



# **2019 WRESTLING CANADA LUTTE RULEBOOK**

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# Canada



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## INTRODUCTION

Wrestling in Canada is continually improving at the provincial/territorial, national and international levels. This comes as a result of our members' desire to be as fully informed as possible of the technical developments of the sport, which is dynamic and exciting.

Wrestling Canada Lutte (WCL) has adopted the most current version of United World Wrestling's (UWW) [International Wrestling Rules](#), with appropriate Canadian modifications.

The WCL Rulebook is only intended to supplement the UWW International Wrestling Rules and provide Canadian specific modifications. The Rulebook, which encompasses the International Wrestling Rules and Canadian modifications, where specified, shall apply to all domestic competitions sanctioned by WCL, unless otherwise determined by the WCL Board of Directors.

Modified rules may be used for competitions as approved by the appropriate PTSO or other sanctioning body.

## **PART 1 – PREPARATION AND ADMINISTRATION**

### **Article 1: Weight Categories and Age Classification**

#### **SENIORS (20 years and older during the calendar year of the event)**

Men's Freestyle (FS):	57, 61, 65, 70, 74, 79, 86, 92, 97, 125 (in kilograms)
Men's Greco-Roman (GR):	55, 60, 63, 67, 72, 77, 82, 87, 97, 130
Women (WW):	50, 53, 55, 57, 59, 62, 65, 68, 72, 76, 82

*Note: Athletes turning 17, 18, or 19 years of age in the calendar year of the event may compete in a Senior competition with a medical certificate, parental authorization and proof of age.*

#### **JUNIORS (18-20 years during the calendar year of the event)**

Men's Freestyle (FS):	54, 57, 61, 65, 70, 74, 79, 86, 92, 97, 125 (in kilograms)
Men's Greco-Roman (GR):	55, 60, 63, 67, 72, 77, 82, 87, 97, 130
Women (WW):	46, 50, 53, 55, 57, 59, 62, 65, 68, 72, 76, 82

*Note: Athletes turning 17 years of age in the calendar year of the event may compete in a Junior competition with a medical certificate, parental authorization and proof of age.*

#### **U19s (17-18 years of age during the calendar year of the event)**

Men's Freestyle (FS):	39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125 (in kilograms)
Men's Greco-Roman (GR):	41-45, 48, 51, 55, 60, 65, 71, 80, 92, 110
Women (WW):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90
Women's GR (WW-GR):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73

#### **U17s (15-16 years of age during the calendar year of the event)**

Men's Freestyle (FS):	39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125 (in kilograms)
Men's Greco-Roman (GR):	41-45, 48, 51, 55, 60, 65, 71, 80, 92, 110
Women (WW):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90
Women's GR (WW-GR):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73

*Note: Athletes younger than 15 years of age are not allowed to compete in the U17 age division. Athletes in the U17 group are not allowed to compete in the U19 age group.*

#### **GENERAL**

- a) The birth date of all wrestlers shall be verified at the time of registration by legal proof of age (i.e., birth certificate or passport).
- b) For all closed Canadian Championships, citizenship or permanent residence status must be verified for new residents of Canada at time of registration by permanent residence documents or passport.

- c) A wrestler may compete in one only weight class per style at any given Canadian Championships.
- d) A wrestler can choose to compete in the next higher weight class, except for the heaviest weight class, where the wrestler must weigh the minimum weight listed in this rulebook. The decision to change a weight class cannot be made after the wrestler has already weighed in and the athlete has officially been entered on the weigh-in sheet for a particular weight class.

## Article 2: Weighing-In

- a) Canadian Championships will have a weigh-in on the day of the competition. The duration of the weigh-in is one hour and shall be integrated with the medical control (i.e., a wrestler must, within one hour in total, to have their medical completed and weigh-in for the tournament). Where there are two age categories, there will be two separate weigh-ins.
- b) Please be advised in such situations of Greco-Roman Canadian Championships and United World Wrestling / FISU Trials a wrestler must weigh in before they compete in each designated event.

*Note: These weigh-in procedures are for Canadian Championships. Local tournament organizers may choose other criteria for the weigh-in (i.e. the day before the tournament weigh-in, call-in weigh-in, etc.)*

- c) At the medical control, designated medical staff and / or physician will be present to check each athlete presented to them and are obligated to eliminate any wrestler who has any contagious skin disorder or any other ailment that would prevent them from competing at a safe level. The event medical staff and / or physician will be the final medical authority.
- d) If an artificial limb(s) is worn during competition, then it must be worn during the weigh-in and approved as safe by the head official.

