



2024 Canadian Wrestling Championships (Senior, U20-Junior & U17-Cadet)

MARCH 14-17, 2024
Arena at TD Place
Ottawa, ON

EVENT INFORMATION

(as of January 29, 2024)

ORGANIZING COMMITTEE	Jason Kirby (Co-Chair) Phone: 613-248-9281 Email: Jason.Kirby@ocdsb.ca
WRESTLING CANADA LUTTE	Jolene Wong Phone: 613-748-5686 Email: jwong@wrestling.ca
COMPETITION VENUE	Arena at TD Place 1015 Bank Street Ottawa, ON K1S 3W7 http://www.tdplace.ca/
NUMBER OF MATS	4 competition mats
RULES	Competition rules will be conducted according to the most recent edition of the WCL Rulebook (https://wrestling.ca/wp-content/uploads/2023/02/2023_Rulebook.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 (2) 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 2003 and older).</p> <p>Athletes from 18 years of age (born 2006 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 1984 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>U20-JUNIOR: 18 to 20 years of age (born in 2004, 2005, 2006)</p> <p>Athletes from 17 years of age (born 2007 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>U17-CADET: 16 to 17 years of age (born in 2007, 2008)</p> <p>Athletes from 15 years of age (born 2009 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>All eligibility requirements must be met by the registration deadline.</p> <p>ATHLETES: Competition is open to all athletes who are eligible to represent Canada as governed by United World Wrestling (UWW) eligibility requirements:</p> <ul style="list-style-type: none"> ▪ Canadian citizen (no previous international representation with another country) OR ▪ Canadian citizen or Permanent Resident with an approved Sport Nationality Transfer from UWW, effective 2024 <p>OFFICIALS: Officials must be registered members in good standing with CAWO and their Provincial Wrestling Officials Association (if applicable) and WCL.</p> <p>TEAM LEADERS: Please note that team leaders do not have access to the field of play (in the corner).</p>
<p>COACHING REQUIREMENTS</p>	<p>To receive a coach accreditation (eligible to coach during the event), coaches must have:</p> <p>Senior & U20-Junior Competition: Competition Development certified status or higher by the registration deadline.</p> <p>U17-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>Foreign coaches (not members of a PTSO and living / working outside of Canada) seeking accreditation must contact Anthony Bhagwandin (nccp@wrestling.ca) for information on coaching requirements.</p>
<p>PUBLIC HEALTH REGULATIONS & PROTOCOLS</p>	<p>All public health 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>Please note that the event health regulations & protocols are subject to change in order to respond to any government or public health agency requirements, restrictions or approvals, at any time. All accredited individuals, spectators and other participants will be expected to comply with such requirements at all times.</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 Abuse-Free Sport.</p> <p>To support WCL’s various safe sport policies, systems and processes, including being a signatory of Abuse-Free Sport, WCL approved a new Safe Sport Participant Fee Policy effective July 1, 2023.</p> <p>The safe sport participant fee (\$160 CAD) is applicable to athletes, training partners, coaches, and team leaders once annually per calendar year. For more information, please refer to the policy at the following link: https://wrestling.ca/wp-content/uploads/2018/03/Safe-Sport-Participant-Fee-Policy-June-2023.pdf. Please direct any questions to: info@wrestling.ca.</p> <p>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.</p> <p>*NOTE: All training & screening must be in effect for the duration of the 2024 calendar year.</p>
<p>REGISTRATION PROCESS</p>	<p>Please note that all individuals seeking accreditation will need to complete or renew a WCL Registration Profile for 2024 before registering for this event.</p> <p>If you are not already a 2024 registered participant with WCL, please complete your WCL Registration profile by visiting the following LINK: https://wrestling.ca/wcl-participant-registration/.</p> <p>All individuals must be registered members of their PTSO and be members in good standing with their PTSO and WCL. Please check with your PTSO to determine if they have any additional registration requirements.</p> <p>Event registration can be accessed at the following link for athletes, coaches, officials, team medical, team leaders, and event volunteers: https://2mev.com/#!/events/2024-canadian-wrestling-championships-senior-u20-junior-u17-cadet</p> <p>*Registration does not imply that individuals are approved to participate and receive accreditation.</p>



