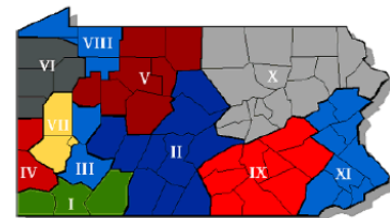


Pennsylvania Junior Wrestling 2016 JHS Area XI Championship



PJW Area XI	
Bucks, Chester, Delaware, Montgomery and Philadelphia Counties as well as Berks county residents who reside in Boyertown or Upper Perkiomen School districts.	
Pennsylvania Junior Wrestling Area XI Junior High School Championship	
Sunday February 7, 2016 (Super Bowl Sunday) Wrestling Start 9:00 AM	Haverford High School 200 Mill Road Havertown, Pa. 19083
Weigh Ins :“Day of Competition” No exceptions so don’t ask.	
February 7th 2016 Doors Open 6:30am Weigh Ins 7:00-8:00AM	Haverford High School 200 Mill Road Havertown, Pa. 19083

JUNIOR HIGH SCHOOL CHAMPIONSHIP

- Three wrestlers from each Area will advance to the Junior High School State Championships.
- Advancing Wrestlers must purchase the Area XI uniform at the Area Championship **(\$80 Cash Only)**
- Advancing wrestlers must provide copies of birth certificate and report card at Area Championship.
- The venue for the 2016 Junior High School State Championships is:
Cambria County War Memorial Arena, Johnstown. March 5th & 6th 2016
- Weigh in information will be included with the state tournament advancement package.

ELIGIBILITY: Only full-time residents of Bucks, Chester, Delaware, Montgomery and Philadelphia Counties as well as Berks county residents who reside in Boyertown or Upper Perkiomen School districts may enter the PJW JHS Area XI Championships.

Only wrestlers enrolled in 7th, 8th or 9th grade who are eligible to compete as Middle School or Junior High School Wrestlers may participate. Home schooled, private and parochial school wrestlers are eligible provided they meet the PIAA requirements set forth for Middle School or Junior High School competition. **Any wrestlers who are listed on a High School roster are not eligible.** (12 year old 7th graders can compete in either the youth or the JHS championship not both. Thirteen year old 6th graders are not eligible to compete in the PJW)

AGE: Wrestlers must meet the PIAA regulations for Junior High School or Middle School competition.

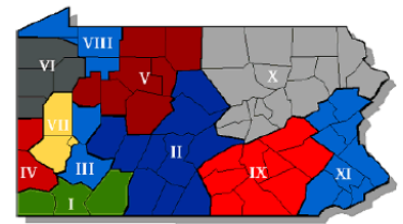
REGISTRATION: Registration will be capped at 275 wrestlers.

- All wrestlers **must** register on the Area XI website.
Area XI has arranged to allow you to register & pay on line.

FORMAT: **Double elimination** (NO true second) with awards for the top three finishers in each weight class.

AREA XI CHAMPIONSHIPS: Area XI Championship to be seeded based on seeding points from the registration. **Any wrestler supplying false information will be found out and will adversely affect your seeding.** Weigh ins will be flat weight with no allowance.

Pennsylvania Junior Wrestling 2016 JHS Area XI Championship



On behalf of the Pennsylvania Junior Wrestling Area XI committee we would like to invite you to what we hope will be the best wrestling experience possible. This year's Pennsylvania Junior Wrestling Junior High School State Championship will include JHS Area XI Championship to be held at Haverford High School on February 7th 2016.

*The Top Three (3) wrestlers from each Area will advance to the Junior High School State Championships. Advancing Wrestlers **must** purchase the Area XI uniform at the Area Championship (\$80 Cash Only) and provide copies of birth certificate and report card at Area Championship.*

The 2016 Junior High School State Championships is scheduled for March 5th & 6th 2016.