**WARNING:** The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited at the Bantam Festivals and U17/U19 Canadian Championships. The penalty for non-compliance for athletes is immediate elimination from the tournament without placement. Coaches, who assist or promote this type of weight loss, will be barred from the competition site for the remainder of the championships with a WCL discipline hearing to be scheduled at a later date, if deemed necessary. The WCL Representative along with the CAWO Representative at the event will have the primary responsibility of enforcement.

## Article 3: Drawing of Lots and Pairing Off

The determination of the placing of the athletes in the draw shall be done by either the generation of lots by the WCL Computerized Draw System or by drawing of lots by the athletes at the weigh-in.

*Note: The WCL Computerized Draw System will automatically draw numbers for each athlete and place them as far apart in the draw, based on club status, as possible. Seeds will be randomly placed into each quarter bracket and byes will be placed as per the rulebook.*

Where the drawing of lots shall be completed at the weigh-in, the following system shall be used:

- a) For each weight class, a set of numbers will be prepared.
- b) After weighing-in, the wrestler picks a number, removing it from the set.
- c) At the termination of the weigh-in, all numbers are ranked in order from smallest to highest within each weight class.
- d) Seeding will occur at the Junior and Senior Canadian Championships, and World/Olympic Trials.
- e) Where possible, the pairing master will attempt to prevent provincial/territorial and club athletes from meeting in the first two rounds. Athletes will be moved on a random basis.

#### **Article 4: Singlet**

Athletes are permitted to wear traditional and revised singlet colours for Canadian Championships, as specified below.

#### **SINGLET COLOURS & MARKINGS:**

##### Traditional

The singlet must be 60% majority red or blue and not a combination of both colours.

##### Revised

The singlet colour must be based on the club and/or provincial colours. This colour shall make up 60% of the singlet. In addition to these colours, red and blue markings must be incorporated (see below).

To avoid similar colour combinations, only the following colours will be allowed with **blue** markings:  
Black, Blue, Green, Grey, Purple, Silver

To avoid similar colour combinations, only the following colours will be allowed with **red** markings:  
White, Orange, Pink, Red, Yellow, Brown, Gold

##### Revised Singlet Markings:

Each singlet must have a total of **three** markings consisting of:

- a) Two bands, one on each leg, 7 cm in width, positioned across the bottom edge of the leg. The band must cover the circumference of the leg.
- b) One band, 7 cm in width, positioned on the backside of the upper torso, below the athlete's name if applicable. The band should be exclusively placed on the back half of the singlet, not visible on the front half.
- c) The red and blue markings must not include any graphics, logos or third-party identification.

*Note: Emblems should be either club logos and/or provincial logos. Singlets with emblems of any country other than Canada are prohibited, unless worn by a foreign team participating in the event.*

Please note that a WCL representative and the on-site head official at each of the respective Championships will have the final authority on approving or rejecting competition singlets at weigh-ins and during competition.

#### **Article 5: The Mat**

- a) An authorized mat must be 9 metres in diameter plus a protection area, which is a minimum 1.2 and up to 1.5 metres wide surrounding the entire mat.

#### **Article 6: Medical Services**

- a) The organizers of national tournaments must have a physician, and suitable medical staff in sufficient numbers available to examine the wrestlers during the combined medical/weigh-in; physicians or paramedical personnel must be available throughout all tournaments (either on site or immediate location). If a competitor is considered to be in poor health or in a condition that is dangerous to themselves or other competitors, the wrestler shall be excluded from competing in the competition.
- b) A physician has the right to stop a bout when there is danger to either competitor; the physician also has sole authority to decide whether a competitor may continue a bout. In the absence of a physician, the medical personnel at the event may have the authority to decide whether a competitor may continue a bout.
- c) In the absence of a medically qualified person, the head official will have the right to prevent an injured wrestler from continuing the bout; however, the head official will not have the right to force any wrestler to continue against the wrestler's wishes.
- d) A designated physician of a participating team is fully authorized to intervene to give treatment to the injured competitors of that same team.
- e) The decision to continue must be made within the time allocated for injury or blood.

#### **Article 7: Doping**

The deliberate or inadvertent use by an athlete of an IOC banned substance or method which is perceived to enhance athletic performance and/or taking measures to mask the use of banned substances, constitutes a doping infraction and is strictly forbidden.