**REGISTRATION
DEADLINE & ENTRY
FEES**

The standard registration deadline is February 16th, 2024 at 16:59 ET:

SENIOR:

\$150.00 (+ tax) – Women, Men’s Freestyle or Men’s Greco-Roman (one event)
\$230.00 (+ tax) – Men’s Freestyle + Men’s Greco-Roman (two events)

U20-JUNIOR:

\$150.00 (+ tax) – Women, Men’s Freestyle or Men’s Greco-Roman (one event)
\$230.00 (+ tax) – Men’s Freestyle + Men’s Greco-Roman (two events)

U17-CADET:

\$150.00 (+ tax) – Women or Men’s Freestyle (one event)

SUPPORT STAFF:

\$60.00 (+ tax) – coaches, team leaders, team medical

Late registrations will be accepted until February 25th, 2024 at 16:59 ET, subject to a late fee. After February 16th, 2024 (16:59 ET), but prior to February 25th, 2024 (16:59 ET):

SENIOR:

\$200.00 (+ tax) – Women, Men’s Freestyle or Men’s Greco-Roman (one event)
\$280.00 (+ tax) – Men’s Freestyle + Men’s Greco-Roman (two events)

U20-JUNIOR:

\$200.00 (+ tax) – Women, Men’s Freestyle or Men’s Greco-Roman (one event)
\$230.00 (+ tax) – Men’s Freestyle + Men’s Greco-Roman (two events)

U17-CADET:

\$200.00 (+ tax) – Women or Men’s Freestyle (one event)

SUPPORT STAFF:

\$110.00 (+ tax) – coaches, team leaders, team medical

No registrations will be accepted after February 25th, 2024 at 16:59 ET. This applies to all athletes and support staff and officials.



<p>SCRATCHES & INJURY WITHDRAWALS</p>	<ul style="list-style-type: none"> All scratches & injury withdrawals before February 25th, 2024 (16:59 ET) will be fully refundable by WCL. All injury withdrawals after February 25th, 2024 (16:59 ET) may be eligible for refund with the purchase of Interpodia’s Refund Protect coverage through the registration process, provided all Interpodia’s terms and conditions are met. Supporting medical documentation may be requested by Interpodia. All injury withdrawals after February 25th, 2024 (16:59 ET) are not refundable if Interpodia’s Refund Protect coverage was not purchased through the registration process. All scratches after February 25th, 2024 (16:59 ET) are not refundable.
<p>HOST HOTELS (across from Delta Ottawa and connected by tunnel)</p>	<p>HOST HOTEL Ottawa Marriott Hotel 100 Kent St. Ottawa, ON. K1P 5R7 Phone: 613-238-1122 https://www.marriott.com/en-us/hotels/yowmc-ottawa-marriott-hotel/overview/?scid=f2ae0541-1279-4f24-b197-a979c79310b0</p> <p>GROUP RATE DETAILS: Room rates of \$169 (2 Doubles) available until March 1, 2024 and subject to additional taxes. After March 1, 2024, rates will be subject to availability. Rates include complimentary in-suite high-speed internet, access to pool and fitness centre.</p> <p>PARKING: Parking is managed by Impark parking and not the hotel. There are a few different options for payment of parking:</p> <p><u>SELF-PARKING– Pay in Garage</u> \$20 per 24 hours with no in-and-out privileges (Monday to Friday)</p> <p><u>SELF-PARKING – Charge to room with In/Out privileges</u> \$27 (+tax) per night with unlimited in-and-out privileges (Monday to Friday)</p> <p><u>PREMIUM PARKING BAYS (limited to 7) – Above Ground</u> \$40 (+ tax) per night. Above ground parking is limited and reserved for vehicles taller than 6’.</p> <p>Reservation link: https://www.marriott.com/event-reservations/reservation-link.mi?id=1687981587166&key=GRP&app=resvlink</p>
<p>TRANSPORTATION</p>	<p>Airport transfer between Ottawa International Airport (YOW), as well as ground transportation between the host hotels and venue will be provided for Officials, dignitaries and WCL staff ONLY.</p>



TRANSPORTATION

Arrival and departure information (airport, flight #, arrival and departure times, and delegation names) must be received by WCL by February 23rd, 2024 to guarantee airport transfer by the HOC. Transportation is NOT provided for team participants (athletes, coaches, team managers, team medical).

