



# **MAT REGULATION POLICY**

April 2023

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## 1 – PURPOSE

The purpose of this policy is to provide a clear and consistent understanding of Wrestling Canada Lutte (WCL)'s expectations and requirements for wrestling mats used for competition at WCL sanctioned events to achieve the following outcomes:

- Provide a reasonable minimum standard level of quality for wrestling mats used during WCL sanctioned events to provide reasonable safety protocols;
- Enable a consistent application of requirements across Canada at WCL sanctioned events.

## 2 – DEFINITIONS

- COMPETITION WRESTLING MATS – A wrestling mat manufactured for wrestling by a manufacturer complying with specific standards and used for the competition at an event.
- CONTEMPORARY - A mat is deemed contemporary, if it has no visible damage and has the markings outlined below.
- EVENT – Any competition sanctioned by WCL, including Canadian Team Trials, Canadian Wrestling Championships, Canadian Wrestling Trials, Wrestle-Offs and Challenge Matches.
- MANUFACTURER – Is the organization that designed, produced and manufactured a particular brand and model of the wrestling mat.
- PRACTICE WRESTLING MATS – A wrestling mat manufactured for wrestling by a manufacturer complying with specific standards and used for the training and warm-up area at an event.

In addition, the following abbreviations are used throughout the document:

ASTM	American Society for Testing and Materials
BOD	WCL's Board of Directors
ED	Executive Director
EHAC	WCL's Events & Hosting Advisory Committee
UWW	United World Wrestling
WCL	Wrestling Canada Lutte

## 3 – SCOPE & APPLICATION

These requirements apply to all WCL sanctioned domestic events in Canada. These do not apply to training camps, training activities or any non-sanctioned WCL events. All international events in Canada will comply with UWW requirements.

## 4 – KEY PRINCIPLES

WCL's Mat Regulation Policy is based on the following key principles:

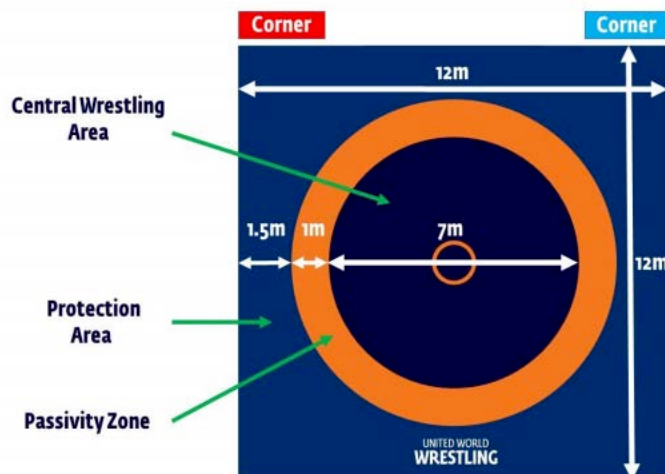
- Wrestling mats used at events must be contemporary and manufactured for the purpose of wrestling.

- Wrestling mats used at events must be manufactured by a manufacturer to meet The American Society of Testing and Materials International (ASTMI) standard: ASTM F1081-97(03) “Specification for Competition Wrestling Mats”.
- Wrestling mats used at events must be manufactured by a manufacturer meet the ASTM standard in accordance with ASTM Test Method F355-01 “Test Method for Shock-absorbing Properties of Playing Surface Systems and Materials”.

## 5 – POLICY

All WCL sanctioned events will utilize a wrestling mat that meets the following requirements:

- Manufactured for wrestling and meets the ASTM F1081-97(03) standard and ASTM Test Method F335-01;
- Is contemporary and passes the onsite visual field test inspection of the WCL Representative and Head Official;
- Is placed on a solid, non-slip surface that has a temperature of at least 18C; and
- Competition wrestling mats must be 12-metres x 12-metres for all events (except for the allowable modification as noted below), and have the following markings:
  - A circle of 1-metre diameter defining the centre of the mat;
  - A central wrestling area with a diameter of 7-metres;
  - A passivity zone band of 1-metre width in distinct colour from central area and the protection area;
  - The mat will have a designated red corner and blue corner; and
  - A protection area of 1.5-metre width.



- For the Canadian Wrestling Championships (U19, U17, U15) only, it is permissible for the mats to only be 11-metres x 11-metres, due to smaller protection area (minimum of 0.5-metre), as long as there is a 1-metre supplementary protection area secured (taped) to the main mat around the entire mat.
- Practice wrestling mats are not required to be of a specific shape or have any markings, but must be manufactured to the same standard as competition mats, and be in good shape with no damage that could undermine the safety (e.g. tears, gaps or cracks) of the participants.

## **6 – PROCEDURES**

Prior to the competition, the WCL Representative, the Head Official and a HOC representative will physically inspect each mat(s) to ensure:

- The mat meets the required policy considerations (the HOC will provide evidence and confirmation as required, if not evident).
- Each wrestling surface is smooth and uniform, without any gap or openings (mats may be secured together by mat tape or other mechanical means).
- Each mat passes a “Heel Test” (*pressing the entire weight of the body through the heel of the foot on the surface of the mat (compressing the foam) that fully releasing the heel so that the indentation disappears within moments.*)

## **7 – EXCEPTIONS**

Any exceptions to the policy must be approved by the BOD.