As a condition of WCL membership, all athletes, officials and coaches must adhere to the Canadian Anti-Doping Program (CADP). Please refer to the CCES website ([www.cces.ca](http://www.cces.ca)) for information regarding the CADP, doping control, a comprehensive list of banned and restricted substances as well as corresponding sanctions for doping violations.



## PART 2 – THE BOUT

### Article 8: The Bout

- a) In the event of visually and/or hearing impaired wrestlers, the officials must ensure forearm-to-forearm contact and/or use hand signals, appropriately touching the wrestlers as necessary, and that there is continuous physical contact between the wrestlers for the duration of the bout. The referee should allow the wrestlers to make contact if separation occurs or stop the bout and restart with contact.

*Note: Any wrestler who is visually impaired will start using a forearm-to-forearm start in the standing position. The wrestlers are to re-establish and maintain contact if separated during wrestling. If contact is not re-established the bout will be stopped and re-started in a contact position (standing or par terre).*

*Wrestlers who are hearing impaired must be tapped on the shoulder to indicate whistles to either start or stop any wrestling action. The referee must be sure to start the bout with a clear hand signal in direct view of a hearing impaired athlete, in addition to the sound of a whistle. The referee must be sure to make any verbal commands or hand signals in direct view of the hearing impaired athlete.*

- b) U17 and Bantam (U15) Rules - In Canada, the suplay, salto, and full nelson from the front and the side, and west point ride are illegal in these age groups and will be stopped immediately. Side throws are allowed.
- c) Incident reports shall be filed by the head official for any tournament that an individual (coach, athlete, official) was thrown out. Reports should be filed with the appropriate governing body (i.e., WCL for Canadian Championships) and include information regarding the incident and the decision to eliminate the individual from the competition. The athlete to will not be allowed to compete in WCL sanctioned events until the Discipline Panel reviews the matter.

### Article 9: Interruption Due to Injury

- a) If the bout must be interrupted due to injury, the referee may stop the bout for a maximum of 2 minutes per wrestler.
- b) The entire suspension may be accorded at one time or accumulated at various times throughout the bout.
- c) The referee or Chairperson may announce to the injured athlete or coach when each 30 seconds of injury time has elapsed.
- d) The referee shall invite both wrestlers to resume the bout at the centre of the mat 10 seconds before the end of the 2-minute injury period.
- e) If the injury was accidental and the injured competitor cannot continue after 2 minutes of injury time, the opponent is declared the winner. However, if the injury was deliberately caused by the opponent's

actions, the injured competitor will be declared the winner by disqualification of the opponent.

- f) The non-injured wrestler should remain standing in the assigned corner and may receive advice from the coach.
- g) A wrestler, who is injured accidentally and loses a bout for that reason, may return in the next bout (only with the permission of the physician). This must be announced to the Pairing Master before the pairing of the next round.
- h) For treatment of an injury, the wrestler must remain on the mat unless directed by the competition physician/medical personnel. The doctor/ medical personnel may stop the match before the end of the injury/blood time limits. Note Article 6b) & 6c).
- i) If the injury and or blood stoppage occurs, wrestling will be restarted in the par terre position or in standing, depending where it was stopped. The par terre restarts, when the attacking wrestler scores a takedown, but has not had adequate opportunity to score due to obvious injury or blood. This restart is used no matter who called for the stoppage (i.e., medical personnel, referee, and athlete).
- j) Athletes that require inhalers/ventilators should be aware that there are a number of inhalers/ventilators that utilize substances on the IOC banned list. It is the responsibility of the athlete to be aware of these substances. Athletes under such medication are strongly encouraged to use inhalers/ventilators before the start of a bout. If necessary, an athlete will be given the opportunity to use an accepted inhaler/ventilator during injury time.
- k) When a wrestler deliberately stops a bout without, in the opinion of the referee team, being injured or bleeding his opponent will receive one point.

## **PART 3 – RESPONSIBILITIES OF THE PAIRING MASTER**

### **Article 10: Drawing of Lots and Placement in Groups**

Where the WCL computerized draw program is not utilized, the following shall apply;

- a) Following registration at the Canadian Championships the pairing master will produce a weigh-in list for each weight class. In addition, the pairing master must prepare a set of unique numbers for each weight class. The set size should be sufficient for all registered athletes, with extra numbers in case an athlete switches weight classes or missed registration (Organizing Committee may take on this duty).
- b) After weighing-in the athlete picks a number, removing it from the set. This must be conducted in public. The numbers must be hidden from the athlete so the pick is random.
- c) The official records the number drawn beside the athlete's name on the weigh-in sheet.
- d) At the conclusion of weigh-in the athletes are ranked from lowest to highest according to the number drawn within each weight class.
- e) Seeding will occur at the Junior and Senior Canadian Championships and Canadian Team Trials, or as determined by WCL.
- f) When possible, the pairing master will attempt to prevent provincial/territorial and club athletes from meeting in the first two rounds. Athletes will be moved and/or replaced on a random basis.