- YOW Flight Information: <http://yow.ca/en/flights/arrivals>
- Ground Transportation: <http://yow.ca/en/parking-transportation/ground-transportation-options>. The HOC has no responsibility or liability for these rentals.

Preferred Airline

Air Canada has been selected as the preferred airline for the event in Ottawa. Customers will benefit from an instant online registration and enjoy a discount on eligible fares, purchased on aircanada.com

Promotion Code: P39VZW61

Applicable Rules and Information

- The booking is to be made to the following city: Ottawa, YOW (CA)
- The travel period begins Thursday, March 07, 2024 and ends Sunday, March 24th, 2024.
- Travel is valid Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.
- For North America' 5% applies on standard fares, 10% on flex fares and higher.
- **Promotion Code.** In order to take advantage of the discounted fares, Eligible Passengers must book their flight at aircanada.com and enter the Promotion Code in the applicable box. If a Promotion Code is not entered or is entered incorrectly, the Discounts will not be applied to the booking. The applicable Promotion Code must be recorded on the Eligible Passenger's ticket by ticketing agencies/airlines.
- **Eligible Tickets.** A ticket is eligible for the Discount provided it has been purchased on aircanada.com and provided the Promotion Code has been applied at time of purchase. Any ticket not purchased on aircanada.com for purposes of travel to an Event will not qualify for any benefits under the Terms and Conditions. A ticket purchased on aircanada.com but for which the applicable Promotion Code was not entered or was entered incorrectly will not be eligible for the Discount.
- **Discount.** The Discount is applied to the fare at the time that the travel ticket with Air Canada is purchased. The Discount and the fare are subject to all applicable taxes and surcharges.
- **Eligible Routes.** Only bookings made to the Event city are eligible for the Discount. Bookings originating in the convention city are not eligible.

*Other terms and conditions may also be in effect.

Venue Parking



	<p>Parking at the host venue (TD Place) is \$20 per day. A full parking guide can be found at the following web link: http://www.tdplace.ca/td-place-parking/.</p>
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SCHEDULE

TUESDAY March 12 th , 2024	All Day	Arrival of Teams
WEDNESDAY March 13 th , 2024	All Day	Arrival of Teams
	8:00 – 20:00 Panorama Room & Pinnacle Room	Practice time (certified coaches must be in attendance) Contact: TBD
	12:00 – 18:00 Delta Hotels Ottawa City Centre (Convention Level Foyer)	Accreditation
	14:00 – 21:00 Delta Hotels Ottawa City Centre (Laurentian Room)	Pairing Masters Clinic
	18:00 – 20:00 Delta Hotels Ottawa City Centre (Joliet Room)	Officials' Clinic
	20:00 – 21:00 Marriott Hotel (Laurier Room)	Coaches' Technical Meeting: <ul style="list-style-type: none"> - Tournament information include field of play access and flow - Scratches and final weight class changes (U17-Cadet WW + FS) - Draw
	21:00 – 23:00 Delta Hotels Ottawa City Centre (Penthouse Level)	Coaches' Social



THURSDAY March 14th, 2024	7:30 – 8:30 Delta Hotels Ottawa City Centre (Richelieu- Frontenac Room)	MEDICALS & WEIGH-INS U17-Cadets (scratch weight)
	8:00 – 20:00 Delta Hotels Ottawa City Centre (Panorama & Pinnacle Room)	Practice time (certified coaches must be in attendance) Contact: TBD
	10:00 – 17:00 Arena at TD Place	U17-CADET QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	14:00 – 17:00 Arena at TD Place	Accreditation
	17:00 – 18:00 Arena at TD Place	DINNER BREAK
	18:00 – 18:15 Arena at TD Place	U17-CADET CEREMONIES March-in for finalists 2023 U17-Cadet Athlete of the Year Awards
	18:15 – 21:00 Arena at TD Place	U17-CADET FINALS Gold medal matches (2 mats) Awards Ceremonies
	20 minutes after conclusion of award ceremonies Arena at TD Place	U17-CADET TRUE SECOND RANKING MATCHES



