



## 2021 Canada Summer Games Wrestling Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist Host Societies by detailing competition formats and scoring procedures, assist provincial/territorial mission team (P/T Team) Chefs de Mission in verifying eligibility, identify the maximum number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Athlete Development Framework (LTAD), or other suitable phase of the framework as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' technical representative, coach, manager, sport leader and mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete their eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, they are to seek clarification from the CGC Sport Committee through their Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following the Principles that Govern Technical Packages, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Department for consideration. The NSO or Chef de Mission will provide the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered within 36 months of the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered within 24 months of the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered within 18 months of the Games, unless approved by all participating Provincial/Territorial Sport Organizations (P/TSO) and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' stakeholders early.

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# 2021 Canada Summer Games Wrestling Technical Package

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## 1. SPORT: WRESTLING

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## 2. PARTICIPANTS

### 2.1. Athletes

Female: 11

Male: 11

2.1.1. All registered athletes must intend to compete in at least one event.

### 2.2. Staff

Coaches: 4

Manager: 1

2.2.1. If female athletes are being sent, one of the coaches must be female. If male athletes are being sent, one of the coaches must be male.

2.2.2. Managers cannot act as a coach at the Canada Games wrestling event and are not permitted to sit in the athlete's corner during matches.

### 2.3. Additional Team Staff\*

#### 2.3.1. Apprentice Coach

- See [Women in Coaching Canada Games Apprenticeship Program](#)
- See [Aboriginal Apprentice Coach Program](#)
- Apprentice coaches have the same access as athletes and team staff.

#### 2.3.2. Venue Pass Holder

- See [Venue Pass Holder Policy](#)
- Venue Pass Holders do not have access to the field of play
- Venue Pass Holder's venue access
  - Sport Operational Zone (Zone 2)
  - Back of House Zone (Zone 3)



\* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

## 2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

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## 3. CLASSIFICATION

- 15-18 as of December 31, 2021 (year of birth: 2003-2006)

Wrestling Canada Lutte (WCL) includes a minimum age category for safety considerations due to the combative nature of the sport. For more information on how to apply for an underage exemption, please see Appendix 3.

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## 4. ELIGIBILITY

### 4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
  - Senior World Championships
  - Olympic Games
  - Commonwealth Games
  - Pan Am Games
  - FISU Games



No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., If an athlete is granted National Team status for the first time, carding status or competed in an excluded event after May 8, 2021 they will still be considered eligible to compete at the 2021 Canada Games).

\* Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council's Eligibility Committee.

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

#### 4.2. Coaches

The head coach on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) as a Competition Development Wrestling Coach. These coaches must be so certified no later than 90 days prior to the opening ceremony (May 8, 2021).

Assistant coaches on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) as Competition Introduction Wrestling Coaches, as well as having completed all nine (9) Competition Development multi-sport modules:

- Leading Drug-Free Sport + evaluation
- Managing Conflict + evaluation
- Coaching & Leading Effectively
- Psychology of Performance
- Prevention & Recovery
- Developing Athletic Abilities
- Manage a Sport Program
- Performance Planning
- Advanced Practice Planning

These coaches must be certified no later than 90 days prior to the opening ceremony (May 8, 2021).



If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be Competition Development Wrestling certified, while the others must be at least Competition Introduction Wrestling certified + have completed all nine (9) Competition Development multi-sport modules.

Please note that "NCCP Competition Development Certified, Not Renewed" / "NCCP Competition Introduction Certified, Not Renewed" does not qualify under the coaching standards for the 2021 Canada Summer Games.

Please refer to the CGC's [Coach Certification Policy](#) for additional information.

For more information on the coach certification pathway, please see Appendix 1.

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## 5. COMPETITION

Match rules are those detailed in the most current edition of the [WCL Rulebook](#), including the protest/challenge procedures. The age grouping for the Canada Games covers two age divisions. In cases of conflicting rules, the **U19** rule requirements will be in effect.

