



2023 Canadian Wrestling Championships (Senior, Junior & Cadet)

MARCH 9-12, 2023
RIM Park Manulife Sportsplex
Waterloo, ON

EVENT INFORMATION (as of December 09, 2022)

ORGANIZING COMMITTEE	Jamie Lopes (Chair) Phone: 519-504-0119 Email: jamielopes@outlook.com
WRESTLING CANADA LUTTE	TBD Phone: 613-748-5686 Email: info@wrestling.ca
COMPETITION VENUE	RIM PARK MANULIFE SPORTSPLEX 2001 University Ave. E Waterloo, ON N2K 4K4 https://www.waterloo.ca/en/things-to-do/rim-park.aspx
NUMBER OF MATS	5 competition mats
RULES	Competition rules will be conducted according to the most recent edition of the WCL Rulebook (https://wrestling.ca/wp-content/uploads/2022/03/2022_Rulebook_v2.pdf) with a modified double elimination bracket system or Round Robin (if less than 6 athletes per weight class).
UNIFORM POLICY	Athletes - please refer to the Uniform Policy for WCL Sanctioned Events: https://wrestling.ca/wp-content/uploads/2022/12/Uniform-Policy_v2.pdf .



PRACTICE TIMES	Training mats (5) will be available at the venue on Thursday, Friday and Saturday. Contact TBD to confirm practice times.
MEDICAL & DOPING CONTROL	<p>An event physician and athletic therapists will be in attendance on competition days (Thursday to Sunday). Athletes requiring preventative therapy will require their own supplies.</p> <p>Doping control will be in effect at the event. Please refer to www.cces.ca for information regarding the Canadian Anti-Doping Program. For questions regarding the anti-doping program, please contact Kale Whitton (kwhitton@wrestling.ca) or 613-748-5686.</p>
AGE & WEIGHT CATEGORIES	<p>SENIOR: 20 + years of age (born in 2002 and older).</p> <p>Athletes from 18 years of age (born 2005 and older) may compete in Senior competition, however parental authorization and a medical certificate are required if the athlete has not reached the age of 18 at the time of competition. Athletes 40 years of age and above (born in 1983 and older) must provide a medical certificate.</p> <p>WOMEN (WW): 50, 53, 55, 57, 59, 62, 65, 68, 72, 76 kg MEN'S FREESTYLE (FS): 57, 61, 65, 70, 74, 79, 86, 92, 97, 125 kg MEN'S GRECO-ROMAN (GR): 55, 60, 63, 67, 72, 77, 82, 87, 97, 130 kg</p> <p>JUNIOR: 18 to 20 years of age (born in 2003, 2004, 2005)</p> <p>Athletes from 17 years of age (born 2006 and older) may compete in Junior competition, however parental authorization and a medical certificate are required.</p> <p>WOMEN (WW): 50, 53, 55, 57, 59, 62, 65, 68, 72, 76 MEN'S FREESTYLE (FS): 57, 61, 65, 70, 74, 79, 86, 92, 97, 125 kg MEN'S GRECO-ROMAN (GR): 55, 60, 63, 67, 72, 77, 82, 87, 97, 130 kg</p> <p>CADET: 16 to 17 years of age (born in 2006, 2007)</p> <p>Athletes from 15 years of age (born 2008 and older) may compete in Cadet competition, however parental authorization and a medical certificate are required.</p> <p>WOMEN (WW): 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73 kg MEN'S FREESTYLE (FS): 41-45, 48, 51, 55, 60, 65, 71, 80, 92, 110 kg</p>



