

BY - LAWS

KEYSTONE JUNIOR WRESTLING LEAGUE

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COACHES CODE OF ETHICS

The function of a **COACH** is to properly educate wrestlers through participation in League competition. The League's program is designed to enhance the wrestler's abilities and should never interfere with opportunities for academic success. Each wrestler should be treated as though they are the COACHES' own, their welfare shall be "upper-most" at all times. In recognition of these concerns, the following guidelines for COACHES have been adopted by the Keystone Junior Wrestling League.

A **COACH** must be aware of the tremendous influence, either good or bad, in the education of the wrestler, and thus, should never place the value of winning above the value of instilling the highest desirable ideals of character.

A **COACH** must constantly uphold the honor and dignity of the coaching profession. In all personal contact with wrestlers, referees, athletic directors, administrators, other athletic associations, the media, and the public a COACH shall strive to set an example of the highest ethical and moral conduct.

A **COACH** shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances authorize or condone their use.

A **COACH** shall promote the entire Keystone League program and direct his or her program in harmony with the guidelines set forth in the Leagues' By-Laws.

A **COACH** shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to the team's members. The spirit and the letter of the rules should be regarded as mutual agreements. A COACH shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

A **COACH** shall actively use his or her influence to enhance sportsmanship by their spectators working closely with the booster clubs and administrators.

A **COACH** shall support and show respect towards contest officials. A COACH shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials, players or other COACHES is unethical.

A **COACH** shall meet and exchange friendly greetings before and after a contest with rival COACHES to set a positive tone for the event.

A **COACH** shall not scout opponents by any means other than those adopted by the League.

Keystone Junior Wrestling League By-Laws and Regulations

<u>Article</u>	<u>Date</u>	<u>Description</u>
I	02-16	<p>MEETING SCHEULE</p> <p>Officers Board Meeting...on or before October 15. Officers meeting to include pre-season weigh in site representatives. First Keystone Meeting...before pre-season mandatory weigh-ins. Mandatory weigh ins with birth certificate(2) dates at maximum of (4) sites after first meeting and before rosters are due . Second Keystone Meeting...on or before Dec. 15 Third Keystone Meeting...between 4th and 5th Match Fourth Keystone Meeting (eligibility)...between the sixth match and Keystone Tournament Final Keystone Meeting...on or before March 15... Elect officers and wrap up</p> <hr/>
II0	02-16	<p>LEAGUE OFFICERS</p> <p>The following League Offices will be voted in every season at the final League meeting following the schedule:</p> <p>President –even years (hold 2 year term) Vice-President- co-chair-odd years (hold 2 year term) Secretary-every year Treasurer-every year *Starting after 2016-2017 season with 1st Vote to take place after 2017 Finals.</p> <p>The League Officers for the 2016-2017 Season are:</p> <p>President Doug Conroy Vice-Presidentco-chaired - Justin Guy and Robert Marlow Secretary Cassie Cline-Elyes Treasurer Charles Jelley</p> <hr/>

III 10-91 BY-LAW AMENDMENTS
Rejection or acceptance of a By-Law requires a two-thirds (2/3) majority vote of the teams present.
Two-thirds (2/3) of the teams in good standing are required to be present when voting on the rejection or acceptance of a By-Law.

IV 02-16 TEAM REPRESENTATION

Any team, which participated in the previous season, or is voted in as a new member, shall have one (1) vote.
1st year teams do not hold voting rights.

V 02-16 BY-LAW VOTING

Upcoming year voting on all additions and changes to By-Laws will be done at the last scheduled Keystone League meeting of current season.

VI 02-16 REPRESENTATION REQUIREMENTS

The Team Representative must be present at a minimum of three (3) out of five (5) scheduled meetings of the previous season to retain voting rights
*It is mandatory for all schools to have 1 representative at the 1st meeting of the season.