Each province/territory is allowed to enter one [1] wrestler in each weight category.

Competitors can compete in either the weight class determined by their weight or in one [1] weight class above. The only exception is the 120 kg (male) category in which all competitors must weigh at least 98 kg (male).

### 5.1. Events

5.1.1. Team event

5.1.2. Individual event (see section 5.3 for individual event weight categories)

### 5.2. Weigh-In Procedures

5.2.1. Two scales calibrated to the official scale must be accessible to the wrestlers from the opening day of the athletes' village until the official weigh-in is completed for each competition. These scales should be set up in private locations.



- 5.2.2. A medical examination is to be scheduled during the weigh-ins. Physicians present at the medical control will eliminate from competition any wrestler with a contagious skin disorder or other ailment that would prevent them from competing at a minimum safe level.
- 5.2.3. The weigh-in shall be the day before the competition starting between 4:00 p.m. and 8 p.m. The duration of the weigh-in is one [1] hour in length and shall be integrated with the medical examination (i.e. a wrestler has one hour in total to have their medical completed and weigh-in for the tournament). There shall be one weigh in for the men and one weigh-in for the women.
- 5.2.4. Wrestlers that are presenting themselves to be weighed in must be in their competition singlet, with bare feet. No weight allowance will be given for the singlet.
- 5.2.5. Any wrestler who weighs in heavy (and cannot move up a weight class) will be eliminated from the competition; they will not be classified, and cannot score points for their province/territory.
- 5.2.6. A sauna will not be available at the weigh-in, practice or competition sites.

### 5.3. Weight Categories

Female		
38-40 kg	Up to 56 kg	Up to 74 kg
Up to 44 kg	Up to 60 kg	Up to 79 kg
Up to 48 kg	Up to 64 kg	Up to 84 kg
Up to 52 kg	Up to 69 kg	

Male		
40-44 kg	Up to 60 kg	Up to 85 kg
Up to 48 kg	Up to 65 kg	Up to 98 kg
Up to 52 kg	Up to 70 kg	98-120 kg





Up to 56 kg	Up to 76 kg	
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#### 5.4. Competitive Schedule

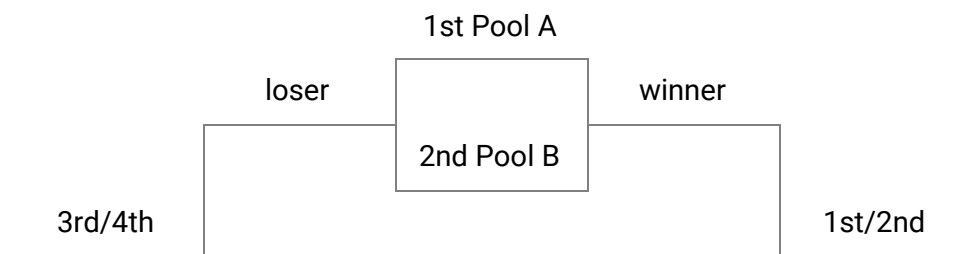
- 5.4.1. The men’s and women’s competition will be held during the first week of the Games from August 6 - 13 with the weigh in and medical on the day before the competition starts.
- 5.4.2. The competitive format will be dual meets on the first **three consecutive days, followed by a rest day, and then** individual competitions on the **last** day. Both the team and individual competition will be considered separate events and count flag points in a separate fashion.

