

# Agenda – ICWL League Meeting – January 13th, 2026, 7pm

Teams Not Present: ArchbishopRyan, Lions Den,Media, Steel Valley, Strath Haven

Meeting call to order:  
Opening Remarks - Evan

Treasurer’s report - Jason Sugalski



Account Type	Today’s Beginning Balance	Pending Transactions
TD Business Convenience Plus		
Business Savings		
TOTAL		

## Opening Remarks - Evan

**Emphasizing Sportsmanship. Copying Haverford’s statement read out at each event-**

The Haverford Youth Wrestling program and the Inter-County Wrestling League promote good sportsmanship by athletes, coaches and spectators. We request your cooperation by supporting all participants and officials in a positive manner. Profanity, racial or ethnic comments, fighting or other intimidating actions directed at officials, athletes, coaches, team representatives or spectators will not be tolerated and are grounds for removal from this venue.

Wanted to recognize everyone’s partnership over the past few weeks as we worked through some of the technical challenges encountered with the Windows Pairing Software after the New Year

## New Business:

1. **Meet matchups**
  - a. **Following the guidelines set forth on the website-10% weight, 1 year.**
2. **ICWL Rules Point of Emphasis-** refer to email and attachment distributed 1/12 regarding Chin Whips and Assassins.
  - a. This went into effect last year, but was not enforced.
  - b. Both moves put pressure on the carotid.
  - c. Review with refs on Saturday mornings.
3. **Weighins-**
  - Second weigh-in- Jan 12-16, 2025- Happening this week.Update Pairing roster
4. **Windows Pairing Software**
  - a. **Not going to rehash. Details are in emails**
5. **Advanced Wrestlers**
  - a. **How to keep advanced wrestlers engaged?**
  - b. **Can we setup in the existing format a dual mat to have the high-level wrestlers go against each other? They would be seeing the same kids they would normally be seeing but maybe with the more formal setup, bragging rights?**
  - c. **Divisional Dual program outside of saturday meets**

- d. Have one or two hosts designated as the dual sites for a Saturday
  - e. Other thoughts
    - Are we a victim of our success having evolved into higher-level programs where the advanced wrestlers don't have the competition on Saturdays
    - Should the league be focused on developing the 0's-2's into 3's and the kids and clubs that want to go further to do the higher level events, etc.
6. ICWL Championship Weekend (Set-up Feb 13th, Event Feb 14th and 15th)
- a. Registration Open
    - As of Wed 9pm- Open-426 Novice- 252
  - b. Seeding meeting for Open Divisions Feb 10th @ GPCC
  - c. Volunteering- Mostly we are going to need Table Workers. There will be a few other roles, but we will not need a heavy setup breakdown presence like in the past. We will have 16 tables for 2 days. High Schoolers for Sunday? Signups coming out this week.
    - 8 tableworker spots for each table will be made available and names will be entered into the registration.
  - d. Weigh ins Feb 5 & 6
    - The league is going to be having refs for the weigh-ins
    - [SignupLink-](#)  
<https://intercountywrestlingleague.sportngin.com/register/form/289060247>
    - Event Weigh-in 2/5-6- As discussed, any teams that want to host weigh-ins will be asked to contribute \$50 toward a pool to cover refs at each location and the league will cover the difference. Reg is open- Chris Hanlon and Rick Rappo will be coordinating
    - Locations posted on the website
      1. <https://www.intercountywrestlingleague.org/page/show/7789277-icwl-open-and-novice-weigh-ins>
  - e. Submit USAW Club coaches list by Jan 30- download from USAW-Manage Club, Wrestling Leaders, Export (It's a good time to perform maintenance on your list). Delete anyone that shouldn't be there.
    - <https://intercountywrestlingleague.sportngin.com/register/form/496620196>
  - f. Admission- \$15/one day \$25 weekend passes. Advance ticketing will be available.
  - g. Schedule

Sat AM	Open	Bantam 8u + Girls
		Intermediate 14u + Girls
		Midget/Junior Girls Only
Sat PM	Open	PeeWee 6u + Girls
	Novice	PeeWee 6u
		Bantam 8u
Sun	Open+ Novice	Midget 10u
		Junior 12u
(Sunday Schedule TBD- Most likely Novice early session and Open later)		

**Old Business:**

1. Bruiser Duals Jan 25th @ Strath Haven
  - a. Bruiser duals weigh-ins 8:15-9
  - b. Wrestling at 9:30
  - c. 1lb weight allowance
2. Wildwood Duals
3. USA Wrestling Waivers- Joe

Other business:

Seeding meeting will be 2/10

Meeting adjourned at 8:20

Events:

Please visit our new Tournament Listing registration to list your event.