### **Article 11: Double Elimination Bracket Draw Format**

- a) In the double elimination bracket draw format, a win advances the wrestler to the next round and closer to the final. A first loss relegates the athlete to the repechage (consolation) rounds (for third place), and a second loss eliminates the athlete from the competition. The size of the bracket is a multiple of 2, ie. 2, 4, 8, 16, 32, 64 and so on.
- b) On the WCL wall charts, the championship rounds for a 32-person draw will be indicated by C-32, C-16, C-8, C-4, C-2 and the repechage round will be indicated by R-16, R-16x, R-8, R-8x, R-4, R-4x and R-2. From this system a “tournament order of rounds” can be compiled that will list the order of bouts for the entire tournament.  
  
i.e. 8-person draw C-8, C-4, R-4, R-4x, R-2, C-2  
16-person draw C-16, C-8, R-8, R-8x, C-4, R-4, R-4x, R-2, C-2  
32-person draw C-32, C-16, R-16, R-16x, C-8, R-8, R-8x, C-4, R-4, R-4x, R-2, C-2
- c) If the number of competitors is five or less in a given weight class, then a round robin, one pool system will be used to determine the final ranking order.

### **Article 12: Seeding**

Whenever there are two seeds in any class, they should be placed in opposite halves of the bracket. If there are three seeded athletes, the second and third seeds should be seeded in different quarter brackets

of the half-bracket opposite from the number one seed. When there are four seeds, the first and fourth seeds should be placed, in different quarter brackets, in one half-bracket and the second and third seeds should be placed, in different quarter brackets, in the other half-bracket. A seeded contestant should have the same opportunity to draw for the byes as other contestants in the same bracket.

### **Article 13: Byes**

- a) When the number of competitors is not a power of 2 (that is, 4, 8, 16, 32 and 64) there should be byes in the first round. The number of byes should be equal to the difference between the number of competitors and the next higher power of 2 (ex. 19 wrestlers, 32-person draw → 13 byes). The number of pairs that meet in the first round should be equal to the difference between the number of competitors and the next lower power of 2 (19 wrestlers, 16-person draw → 3 pairs). There should be no byes on the championship side after the first round, and no further drawing is necessary. The byes, if even in number, should be divided equally between top and bottom. If the number of byes is uneven, there should be one more bye at the top than at the bottom.
- b) When using a 64-person bracket, if byes are drawn, they will take their places as follows; first bye - line 64; second bye - line 2, others, in order - lines 32, 34, 48, 18, 16, 50, 56, 10, 24, 42, 40, 26, 8, 58, 60, 6, 28, 38, 44, 22, 12, 54, 52, 14, 20, 46, 36, 30, 4.
- c) When using a 32-person bracket, if byes are drawn, they will take their places as follows; first bye - line 32; second bye - line 2; others, in order - lines 16, 18, 24, 10, 8, 26, 28, 6, 12, 22, 20, 14, 4.
- d) When using a 16-person bracket, if byes are drawn, they will take their places as follows; first bye - line 16; second bye line 2; others in order - lines 8, 10, 12, 6, 4.
- e) When using an 8-person bracket, if byes are drawn, they will take their places as follows: first bye - line 8; second bye line 2; third bye line 4.

### **Article 14: Contestants Eligible for Consolation Bouts**

At the completion of the first round in each weight class, consolation rounds may start. In the event two wrestlers who previously competed against each other in the championship bracket are paired again in the consolation bracket, the bouts should be wrestled and scored as if they had not previously met. The third and fifth place bouts should be conducted before the first place championship bout. The loser of the consolation final places fourth. The two losers of the consolation semi-finals compete for fifth place (the loser of this bout places sixth).

### **Article 15: Disqualification**

- a) If an athlete is disqualified from the Canadian Championships or any WCL sanctioned event for brutality and/or flagrant unacceptable behavior (biting, punching etc.) they will be immediately suspended from all WCL sanctioned events until such time as the Discipline Panel reviews the matter.