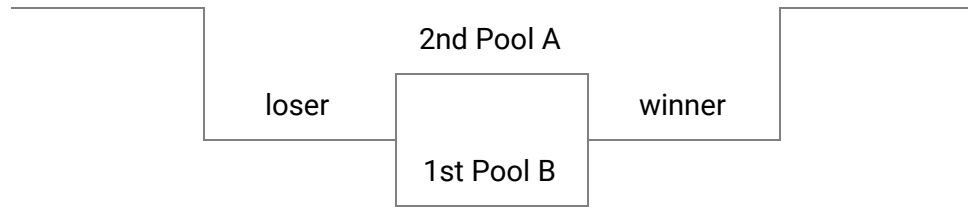
#### 5.5. Team Competition

- 5.5.1. For the team dual meet competitions, the teams will be divided in two pools (2 - male & 2 - female). The male and female seeding will be based on the results from the Team Competition of the 2017 Canada Games. Each pool of teams (Pool A and Pool B) will compete in a round robin tournament to determine the rankings in each pool. The team competition finals will be wrestled between corresponding ranked teams in each pool to determine 1st and 2nd team rankings, i.e., 1st team from pool A vs. 1st team from pool B, to determine overall 1st and 2nd team placing, etc.

#### 5.6. Individual Competition

- 5.6.1. The **final** day of the competition shall be reserved for individual competition. Individuals shall be ranked in each weight class in each pool according to section (5.11) of this technical package. On the **final** day, the athletes in each weight class in each pool shall compete to determine their final placing in the tournament. The format will be as follows:





3rd Pool A	vs.	3rd Pool B	5th/6th
4th Pool A	vs.	4th Pool B	7th/8th
5th Pool A	vs.	5th Pool B	9th/10th
6th Pool A	vs.	6th Pool B	11th/12th

### 5.7. Pools

The teams will be divided into two pools (A and B) which are based upon the seeding criteria noted above.

Female				Male			
Pool A		Pool B		Pool A		Pool B	
Rank	Team	Rank	Team	Rank	Team	Rank	Team
1	BC	2	AB	1	ON	2	BC
4	SK	3	ON	4	SK	3	QC
5	NB	6	NS	5	AB	6	NB
8	QC	7	MB	8	NL	7	MB
9	NL	10	PE	9	NS	10	PE
12	NT	11	NU	12	NT	11	NU
		13	YT			13	YT



## 5.8. Scheduling

Will be finalized once the numbers of participating teams are determined. The schedule below is based upon **13** provinces/territories participating.

### 5.8.1. Team Competition

#### **Day One**

##### *Session One: (Red/Blue)*

	Mat A	Mat B	Mat C	Mat D
08:00	F: 1 v 12	F: 2 v 13	F: 3 v 11	F: 4 v 9
09:30	F: 5 v 8	F: 6 v 10	F: 2 v 7	M: 3 v 13
11:00	M: 1 v 9	M: 2 v 10	M: 4 v 8	M: 6 v 7

##### *Session Two:*

	Mat A	Mat B	Mat C	Mat D
13:30	M: 5 v 12	M: 2 v 11	F: 1 v 8	F: 2 v 6
15:00	F: 3 v 10	F: 4 v 12	F: 5 v 9	F: 7 v 11
16:30	F: 6 v 13	M: 1 v 5	M: 3 v 7	M: 10 v 13
18:00	M: 6 v 11	M: 4 v 5	M: 7 v 10	M: 9 v 12

#### **Day Two**

##### *Session Three:*

	Mat A	Mat B	Mat C	Mat D
08:00	M: 1 v 12	M: 2 v 13	M: 3 v 11	M: 4 v 9
09:30	M: 5 v 8	M: 6 v 10	M: 2 v 7	F: 3 v 13
11:00	F: 1 v 9	F: 2 v 10	F: 4 v 8	F: 6 v 7



*Session Four:*

	Mat A	Mat B	Mat C	Mat D
13:30	F: 5 v 12	F: 2 v 11	M: 1 v 8	M: 2 v 6
15:00	M: 3 v 10	M: 4 v 12	M: 5 v 9	M: 7 v 11
16:30	M: 6 v 13	F: 1 v 5	F: 3 v 7	F: 10 v 13
18:00	F: 6 v 11	F: 4 v 5	F: 7 v 10	F: 9 v 12