<https://intercountywrestlingleague.sportngin.com/register/form/506726107>

Bensalem Youth Wrestling Tournament	1/25/2026	<a href="https://events.flowrestling.org/event/a61d7bdc-957d-4581-90e8-0a76e3c3269a/summary">https://events.flowrestling.org/event/a61d7bdc-957d-4581-90e8-0a76e3c3269a/summary</a>
Super Brawl Sunday	2/1/2026	<a href="http://www.udywa.org">www.udywa.org</a>
Haverford "True" Novice	2/8/2026	<a href="https://haverforyouthwrestling.com/2024-haverford-true-novice-tournament-registration-date-tbd/">https://haverforyouthwrestling.com/2024-haverford-true-novice-tournament-registration-date-tbd/</a>
SOUDERTON BIG RED TRUE FIRST YEAR / NOVICE / GIRLS DIVISION TOURNAMENT - 37TH ANNUAL	2/8/2026	<a href="https://www.pywrestling.com/souderton-big-red-novice-2-8-or.html">https://www.pywrestling.com/souderton-big-red-novice-2-8-or.html</a>
UPPER PERK BRAVES 43rd ANNUAL WRESTLING TOURNAMENT	2/21/2026	<a href="https://www.flowrestling.org/nextgen/events/14464234/information">https://www.flowrestling.org/nextgen/events/14464234/information</a>
PJW Area XI Youth	2/22/2026	
PJW Area XI JH	2/1/2026	
Area 14 PJW Qualifier	2/22/2026	

January

- Kennett Round Robin @ Kennett 1/18
- Perkiomen Valley War Zone event 1/18
- Bruiser Duals 1/25
- Bensalem Open/Novice 1/25
- Winter Brawl Duals/Individual Allentown, PA

February

Springfield 2/21

March

Hatboro War of the Warriors 3/1

The Chinwhip/ Neck Wrench is illegal. If observed by the official it will be stopped before wrestler uses for potentially dangerous. If wrestler uses before it can be blown dead it will be stopped, called illegal, and penalized accordingly by the penalty chart.

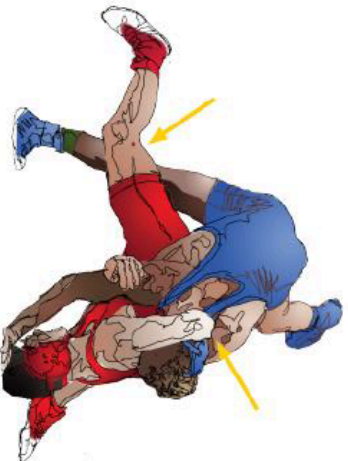
### Chin Whip/Neck Wrench

**Rule 5-20:** "Potentially Dangerous holds include any hold/maneuver which may cause injury when used legally. Holds/maneuvers become Potentially Dangerous when a body part is forced to the limit of normal range of movement..." After being warned to such holds/maneuvers, repeated use of such holds/maneuvers shall be deemed illegal.



1. This situation warrants a prompt **Potentially Dangerous** call to stop action before wrestler B is pulled and tipped directly to his back without the opportunity to protect himself. Should this situation continue there is danger of injury to the spine and neck of wrestler B, which is an **Unnecessary Roughness** call and penalty point on wrestler A.

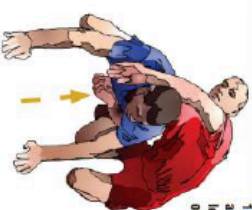
2. This situation is **Potentially Dangerous** for a variety of reasons: wrestler B's leg and knee is blocked along with a possible neck wrench from wrestler A pulling wrestler B over to his back. Once again, if this is not stopped **Potentially Dangerous** to prevent serious injury, the result may be an **Unnecessary Roughness** call on wrestler A.



