junior Wrestling League (PCJWL) has adopted the following rules:

- With regard to the practice of dehydration, the use of hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics, emetics, laxatives, excessive food and fluid restriction and self-induced vomiting is prohibited.
- Regardless of purpose, the use of vapor-impermeable suits, (e.g., rubber or rubberized nylon) is prohibited.
- Violation of these rules at sanctioned events shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended.
- Enforcement for this rule shall be the responsibility of the tournament committee which is to be established prior to the competition. The decision of the tournament committee shall be final.
- A second event violation will result in the suspension of the individual(s) from any sanctioned event for one calendar year from time of suspension. All second violation cases shall be heard by the appropriated age group executive committee. PCJWL's By-laws shall be considered in all applicable cases.
- Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as athletes. PCJWL discourages rapid weight reduction methods under any circumstances.

Guidelines for Application of the Rule:

1. This rule shall be in effect for all PCJWL sanctioned events (except those excluded above).
2. The tournament committee of each event must put its decision in writing to both the offending party and the Pierce County Junior Wrestling League.
3. The rule will be posted/distributed at the competition venue(s), weigh-in site(s), practice venue(s), training site(s) and official housing facilities(s). In addition, announcements will be made on the public address system throughout the weigh ins, if possible, and during the competition.

Weight loss by dieting is discouraged unless it is being recorded by a physician and under a physician's guidelines. The league recognizes that children between the age of 5 & 12 years of age fluctuate in

weight due to rapid changes in growth and physique. The league adopts the USA Wrestling Rapid Weight Reduction Rule in its entirety.

The following weight management guidelines are suggested:

1. Normal body weight should be no more than 5% of your wrestling weight.
2. Body weight 24 hours before weigh-in should be no more than 3% of your wrestling weight.
3. Eat small portions of breakfast, lunch and dinner the day before weigh-in. Not eating sets you up for low blood sugar levels, reduced energy, and poor performance.
4. Plan to eat and workout the day of weigh-ins.
5. Drink water to be hydrated. Water is essential to good health and performance. Water will boost your energy levels, the number of calories burned and boosts your immune system. Water is essential for cooling the body and removing metabolic waste, i.e., lactic acid. Water can make the difference between feeling great or feeling drained after exercise.