**Day Three**

*Session Five:*

	Mat A	Mat B	Mat C	Mat D
09:00	F: 3 v 6	F: 7 v 13	F: 8 v 12	F: 10 v 11
10:30	M: 3 v 6	M: 7 v 13	M: 8 v 12	M: 10 v 11

*Session Six:*

	Mat A	Mat B	Mat C	Mat D
13:00	F: 1 v 4	F: 2 v 3	F: 8 v 9	F: 11 v 13
14:30	M: 1 v 4	M: 2 v 3	M: 8 v 9	M: 11 v 13

*Session Seven (team ranking):*

	Mat A	Mat B	Mat C	Mat D
16:00	F: 5A v 5B (9th/10th)	M: 5A v 5B (9th/10th)	F: 6A v 6B (11th/12th)	M: 6A v 6B (11th/12th)
17:30	M: 3A v 3B (5th/6th)	F: 3A v 3B (5th/6th)	M: 4A v 4B (7th/8th)	F: 4A v 4B (7th/8th)

*Session Eight (finals):*

	Mat A	Mat B	Mat C	Mat D
20:00	F: 1A v 1B (1st/2nd)	M: 1A v 1B (1st/2nd)	F: 2A v 2B (3rd/4th)	M: 2A v 2B (3rd/4th)



NOTE: 7th ranked team in Pool B will receive a final team placing/rank of 13th.

Award ceremony for teams placing 1st - 3rd.

### 5.8.2. Individual Competition

#### Day Five

#### Session Nine

Male and female (all weight classes) - Cross over matches (1-4) and place matches (5-13).

	Mat A	Mat B	Mat C	Mat D
09:00	M: 6A v 6B (11th/12th)	M: 5A v 5B (9th/10th)	F: 6A v 6B (11th/12th)	F: 5A v 5B (9th/10th)
10:30	M: 1A v 2B (semi)	M: 2A v 1B (semi)	F: 1A v 2B (semi)	F: 2A v 1B (semi)
12:00	M: 4A v 4B (7th/8th)	M: 3A v 3B (5th/6th)	F: 4A v 4B (7th/8th)	F: 3A v 3B (5th/6th)

Note: Competitor ranked 7th in Pool B will receive a final individual placing / rank of 13th.

#### Session Ten (finals)

Finals to determine individual 1st - 4th places; 11 matches per mat.

	Mat A	Mat B	Mat C	Mat D
15:30	Gold/Silver (M)	Bronze/4th (M)	Gold/Silver (F)	Bronze/4th (F)

Individual award ceremonies after each set of matches as outlined below;

Female:	Matches	40, 44, 48, 52	Awards for	40, 44, 48, 52
	Matches	56, 60, 64, 69	Awards for	56, 60, 64, 69



	Matches	74, 79, 84	Awards for	74, 79, 84
Male	Matches	44, 48, 52, 56	Awards for	44, 48, 52, 56
	Matches	60, 65, 70, 76	Awards for	60, 65, 70, 76
	Matches	85, 98, 120	Awards for	85, 98, 120

## 5.9. Dual Meet Results (Positive Points)

5.9.1. Dual meet results will be determined according to the UWW positive point system in effect at the time of the Games.

## 5.10. Team Competition Ranking (Dual Meet Points)

5.10.1. Team rankings are based upon the dual meet results amongst the teams in the pool. A dual meet victory for a team is worth two points, a tie is worth one point and a loss is worth no points.

## 5.11. Individual Ranking

5.11.1. The individual wrestlers will be ranked in their pools according to the total number of victories accumulated during the round robin competition in the Team Competition pools.

5.11.2. Tie-breaking rule for the individual ranking:

If two people are tied, the tie shall be broken as follows:

1. result of the match between the two wrestlers
2. greatest number of positive points accumulated during the entire team competition
3. greatest number of victories by fall
4. greatest number of victories by technical superiority
5. greatest number of victories by decision
6. greatest technical point differential (fall and technical superiority = 6 points, forfeit = 0 point)
7. greatest number of technical points
8. most 4 point moves
9. most 2 point moves



10. least number of cautions

If they are still tied, they will be considered tied.