## Article 16: Classification for Round Robin Competitions

- a) Following the round robin competition, placement is determined by the following criteria, in order:
- i. Number of victories: The number of victories will first be used to determine separate placements. If there is a tie (2 athletes) in victories between the two athletes, the result of the head to head bout will determine the placement.
  - ii. Number of classification points: If after applying the number of victories criteria, there is a multiple tie in number of victories among 3 or more remaining athletes, classification points will be used to break the tie to determine placement. Where classification points are different, athletes will be placed accordingly. For example, if classification points are distinct for all athletes, the classification points shall determine all placements. If there is a tie in classification points between two athletes, the result of the head to head bout between the two shall determine their respective placement.
- b) The following classification point scoring system is applied to determine the placing within each group. Athletes are awarded classification points based upon the result of the bout. The classification points do not affect the progress of the athlete. An athlete given a bye will receive no classification points for that round.
- c) In the case of a multiple victory tie (**3 or more athletes**) in a Round Robin, here is an example how to use Classification points:

Example: If there is a 3-way tie in victories and the classification points are as follows: 5, 4, 3 the placement of athletes will be from highest to lowest (5-1<sup>st</sup>, 4-2<sup>nd</sup>, 3-3<sup>rd</sup>). If classification points are as follows 5, 4, 4 we will make the placing as follows (5-1<sup>st</sup>, then head to head between the 2 athletes with 4 classification points or if 5, 5, 4 the placing are as follows (head to head for the 1<sup>st</sup> and 2<sup>nd</sup> and the 4 points is 3<sup>rd</sup> place).

If it is a 3 or more way tie in Classification points, you will then move to the next criteria:

- i. the most victories
- ii. the Head to Head for a tie in victories (2 athletes)
- iii. the most classification points accumulated during the competition (Multiple tie in victories – 3 or more athletes)
- iv. the most bout victories by fall
- v. the most bout victories by technical superiority
- vi. the most technical points scored during the entire competition
- vii. the fewest technical points allowed during the entire competition
- viii. in the event that it is impossible to determine a winner at this point, the wrestlers will be weighed and the one who weighs the least will be classified as first.

## Article 17: Team Classification

At the Canadian Championships, the team points awarded in each weight class shall be proportional to the number of participants in each weight class and shall be weighted in the following manner.

# of competitors	6+	5	4	3	2	1
1st	10	9	7	5	4	3
2nd	7	6	5	3	2	
3rd	5	4	3	2		
4th	3	2	1			
5th	2	1				
6th	1					

*Note: Only the top placing wrestler per club/province, in a given weight class, is awarded team classification points.*

In the event of a tie between two teams, the placing will be determined by using the following tie-breaking criteria. Each step shall be applied until the tie no longer exists.

1. the team with the most 1st place finishes
2. the team with the most 2nd place finishes
3. the team with the most 3rd place finishes
4. the team with the most 4th place finishes
5. the team with the most 5th place finishes
6. the team with the most 6th place finishes

If a tie still exists, it shall be recorded as such.

In the event of a tie between more than two teams, use the tie-breaking criteria listed above until one place can be determined. Then start over and use the criteria to break the remaining tie(s).

## **PART 4 – WRITTEN PROTESTS**

### **Article 18: Protest Policy at Canadian Championships**

The Canadian Junior & Senior Championships, wrestle-offs and trials do not have protests. The “Challenge” process is provided when the mat side video control is established.

### **Article 19: Protest Procedure**

Used when mat side video review “Challenge” is not available.

- a) Within 30 minutes of the completion of the bout, the provincial/territorial team leader or coach must submit a written protest accompanied with a fee of \$200 (cash). At all Canadian Championships or WCL sanctioned events this protest should be filed with the WCL Designate. Other tournaments the protest should be filed with the head official.
- b) Usually, the Protest Committee shall consist of the Head Official, a WCL designated individual and a neutral coach, however, this may differ for local tournaments. No member should have any conflict of interest in reviewing the protested bout.

#### Protest Committee

- a) Shall determine if the protest is acceptable (i.e. a technical call and not a judgement call).
- b) Shall discuss and inform the coaches that the bout is under protest and that both athletes are to remain in the competition area.
- c) Shall have the announcer note that a bout at that weight class is under protest.
- d) Shall notify the head PM.
- e) If necessary, the head official may consult the three officials who refereed the bout.
- f) If necessary, review the videotape of the bout. The videotape must contain the entire bout to be admissible.
- g) Attempt to resolve the protest within 30 minutes of its receipt, and it must be resolved prior to the continuance of other bouts that may be affected by the decision.
- h) Have the announcer note the decision of the protest.

