



2026 Canadian Wrestling Championships (Senior, U20-Junior & U17-Cadet)

May 28-30, 2026
Centre Pierre-Charbonneau
Montreal, QC

EVENT INFORMATION

(as of December 15, 2025)

ORGANIZING COMMITTEE	Fédération Lutte Olympique du Québec Martine Dugrenier (Chair) Phone: 514-213-0532 Email: dir@floq.ca
WRESTLING CANADA LUTTE	Jolene Wong Phone: 613-748-5686 Email: jwong@wrestling.ca
EVENT OBJECTIVES	<p>The Championships are held annually to determine the Canadian Champion and ranking of the top 3 wrestlers in each weight category for the Senior, U20-Junior and U17 Cadet age groups for Women's Wrestling (WW) and Men's Freestyle (FS). Ranking will be used to determine Canada's representatives for various internationally sanctioned events. NOTE: For the Senior non-Olympic weight classes, selection will occur at the World Team Trials.</p> <p>This level of competition aligns with the "Train to Compete" and "Train to Win" stages of WCL's Long-Term Development framework.</p>
COMPETITION VENUE	<p>CENTRE PIERRE-CHARBONNEAU 3000 rue Viau Montreal, QC. H1V 3J3</p> <p>To support our environmental goals and keep things sustainable, we're asking all participants to bring their own clear, reusable water bottles to the event. Water bottle filling stations are available throughout the competition venue.</p>



NUMBER OF MATS	4 competition mats
RULES	<p>Competition rules will be conducted according to the most recent edition of the WCL Rulebook with a modified double elimination bracket system or Round Robin (if less than 6 athletes per weight class).</p> <p>*Only clear water bottles will be permitted by athletes in the corner during competition.</p>
UNIFORM POLICY	Athletes - please refer to the Uniform Policy for WCL Sanctioned Events .
PRACTICE TIMES	Information forthcoming.
MEDICAL & DOPING CONTROL	<p>An event physician and athletic therapists will be in attendance on competition days (Thursday to Saturday). 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 2005 and older).</p> <p>Athletes from 18 years of age (born 2008 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 1986 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</p> <p>U20-JUNIOR: 18 to 20 years of age (born in 2006, 2007, 2008)</p> <p>Athletes from 17 years of age (born 2009 and older) may compete in U20-Junior competition, however parental authorization and a medical certificate are required.</p>

<p>AGE & WEIGHT CATEGORIES</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</p> <p>U17-CADET: 16 to 17 years of age (born in 2009, 2010)</p> <p>Athletes from 15 years of age (born 2011 and older) may compete in U17-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>*NOTE: U17-Cadet athletes will be permitted to move up one weight class if they fail to make weight at weigh-ins (with the exception of WW 73 and FS 110 kg who must make the weight). U20-Junior and Senior athletes that fail to make weight at weigh-ins will be withdrawn from the event.</p>
<p>ELIGIBILITY REQUIREMENTS</p>	<p>All eligibility requirements must be met by the registration deadline.</p> <p>All participants must be in good standing with and hold a valid (current) WCL licence. 2026 WCL Licence purchase or renewal: LINK FORTHCOMING IN JANUARY.</p> <p>All participants must be registered members of and in good standing with their PTSO. Please check with your PTSO to determine if there are any additional registration requirements (i.e. PTSO fees).</p> <p>ATHLETES (All excluding Senior Non-Olympic Weight Classes*) 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 Permanent Resident with an approved Sport Nationality Transfer from UWW, effective 2024 OR Canadian citizen with an approved Sport Nationality Transfer from UWW, effective 2026 (previous national or international representation with another country) <p>*ATHLETES (Senior Non-Olympic Weight Classes ONLY) Competition is open to Canadian citizens, Indigenous peoples (registered under the federal Indian Act), individuals with Permanent Resident Status, individuals with Refugee status, and those individuals with an approved international student permit.</p>

