

## **PIERCE COUNTY JUNIOR WRESTLING LEAGUE**

### **ARTICLES OF INCORPORATION AND BY-LAWS**

#### **ARTICLE I: BODY**

**Section A:** This organization shall be known as the Pierce County Junior Wrestling League. 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, self-discipline, regard for teammates, rules, courtesies 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 compliance with the programs set forth by Boys and Girls Clubs of America and within the spirit of the league's Constitution and by-laws. 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 B:** 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 attend and maintain a League approved coaches certification program that will include sport psychology and coaching techniques. Coaches shall possess and maintain a National Youth Sports Coaches Association current certification, this certification shall be submitted to the vital statistics Director. Coaches shall fill out a Washington State Patrol Request for Criminal History information form for purposes of obtaining child/adult abuse information. Each team shall maintain the results of the criminal history.

**Section C:** 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 first year must have the agreement of the effected coaches. If the effected coaches can't agree, the league board shall decide, to allow the move to the other team or disallow the move. The effected coaches shall be notified of the decision of the league board.

A clear and legible duplicate or photocopy of a wrestler's birth certificate must be in the possession of the Director of Vital Statistics prior to that wrestler participating in any League event.

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

**Section D:** Teams may have a maximum of twenty-six (26) varsity and twenty-six (26) junior varsity wrestlers, two (2) coaches and one (1) manager. This shall be for League competition only. 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 one week before the first scheduled League meet. Failure to do so may result in forfeit of those individual matches.

**Section E:** 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 F:** Medical waivers shall be required for every wrestler signed by a physician and/or parent or guardian. A current waiver for sports of that season will be acceptable. Waivers should be kept close at hand by coaches for use in the event of an injury. Each team shall maintain their Team's medical waivers.

Teams, clubs, and associations are required to have insurance covering every person involved in their program. Proof of protection must be provided to the League Board before a team may join the League, and each year thereafter.

**Section G:** 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" and/or "unsportsmanlike conduct" 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 three board members, the tournament director and the vital statistics director.

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 next scheduled league event, or other restrictions as determined by the rules committee.

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, or are ineligible to participate or be present at their team's next scheduled league event can appeal 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 H:** 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 \$2.00 per person for anyone over twelve (12) 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 last 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:** A team, at an official weigh-in, may weigh a maximum of twenty-six (26) varsity and twenty-six (26) junior varsity wrestlers. Only those wrestlers weighing in at this time 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 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 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 varsity and junior varsity competition are:

Eight and under 40, 45, 50, 54, 58, 63, 69, 78, 90, 100, 110

Nine and over 58, 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 two (2) hours before scheduled mat time, not later than one-half (½) hour before mat time at dual matches. Tournament weigh-ins will last 2 hours and finish 1 hour before tournament start time

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: Matches shall be provided for all wrestlers of both teams, if present, willing, and able to wrestle. Upon agreement by both coaches, anyone younger, older, lighter, or heavier than the League requirements may participate in a wrestling match from either or both teams. These matches will be exhibition and shall not be included in the team score.

Exhibition and junior varsity matches should precede the varsity matches.

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.

Each team shall provide to the Board Member-at-Large (sub-division mgr.) the weight, names, age group for qualifying events. These weigh-ins will be used to qualify for end of the year tournaments. Both the home and visiting team will submit results of all the varsity and junior 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 tournaments. The results must include the names of all participants as well as the match score of each match. Both teams will provide the Board Member-at-Large (sub-division mgr.) with the match results, in writing, no later than four (4) days after the meet. If only one score sheet is received, it shall become the official match record.

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 including Sub-division. After January 1st, one (1) pound will be added to each weight class.

Section G: All missed meets must be made up prior to the League Tournament(s). The affected teams will handle rescheduling. Failure of either or both teams to make up a missed meet will result in a forfeit.

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.

#### **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 three (3) members in good standing, plus the Divisional Managers, if so elected, in good standing, each from separate teams. The requirements and responsibilities will be as follows:

##### **LEAGUE DIRECTOR**

1. If possible, a person not serving as a 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 has 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 act as representative of the League with other leagues.
8. Will work with teams to help reschedule missed meets.
9. Will train an Assistant Director as elected by League members.
10. Will chair the Rules Committee.

