

**BY-LAWS
OF
MIDD-WEST WRESTLING ASSOCIATION**

PREAMBLE

We citizens of the Commonwealth of Pennsylvania, incorporate ourselves for the purpose of providing recreation for young persons, and entertainment and amusement for people of all ages, by the promotion of, and the participation of the members in the competing of the sport of wrestling, not for profit, but conducive to physical and mental development to provide an opportunity for young persons to learn the rudiments of modern American Wrestling and to enable them to demonstrate this knowledge together with citizenship, team spirit and good sportsmanship in active team play with others of approximate age, size and weight.

Article 1. Name

Section 1.01 The name of this Association is the MIDD-WEST WRESTLING ASSOCIATION.

Article 2. Membership

Section 2.01 The membership of this Association shall at all times, consist of such persons as are members, in good standing of the Association, as shown by the records of this Association. Any person of good moral character shall be eligible for membership and office regardless of race, sex, creed, color or national origin, provided their intent is for the betterment of the Association and children involved and not for self gain or disruption of this Association. Members will be recognized when such person has attended (3) meetings during 1 fiscal year and has completed and submitted a membership application.

Article 3. Address and Location

Section 3.01 The location and post office address of its initial registered office within the Commonwealth at 148 Furnace Rd, PO Box 224, Middleburg, ,PA 17842.

Article 4. Meetings

Section 4.01 The annual meeting of the Association will be held in April, at which time the officials will be elected. The new President will call a Board of Directors meeting within (2) weeks. Officers shall serve from May 1 to April 30th.

Section 4.02 Special meetings of the general membership may be called by the President at such

times as he may deem necessary, or upon written request signed by (5) members of this Association.

Section 4.03 Regular meetings to be held the second Wednesday of each month, (optional).

Article 5. Order of Business

Section 5.01 Meetings shall be structured in the following manner:

- 1. Roll Call*
- 2. Reading of the minutes of the proceeding meeting*
- 3. Reports of committees*
- 4. Reports of officers*
- 5. Old and unfinished business*
- 6. New Business*
- 7. Open Floor*
- 8. Items for Action*
- 9. Good and welfare*
- 10. Adjournment*

Article 6. Notices

Section 6.01 Notice of all meetings, regular or special, shall be given by advertising once in one newspaper of general circulation within Snyder County, and on local radio stations.

Article 7. Waiver of Notice

Section 7.01 Unless otherwise provided by law, whenever any notice is required to be given, by the provisions of the by-laws, a waiver thereof in writing signed by the person or persons entitled to such notices, whether before or after the time stated therein, shall be equivalent thereto.

Article 8. Officers

Section 8.01 The officers of the Association shall be the President, Vice-President, Secretary, Treasurer, and One Director.

Article 9. Duties of Officers

Section 9.01 The President shall be the chief executive officer of this Association. He shall preside at all meetings of the members and directors. He shall have general and active management of the business of this Association. He shall see that all orders and resolutions of

the Board of Directors are carried out. He shall execute all bonds, mortgages and all contracts of this Association, affixing the corporate seal thereto. He shall have general supervision and direction of all other officers of the Association and see that their duties are properly performed. He shall submit a report of the operations of the Association for the fiscal year to the Board of Directors and members at their annual meeting and from time to time, shall report to the Board of Directors all matters within his knowledge that may affect the Association. He shall be ex officio a member of all standing committees and shall have the powers and duties and management usually vested in the office of President in an Association. He shall appoint all committees, except as herein otherwise provided. His or Her signature shall be affixed to banking accounts and may sign checks of the Association. Shall annually appoint Senior High, Junior High and Elementary Representatives to serve as Temporary Board of Directors for the sole purpose of communications between all coaches and the Association. Shall annually appoint Tournament Director, Equipment Manager, Food Operations Manager for the purpose of directing functions of the Association within the three levels, Elementary, Junior High and Senior High.

