

From: **PA Power Wrestling** jeff.upson@papowerwrestling.com
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To: Lanny Bryant lanny@wrestlingusa.com



PA Power Wrestling Headlines



Referees Should Use Discretion When

Enforcing The Silly "Singlet Strap" Rule

Listen - I love rules. In fact, my occupation, the one that actually pays the bills, is based on the enforcement of rules that our society has in place. As a Police Officer - I can utilize what is called ***discretion***.

Referees in wrestling should have similar discretion when enforcing unsportsmanlike conduct penalties.

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Pennsylvania's Sammy Sasso Talks Midlands Performance and More on The Open Room

PAPC42: Back for 2019 The Open Room returns with Rob Waltko and Joe Youngblood as they recap the Southern Scuffle and Midlands.

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First Take: Jeff Karam Back at BECAHI and Mifflin County Stops #15 Cumberland Valley

So this is big news. Honestly, when I first saw this on social media I thought "who would make something like that up?"

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PA Power Podcast Talks District 3 Status Report Plus Changes Needed to PIAA Team States

PAP47: PA Power Wrestling's Jeff Upson is joined by District 3 correspondent Jeremy Elliott and the two have a lively chat on a little bite of everything.

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ICYMI: Pennsylvania's NCAA Update from the Twitterverse

Catch up on all the College wrestling news including updates on Pennsylvania wrestler Mikey Labriola and Hayden Hidlay.

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Pittsburgh PA 15207
USA

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