#### Protest Review Outcomes

- If the protest committee concludes that the protested situation was called and scored appropriately, then they shall reject the protest and declare it unsuccessful. The score on the bout sheet shall remain the official result and the entire bout will not be reviewed.
- If the protest committee concludes that the protested situation was or called scored inappropriately, then they shall review and re-score the entire bout. The decision of the protest committee involving the re-scoring of the bout is final and cannot be re-protested, it will be considered final and irrevocable.

Where the result of the re-scored period or bout results in the losing wrestler winning, the protest committee must make a decision regarding procedure between the two following options;

### Bout Ending Situations

**In a protest, if a move ends a bout based on technical superiority criteria and is found to not be the correct call, the wrestlers will re-wrestle the remainder of the match beginning at the same point in time, and with the same score as when the bout was stopped.**

If the protest results in the losing wrestler winning the bout, and the protested scoring action would have ended the bout (e.g. superiority reached), the decision is reversed, and the losing wrestler is declared the winner (no wrestling in a two or three-minute protest period).

### Examples of bout ending situations:

- In the bout there should have been a Technical superiority.
- A pin that was confirmed by the Chair and should have been declared.
- The third caution had been confirmed but not awarded.
  
- Wrestling a two (Youth/U17) or three (U19, Junior, Senior) minute protest period. If the protest results in the losing wrestler winning the bout (including tie-breaking criteria) but the scoring action would have not ended the bout, then it is re-wrestled in a single two or three-minute protest period. The two or three-minute protest period in a protested bout should be completed as soon as possible after the decision of the protest committee to wrestle in overtime is made public. A time period of five minutes should be given to each wrestler to prepare for the protest period.
  
- Where the result of the re-scored bout does not result in the losing wrestler earning more points than their opponent or results in a tie score through tie-breaking criteria, the protest committee will rule that the protest is considered unsuccessful. The official score sheet is modified to correct the error, but nothing further is done.

### Special Circumstance

- a) An illegal action occurs in a scoring sequence that is missed by the officials and then protested. The scoring sequence from the point of the illegal action until the referee stops the bout or until a clearly neutral standing position has been established. The re-scoring of the bout must still result in a change in the winner or a tie for the protest to be successful.
  
- b) A fall results from an illegal action that is missed by the officials and then protested. If the review of the bout is successful, then you go directly to a protest period (i.e., Greco Roman - illegal touch on the legs results in a fall).
  
- c) If there is a fall in the second period, the first period cannot be protested, with the exception of bout ending situations.

### Protest Fee \$200

- a) When a protest is successful and results in a bout ending situation or a protest period, the protest fee will be returned to the coach/team leader.
  
- b) If a specific call is protested and results in changing the outcome, the protest fee will be returned to the coach/team leader even if the protest is not ultimately successful due to a review of the remainder of the bout.



- c) Where the protest is declared unsuccessful, the governing authority for that event shall retain the protest fee and its use shall be determined by the appropriate policy. In the case of National Championships, WCL shall retain the protest fee and direct it towards the “Quest for Gold” program.

### **Article 20: Instant Video Review Procedure**

Video review is mandatory at the Junior/Senior Canadian Championships and Senior World/Olympic Team Trials. Video review can be used for other events at the discretion or be approved by the appropriate PTSO/NSO/or sanctioning body.

Local events are at the discretion of the tournament convener.

The CAWO assigned Video Review Jury “Designate” (head clinician or head official, the Tier I Clinician) that are placed in charge of each mat per session or the mat chairperson for that particular bout can request the use of the mat side video review.

The mat chairperson and the Designate will review the situation in question. Normally, the judge and referee are not involved in the review. However, in exceptional circumstances the Mat Chairperson and the Designate may request their opinion. The officials shall review and discuss the situation with the Designate making the final determination of the situation and the resulting action.

The mat chairperson shall indicate the points for everyone to see. The result is recorded on the bout sheet and score clock before continuing with the bout.

**ANNEX A: CANADIAN CHAMPIONSHIPS OFFICIAL PROTEST SHEET**

Province/Club: \_\_\_\_\_ Team Leader: \_\_\_\_\_

Bout #: \_\_\_\_\_ Weight Class: \_\_\_\_\_

Competitors: \_\_\_\_\_ vs. \_\_\_\_\_

Mat Officials: \_\_\_\_\_

Approximate time of day: \_\_\_\_\_ : \_\_\_\_\_ \$200.00 CASH protest fee attached: \_\_\_\_\_

Rule Book Protest Reference: \_\_\_\_\_

We protest this bout on the grounds that the following technical call(s) was/were incorrect:

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Team Leader Signature: \_\_\_\_\_

Time of Day Submitted: \_\_\_\_\_

# **ANNEX B: RULES MODIFICATIONS & GENERAL GUIDELINES FOR YOUTH WRESTLING IN CANADA**

## INTRODUCTION

WCL is attempting to develop a positive system for youth wrestling in Canada. The concept is that each province will attempt to use these guidelines to their best benefit. Each province has provided input into these guidelines.