VII 02-16 TEAMS CARRY VOTING RIGHTS

Teams in good standing for the 2016-2017 season are as follows:

Baldwin	Highlands	Plum
Belle Vernon	Knoch	South Allegheny
Derry	Kiski	McKeesport
Burrell	Armstrong	Thomas Jefferson
Elderton	Latrobe	Valley
Elizabeth Forward	West Mifflin	Franklin Regional
Mt. Pleasant	Yough	Gateway
Norwin	Indiana	Penn Hills
Woodland Hills	Penn Trafford	Saltsburg
Charleroi	Bentworth	Ringgold
Blairsville	Frazier	Beth Center
Shadyside	Apollo-Ridge	Westinghouse

VIII	10-91	EXPULSION	At any scheduled meeting a team may motion to expel a team. The League Members will then vote on the motion. Two-thirds (2/3) of the League Members must be present. The motion must carry by two-thirds (2/3) of the members present.
IX	02-16	NEW TEAMS	A new team may petition to join the League at anytime. Upon request the League members will vote to accept or deny membership. *Maximum number of teams in the KWL is 40
X	10-91	SPLITTING TEAMS	A member can enter more than one team (dues are paid by the number of teams you enter). Splitting of teams must be done at roster time.
XI	02-16	CHECKING ACCOUNT	A checking account will be established in the name of the Keystone Wrestling League; the minimum balance shall be maintained and carried forth each year. At least 2 board members must be on the account. Ideal would be treasurer and secretary. Adding President would be bonus. Two signatures required for all checks.
XII	02-16	TEAM DUES	2016-2017 Team Dues- \$350.00 Team dues are levied to offset League cost incurred. These items can be, but are not limited to: a. Tournament awards b. Mailing and office supplies b. Banking cost c. Meetings or professional assistance d. 2 badges per school for bracketing room e. Coaches badges The Keystone Wrestling League, prior to collection of

season's dues, shall vote and pass a financial budget to assure financial responsibility.

Additional dues can be levied if required with majority vote approval; the burden shall be shared equally among the League members.

Dues must be paid prior to the first match. The members of a Team which has not paid their dues (by the date of a match) will not be allowed to count that match towards their eligibility for the Keystone Tournament.

XIII 02-16 ROSTER FORMS

The League will supply roster forms which must be completed and returned prior to the mandatory weigh-ins. The forms shall be completed in a systematic manner.

The final roster will be due to the secretary the Tuesday after the regular mandatory weigh ins.

Teams not adhering to the above will not be eligible for matches, until the forms are completed.

ANY AND ALL EXPENSES INCURRED DUE TO A TEAM NOT HAVING ROSTERS IN ON TIME WILL BE REQUIRED TO BE PAID BEFORE ANY MATCHES COUNT TOWARD FINALS ELIGIBILITY.

PRE-SEASON WEIGH-INS

Weigh-ins are mandatory for all wrestlers that wish to participate in Keystone Finals.

4 sites will host the pre-season weigh-ins. One representative from each school must be present at their school's weigh'ins.

Wrestling must weigh in with at least their underwear and weights are a flat weight.

XIV 10-04 LEAGUE SEASON

The League season will consist of six (6) weekends followed by the Keystone Tournament. The match dates will be established by a membership vote each season.

XVIII	02-16	HOME MATCHES
<p>Any and all teams requesting Home Matches shall have equal opportunities, and such requests shall be taken into consideration as long as they are made before March 31st for the following season. After March 31st, requests will be handled on a first-come, first-served basis. All sites requesting to host a match must 2/3 approval of a quorum (2/3) of the teams with voting rights. This is specifically to eliminate teams from hosting poorly run site matches. The host team is responsible to supply any support people, equipment, and referees.</p> <p>All schools that are hosting a site match must produce a maximum occupancy permit to the board at the beginning of the season.</p> <p>All host sites must hire and EMT or Trainer to have on site during their site match.</p>		
XIX	02-16	REFEREE REIMBURSEMENT
<p>It was voted on at the end of the 2015-2016 that the league would no longer reimburse for referees. It will remain a requirement for the host schools have 2 card carrying officials, but the league will no longer be responsible for reimbursement of one of them.</p>		
XX	02-16	MATCH REQUIREMENTS FOR VISITING TEAM
<p>Each visiting team must supply one (1) working representative that is familiar with league pairing procedures to assist with pairings and writing of bout sheets. Keystone League ID Badge is required for pairing room/area.</p>		
XXI	02-14	PAIRING CARD SUBMISSIONS
<p>Pairing cards must be turned into the League Secretary before the next match SEPERATED BY TEAM AND IN ORDER or the team responsible will not be eligible for credit of the match unless they have a valid excuse.</p>		