*Cambria County War Memorial Arena
326 Napoleon Street
Johnstown, PA 15901*

Thank You

Charles Springer, Area Chairman

Arthur "Duke" Dudkiewicz, Vice Chairman

RULES AND REGULATIONS

1. Participants may only compete in one weight class.
2. Any wrestlers who are listed on a High School roster are not eligible.
3. 12 year old 7th graders can compete in either the youth or the JHS championship not both.
4. Thirteen year old 6th graders are not eligible to compete in the PJW
5. There is no weight allowance.
6. PJW rules will govern all matches as follows:
 - All bouts in the championship bracket will consist of three periods of 1 ½- 1 ½- 1 ½.
 - All Consolation matches will consist of three periods of 1-1-1.
 - Overtime to be 1-30-30-30 ride out (1st point gets choice)
7. HEADGEAR IS REQUIRED IN ALL PJW TOURNAMENTS
8. Mouth Guards are **required** for participants with braces.
9. AGE CHALLENGE RULE - Challenger and Challenged must provide proof of age. (Bring your Birth certificate with you.) Birth certificates or copies of birth certificates will be required of all finalists at the Area XI Tournament and for all wrestlers competing in the PJW State Championship Tournament.
10. Skin Issues should be addressed with proper skin forms. (Copy attached)

Junior High School Weight Classes

77	82	87	92	97	102	107	112	117	124	132	140	147	157	167	187	212	252
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**NFHS MEDICAL RELEASE FORM
FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)**

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model which has been adopted by PIAA. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. **Nor** is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

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 appropriate health-care professionals who are signing "return to competition forms". Consistent use of these guidelines should **reduce the likelihood** wrestlers catching a skin disease from participation and **suffering** from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional 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. Each state association needs to determine which appropriate health-care professional can sign off on this form.
2. Ensure that appropriate health-care professionals will understand that covering a contagious lesion is not a permitted option. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should **mitigate** 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.
4. 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 a visit with an appropriate health-care professional.
5. 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.
6. 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 the wrestler to wrestle.

Revised/Approved by NFHS SMAC - April 2015 / PIAA Revised May 4, 2015

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS SPORTS MEDICINE ADVISORY COMMITTEE
MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Student's Name: _____ Age: _____ Grade: _____

Enrolled in _____ School

Mark Location AND Number of Lesion(s)

Diagnosis: _____

Location AND Number of Lesion(s): _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____/____/____ Time: _____

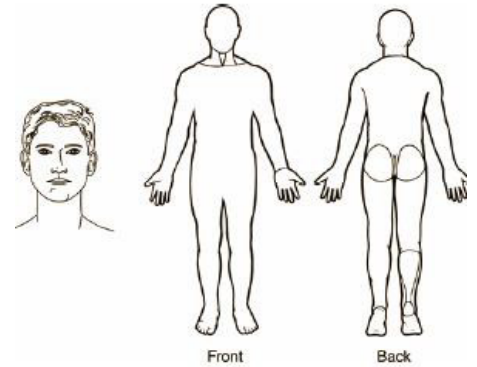
Form Expiration Date for this Lesion (Note on Diagram(s)): ____/____/____

Earliest Date the Wrestler May Return to Participation: ____/____/____

Treating Certified Physician Assistant, Certified Registered Nurse Practitioner,
or Physician's Name (print/type): _____ License # _____

Address: _____ Phone: () _____

Treating Certified Physician Assistant, Certified Registered Nurse Practitioner,
or Physician's Signature: _____ Date of Exam: ____/____/____



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, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

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 TREATING CERTIFIED PHYSICIAN ASSISTANT, CERTIFIED NURSE PRACTITIONER, OR PHYSICIAN: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please become familiar 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 a licensed physician of medicine or osteopathic medicine (MD or DO) 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 licensed physician of medicine or osteopathic medicine (MD or DO) 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 licensed physician of medicine or osteopathic medicine (MD or DO) is present, he/she may overrule the diagnosis of the licensed physician of medicine or osteopathic medicine (MD or DO) 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 a licensed physician of medicine or osteopathic medicine (MD or DO) 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.