<p>ELIGIBILITY REQUIREMENTS</p>	<p>COACHES: To receive a coach accreditation (eligible to coach during the event), coaches must have:</p> <ul style="list-style-type: none"> ▪ Senior & U20-Junior Competition: Competition Development certified status or higher by the registration deadline. ▪ U17-Cadet Competition: Competition Introduction certified status or higher by the registration deadline. <p>There will be a Coach Exemption Process in place. Please refer to Appendix A for the Coach Exemption process and all coaching requirements.</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>OFFICIALS: Officials must also be registered members in good standing with CAWO.</p> <p>TEAM LEADERS: Please note that team leaders DO NOT have access to the field of play (in the corner).</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>SAFETY IN SPORT REQUIREMENTS</p>	<p>All participants must complete Safety in Sport Training, Screening & Consent Requirements as required. Please note that this may include completing informed consent regarding the Canadian Safe Sport Program (CSSP) for CSSP designated participants. NOTE: All training, screening & consent must be valid for the duration of the 2026 calendar year.</p> <p>WCL's Safe Sport Participant fee (\$50 CAD) which supports WCL's various safety in sport policies, systems and processes, is applicable to athletes, training partners, coaches, and team leaders once annually per calendar year, and is included in the WCL Licence purchase. For more information, please refer to the Safe Sport Participant Fee Policy. Please direct any questions to: info@wrestling.ca.</p>



EVENT REGISTRATION	<p>ALL PARTICIPANTS MUST COMPLETE AN EVENT REGISTRATION FOR THIS EVENT.</p> <p>Event registration, which requires a valid WCL Licence, can be accessed at the following link for athletes, coaches, officials, team medical, team leaders, and event volunteers: LINK FORTHCOMING. If you have completed an event registration correctly, you will receive a confirmation email – please check your spam folders.</p> <p>*NOTE: Registration does not imply that individuals are approved to participate and receive accreditation.</p> <p>**Event registrations are NOT transferable to other participants or other events.</p>
REGISTRATION DEADLINE & ENTRY FEES	<p>EARLY BIRD registrations will be accepted until May 1st, 2026 at 16:59 ET. SAVE \$50 by registering prior to May 1st, 2026 at 16:59 ET plus you'll be entered into a draw for a WCL merchandise gift card. One gift card per age group per style will be awarded.</p> <p>SENIOR: \$150.00 (+ tax) – Women or Men's Freestyle (one event)</p> <p>U20-JUNIOR: \$150.00 (+ tax) – Women or Men's Freestyle (one event)</p> <p>U17-CADET: \$150.00 (+ tax) – Women or Men's Freestyle (one event)</p> <p>SUPPORT STAFF: \$0.00 – coaches, team leaders, team medical (meals are NOT being provided for support staff)</p> <p>OFFICIALS: \$0.00</p> <p>STANDARD registrations will be accepted until May 8th, 2026 at 16:59 ET. After May 1st, 2026 (16:59 ET), but prior to May 8th, 2026 (16:59 ET):</p> <p>SENIOR: \$200.00 (+ tax) – Women or Men's Freestyle (one event)</p>