XXII	02-16	<p data-bbox="665 189 966 220">MAT RESTRICTIONS</p> <p data-bbox="665 262 1421 409">There must be a responsible coach in a wrestler’s corner at all times. No more than two (2) coaches shall be in a wrestler’s corner at a time. If a coach is not present, the match cannot start.</p> <p data-bbox="665 451 1421 556">No spectators are permitted on any part of the mat, unless called by the official in the case of an injury. <u>Absolutely NO parents/spectators will be allowed along sides of mats.</u></p> <p data-bbox="665 598 1435 703">These rules will be enforced by the referees. <u>The Host Team will be held responsible for informing the referees of these rules and for the enforcement of these rules.</u></p>
XXIII	02-16	<p data-bbox="665 741 1388 772">MANDATORY HEADGEAR, SHOES AND SINGLET</p> <p data-bbox="665 814 1421 961">Wrestlers are required to wear headgear during Keystone matches (for the wrestlers own safety). Headgear guidelines will follow the PIAA rules. Head/Hair cover must be attached to headgear.</p> <p data-bbox="665 1003 1421 1108">A match cannot be allowed to start unless both wrestlers are wearing headgear, WRESTLING shoes, and a team singlet.</p> <p data-bbox="665 1108 1421 1171">The use of club singlets is not permitted at Keystone events.</p> <p data-bbox="665 1171 1421 1255">*A team may request a wavier on the mandatory use of a singlet (granted for hardship cases only).</p>
XXIV	11-08	<p data-bbox="665 1293 917 1325">ILLEGAL HOLDS</p> <p data-bbox="665 1367 1421 1545">The Keystone League shall follow PIAA rules in regard to legal moves with the following exceptions. Holds such as the “Banana Split” or any other hold that splits the wrestler’s legs in a painful manner are banned from this League and the League Tournament.</p> <p data-bbox="665 1587 1421 1692">It is the Sponsor’s (host team) responsibility to instruct the Tournament Officials (referees) to stop this move immediately before any wrestler is injured.</p> <p data-bbox="665 1734 1421 1797">No penalty will be awarded, as it is only a potentially dangerous hold. Other leg wrestling is permitted.</p>

The card pairing system is mandatory at all league matches. If the host school does not use card system, all wrestlers at that site will forfeit eligibility for that match.

The goal of pairings is to achieve competitive matches while getting as much mat time as possible for the wrestlers.

We must attempt to give each wrestler two (2) matches.

There must be a give and take process (weight, age, stars, and experience) between those working in the pairing room in an attempt to get each wrestler two (2) matches.

Remember pairings will only be as good (or poor) as the pairing help.

PAIRINGS WILL BE PERFORMED IN THE FOLLOWING MANNER

1. NO PAIRINGS WILL BE PERFORMED UNTILL REGISTRATION TABLES ARE CLOSED TO REGISTRATION
2. CARDS WILL BE PUT INTO AGE GROUPS BY AGE GROUPS 6U,8U,10U,AND 12U. (DO NOT TRY TO SEPARATE INTO INDIVIDUAL AGES6,7,8,ETC.
3. WEIGHTCLASSES IN ACCORDANCE WITH THE WEIGHTCLASSES USED IN THE BYLAWS
4. EACH WEIGHTCLASS WILL HAVE THE HIGHEST STAR RATINGS AT THE TOP OF THE ORDER DOWN THRU TO 0*
5. ALL PAIRINGS WILL START AT THE BOTTOM(0*) AND WORK WAY UP TO TOP OF WEIGHTCLASSES USING LARGEST BRACKET SHEETS POSSIBLE
6. ANY AND ALL SHIFTING ANY KIDS FROM WITHIN THEIR LAIDOUT AGE GROUPS AND WEIGHT CLASSES WILL BE DONE LAST NEVER FIRST!!
7. IN ORDER TO RECEIVE CREDIT FOR WEEK YOU WRESTLER MUST PARTICIPATE IN THEIR OWN AGE GROUP. YOU MAY WRESTLE UP AS EXTRA MATCHES.