## GOALS OF YOUTH WRESTLING

- Fun
- Good Sportsmanship (coaches, parents included)
- Basic skill development
- Introduction of the sport in a safe and controlled manner
- Participation

## AGE DIVISIONS

WCL recommends that prior to the age of nine (9), youth wrestling should take part at the local club level only. Children of these ages do not need the pressure or stress of provincial/territorial or national level competition.

- Novice (turning 9/10 years of age during the calendar year of the event)
- Kids (turning 11/12 years of age during the calendar year of the event)
- Bantam (turning 13/14 years of age during the calendar year of the event)

The youth wrestler should be introduced to basic provincial/territorial competition at the novice age group. This could take place in the form of a provincial/territorial festival or inter-provincial/territorial club events. A small schedule of events in the province would provide the needed opportunities for participation.

Once the youth wrestler reaches the Kids and Bantam age divisions, he/she can be introduced to organized provincial/territorial competition and national level festival competition.

## WEIGHT DIVISIONS

The exact system of pooling (i.e. round robin, bracket draw, etc.) should be determined based upon the level of competition. Novice and Kids Youth wrestling should use a round robin pool format with three, four, or possibly five wrestlers in an age/weight class. This assures wrestlers of a maximum number of bouts per tournament. Bantam age groups may use this same round robin format or could possibly move to a bracket draw of no more than eight athletes. Athletes should only compete in their own age group and should not compete in more than one age group at the same tournament.

Due to different maturation rates, boys should only wrestle boys and girls should only wrestle girls.

The weight spread should be done on a graduated split:

- |      |                    |                    |
|------|--------------------|--------------------|
| i.e. | - under 40 kg      | 2 kg Split         |
|      | - between 40-70 kg | 3 kg Split         |
|      | - over 70 kg       | 4 kg Split         |
| i.e. | Wrestler A - 54 kg | Wrestler D - 38 kg |
|      | Wrestler B - 51 kg | Wrestler E - 36 kg |
|      | Wrestler C - 57 kg | Wrestler F - 70 kg |

Group: Wrestler D & Wrestler E	OR	Group: Wrestler D and Wrestler E
Group: Wrestler A & Wrestler C		Group: Wrestler A and Wrestler B
Group: Wrestler B		Group: Wrestler C
Group: Wrestler F		Group: Wrestler F

*Note: The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited at the youth age divisions. The penalty for non-compliance for athletes is immediate elimination from the tournament without placement. Coaches who assist or promote this type of weight loss will be barred from the competition site for the remainder of the event with a discipline hearing to be scheduled by the appropriate provincial/territorial authorities at a later date, if deemed necessary.*

#### MAT ATTIRE

Organizers of local events are free to set their own policies regarding appropriate mat attire. The minimum expectations for mat attire are ABOVE KNEE SHORTS with no belt loops, zippers or pockets and a snugly fitting T-shirt. Male athletes will be requested to remove their t-shirts but consideration will be given to athletes with “diminished body image”.

However, for Provincial, multi-province and/or Canadian Championships, singlets are mandatory for both male and female wrestlers. A female wrestler cannot wear a male singlet with a t-shirt. Wrestling shoes/running shoes (no metal anywhere) must be taped.

#### SAFETY

Safety will continue to be the primary consideration. The official is always to err on the side of caution and protect the athlete(s). Any situation which the official feels is potentially dangerous or has the potential to be dangerous is to be stopped. Even if the action is not explicitly illegal, the official (s) will stop the action and wrestling will resume in the standing position. Such a decision is to be considered a discretionary call and therefore cannot be protested and should not be questioned by the coach.

