

USCAA
Youth Wrestling Program
RULES AND REGULATIONS
(Revised August, 2005)
(Approved September, 2005)

Purpose

The primary purpose of the Upper St Clair Athletic Association Youth Wrestling Program is to provide the opportunity for children of township residents to learn the fundamental skills of wrestling, and to develop an appreciation for the level of physical fitness that the sport requires. The program secondarily attempts to provide instruction at a level that will allow more advanced youth wrestlers to continue to improve their skills.

Eligibility

The program is designed for all Upper St Clair residents in grades one through six. There are no age cut-off dates for the program. Registration for youth wrestling is held at the township Recreation Center the first week of November and practices begin the third week of November. The registration form asks that parents provide the wrestler's full name, address, phone number, email address, birth date, grade, approximate weight and height, and years of wrestling experience. The form also asks if the parent has an interest in helping with coaching. There is a brief meeting for all parents the evening of the first practice. The basics of the season are explained, and parents are advised that they be expected to volunteer to help out at home matches (generally two per year). The wrestling commissioner is responsible for registration and the parent meeting.

During the year, children may enter local youth wrestling tournaments. For these tournaments, proof of age via a birth certificate is often required.

The wrestling program is a fee-based program. The wrestling commissioner develops a budget for the season and then determines the fee level accordingly. The budget is submitted to the USCAA Board for approval.

Wrestling Groups

The wrestling program is designed for two distinct groups: the experienced wrestler and the first-year wrestler. Due to the physical and confrontational nature of the sport, matching up first-year and experienced wrestlers is generally avoided. When the pairings are made for matches, first-year wrestlers are matched against other first-year wrestlers whenever possible.

There is another subtler group difference in the youth wrestlers: the children that are purely recreational and the somewhat more competitive and wrestling-focused children. The distinction is similar to “rec teams” versus “travel teams” in other sports. In youth wrestling, there is no “travel team”, though there are youth tournaments held every weekend around Western Pennsylvania. The USC Youth Wrestling program aims to provide ample opportunities for both of these groups.

Program Administration

USCAA appoints a wrestling commissioner. The commissioner’s duties include:

- Developing a budget
- Purchase Uniforms as needed
- Schedule wrestling room times for practice
- Schedule High School gym for home matches (2)
- Advertise for signups
- Hold registration
- Designate coaches
- Schedule matches with other township programs
- Prepare and distribute information to parents regarding weekly matches
- Attend practices and matches
- Coordinate staffing, movement of mats, etc for home matches
- Distribute uniforms
- Attend match meetings
- Distribute tournament information
- Arrange Junior Olympic participation
- Schedule coaches to attend practices and matches
- Collect uniforms at year-end
- Coordinate information to be posted on Youth Wrestling Web Site

The commissioner may also appoint an assistant commissioner to assist in the administration of the program.

Practices are held in the high school wrestling room Monday, Tuesday, Wednesday and Thursday evenings and Saturdays at noon. One of the weekly practices is for novice wrestlers exclusively.

All wrestlers are encouraged to attend our team matches throughout the season, both the first-year and experienced wrestlers, whether they are more recreational or competitive wrestlers. The team matches usually involve three or four youth wrestling programs and take about 4 to 5 hours on a Saturday or Sunday afternoon. During the week, a match meeting is held in advance of the match to pair up similar wrestlers from the different programs. The wrestling commissioner and one coach usually attend the match meeting. Wrestlers are matched based on age, weight and experience level.

The team also provides a list of tournaments, where at least one USC Youth Wrestling coach will attend, to parents in the beginning of the season. These tournaments are generally more geared to children interested in the more competitive side of wrestling and are for both novice wrestlers (1st and 2nd year wrestlers) and experienced wrestlers.

The wrestling season culminates with the Pennsylvania Junior Olympic Wrestling Tournament. There is a local and regional qualifier, then the state finals. Participation in this tournament is at the option of the wrestlers. As long as there is a USCAA youth wrestler in the tournament, a coach will be available to assist the parent and wrestler.

The wrestling season runs from late November through early April, though a significant number of children do not compete in any of the tournaments after early March.

Referees

The host township program is responsible for providing referees for the matches. The Pennsylvania State Wrestling Association sanctions all referees. For tournaments, referees are provided and included as part of the entry fee.

Disciplinary Committee

The disciplinary committee will consist of the Commissioner, the Head Coach and the assistant commissioner. The committee will resolve any matter relating to wrestler, coach, or fan misconduct before, during or after a match or practice.

The disciplinary committee will determine the appropriate action to be taken against any participant who exhibits unsportsmanlike behavior or whose conduct is detrimental to the purpose and objectives of the program. Such action could include suspension or ejection from the program. The incident will be brought to the USCAA board for discussion.

Coaches

There is a designated Head Coach for the program. The Head Coach is selected by the commissioner and is submitted to the USCAA Board for approval. There are assistant coaches selected by the commissioner and also submitted to the USCAA Board for approval. The Head Coach is generally in charge of the overall practice organization. He is responsible for what is taught at practice, and which assistants are assigned to what practices.

Participants

Wrestlers are encouraged to wear headgear and wrestling shoes, and the program does not provide these items. The program provides singlets and warm-up jackets to be worn at all matches. Shorts and T-shirts, or practice singlets are to be worn at practice. For wrestlers that do not have wrestling shoes, we try to hold a shoe swap with our experienced wrestlers bringing in their shoes they have outgrown. Clean sneakers are acceptable in the absence of wrestling shoes.

Wrestlers will normally have at least two matches per meet. There are times due to limited wrestlers at certain ages or weights, where we cannot accommodate 2 matches.

There are no restrictions regarding physical requirements for the wrestler. As this is a contact sport, in a one-on-one environment, good judgment is needed on the part of the parent. Open cuts are not permitted, and casts of any kind are not allowed.

It is very important that all wrestlers wear only clean clothes to wrestling practice and matches, and that they bathe with soap and hot water immediately following practice and matches. Ring worm, skin rashes and other infectious diseases are immediate cause to deny a wrestler a match.