- 0*... 1st year or non-aggressive experienced wrestler
 1*... An average wrestler of his years of experience
 2*... Aggressive above average for years of experience
 3*... 1st / 2nd place winner in last season's Keystone
 Tournament
 4*... 1st-4th place winner in last season's Area
 Tournament effective 2015/2016
 5*... Place winner in last season's State
 Tournament

*Note: The star rating for every wrestler must be updated yearly according to last season's Keystone, Area, and All-Area Tournament results.

Note: All 2 wrestlers are eligible to be paired with 3* and 4* wrestlers.

IF YOUR WRESTLER IS WINNING EVERY MATCH AS 0*,1* HE IS RATED TOO LOW. YOU SHOULD BE CHANGING THAT KIDS RATING UP TO GET HIM/HER COMPETITIVE MATCHES.

For a wrestler to be eligible for the Keystone Tournament, the wrestler must be available to wrestle in a minimum of four (4) of the regular scheduled Keystone Matches.

- a. Doctor's excuses are excluded altogether... Doctor's excuses will no longer be counted as a match wrestled. Any second match forfeited due to medical staff medically disqualifying a child during their first match will be given credit for that day.
- b. Death in the immediate family, i.e. parents, siblings, grandparents, aunts, uncles, cousins counts as a match wrestled.
- c. No exceptions including late sign-ups or Jr. High commitments.
- d. Wrestler present and available to wrestle but cannot be matched counts as a match wrestled, however this should not happen.

XXVIII 02-16 TOURNAMENT ROTATION

The following list indicates the rotation for the Keystone Tournament. If the scheduled team declines to host the Tournament, the next team on the list becomes eligible.

Any team unable to host the Keystone Tournament due to reasons beyond the team's control (i.e., schedule conflicts; school district not permitting the use of facilities) will remain at the top of the rotation for 1 year. If the team cannot host the following year they will be placed at the end of the rotation.

New teams will be added to the end of the rotation. Any team leaving the League for one (1) or more seasons will upon re-entry be added to the end of the rotation as a new team.

Rotation as of 2015-2016 season will be as follows:

PT, EF, BW, WH, ARM, TJ, PH, CH, KN, YG, DE, SA, BV, IN, BENT, BU, WM, NW, FZ, BL, FR, MP, VA, GA, EL, SS, RING, BC, AR, WHOU, KA, LA, SL, PL, MK, HL

XXIX 02-14 TOURNAMENT AND LEAGUE AGE

A wrestler's age for the entire season is the what ever age he will be on January 1st of that year. AGE WILL BE VERIFIED AT MANDATORY WEIGHINS AT BEGINNING OF SEASON.

i.e. A wrestler signs up in the fall and is 7 years old. His birthday is December 31st. That wrestler is 8 years old for the entire season.

XXX 02-16 FINALS TOURNAMENT ADMISSION

Maximum for adults.....\$5.00
Maximum for students.....\$3.00
Wrestlers..... Free
Kids 5 years and under.....Free
KWL Board Members.....Free