NOTE: Technical Point Differential = total number of points for minus total number of points against

- 5.11.3. If three or more wrestlers are tied, if one wrestler has defeated the other two, they shall be ranked highest; similarly, if one wrestler has lost to the other two, they shall be ranked lowest. If this is not the case when three or more wrestlers are tied, the ties shall be broken by applying in order, criteria 2 to 11 listed above.

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## 6. TIE BREAKING RULES - COMPETITION

### 6.1. Within Pool

If two or more teams are tied, the following criteria will be used to break the tie

1. Individual dual meet results between the teams (if three teams or more are tied, if one team has beaten the other two, it will be ranked highest; similarly, if one team has lost to the other two, it will be ranked lowest).
2. Most accumulated positive points (i.e., total score of dual meets) in the team competition.
3. Greatest number of match victories
4. Greatest number of victories by fall or technical superiority
5. Greatest number of victories by decision
6. Greatest technical point differential in the entire team competition (fall or technical superiority = 6 points, forfeit = 0 point)
7. Greatest number of technical points

### 6.2. In the Finals

If two teams are tied in the final, the tie shall be broken as follows:



1. Greatest number of victories in the dual meet final
  2. Greatest number of victories by fall
  3. Greatest number of victories by technical superiority
  4. Greatest number of victories by decision
  5. Greatest technical point differential in dual meet final (fall and technical superiority = 6 points, forfeit = 0 point)
  6. Most team 4 point moves
  7. Most team 2 point moves
  8. Least number of cautions in the dual meet final
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## **7. REGISTRATION & EVENT ENTRIES**

### **7.1. Canada Games Council Registration Deadline**

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (July 23rd, 2021).

### **7.2. Event Entry Deadline**

Event entries for each participant must be confirmed at the Technical Meeting (Coach/Manager Meeting) held prior to the first event.

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## **8. SPORT SCORING POINTS**

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

### **8.1. Team Competition Points**





- Teams will be ranked from first through last place
- If there is a tie, points will be shared equally between competitors (i.e. If two athletes are tied for first then each competitor would receive 98.5 points  $[(100+97)/2]$  and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40
3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

## 8.2. Individual Points

- Athletes will be ranked from first through last place
- If an athlete does not finish or is disqualified, the athlete will not receive sport scoring points
- If there is a tie, points will be shared equally between athletes (i.e. If two athletes are tied for first, then each team would receive 98.5 points  $[(100+97)/2]$  and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	100	6th	85	11th	75
2nd	97	7th	83	12th	74
3rd	94	8th	81	13th	73
4th	91	9th	79		
5th	88	10th	77		



## 9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In wrestling, Flag Points will be awarded separately for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in [Section 10 \(Tie Breaking Rules - Flag Points\)](#), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

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## 10. TIE BREAKING RULES - FLAG POINTS

If, after the completion of all events, two or more provinces/territories have the same number of accumulated sport scoring points, the team with the most weight class gold medals will be given the higher ranking. If still tied, the team with the highest number of second place finishes will be given the higher ranking and so on, until the tie is broken.

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## 11. MEDALS

- 11.1. The Canada Games will award medals to athletes only.
- 11.2. An athlete must win a match in order to receive a medal, regardless of the number of athletes entered in the event.



## 12. COMPETITION UNIFORM

Singlet, socks and wrestling shoes

### 12.1. Traditional Singlet

- 12.1.1. Singlet must be 60% majority red or blue. The singlet must NOT be a combination of both colours. If athletes are wearing traditional singlets, they will be required to have a set of both red and blue singlets.