<p>ELIGIBILITY REQUIREMENTS</p>	<p>Competition is closed to Canadian citizens and those individuals with Permanent Resident status. Legal proof of age and citizenship status will be required during the registration process.</p> <p>All athletes and support staff must be registered members of their PTSO and be members in good standing with their PTSO and WCL as of the time of weigh-in for the event. Please check with your PTSO to determine if they have any additional registration requirements.</p> <p>Officials must be registered members in good standing with CAWO and their Provincial Wrestling Officials Association (if applicable) and WCL.</p>
<p>COACHING REQUIREMENTS</p>	<p>To receive a coach accreditation (eligible to coach during the event), coaches must have:</p> <p>Senior & Junior Competition: Competition Development certified status or higher by the registration deadline.</p> <p>Cadet Competition: Competition Introduction certified status or higher by the registration deadline.</p> <p>There will be a Coach Exemption Process in place. Please refer to Appendix A.</p>
<p>COVID PROTOCOLS</p>	<p>All COVID-19 requirements in effect will be based on applicable health and safety measures required or recommended by the provincial and local public health authorities.</p> <p>It is strongly recommended that all individuals be fully vaccinated and maintain the recommended number and type of vaccine doses as updated by Health Canada.</p>
<p>SAFE SPORT REQUIREMENTS</p>	<p>As part of WCL's commitment to Safe Sport, all accredited individuals must complete and submit to WCL informed consent regarding the administration and enforcement of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS).</p> <p>Additionally, to receive accreditation, individuals must complete Safe Sport Training & Screening Requirements as outlined in the following document: https://wrestling.ca/wp-content/uploads/2021/09/Safe-Sport-Training-Screening-Requirements-June-2021.pdf. All training & screening must be completed between March 1st, 2019 and February 28th, 2023.</p>



<p>SAFE SPORT REQUIREMENTS</p>	<p>Links to Training:</p> <ul style="list-style-type: none"> ▪ Safe Sport Training: https://safesport.coach.ca/participants-training ▪ Make Ethical Decisions Evaluation: https://coach.ca/nccp-make-ethical-decisions ▪ Making Head Way: https://coach.ca/making-head-way-concussion-elearning-series <p>Links to Screening:</p> <ul style="list-style-type: none"> ▪ Application Form: https://wrestling.ca/wp-content/uploads/2022/03/Safe-Sport-Application-Form.pdf ▪ Screening Disclosure Form: https://wrestling.ca/wp-content/uploads/2022/03/Safe-Sport-Screening-Disclosure-Form.pdf ▪ Screening Renewal Form: https://wrestling.ca/wp-content/uploads/2022/03/Safe-Sport-Screening-Renewal-Form.pdf ▪ E-PIC: https://wrestling.ca/wp-content/uploads/2022/03/Enhanced-Police-Information-Checks-E-PICs.pdf
<p>REGISTRATION PROCESS</p>	<p>Registration and payment for all athletes and support staff (coaches, team leaders, medical, & officials) must be made through the online registration system. Please note that additional registration requirements will be available in the online registration system:</p> <ul style="list-style-type: none"> ▪ Athletes: LINK forthcoming ▪ Coaches, official, team leaders, team medical: LINK forthcoming ▪ Host Organizing Committee & Volunteers: LINK forthcoming <p>*Registration does not imply that individuals are approved to participate and receive accreditation.</p>
<p>REGISTRATION DEADLINE & ENTRY FEES</p>	<p>The standard registration deadline is February 13th, 2023 at 11:59 pm ET:</p> <p>SENIOR: \$169.50 (includes HST) – Women, Men’s Freestyle or Men’s Greco-Roman (one event) \$259.90 (includes HST) – Men’s Freestyle + Men’s Greco-Roman (two events)</p> <p>JUNIOR: \$169.50 (includes HST) – Women, Men’s Freestyle or Men’s Greco-Roman (one event) \$259.90 (includes HST) – Men’s Freestyle + Men’s Greco-Roman (two events)</p> <p>CADET: \$169.50 (includes HST) – Women or Men’s Freestyle (one event)</p>