Section 9.02 The Vice-President shall be vested with all the powers and shall perform all the duties of the president during the absence of the latter and shall have such other duties as may, from time to time, be determined by the Board of Directors.

Section 9.03 The Secretary should attend all sessions of the Board of Directors and all meetings of members and act as a clerk thereof, and shall record all votes and minutes of all proceedings in a book to be kept for that purpose. The Secretary shall, when required, perform to like service for all standing committees, shall be responsible for the giving of all notices required by these by-laws and by law, and shall perform such other duties as may be prescribed by the Board of Directors or the President under whose supervision he/she shall be, and he or she shall be the custodian of the corporate seal and all of the books and records of this Association, except as may be otherwise provided.

Section 9.04 The Treasurer, under the direction of the Board of Directors, shall have charge of the funds of this Association and shall deposit the same in the name of the Association in depositories designated by the Board of Directors. He or she shall pay all vouchers or orders properly attested by the President and Secretary and shall make a complete and accurate report of the finances of this Association at each annual meeting of the members, or at any other time upon request of the Board of Directors. His or Her signature shall be affixed to banking accounts and signs checks of the Association.

Section 9.05 Officers shall by virtue of their office be members of the Board of Directors.

Section 9.06 No officer or director shall for reason of the office be entitled to receive any salary or compensation, but nothing herein shall be constructed to prevent an officer or director for receiving any compensation from the association for duties other than as a director or officer.

Article 10. Bonds

Section 10.01 The Board of Directors may require such officers to be bonded as it shall deem necessary for an amount(s) as it may deem requisite.

Article 11. Board of Directors

Section 11.01 The property and business of this Association shall be managed by a Board consisting of four (4) officers and one (1) director who shall be the head Senior High Varsity Coach or his appointee.

Section 11.02 The president of the Association by virtue of the office shall be chairperson of the Board of Directors.

Section 11.03 The secretary of the Association by virtue of the office shall be secretary of the Board of Directors.

Section 11.04 In addition to the general powers of the Board of Directors by virtue of their office, the powers and authority expressly given by law, by terms of the charter of this Association, and elsewhere in these by-laws, the following specific powers are expressly conferred on the Board of Directors:

Section 11.05 To purchase or otherwise acquire for the Association, any property, right of privilege which it is authorized to acquire at such price of consideration, and upon such terms as they deem expedient.

Section 11.06 To appoint, to remove or suspend subordinate agents or servants.

Section 11.07 To determine their duties and affix their salaries.

Section 11.08 To confer by resolution upon an officer or agent of this Association the power of permanently removing or suspending a subordinate officer or servants.

Section 11.09 To determine who shall be authorized, on behalf of this Association to sign bills, notice, receipts, acceptances, endorsements, checks, releases, contracts and any other instrument.

Section 11.10 To delegate any of the powers of the Board to any standing committee, special committee or to any officer or agent of the Association, with such powers as the Board may see fit to grant, generally to do all such lawful acts and things as are not by law or by charter, or by these by-laws directed or required to be done by the members.

Section 11.11 Any action which may be taken at a meeting of the Directors may be taken without a meeting, if consent in writing setting forth the action so taken, shall be signed by all the Directors and filed with the Secretary of the Association.

Section 11.12 Duly elected officers and board members must attend a minimum of (8) meetings to retain their position as a board member.

Section 11.13 Head coaches of the Senior High, Junior High and Elementary programs must attend all meetings or appoint one (1) of his assistants to attend.

Section 11.14 General Membership shall narrow the number of applicants to no more than (3) candidates, by popular vote. Candidates and their qualifications will then be given to the Senior High Head, Senior High Assistant and Junior High Head as recognized by the Mid-West School District to appoint a Head Elementary Wrestling Coach.

Section 11.15 An effort shall be made to secure as Board members and coaches, men or women who have an active interest in youth and a working knowledge of the sport of wrestling.