THURSDAY March 14th, 2024		
	Following Cadet True Second Ranking Matches Arena at TD Place	Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches and final weight class changes (U20-Junior WW + FS) - Seeding - Draw
FRIDAY March 15th, 2024	7:30 – 8:30 Delta Hotels Ottawa City Centre (Richelieu- Frontenac Room)	MEDICALS & WEIGH-INS U20-Juniors WW + FS (scratch weight)
	8:00 – 20:00 Panorama Room & Pinnacle Room	Practice time (certified coaches must be in attendance) Contact: TBD
	10:00 – 17:00 Arena at TD Place	U20-JUNIOR WW + FS QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	14:00 – 17:00 Arena at TD Place	Accreditation
	17:00 – 18:00 Arena at TD Place	DINNER BREAK
	18:00 – 18:15 Arena at TD Place	U20-JUNIOR WW + FS CEREMONIES March-in for finalists 2023 U20-Junior Athlete of the Year Awards



FRIDAY March 15th, 2024	18:15 – 21:00 Arena at TD Place	U20-JUNIOR WW + FS FINALS Gold medal matches (2 mats) Awards Ceremonies
	20 minutes after conclusion of award ceremonies Arena at TD Place	U20-JUNIOR TRUE SECOND RANKING MATCHES
	Following Junior True Second Ranking Matches Arena at TD Place	Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches and final weight class changes (Senior WW + FS) - Seeding - Draw
SATURDAY March 16th, 2024	7:30 – 8:30 Delta Hotels Ottawa City Centre (Richelieu-Frontenac)	MEDICALS & WEIGH-INS Seniors WW + FS (scratch weight)
	8:00 – 20:00 Panorama Room & Pinnacle Room	Practice time (certified coaches must be in attendance) Contact: TBD
	10:00 – 17:00 Arena at TD Place	SENIOR WW + FS QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	14:00 – 17:00 Arena at TD Place	Accreditation
	17:00 – 18:00 Arena at TD Place	DINNER BREAK



SATURDAY March 16th, 2024	18:00 – 18:30 Arena at TD Place	SENIOR WW + FS CEREMONIES March-in for finalists 2023 Senior Athlete of the Year Awards Hall of Fame Ceremony
	18:30 – 21:00 Arena at TD Place	SENIOR WW + FS FINALS Gold medal matches (2 mats) Awards Ceremonies
	20 minutes after conclusion of award ceremonies Arena at TD Place	SENIOR TRUE SECOND RANKING MATCHES
	Following Senior True Second Ranking Matches Arena at TD Place Room TBD	Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches and final weight class changes (Junior + Senior GR) - Draw
SUNDAY March 17th, 2024	All Day	Team Departures to airport
	7:30 – 8:30 Delta Hotels Ottawa City Centre (Richelieu-Frontenac)	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 – 15:00 Arena at TD Place	JUNIOR + SENIOR GR WRESTLE TO COMPLETION LUNCH BREAK (noon to 13:00), as necessary Awards Ceremonies
	10:30 – 12:00 Arena at TD Place Room TBD	Club Coaches Meeting



APPENDIX A – COACH EXEMPTION PROCESS

Please submit a request for a coach exemption via google form no later than February 25th, 2024 (late registration deadline). LINK: <https://8hgngy72pbm.typeform.com/to/Sj26p1tQ>.

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.

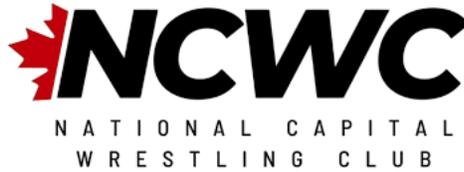
COACH PRE-REQUISITES:

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 (WCL Part A)
- Teaching and Learning
- Basic Mental Skills
- Design a Sport Program (WCL Part B)



APPENDIX B – SEEDING CRITERIA

U17-CADET

No seeding criteria.