<p>REGISTRATION DEADLINE & ENTRY FEES</p>	<p>SUPPORT STAFF: \$67.80 (includes HST) – coaches, team leaders, team medical</p> <p>Late registrations will be accepted until February 20th, 2023 at 11:59 pm ET, subject to a late fee. After February 13th, 2023 (11:59 pm ET), but prior to February 20th, 2023 (11:59 pm ET):</p> <p>SENIOR: \$226.00 (includes HST) – Women, Men’s Freestyle or Men’s Greco-Roman (one event) \$316.40 (includes HST) – Men’s Freestyle + Men’s Greco-Roman (two events)</p> <p>JUNIOR: \$226.00 (includes HST) – Women, Men’s Freestyle or Men’s Greco-Roman (one event) \$316.40 (includes HST) – Men’s Freestyle + Men’s Greco-Roman (two events)</p> <p>CADET: \$226.00 (includes HST) – Women or Men’s Freestyle (one event)</p> <p>SUPPORT STAFF: \$124.30 (includes HST) – coaches, team leaders, team medical</p> <p>No registrations will be accepted after February 20th, 2023 at 11:59 pm ET. This applies to all athletes and support staff and officials.</p>
<p>SCRATCHES & INJURY WITHDRAWALS</p>	<ul style="list-style-type: none"> ▪ All scratches & injury withdrawals before February 13th, 2023 (11:59 pm ET) will be fully refundable. ▪ All scratches & injury withdrawals after February 13th, 2023 (11:59 pm ET) & prior to February 20th, 2023 (11:59 pm ET) will be 50% refundable. ▪ All scratches & injury withdrawals after February 20th, 2023 (11:59 pm ET) are NON-REFUNDABLE.
<p>HOST HOTELS (adjacent to each other)</p>	<p>HOST HOTEL #1 Hampton Inn Hotel & Suites by Waterloo St. Jacobs 55 Benjamin Rd. Waterloo, ON. N2V 0C6 Phone: 519-514-0090 https://www.hilton.com/en/hotels/wlobrhx-hampton-suites-waterloo-st-jacobs/</p>



<p>HOST HOTELS (adjacent to each other)</p>	<p>GROUP RATE DETAILS:</p> <p>Room rates of \$129 (Double Queen-Studio & King Standard) and \$139 (King Studio & Double Queen-Standard) available until February 15, 2023 and subject to additional taxes. After February 15, 2023, rates will be subject to availability.</p> <p>Rates include complimentary hot breakfast, in-suite high-speed internet, parking, access to pool and fitness centre.</p> <p>Convention Code: MWC</p>
	<p>HOST HOTEL #2 Homewood Suites by Waterloo St. Jacobs 45 Benjamin Rd. Waterloo, ON. N2V 2G8 Phone: 519-514-0088 https://www.hilton.com/en/hotels/yhmsjhw-homewood-suites-waterloo-st-jacobs-ontario-canada/</p> <p>GROUP RATE DETAILS:</p> <p>Room rates of \$139 (King Studio) and \$149 (King Bedroom) available until February 15, 2023 and subject to additional taxes. After February 15, 2023, rates will be subject to availability.</p> <p>Rates include complimentary hot breakfast, in-suite high-speed internet, parking, access to pool and fitness centre.</p> <p>Convention Code: MWC</p>
	<p>HOST HOTEL #3 Courtyard by Marriott Waterloo St. Jacobs 50 Benjamin Rd. Waterloo, ON. N2V 2J9 Phone: 519-884-9295 https://www.marriott.com/en-us/hotels/ykfcy-courtyard-waterloo-st-jacobs/overview/</p>



<p>HOST HOTELS (adjacent to each other)</p>	<p>GROUP RATE DETAILS:</p> <p>Room rates of \$144 (Double Queen & King with sofa bed) available until February 15, 2023 and subject to additional taxes. After February 15, 2023, rates will be subject to availability.</p> <p>Rates include complimentary hot breakfast, in-suite high-speed internet, parking, access to fitness centre.</p> <p>Reservation link: https://www.marriott.com/event-reservations/reservation-link.mi?id=1670351673844&key=GRP&app=resvlink</p> <p>All hotels are approximately a 9-minute drive to RIM Park Manulife Sportsplex. Should event hotels be fully booked, additional properties within a reasonable distance of RIM Park can be found at: https://explorewaterloo.ca/directory/hotels-motels-inns/.</p>
<p>TRANSPORTATION</p>	<p>Airport transfer between Region of Waterloo International Airport (YKF), as well as ground transportation between the host hotels and venue will be provided for Officials, dignitaries and WCL staff ONLY. Arrival and departure information (airport, flight #, arrival and departure times, and delegation names) must be received by WCL by February 13th, 2022 to guarantee airport transfer by the HOC.</p> <p>Waterloo Region can also be accessed by Hamilton's John C. Munro Airport – YHM (1-hour drive) and London International Airport – YXU (1 hr 10), but the HOC will not be providing transportation from these locations.</p> <p>Transportation is NOT provided for team participants (athletes, coaches, team managers, team medical).</p> <ul style="list-style-type: none">• YKF Flight Information: https://www.waterlooairport.ca/en/passengers/arrivals-and-departures.aspx• Ground Transportation: https://www.waterlooairport.ca/en/passengers/ground-transportation.aspx



