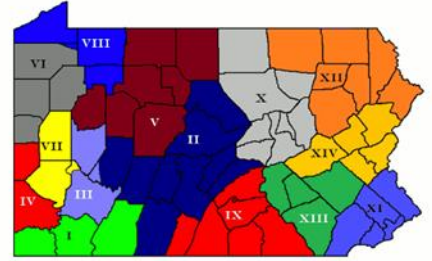


PENNSYLVANIA JUNIOR WRESTLING

2018 AREA XI GIRLS CHAMPIONSHIP



Saturday, March 17, 2018

Doors open at 6:30am - Wrestling Begins at 9:00am

Pope John Paul II High School

181 Rittenhouse Road
Royersford, PA 19468

Entry Fee: \$27

Weigh-ins For ALL WRESTLERS:

Thursday March 15, 2018 | 5:00-9:00 pm

Upper Merion Middle School

450 Keebler Rd. King of Prussia, Pa.

**** Weight changes at the scales are \$20 ****

Tournament Contact:

Arthur Dudkiewicz | (610) 329-2409

AREA XI YOUTH CHAMPIONSHIP:

- One wrestler from each weight class will advance to the 2018 PJW Girls State Championships, which are being held March 22 - 24, 2018 at Mohegan Sun Arena, Wilkes Barre, PA.
- Advancing wrestlers must purchase the Area XI uniform (\$80 cash only)
- Advancing wrestlers must provide copy of birth certificate and advancement form (attached)

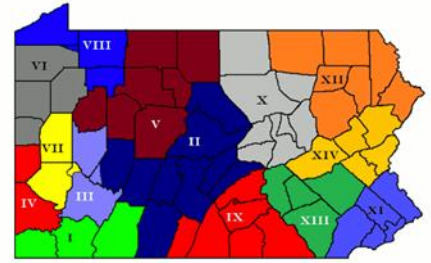
AGE EFFECTIVE DATE: A wrestler's age group classification is determined by his/her age on December 31, 2017.

EXAMPLE: A wrestler's 11th birthday is 1/1/2018. That wrestler competes in the 9-10 division.

FORMAT: Double elimination **with** true 2nd place. Awards for the top three finishers in each weight class.

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, are eligible to participate.

PENNSYLVANIA JUNIOR WRESTLING



2018 AREA XI GIRLS CHAMPIONSHIP

On behalf of the Pennsylvania Junior Wrestling (PJW) Area XI Committee, we would like to invite you to what we hope will be the best wrestling experience possible. This year's inaugural PJW Girls Area XI Championship will be on March 17, 2018 at Pope John Paul II High School.

The Area XI Championship will be a double elimination tournament (**with** true second) designed to provide each participant with ample opportunity to advance to the PJW State Championships.

The Area XI Committee is making every effort to ensure that the Championship series is the gold standard in youth wrestling. The wrestler Champion in each of the 8 & under, 9-10 and 11-12 divisions will advance to the PJW Girls State Championship.

Thank you,

Charles Springer, Area Chairman
Arthur "Duke" Dudkiewicz, Vice Chairman
Jason Sugalski, Operations Director

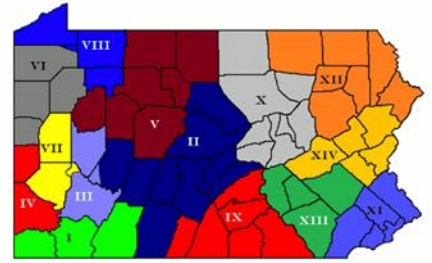
RULES AND REGULATIONS:

- Participants may only compete in one weight class and one division.
- There is no weight allowance. PJW does not promote weight loss. Wrestle at a weight that you will be able to make at the later date of the State Championship Tournament.
- A wrestler cannot wrestle outside his/her age group, unless he/she weighs more than the heaviest weight class in his/her age group.
- PJW, National Federation and PIAA rules will govern all matches except as follows:
 All bouts in the Championship bracket will consist of three periods of 2 - 1 - 1
 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)
- HEADGEAR IS REQUIRED IN **ALL** PJW TOURNAMENTS
- Mouthguards are recommended for participants with braces.
- A wrestler's age group classification is determined by his/her age on December 31, 2017.
 EXAMPLE: A wrestler's 11th birthday is 1/1/2018. That wrestler competes in the 9-10 division.
- AGE CHALLENGE RULE - Challenger and Challenged must provide proof of age (bring wrestler's Birth certificate with you).
- Skin issues should be addressed with proper skin forms (copies attached).

Girls Divisions and Brackets					
8 & under	45	55	65	80	
9-10 Brackets	55	65	75	85	105
11-12 Brackets	65	75	85	95	120

PENNSYLVANIA JUNIOR WRESTLING

2018 AREA XI GIRLS CHAMPIONSHIP



PJW Girls State Championship Advancement Form

State Qualifier Divisions and Brackets (Circle Division and Weight Class)					
8 & under	45	55	65	80	
9-10 Brackets	55	65	75	85	105
11-12 Brackets	65	75	85	95	120
Wrestlers Name:					
Address:					
School District:			County:		
Emergency Contact:			Phone:		

Don't Forget:

You must provide a copy of wrestler's Birth Certificate.

**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: _____

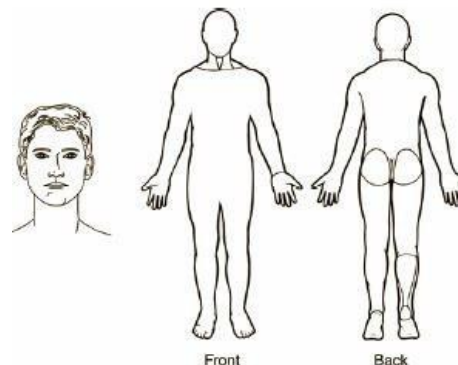
Form Expiration Date for this Lesion (Note on Diagram(s)): ____/____/____

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.

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