U-20 JUNIOR SEEDING CRITERIA

The High Performance Director (HPD) will perform the seeding for the U20-Junior Canadian Championships and present the seeding nominations to the coaches on a weight class by weight class basis according to the seeding criteria outlined below. Coaches will have an opportunity to identify any athlete(s) who meet the seeding criteria that may have been omitted.

Seeds are assigned 1 through 4 on a position-by-position basis.

- Minimum of two (2), a maximum of four (4) seeds per weight class
- Coaches cannot withdraw their athletes from seeding
- Criteria are weight class specific (unless otherwise noted)

Seeding criteria, in ranking order (weight class specific unless otherwise noted):

1. Returning 2023 U20-Junior Canadian Championships winner
2. Returning 2023 U20-Junior Canadian Championships winner from a different weight class
 - a) If there are two (2) such winners, the highest seed shall be awarded to the winner of the most recent bout between the two (2) athletes at any point during the 2024 carding cycle. If the athletes have not met, performance criteria will be used to determine which of the two athletes will be given the higher seed
3. Returning second (2nd) place ranked athlete (true second) in the same weight class at the 2023 U20-Junior Canadian Championships
4. Returning second (2nd) place ranked athlete (true second) from a different weight class at the 2023 U20-Junior Canadian Championships

If athletes are still tied after the above criteria, the following will be used to break the tie:

- Head-to-head matches from the 2023 Canadian Wrestling Team Trials and / or most recent Domestic Carding Tournament(s)
- Higher International Performance Index (from the past year (2023-24))
- A random draw will occur

SENIOR SEEDING CRITERIA

The High Performance Director (HPD) will perform the seeding for the Senior Canadian Championships (FS & WW only) and present the seeding nominations to the coaches on a weight class by weight class basis



according to the seeding criteria outlined below. Coaches will have an opportunity to identify any athlete(s) who meet the seeding criteria that may have been omitted.

Seeds are assigned 1 through 4 on a position-by-position basis.

- Minimum of two (2), a maximum of four (4) seeds per weight class
- Coaches cannot withdraw their athletes from seeding
- Criteria are weight class specific (unless otherwise noted)

Seeding criteria, in ranking order:

Olympic Weight Categories (weight class specific unless otherwise noted):

1. 2023 Canadian Wrestling Team Trials (aka Olympic Trials) winner (following all wrestle-offs)
2. Returning 2023 Senior Canadian Championships winner (following all wrestle-offs)
3. Returning second (2nd) place ranked athlete (true second) at the 2023 Senior Canadian Championships
4. 2023 U23 World Medalist
5. Returning third (3rd) place ranked athlete (after all rankings completed) in the same weight class at the 2023 Senior Canadian Championships
6. The highest ranked athlete from the 2023 Canadian Senior Championships in alternate weight class (limited to top 3 ranking)
7. The highest ranked athlete from the most recent domestic carding tournament(s) in the last twelve months prior to the 2024 Canadian Senior Championships (limited to top 3 ranking)

Non-Olympic Weight Categories:

1. 2023 World Team Member (following all wrestle-offs) – Non-Olympic weight class specific
2. 2023 World Team Alternate (following all wrestle-offs) – Non-Olympic weight class specific
3. 2023 World Team Member (following all wrestle-offs) – alternate weight class
4. 2023 World Team Alternate (following all wrestle-offs) – alternate weight class

Note: World Team Member is the number one ranked athlete following all wrestle-offs, even if they were not able to compete at the 2023 Senior World Championships.

If athletes are still tied after the above criteria, the following will be used to break the tie:

- Head-to-head matches from the 2023 Canadian Wrestling Team Trials and / or most recent Domestic Carding Tournament(s)
- Higher International Performance Index (from the past year (2023-24))
- A random draw will occur



APPENDIX C – TRUE SECOND RANKING MATCHES (SENIOR, U20-JUNIOR, U17-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 2024 Canadian Wrestling Championships (Senior, U20-Junior, U17-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.