Article 12. Nominations, Elections, Terms of Office

Section 12.01 Election shall be held annually in April.

Section 12.02 The general membership shall elect the members of the Board of Directors.

Section 12.03 The term of office for all the officers and members of the Board of Directors shall be for one (1) year. Incumbent Officers or Board of Directors of this Association may serve for no more than two (2) consecutive years deemed by the annual election results. Under special circumstances an officer may be allowed to serve one (1) emergency term of one (1) year as approved by the Board of Directors.

Section 12.04 In the event that the office of an officer or member of the Board of Directors shall become vacant, the remaining members of the Board of Directors shall immediately fill such vacancy for the unexpired term.

Section 12.05 A simple majority vote of members present, and voting shall be required to elect the officers.

Section 12.06 Any member in good standing shall be eligible to hold office in this Association.

Section 12.07 No member shall hold more than one (1) office.

Article 13. Quorum

Section 13.01 A quorum for the purpose of holding any meeting of the members shall be at least six (6) members, including at least two (2) of the four (4) officers.

Section 13.02 A quorum for the purpose of holding any meeting of the Board of Directors shall be the simple majority of the members of the Board of Directors.

Article 14. Majority Vote

Section 14.01 A simple majority shall be required to pass any motion at any meeting of the members or Board of Directors, unless otherwise provided.

Article 15. Rights and Obligations of Members

Section 15.01 Every member in good standing shall have the right to vote at the general membership meetings.

Section 15.02 The books, accounts and records of this Association shall be open for inspection to any member of the Board of Directors at any time. Members of this Association may, at the discretion of the Board of Directors, inspect such books, accounts, and records of this Association at such reasonable times as the Board of Directors may by resolution designate.

Article 16. Standing Committees

Section 16.01 There shall be such standing committees as from time to time shall be determined by the Board of Directors.

Article 17. Association Seal

Section 17.01 This Association shall have a seal, upon which shall be inscribed the name of the Association, the year of its creation, and the words, "Pennsylvania Corporation Not for Profit Incorporated"

Article 18. Adoption of By-Laws

Section 18.01 These by-laws shall be adopted by a majority vote of the Board of Directors present and voting at the time of its proposal to the Board of Directors for ratification.

Section 18.02 These by-laws shall be in full force and effective immediately upon their adoption as set forth in section 18.01.

Section 18.03 The authority to make, alter, amend and repeal by-laws of this Association is vested in the Board of Directors, subject always to the powers of the members to change such action.

Article 19. Liability

Section 19.01 The sponsors and their employees, the Board of Directors, coaches and assistant coaches, officials and other supervisory personnel are not responsible for injuries to persons or damage to property. All persons who participate in this program as either official, player, coach or other capacity do so at their own risk.

Article 20. Age

Section 20.01 If a child is eligible to enroll in Kindergarten through Twelfth grade on or before the first day of the school in the Midd-West School District they are eligible to participate and reap the benefits of the Midd-West Wrestling Association activities.

Subsection-For Elementary Purposes

Article 21. Residence

Section 21.01 All team members must be residents of the Midd-West School District at the time of signups, except when a registrant from outside of the prior mentioned area does not have access to and/or does not present a conflict with a similar program in his/her community. If a child moves from the community during the season and can meet requirements of practice sessions, meetings, matches, and other bonafide commitments without undue strain on them or their teammates, they shall be permitted to finish that season with their team, and as deemed acceptable and eligible by the Susquehanna Valley Elementary Wrestling League or PIAA eligibility requirements.

Article 22. Parental Consent

Section 22.01 No child shall be registered as a qualified player if they have not secured the written consent of their parents or legal guardian on forms provided for that purpose. The consent may be withdrawn at any time during the playing year by a written revocation delivered to the Board of Directors. All parental consent forms must be submitted at registration.