TRANSPORTATION	<p>Car Rentals The HOC has secured a preferred rate for rental vehicles from Enterprise for all participants of the 2023 Canadian Wrestling Championships. Reservations made in advance can use the Account Code XVC1723 to secure a 5% discount at Enterprise locations, and 10% at National from the standard rates at the rental location.</p> <p>The HOC has no responsibility or liability for these rentals.</p> <p>Venue Parking Parking at the host hotel(s) and competition venue RIM Park is free for all participants.</p>
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SCHEDULE

TUESDAY March 7 th , 2023	All Day	Arrival of Teams
	8:00 – 20:00 RIM Park Gymnasium	Practice time (certified coaches must be in attendance) Contact: TBD
WEDNESDAY March 8 th , 2023	All Day	Arrival of Teams
	8:00 – 20:00 RIM Park Gymnasium	Practice time (certified coaches must be in attendance) Contact: TBD
	8:00 – 18:00 Hampton Inn (outside Berlin Ballroom)	Accreditation
	14:00 – 21:00 Hampton Inn (Trillium Think Tank Board Room)	Pairing Masters Clinic
	18:00 – 20:00 Hampton Inn (Berlin Ballroom)	Officials' Clinic
	20:00 – 21:00 Hampton Inn (Berlin Ballroom)	Coaches' Technical Meeting: <ul style="list-style-type: none">- Tournament information include field of play access and flow- Scratches and final weight class changes (Cadet WW + FS)- Draw



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WEDNESDAY March 8th, 2023	21:00 – 23:00 Hampton Inn (Meeting Hospitality Room)	Social
THURSDAY March 9th, 2023	7:30 – 8:30 Hampton Inn (Berlin Ballroom)	MEDICALS & WEIGH-INS Cadets (scratch weight)
	8:00 – 20:00 RIM Park Gymnasium	Practice time (certified coaches must be in attendance) Contact: TBD
	10:00 – 17:00 RIM Park Fieldhouse	CADET QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	14:00 – 17:00 RIM Park Fieldhouse	Accreditation
	17:00 – 18:15 RIM Park Room 209	DINNER BREAK
	18:15 – 18:30 RIM Park Fieldhouse	CADET CEREMONIES March-in for finalists 2022 Cadet Athlete of the Year Awards
	18:30 – 21:00 RIM Park Fieldhouse	CADET FINALS Gold medal matches (2 mats) Awards Ceremonies



M MATMEN WRESTLING CLUB



THURSDAY March 9th, 2023	20 minutes after conclusion of award ceremonies RIM Park Fieldhouse	CADET TRUE SECOND RANKING MATCHES
	Following Cadet True Second Ranking Matches RIM Park Room 207 / 208	Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches and final weight class changes (Junior WW + FS) - Seeding - Draw
FRIDAY March 10th, 2023	7:30 – 8:30 Hampton Inn (Berlin Ballroom)	MEDICALS & WEIGH-INS Juniors WW + FS (scratch weight)
	8:00 – 20:00 RIM Park Gymnasium	Practice time (certified coaches must be in attendance) Contact: TBD
	10:00 – 17:00 RIM Park Fieldhouse	JUNIOR WW + FS QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	14:00 – 17:00 RIM Park Fieldhouse	Accreditation
	17:00 – 18:15 RIM Park Room 209	DINNER BREAK
	18:15 – 18:30 RIM Park Fieldhouse	JUNIOR WW + FS CEREMONIES March-in for finalists 2022 Junior Athlete of the Year Awards