<p>REGISTRATION DEADLINE & ENTRY FEES</p>	<p>U20-JUNIOR: \$200.00 (+ tax) – Women or Men’s Freestyle (one event)</p> <p>U17-CADET: \$200.00 (+ tax) – Women or Men’s Freestyle (one event)</p> <p>SUPPORT STAFF: \$0.00 – coaches, team leaders, team medical (meals are NOT being provided for support staff)</p> <p>OFFICIALS: \$0.00</p> <p>LAST CHANCE registrations will be accepted until May 15th, 2026 at 16:59 ET, subject to a late fee. After May 8th, 2026 (16:59 ET), but prior to May 15th, 2026 (16:59 ET):</p> <p>SENIOR: \$350.00 (+ tax) – Women or Men’s Freestyle (one event)</p> <p>U20-JUNIOR: \$350.00 (+ tax) – Women or Men’s Freestyle (one event)</p> <p>U17-CADET: \$350.00 (+ tax) – Women or Men’s Freestyle (one event)</p> <p>SUPPORT STAFF: \$150.00 (+ tax) – coaches, team leaders, team medical (meals are NOT being provided for support staff)</p> <p>OFFICIALS: \$0.00</p> <p>NO REGISTRATIONS will be accepted after May 15th, 2026 at 16:59 ET. This applies to all athletes, support staff and officials. NO EXCEPTIONS.</p> <p>*NOTE: Provisional entry lists indicating completed registrations will be posted online. It is the responsibility of each participant to review the provisional entry lists to ensure an event registration has been completed.</p>
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<p>SCRATCHES & INJURY WITHDRAWALS</p>	<ul style="list-style-type: none"> ▪ All scratches & injury withdrawals before May 15th, 2026 (16:59 ET) will be fully refundable by WCL. ▪ All injury withdrawals after May 15th, 2026 (16:59 ET) may be eligible for refund with the purchase of Uplifter's Refund Protect coverage through the event registration process, provided all Uplifter's terms and conditions are met. Supporting medical documentation may be requested by Uplifter. ▪ All injury withdrawals after May 15th, 2026 (16:59 ET) are not refundable if Uplifter's Refund Protect coverage was not purchased through the registration process. ▪ All scratches after May 15th, 2026 (16:59 ET) are not refundable.
<p>HOST HOTEL (PRIMARY)</p>	<p>Hôtel Universel Montréal 5000 rue Sherbrooke Est Montréal, Québec H1V 1A1 Téléphone : 514-253-3365 www.hoteluniverselmontreal.com</p> <p>The hotel offers the following room rates, subject to additional taxes:</p> <ul style="list-style-type: none"> ▪ Comfort Category (2 double beds – single/double/triple/quadruple occupancy): \$210.00 ▪ Classic Category (1 king bed – single/double occupancy): \$210.00 ▪ Classic Category (2 double beds – single/double/triple/quadruple occupancy): \$210.00 <p>Concessions:</p> <ul style="list-style-type: none"> ▪ High-speed wireless internet access is available in all rooms at no extra charge. ▪ No additional charges will be applied for multiple occupancy. <p><u>Reservation Method – INDIVIDUAL RESERVATIONS</u> Individual reservations will be accepted before April 25th, 2026, on a first-come, first-served basis and each person will be responsible for their entire stay, including room charges, taxes and incidental expenses.</p> <p>Reservations will be made on an individual basis and participants may make them using the following methods:</p> <ul style="list-style-type: none"> ▪ Toll-free calls: 1-800-567-0223 ▪ Local calls: 514-253-3365 ▪ Email: info@hoteluniverselmontreal.com <p>To take advantage of these rates, you must specify the code FLOQ2026 and provide a credit card number as a guarantee.</p>

<p>HOST HOTEL (PRIMARY)</p>	<p>If the reservation needs to be canceled, it can be done free of charge by contacting the hotel directly by phone at the numbers listed above no later than 24 hours before arrival. Otherwise, the individual will be responsible for the cost of the first night, including taxes. It is important to note the reservation cancellation number.</p> <p><u>Reservation Method – Only PTSO Group Bookings for Officials</u> Your list of officials must be sent to the hotel no later than April 25, 2026, by fax at: 514-253-9958 or by email at: ysong@hoteluniverselmontreal.com.</p> <p>Your list must be in alphabetical order and contain the following information:</p> <ul style="list-style-type: none"> ▪ First and last name of the guest ▪ Date and time of arrival and departure of the guest ▪ Name of the person(s) sharing the room ▪ Special requests (allergies, adapted room) <p>Any changes or cancellations must be made in writing 24 hours before the arrival date; otherwise, the organization will be held responsible for the costs, including taxes, corresponding to the first night.</p> <p>For any information regarding your billing, please contact our group coordinator, Yuening Song, at 514-373-2702 or ysong@hoteluniverselmontreal.com.</p>
<p>HOST HOTEL (SECONDARY)</p>	<p>Hôtel Delta Montréal par Marriott 475 Président Kennedy Avenue Montreal, QC. H3A 1J7 Phone: 514-286-1986</p> <p><u>Reservation Information</u> Reservation Link: 2026 Canadian Wrestling Championship Room rates: \$269.00 (2 double) from May 26 to June 1, 2026 Rates available until May 6, 2026, and subject to additional taxes. After May 6, 2026, rates will be subject to availability. Rates include complimentary in-suite high-speed internet, access to pool and fitness centre.</p> <p>Guests will have convenient access to the following amenities:</p> <ul style="list-style-type: none"> ▪ Free access to the hotel's swimming pool, whirlpool, dry sauna and fitness center ▪ Free WiFi access in rooms and throughout the hotel for all participants ▪ Preferred parking rates at \$24/vehicle/day. ▪ Rate offered 1 day before and after the official event dates, subject to availability of Standard rooms at the hotel at the time of booking. <p><u>Guaranteed Reservations / Cancellations:</u></p>