### 12.2. Provincial/Territorial Singlet

- 12.2.1. Provincial/Territorial team coloured singlets will be allowed and are encouraged at the Canada Games. Provinces/territories are required to have the crest of the province/territory on the front of the singlet and the two-letter acronym on the back (i.e., NB for New Brunswick). Athletes wearing provincial / territorial singlets will not be required to have two singlets.

- 12.2.2. Additional information on each Provincial/Territorial teams colours can be found in Appendix C of the CGC's [Commercialization and Sponsorship Policy](#).

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## 13. EQUIPMENT

- 13.1. Head gear is permissible and recommended for this competition.

- 13.2. Wrestlers must tape their shoe laces or have shoes that do not contain laces that may come undone during a match.

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## 14. PROTEST & APPEALS

### 14.1. Canada Games Council Appeal Policy

Appeals relating to the Wrestling Technical Package or any decisions made by the CGC will be made in accordance with [Canada Games Appeal Policy](#).



## 14.2. Competition Protests

Protests/**video challenges** related to the competition should be made in accordance with the WCL Rulebook.

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## 15. **ANTI-DOPING**

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

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## 16. **APPENDICES**

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation
- APPENDIX 4 - Athlete Waiver



## APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

Coaches are directed to <https://wrestling.ca/programs/coach-training/> for comprehensive information on coach certification and the certification pathway.



## APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

<b>TRAINING TO COMPETE</b> (age 17 - 20 or later depending on ability) <b>Objective:</b> Specialization of training <span style="float: right;"><b>Division:</b> Juvenile/Junior</span>	
<p><b>THE ATHLETE</b></p> <ul style="list-style-type: none"> <li>▪ Is serious about organized wrestling and pursuing excellence.</li> <li>▪ Is prepared to train hard and focus on competitive success.</li> <li>▪ Is likely experiencing life challenges in balancing school, family, personal relationships and work, which may detract from commitment to sport.</li> <li>▪ Self-image becomes defined, includes sport as a major element in identity.</li> <li>▪ Looking ahead to next steps in sport success e.g. college, National Team but may be frustrated by injury or other priorities.</li> <li>▪ Needs to build a support network including family, coach, sport science and health care to sustain sport career.</li> </ul>	<p><b>THE COACH</b></p> <ul style="list-style-type: none"> <li>▪ Competition-Development coach working in a club or college/university environment.</li> <li>▪ Approach: Introduce a year-round, high-volume and intensity program. Decision-based training is used to transfer skills and fitness to competitive situations. Use competition simulations and training competitions to build competition skills. Insist the athlete learn through experimentation and analysis.</li> <li>▪ Reinforce feeling of competence and success through progressive exposure to competition. Avoid over-reaching, over-training and over-competing to protect against injury.</li> </ul>
<p><b>DEVELOPMENT</b> (for 17-20 year olds)</p> <ul style="list-style-type: none"> <li>▪ Major opportunity for strength and power development.</li> <li>▪ Maintain or further develop skill, speed, stamina and flexibility.</li> <li>▪ Capacity for significant increase in volume and intensity of training.</li> <li>▪ Abstract thinking and goal-setting skills well-developed; can think ahead tactically, and in terms of personal development.</li> <li>▪ Strong sense of independence and wants to make own decisions, yet continues to desire external support and identity with peer group.</li> </ul>	<p><b>THE PROGRAM</b></p> <ul style="list-style-type: none"> <li>▪ <i>Overall:</i> Specialize in maximum two sports and move to year-round, high volume and intensity training. Focus on volume.</li> <li>▪ <i>Wrestling-specific program:</i> 30+ weeks, 5 - 8x/week. Periodized annual program with single or double peaks. Introduce tapering/peaking strategies.</li> <li>▪ <i>Physical:</i> Optimize strength, speed and power. Build maximal capacity.</li> <li>▪ <i>Technical:</i> Master core skills and develop variations in competitive situations.</li> <li>▪ <i>Tactical:</i> Develop personal strategy/tactics based on individual strengths.</li> <li>▪ <i>Psychological:</i> Plant seeds of peak performance: goal-setting, desire, sacrifice.</li> <li>▪ <i>Theoretical:</i> Understand basis of athletic performance.</li> <li>▪ <i>Life skills:</i> Develop independence.</li> <li>▪ <i>Competition:</i> Provincial, National, Canada Games. Intro to international and Junior Worlds. 30+ matches/year.</li> </ul>