Article 23. Players Rules and Obligations

Section 23.01 A player may be dropped from the wrestling squad for unexcused absences from practice sessions or games or for disciplinary reasons. Such transactions must first be approved by the league President. Reasons for dropping players are as follows:

- 1. Withdrawal of parental consent*
- 2. Personal resignations of players*
- 3. Three (3) consecutive absences from practice or matches without first having been excused*
- 4. Actions on or off the mat detrimental to squad morale*
- 5. Moving out of town, creating a hardship on the player themselves or their teammates*
- 6. Parent of players who insist on coaching his child in an uninvited and unofficial capacity*
- 7. Moral misconduct of player*
- 8. Discipline or academic ineligibility set forth by the Midd-West School District per their policies and procedures*

Article 24. Player Registration-Elementary

Section 24.01 Selection of the Elementary Varsity Squad must be accomplished no later than the date set for final roster.

Section 24.02 Player registration includes proof of birth and parental or guardian consent.

Section 24.03 Final roster submission and weigh-in of all individuals will occur one (1) week prior to the first league match. At such time a final Elementary Roster must be submitted by the Elementary Head Coach or designated individual to the Susquehanna Valle Elementary Wrestling League President.

Article 25. Practice-Elementary

Section 25.01 Practice sessions must be not more than seven (7) hours per week and shall not commence prior to the 2nd Monday of November, as per PIAA regulations.

Section 25.02 Ten (10) minutes of calisthenics must precede each practice or match. There will be a minimum of three (3) conditioning practices before any live wrestling shall occur.

Section 25.03 At all practice sessions involving live wrestling, players shall be required to wear head gear.

Section 25.04 Wrestlers shall be required to shower immediately after practice to avoid the possibility of ring worm, mat herpes or any other communicable disease.

Article 26. Players' chairs

Section 26.01 Players' chairs will be reserved for members of the varsity team. Coaches and assistant coaches shall be restricted from the mat except for injuries and time outs.

Article 27. Coaching Ethics-Elementary

Section 27.01 The wrestling coach is charged with the responsibility and vested with the authority for maintaining proper team control. The coach should:

- 1. Inspire in players a love for the game and the desire to win*
- 2. Teach players that it is better to lose fairly than to win unfairly*
- 3. Lead players and spectators to respect officials by setting for them a good example*
- 4. Be the type of person they want their players to become*
- 5. Be constantly alert to the health and welfare of the players*
- 6. Refrain from using any tobacco products or alcohol during practice sessions and matches*
- 7. Treat players with respect at all times*
- 8. Refrain from using vulgar or obscene language or physical abuse of any form in practice or match situation. Any violation of this section will result in immediate suspension from coaching*

followed by a board inquiry. Any coach convicted of a violation may never coach in this Association in any capacity again.

9. All elementary coaches shall have at the very least the following credentials

- a. PA State Police Background Clearance*
- b. PA Dept of Welfare Childline and Abuse Registry Clearance*
- c. Completed Coaches Application*
- d. Experience, Knowledge and the ability to teach the sport of wrestling*

Article 28. Breach of Rules

Section 28.01 A breach of the rules and regulations as set forth in these by-laws on the part of the coach may result in forfeiture of the match, suspension from coaching assignments or both.

Article 29. Parental Ethics

Section 29.01 Spectators are an important parent of the game and should conform at all times to accepted standards of good sportsmanship and behavior. Enthusiastic and wholesome cheering is encouraged. However, the spectator should always refrain from:

- a. Booing players, coaches and officials*
- b. Disrespectful conduct toward coaches and officials*
- c. Complaints about coaching methods and techniques*
- d. Any display of poor behavior*
- e. Refrain from using any tobacco products or alcohol during or before practice sessions and matches*
- f. Refrain from using vulgar or obscene language or physical abuse of any form during practice or game situation*
- g. Any violation of rules 1-6 above can or will result in immediate suspension from practice or match*

Adopted 2.13.08
Amended 4.08.08
Amended 02.11.09