HOST HOTEL (SECONDARY)	All reservations must be guaranteed by a recognized credit card, otherwise the hotel will not hold the room. In case of cancellation less than 72 hours prior to arrival, or if the reservation is not registered ("no-show"), the guarantee will be charged for one (1) night, plus taxes.
TRANSPORTATION	<p>Airport transfer between Montreal-Pierre Elliott Trudeau International Airport (YUL), 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 must be received by WCL by May 8th, 2026, to guarantee airport transfer by the HOC. Transportation is NOT provided for team participants (athletes, coaches, team managers, team medical).</p> <ul style="list-style-type: none"> ▪ YUL Flight Information ▪ Getting to and from YUL

SCHEDULE
(subject to change)

TUESDAY May 26 th , 2026	All Day	Arrival of Teams
WEDNESDAY May 27 th , 2026	All Day	Arrival of Teams
	8:00 – 20:00 TBD	Practice time (certified coaches must be in attendance) Contact: dir@flog.ca
	15:00 – 18:30 TBD	Accreditation
	14:00 – 21:00 TBD	Pairing Masters Clinic
	17:00 – 19:00 TBD	Officials' Clinic
	19:00 – 20:00 TBD	Accreditation Coaches' Technical Meeting: - Tournament information include field of play access and flow - Scratches & final weight class changes (U17-Cadet)
THURSDAY May 28 th , 2026	7:30 – 8:00 Hôtel Universel Montréal	MEDICALS, WEIGH-INS & DRAWS U17-Cadets (no weight tolerance) - Athletes will be permitted to move up one weight class if they fail to make weight at weigh-ins (with the exception of WW 73 and FS 110 kg who must make the weight).

THURSDAY May 28th, 2026	8:00 – 20:00 TBD	Practice time (certified coaches must be in attendance) Contact: dir@floq.ca
	10:00 – 16:00 Centre Pierre-Charbonneau	U17-CADET QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	16:00 – 17:00 Centre Pierre-Charbonneau	DINNER BREAK
	17:00 – 17:15 Centre Pierre-Charbonneau	U17-CADET CEREMONIES March-in for finalists 2025 U17-Cadet Athlete of the Year Awards
	17:15 – 20:00 Centre Pierre-Charbonneau	U17-CADET FINALS Gold medal matches (2 mats) Awards Ceremonies
	Following award ceremonies Centre Pierre-Charbonneau	U17-CADET TRUE SECOND RANKING MATCHES
	Following U17-Cadet True Second Ranking Matches Centre Pierre-Charbonneau	Accreditation Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches & final weight class changes (U20-Junior) - Seeding - Draw

FRIDAY May 29 th , 2026	7:30 – 8:00 Hôtel Universel Montréal	MEDICALS & WEIGH-INS U20-Juniors (no weight tolerance) - Athletes that fail to make weight at weigh-ins will be withdrawn from the event.
	8:00 – 20:00 TBD	Practice time (certified coaches must be in attendance) Contact: dir@flog.ca
	10:00 – 16:00 Centre Pierre-Charbonneau	U20-JUNIOR QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	16:00 – 17:00 Centre Pierre-Charbonneau	DINNER BREAK
	17:00 – 17:15 Centre Pierre-Charbonneau	U20-JUNIOR CEREMONIES March-in for finalists 2025 U20-Junior Athlete of the Year Awards
	17:15 – 20:00 Centre Pierre-Charbonneau	U20-JUNIOR FINALS Gold medal matches (2 mats) Awards Ceremonies
	Following award ceremonies Centre Pierre-Charbonneau	U20-JUNIOR TRUE SECOND RANKING MATCHES
	Following U20-Junior True Second Ranking Matches Centre Pierre-Charbonneau	Accreditation Coaches' Technical Meeting: <ul style="list-style-type: none"> - Scratches and final weight class changes (Senior) - Seeding - Draw