### APPENDIX 3 - AGE DISPENSATION

The decision to set the minimum age for participation in the Canada Games was made in the best interest of young wrestlers across Canada and is based on the following rationale:

1. Two of the main goals of the Canada Games are to foster participation from across the country and to contribute to the development of high performance athletes.
2. The Canada Summer Games competition is classified as a "U17 & U19" level competition by Wrestling Canada Lutte and the Canada Games Council.
3. To encourage nationwide participation, Wrestling Canada Lutte chose to use the national U17 and U19 age categories that have a minimum age. This minimum age is intended to protect very young athletes from possible physical, psychological and/or emotional harm that could occur by competing at the Games.
4. The minimum age requirement is aligned on the minimum age set by Wrestling Canada Lutte for U17 and U19 national competition.
5. The multi-sport nature of this event, combined with the atmosphere and social reality of an "Athlete's Village and the wide range of all the athletes (up to 25 years of age depending on the sport) add to the pressure experienced by all athletes.
6. Wrestling Canada Lutte does not currently require athletes to meet any performance standard to participate in the Canada Games. For this reason, the Council has requested that a process be put in place to provide a dispensation from the minimum age. This process supersedes the Technical Package.

If your province/territory wishes to request a special dispensation from the minimum age requirement for an athlete, the following documents must arrive at the Wrestling Canada Lutte national office no later than June 01, 2021.

1. A letter of support from the respective provincial / territorial wrestling association.
2. A letter of support from the respective Chef de Mission for the 2021 Canada Games.
3. A letter from the athlete's coach AND a letter from the athlete's physician confirming that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.



4. A waiver signed by the athlete's parents or guardians saving harmless Wrestling Canada Lutte and the Canada Games Council from any injury which might result from the athlete competing against older athletes. The blank waiver is attached as Appendix 4.
5. Recent competition results demonstrating that the athlete has obtained results comparable or superior to those of the age eligible athletes, which have been selected to the respective team for the Games.

Please note that the applications will be reviewed by Wrestling Canada Lutte. The decision of Wrestling Canada Lutte is final and will be communicated to the applicant within seven [7] working days of receipt of all of the above documents.





## APPENDIX 4 - ATHLETE WAIVER

### WAIVER NOTICE AND FULL AND FINAL RELEASE

I acknowledge that participation in the event of WRESTLING carries with it potential hazards and I confirm \_\_\_\_\_ (Athlete) is physically fit to participate in WRESTLING at the Canada Games and has trained specifically for this purpose.

I hereby release and forever discharge WRESTLING CANADA LUTTE and the CANADA GAMES COUNCIL, their Directors, Officials, Coaches and other employees, servants or agents on behalf of myself and \_\_\_\_\_ (Athlete) from any and all responsibility and liability for injuries sustained by the Athlete's participation in the Canada Games and hereby agree to assume full and complete responsibility for any injuries sustained by the Athlete during such participation.

I hereby waive any rights I and \_\_\_\_\_ (Athlete) may have to institute or prosecute an action or make any claim for damages or compensation against the said WRESTLING CANADA LUTTE and CANADA GAMES COUNCIL, their Directors, Officials, Coaches and their employees, servants or agents, as a result of any injuries \_\_\_\_\_ (Athlete) may suffer.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent / Legal Guardian

\_\_\_\_\_  
Name (print) of Parent / Legal Guardian

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Name (print) of Witness