### The Assassin

The Assassin is illegal. Officials will be looking for the move to be locked up and the wrestler demonstrating they may be about to jump over (image 2) at which time it can be potentially dangerous. If the move is used before blown dead (image 3 to image 6) the match will be stopped, called illegal, and penalized accordingly to the penalty chart

1. Set-up: Wrestler A reaches over head and under shoulder w/ far side arm to lock & vice hands in side of wrestler B's neck.

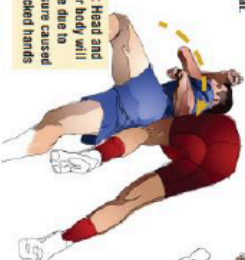


2. Wrestler A crunches & pulls wrestler B into his knee as wrestler B breaks down to mat.

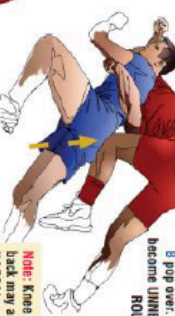


**Note:** THE OFFICIAL'S POSITION IS CRITICAL TO SEE DANGEROUS POINTS.

3. Wrestler A steps across w/ far leg (a sit out step) pulling across wrestler B's head, neck and throat to his back. This may become **ILLEGAL** if across the throat.



4. Wrestler A may plant his far side knee in the hip or lower back to help wrestler B pop over. This may become **UNNECESSARY ROUGHNESS**.



**Note:** Knee in lower back may also be **ILLEGAL**.


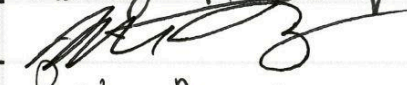
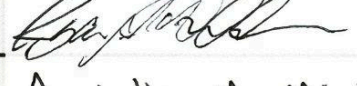
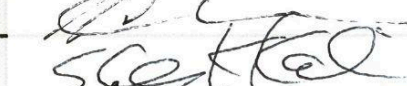
5. As wrestler A turns wrestler B, he will keep his hips parallel to mat and tight against wrestler B's hip.







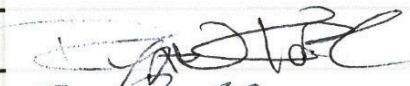
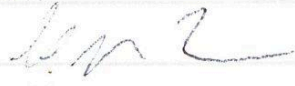
**Note:** Pressure across the throat.

6. As wrestler A finishes the move, notice wrestler B's head propped up by wrestler A's arm pit and upper arm forcing the chin to be pinched against the arm across the throat. This has definitely become a choke hold ... **ILLEGAL**.



League Meet sign-in	1/13/26
AB - Abington	
AR - Archbishop Ryan	
AST - Aston	Joe DiPietro
AG - Avon Grove	Jim Taylor
BEN - Bensalem	Melley McClary
BOY - Boyertown	
BTS- Beat the Streets	Rick Mascino
BYC - Brandywine	Cherie [Signature]
CBR - Central Bucks	Mike Moran
CV- Coatesville	
CON - Conestoga	Annielle M. Michael
CR - Council Rock	Al'do DiDomenico
DOW - Downingtown	Matt [Signature]
Executive Academy	
GV - Great Valley	Joe Cero
GN - Greater Norristown	SUGALSKI - Jay Korian
HH - Hatboro Horsham	FC
HAV - Haverford	Chet Rozanski
INT - Interboro	
Just Youth Athletics	Scott [Signature]
KEN - Kennett	Laurie [Signature]
LD - Lions Den	
LM - Lower Merion	Lynn [Signature]
MN - Marple Newtown	Ann [Signature]
MED - Media	

Please Print

MET - Methacton	
NES - Neshaminy	Marc Torelli
NOR - Norchester	Chad Frack
NP - North Penn	Dane DiStanislaio
OX - Oxford	Brian Kelley
PR - Pennridge	Pat McKenna
PB - Pennsbury	Jim Eml
PV - Perk Valley	
PG - Pottsgrove	Christopher
QUA- Quakertown	Andrew Ray
RID - Ridley	
SOU - Souderton	
SF - Spring Ford	Erik Olin
SAA- Springfield (Delco)	Steve Kroll
SVR - Steel Valley	
SH - Strath Haven	
TR- Truman	
DAR- Upper Darby	S Bell
UD - Upper Dublin	ATP
UMO - Upper Moreland	
UP - Upper Perk	Chris Telson
WAR- Warminster	Altra
WC - West Chester	Natby
WIL - Wilmington (DE)	SWAN
WISS- Wissahickon	