SATURDAY May 30 th , 2026	7:30 – 8:00 Hôtel Universel Montréal	MEDICALS & WEIGH-INS Seniors (no weight tolerance) - athletes that fail to make weight at weigh-ins will be withdrawn from the event.
	10:00 – 16:00 Centre Pierre-Charbonneau	SENIOR QUALIFICATION SESSIONS LUNCH BREAK (noon to 13:00) 5-6 place matches 3-4 place matches
	16:00 – 17:00 Centre Pierre-Charbonneau	DINNER BREAK
	17:00 – 17:15 Centre Pierre-Charbonneau	SENIOR CEREMONIES March-in for finalists 2025 Senior Athlete of the Year Awards Hall of Fame Ceremony Other WCL Ceremonies
	17:15 – 20:00 Centre Pierre-Charbonneau	SENIOR FINALS Gold medal matches (2 mats) Awards Ceremonies
	Following award ceremonies Centre Pierre-Charbonneau	SENIOR TRUE SECOND RANKING MATCHES
SUNDAY May 31 st , 2026	All Day	Team Departures to airport



APPENDIX A – COACH EXEMPTION PROCESS

Please submit a request for a coach exemption via [GOOGLE FORM](#) no later than May 15th, 2026 (last chance 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:

All coach pre-requisites and requirements for Competition Introduction and Competition Development can be found here: https://docs.google.com/spreadsheets/d/1mEabs5jtw0b0r_8Pn3veuyc7VL1k98C-LglboAcuZ_Y/edit?usp=sharing



APPENDIX B – SEEDING CRITERIA

U17-CADET

No seeding.

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)
- Criteria rankings include placement following the completion of any wrestle-offs and true second matches

Seeding criteria, in ranking order:

1. Returning U20-Junior Canadian Champion
2. Returning U20-Junior Canadian Champion (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 last rolling 12 months. 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 U20-Junior Canadian Championships ranked athlete
4. Returning second (2nd) place U20-Junior Canadian Championships ranked athlete (different weight class)

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

- Head-to-head matches from the 2025 Canadian U20-Junior Canadian Championships and / or most recent Domestic Carding Tournament(s)
- Higher International Performance Index (from the past rolling 12 months)
- A random draw will occur

SENIOR SEEDING CRITERIA



The High Performance Director (HPD) will perform the seeding for the Senior 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)
- Criteria rankings include placement following the completion of any wrestle-offs and true second matches

Ranking criteria:

Olympic Weight Classes:

1. Returning Senior Canadian Champion
2. Returning Senior Canadian Champion (different weight class)
3. Returning second (2nd) place Senior Canadian Championships ranked athlete
4. Returning second (3rd) place Senior Canadian Championships ranked athlete
5. The highest returning Senior Canadian Championships ranked athlete in alternate weight class (limited to top 3 ranking)
6. The highest ranked athlete from the most recent domestic carding tournament(s) in the last rolling 12 months (limited to top 3 ranking)

Non-Olympic Weight Classes:

1. Returning Senior Canadian Trials winner
2. Returning second (2nd) place Senior Canadian Trials ranked athlete
3. Returning Senior Canadian Trials winner (different weight class)
4. Returning second (2nd) place Senior Canadian Trials ranked athlete (different weight class)

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

- Head-to-head matches from the 2025 Senior Canadian Championships and / or most recent Domestic Carding Tournament(s)
- Higher International Performance Index (from the past rolling 12 months)
- A random draw will occur



APPENDIX C – TRUE SECOND RANKING MATCHES (ALL AGE CATEGORIES)

- Round robin results stand (no true second ranking matches).
- The second ranked athlete in each weight class at the 2026 Canadian Wrestling Championships (Senior, U20-Junior, U17-Cadet) will have a final ranking of 2nd place, unless they have 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 at the end of the competition (same day).
- True second ranking matches are a continuation of the Championships; if an athlete is injured, they forfeit.