XXXI	10-91	TOURNAMENT AWARDS
Trophies will be awarded for 1 st , 2 nd , 3 rd , and 4 th , place finishers of the Keystone Tournament.		
The Awards Committee will be responsible for obtaining trophies and awards for the Keystone Tournament.		
XXXII	11-92	TOURNAMENT ELIGIBILITY
Any wrestler complying with By-Law XXVII and current age limitations shown in By-Law XXIX shall be allowed to participate in the Keystone Tournament.		
There shall be no entrance fee for any wrestler wishing to participate in the Keystone Tournament.		
XXXIII	02-14	TOURNAMENT WEIGHT GUIDELINES
All weights will be flat weights. No weight allowances.		
Weigh-ins must be held the Wednesday evening before the Tournament. Members of the Rules Committee may be present at the weigh-ins.		
An eligible wrestler can only enter one (1) age and weight class. You are permitted to enter one (1) higher group/or class than the wrestler's actual class.		
An eligibility list will accompany all wrestlers cards all the way thru to the actual finals. The weightclass to be wrestled in will be written in marker and circled on the wrestlers card and the actual weight will be recorded on the eligibility rosters at weighins. THIS IS SPECIFICALLY TO PREVENT MISTAKES DUE TO THE POSSIBILITY OF ANY CARDS BEING LOST BETWEEN WEIGHINS AND BRACKETING. THIS IS A CHECK AND BALANCE. NOBODY WILL BE ADDED TO BRACKETS AT THE FINALS. IT IS THE REPS RESPONSIBILITY TO VERIFY THAT THEIR KIDS WEIGHED IN. NO EXCEPTIONS!!		
Rules Committee is the Grievance Committee with a tie vote to be broken by the President.		

XXXIV	02-16	<p>TOURNAMENT ELIMINATION</p> <p>The Keystone Tournament shall be double elimination starting and including the first round. Tournament host school preference.</p>
XXXV	02-93	<p>TOURNAMENT BRACKET GUIDELINES</p> <p>The maximum bracket will consist of fifteen (15) wrestlers.</p> <p>The minimum wrestlers required to split a bracket shall be eight (8) wrestlers.</p> <p>Placement of wrestlers will be done so that wrestlers will not wrestle teammates earlier than necessary.</p> <p>Common sense should always be used.</p> <p>Seeding will only be considered for 3*, 4*, and 5* wrestlers by years of experience.</p>
XXXVI	10-00	<p>TOURNAMENT 3-MAN BRACKET GUIDELINES</p> <p>All 3-man brackets will wrestle a round robin. The final match of the round robin will be completed in the semi final round.</p> <p>The 1st and 2nd place wrestlers of each round robin will walk in the parade of champions with trophies to be awarded after the parade of champions.</p>
XXXVII	02-16	<p>TOURNAMENT AGE AND WEIGHT DIVISIONS</p> <p>6 & Under...40, 45, 50, 55, 60, 65,70, 80, 90 Hwt (100 lbs.max), Super Hwt (125 lbs max)</p> <p>7 & 8...45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105 Hwt (115 lbs max), Super Hwt (150 lbs max)</p> <p>9 & 10... 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110,120,130, Hwt (150 lbs max), Super Hwt (200 lbs max)</p> <p>11 & 12... 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 125, 135, 145, 160, Hwt (250 lbs max)</p>

To improve and make the Keystone League and the Tournament more consistent, committees (consisting of Team Representatives) will be formed each year to oversee and provide direction for each area of concern.

The following committees shall be appointed by the President of the League annually:

- a. Rules, Grievance, and By-Law: Three (3) members
Shall interpret the existing By-Laws as applied to League functions. Shall present new and alterations to the members of the League.
- b. Tournament: Five (6) members
Shall consist of the First Host Team as Chairman, and the other host teams of the current year, plus the (3) host teams of the following year. The Committee shall create and monitor the Tournament parameters.
- d. Scheduling: Three (3) members
shall consist of the Vice-President as Chairman plus two (2) additional members. The Committee shall develop the League's match schedule.
- e. Awards: Three (3) members
shall consist of the Treasurer as Chairman plus two (2) additional members. The Committee shall be responsible for obtaining trophies and awards.
- f. Eligibility: Three (3) members
Shall consist of the President as Chairman plus two (2) additional members. The Committee shall monitor Participation By-Law and create an Eligibility List for the Keystone Tournament.
- g. Pairing: No less than nine (9) members
Shall consist of the Secretary as Chairman and the remainder of league Officers. The three host schools of current year. The three host schools of past year and the three host schools of next year. The pairing meeting is closed to all persons who are not a Keystone rep of the current year. The brackets will be photo copied at the end of the meeting and rechecked for unauthorized changes the morning of the tournament. The Committee

shall be responsible for the implementation of the Tournament Bracket By-Law.