M MATMEN WRESTLING CLUB



FRIDAY March 10th, 2023	18:30 – 21:00 RIM Park Fieldhouse	JUNIOR WW + FS FINALS Gold medal matches (2 mats) Awards Ceremonies
	20 minutes after conclusion of award ceremonies RIM Park Fieldhouse	JUNIOR TRUE SECOND RANKING MATCHES
	Following Junior True Second Ranking Matches RIM Park Room 207 / 208	Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches and final weight class changes (Senior WW + FS) - Seeding - Draw
SATURDAY March 11th, 2023	7:30 – 8:30 Hampton Inn (Berlin Ballroom)	MEDICALS & WEIGH-INS Seniors WW + FS (scratch weight)
	8:00 – 20:00 RIM Park Gymnasium	Practice time (certified coaches must be in attendance) Contact: TBD
	10:00 – 17:00 RIM Park Fieldhouse	SENIOR WW + FS QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	14:00 – 17:00 RIM Park Fieldhouse	Accreditation
	17:00 – 18:00 RIM Park Room 209	DINNER BREAK



M MATMEN WRESTLING CLUB



SATURDAY March 11th, 2023	18:00 – 18:45 RIM Park Fieldhouse	SENIOR WW + FS CEREMONIES March-in for finalists 2022 Senior & U23 Athlete of the Year Awards Hall of Fame Ceremony
	18:45 – 21:00 RIM Park Fieldhouse	SENIOR WW + FS FINALS Gold medal matches (2 mats) Awards Ceremonies
	20 minutes after conclusion of award ceremonies RIM Park Fieldhouse	SENIOR TRUE SECOND RANKING MATCHES
	Following Senior True Second Ranking Matches RIM Park Room 207 / 208	Coaches' Technical Meeting: - Scratches and final weight class changes (Junior + Senior GR) - Draw
SUNDAY March 12th, 2023	All Day	Team Departures to airport
	7:30 – 8:30 Hampton Inn (Berlin Ballroom)	MEDICALS & WEIGH-INS Senior GR (scratch weight) Junior GR (scratch weight) *NOTE: Athletes that competed on Friday and Saturday must weigh-in at scratch weight
	9:30 – 12:30 RIM Park Fieldhouse	JUNIOR + SENIOR GR QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches



M MATMEN WRESTLING CLUB



SUNDAY March 12th, 2023	10:30 – 12:00 RIM Park Room 207 / 208	Club Coaches Meeting
	12:30 – 13:30 RIM Park Room 209	LUNCH BREAK
	13:30 – 15:00 RIM Park Fieldhouse	JUNIOR + SENIOR GR FINALS March-in for finalists Gold medal matches (4 mats) Awards Ceremonies
MONDAY March 13th, 2023	All Day	Team Departures to airport



APPENDIX A – COACH EXEMPTION PROCESS

Please submit a request for a coach exemption to: nccp@wrestling.ca no later than February 20th, 2023 (late registration deadline).

All requests will be reviewed and considered on a case-by-case basis by WCL's Coach Education & Development Advisory Committee (CEDAC).

Please note that submitting a request does not imply that it will be approved.

COACH PRE-REQUISITES:

Competition Development

- MED Evaluation (within 4 years)
- Competition Introduction Certified Status
- Leading Drug-Free Sport (training AND online evaluation)
- Managing Conflict (training AND online evaluation)
- Coaching & Leading Effectively
- Psychology of Performance
- Prevention & Recovery
- Developing Athletic Abilities
- Manage a Sport Program

Competition Introduction

- MED Evaluation (within 4 years)
- Sport Nutrition
- Planning a Practice
- Teaching and Learning
- Basic Mental Skills
- Design a Sport Program



APPENDIX B – SEEDING (SENIOR, JUNIOR, CADET)

Forthcoming.



APPENDIX C – TRUE SECOND RANKING MATCHES (SENIOR, JUNIOR, CADET)

- Applicable for Women and Men's Freestyle Wrestling.
- Round robin results stand (no true second ranking matches).
- The second ranked athlete in each weight class at the 2023 Canadian Wrestling Championships (Senior, Junior, Cadet) will have a final ranking of 2nd place, unless s/he has not wrestled against the third ranked athlete during the Championships. In that case, a one match true second wrestle-off will be held between the second and third ranked athletes. The winner of the match will be ranked 2nd for carding and team selection purposes.
- True second ranking matches will take place following the finals each day of competition.
- True second ranking matches are a continuation of the Championships; if an athlete is injured, they forfeit.