The Assistant Director is not a member of the Board, but shall attend regular meetings with the purpose to become League Director the succeeding season.

##### **MEMBER-AT-LARGE**

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 League tourney 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 tourney to ensure sufficient personnel, equipment, and procedures for an effective tournament.
7. Will propose a League schedule to the League members not later than the second meeting for the season.
8. Will be a member of the Rules Committee.

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.

##### **SECRETARY/TREASURER**

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.

## **TOURNAMENT DIRECTORS**

- 1. Is a voting member of the Rules Committee.**
- 2. Shall run the tournament and be in charge of all aspects of the tournament.**
- 3. Tournament seeding and logistics.**

## **VITAL STATISTICS DIRECTOR**

- 1. Is in charge of keeping all wrestling participants birth certificates and verifying age requirements.**
- 2. Is a voting member of the Rules Committee.**
- 3. Is in charge of maintaining copies of head coaches certifications.**

## **DIVISION MANAGER**

- 1. When the League is of sufficient size that the League members decide that the structure requires a divisional format, the elected position of Division Manager will be created for each division.**

**If possible, 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 be a voting member of the Board of Directors and will represent their respective division in Board matters.**
- 3. Will act as liaison to Vital Statistics Director with rosters and record keeping for their respective division and assist in obtaining a host(s) for any divisional tournament.**
- 4. Will assist in the rescheduling and other problems within their division.**

**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 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. Any such assets not so disposed of shall be disposed by the Boys and Girls Club.

#### **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 tournament, and if necessary, 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 no later than December 1.

**Section B:** Qualification for the subdivision tournament requires each participant to weigh in at least three (3) times at a sanctioned Round Robin Meet or dual team match. A wrestler also must compete in the weight class at subdivision that they have weighed in for one-half or more of the scheduled dual matches and/or Round Robin Meets. A wrestler may use any lower weight or younger age match to qualify at upper weight 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.

**Section C:** Each team is allowed only two wrestlers per weight class. 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 the Board Member-at-Large within forty-eight (48) hours of the last dual match of the season. If results are not supplied within this time limit, the Board Member-at-Large will rank the wrestlers qualified at each weight class by seeding points and seed the wrestler with the greatest total and assign the draw to the next highest total. Ties will be broken by blind draw.

Seeding points for each wrestler at a weight class will be the sum of the varsity team points earned at the weight class with a minimum of one (1) point earned for a varsity appearance on the mat at that weight class. Forfeits shall count as a three point appearance. For all other matches ending before wrestling is over (ex. default, disqualification, etc.) The winning wrestler will be given the team points awarded and the loser one point.

The wrestler with the greatest number of seeding points will be seeded first, with subsequent seeding positions filled by the remaining wrestler with the greatest number of points.

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 divisional opponents.
4. Most wins by fall.
5. Technical fall.
6. Most wins by major decisions.
7. Most wins.
8. Most qualifying varsity matches.
9. Most qualifying matches.
10. Decision of Member-at-Large by blind draw.

Record in 2 and 3 is defined as seeding points earned.

If alternates are needed to fill a bracket the alternate from the division missing the wrestler will replace the missing wrestler. If the division that is missing the wrestler has a no show then the alternate from the other division shall fill the open spot.

Each coach will verify and make change to his list of the seeded and draw wrestlers not later than the end of the seeding meeting.

If the divisional/League tournament format is used, this section will apply only to the divisional tournaments. The seeding for the League tournament shall be by final standings of the divisional tournaments.

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

**Section E:** The host team(s) will provide a first-aid kit at the League tournament(s). The League shall provide a certified medical attendant at all League sanctioned tournaments League will pay up to \$50 of the fee for the medical attendant if any fee is required.

**Section F:** In the event of a tie score at the end of three periods, a one (1) minute rest period will be taken. 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, a thirty (30) second tie breaker 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. The first wrestler awarded a(ny) point(s) will be declared the winner. If no scoring occurs, the offensive wrestler will be declared the winner.

**Section G:** Team scoring will be kept at all tournaments using the scoring system outlined in the "National Federation of State High School Rule Book" section under tournament team scoring. The accumulation of these points at the League tournament will determine the League champion who will be awarded a championship trophy.

#### **Wrestling Rapid Weight Reduction Rule**

- 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 physicians 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 weight-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.