- h. Disciplinary and Codes of Conduct: Five (5) members Shall consist of the President as Chairman plus four (4) additional members. The Committee shall be convened if necessary to address any league sanctions and disciplinary actions due to unsportsmanlike behavior at site matches and league tournaments. Shall draft and present codes of conduct relating to all League matters. NOTE: The host schools are solely responsible for all actions taken during the meets, including removal of coaches and spectators from premises if necessary.

XXXIX

02-14

LEAGUE REFEREES

- a. The Keystone League season will consist of six (6) weekend matches at different locations as set forth herein.
- b. Host school will supply at least two (2) card-carrying referees, however, three (3) card carrying referees are preferable.
- c. At least FOUR (4) wrestling areas (per location) will be used. HAVING AT LEAST ONE FULL CIRCLE IS PREFERRED BUT NOT REQUIRED. A WRESTLING AREA IS DEFINED AS A MINIMUM 20 FT BY 20 FT AT THE LINES
- d. The balance of the referees would be supplied by the Host team (not required by the League to be card-carrying referees).
- e. Keystone Tournament referees will be chosen from referees whom did League Matches. They are to be paid by the host school from the gate. At the end of the day

XL

11-11

NUMBER OF TEAMS IN LEAGUE

The number of member teams will be voted on at the closing meeting of each season. The target number of teams was 30 however it has become necessary to revisit this on an annual basis to maintain the number of wrestlers that will be the most desirable to the league. Maximum

number as of the close of the 15/16 season as voted on by a league is 40 teams.

A. In order to accommodate the growing number of eligible wrestlers. The Keystone Tournament will be changed to a 4-day tournament to be held on two consecutive weekends.

1. A probable breakdown scenario (using last year's numbers as a guide) would look like the following:

- a. (6 & Under) would be on Saturday with one start time or two start time depending on number of wrestlers
- b. (11 & 12 Years) would be Sunday with one or two start time depending on number of wrestlers
- c. (7 & 8 Years) would be on the Saturday with a one or two start time depending on the number of wrestlers and the size of the site hosting.
- d. (9 & 10 Years) would be on the Sunday with a one or two start time depending on the number of wrestlers and the size of the site hosting.

B. The above scenario would require 4 different schools to host the Keystone Tournament. The smallest site will be required to host the smallest group

C. The Keystone Tournament will be limited to schools that can accommodate at least 5 wrestling areas and are willing to pay for a minimum of 7 card carrying refs. 5 FULL MATS ARE PREFERRED FOR FINALS BUT 5 SURFACES AS DEFINED WILL BE ACCEPTABLE. IF A TEAM CANNOT PROVIDE FOR 5 WRESTLING SURFACES THEY MAY GET LEAGUE APPROVAL DONE BY A VOTE TO HOST FINALS, HOWEVER THEY MUST TAKE THE SMALLEST OF THE GROUPS

D. The Keystone Tournament will be held as a silent tournament.

If it is determined that a match was not held in accordance with the Keystone League By-laws the host team will lose their referee reimbursement and also their wrestlers will not receive credit for wrestling that week.

Host teams of regular season Keystone Matches must meet the following minimum guidelines to have their match considered to be held in good standing.

- 1) Skin check must be conducted by either a referee or a healthcare professional, i.e. doctor, nurse, EMT.
- 2) A paper will be sent out in the host schools packet. It must be filled out properly by host team rep and returned with the card packet.
- 3) Card packet must be mailed back to the League official in the appropriate time frame.
- 4) Admission prices at the door can not exceed the prices set by the league.