#### RULE MODIFICATIONS – NOVICE, KIDS & BANTAMS

Rules of the CURRENT WCL Rulebook will be used at Age Group events with the following exceptions:

**\*\*No amplitude (5 point) throws are permitted in Age Group Wrestling.**

## ILLEGAL MOVES FOR ALL AGE GROUP WRESTLERS

- Illegal/dangerous holds as per current WCL Rulebook
- All back-bending throws (including side suplay and salto) and in turn the locking of the hands on a double under hook (the set-up for chest to chest throwing techniques)
- Full nelson and 3/4 nelson
- Any hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride)
- No locking or placing of both hands on the opponent's neck
- West point ride
- Slam

## NOVICE

- Bout times: 2 x 2-minute periods with 30 second rest between periods
- No shot clock
- No head and arm throw
- No gabori head and arm roll / gator roll (etc.) or similar rolling head and arm technique
- The "Auto-Touche" will NOT apply. We will continue to reward the initiator.
- No consecutive repetitions of any legal tilt. The defensive wrestler must return to a fully defendable position and offensive wrestler must modify his / her grip before a technique is repeated
- 10-point decision by evident technical superiority
- A fall will be one full second
- No full nelson or 3/4 nelson
- Any hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride) is not permitted
- No locking or placing of both hands on the opponent's neck
- No west point ride
- When a wrestler is in any potential pinning situation, the offensive wrestler must complete the pin within 15 seconds or the action will be halted and wrestling will resume from the standing position. The referee will draw attention to the action by visibly counting to 15 using a sweeping motion of his / her hand.
- No amplitude (5 point) throws are permitted in any level of Age Group wrestling
- Any wrestler, when in any pinning situation, who calls out will be taken as a making a forfeit and the referee's decision to end the match will be final. Similarly, if the coach yells for his/her athlete to be let off their back it will also be taken as a forfeit and the referee's decision to end the match will also be final.
- Illegal or dangerous holds are illegal in Age Group wrestling.
- Additionally, locking of the hands in a double underhook (either from the front or side), back bending throws either to the back or to the side, a reverse leg ride, any hold on the legs where the offensive wrestler's leg or arm is in the crux of the opponent's while attempting to fold the knee creating a fulcrum (a high potential for injury of the opponent's knee) are illegal for Novice, Kids and Bantams.
- For Novice and Kids aged wrestlers, the head and arm throw is not allowed.

As an example, during wrestling, as soon as an attempt at a head and arm throw is apparent as evidenced by a hip tossing action or a rotation of the hips, the referee will stop the action and warn the offending wrestler.

A repetition of this rule violation will bring about a caution to the offending wrestler and one point awarded to the opponent.

Action will resume from the standing position.

This includes the situation wherein the action starts from standing and goes to the knees and continues in a throwing action in an attempt to circumvent the intent of the rule.

The head and arm is permitted for all wrestlers if the action is from a “scramble” situation wherein both athletes have both knees on the mat. This technique is considered a tilt.

- In the off case that, at the end of the **second** round and if the score is still tied 0-0, the referee will immediately call the wrestlers to the center and toss a coloured disc. (Red & Blue)
- Wrestling will resume in the **STANDING POSITION**. The wrestler who wins the toss must score within **30** seconds or the opponent will be awarded ONE point and the match.

#### KIDS

- Same as novice minus the 15-second pin rule
- Two repetitions of any technique other than the gabori will be permitted. If a third repetition is commenced, the referee will stop the action and wrestling will resume in the standing position

#### BANTAM

- Bout times: 2 x 2 minute periods with 30 second rest between periods.
- **Same as Kids BUT,**
  - A head and arm throw and a side salto are both permitted at this level under close scrutiny by the on-mat official
  - Unlimited repetitions of any legal technique except the gabori

#### OFFICIALS

If there is any doubt about the safety of a situation involving young wrestlers, even if it is not illegal in nature, the referee should stop the action immediately. Safety must be a key goal of youth wrestling.

#### AWARDS

It is recommended that every athlete in the competition get some sort of participation award. Examples might include ribbons, crests, pennants, certificates.

Medals for top three placing are optional.

Team titles may be used, but should not be emphasized.

## ANNEX C: WCL INCIDENT REPORT FORM

Date: \_\_\_\_\_ Tournament / Location: \_\_\_\_\_

Individual(s) involved in the incident: \_\_\_\_\_

Please provide an outline of the facts of the incident (i.e., why was the athlete and/or coach disqualified from the tournament)

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Individuals involved in the decision and their position at the event. (i.e., John Smith, Head Official)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please note that incident reports need to be filed into the WCL office no later than 14 days after the date of that incident took place. Reports should indicate if there is Grievance requested. Reports should be directed to the address below:

CAWO Vice President National &  
WCL President c/o Executive Director  
[info@wrestling.ca](mailto:info@wrestling.ca)