



WRESTLING CANADA LUTTE RULEBOOK

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Canada



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INTRODUCTION

Wrestling, like all other sports, obeys rules that constitute the “Rule of the Game” and defines its practice, the aim of which is to “pin” the opponent or to win by scoring more points.

Freestyle (FS) and Women’s Wrestling (WW) differ from Greco-Roman (GR) as follows:

- In Greco-Roman Wrestling it is strictly forbidden to grasp the opponent below the belt line to trip them, or to use the legs actively on their opponent to perform any action.
- In Freestyle and Women’s Wrestling, however, it is permissible to grasp the legs of the opponent, to trip them and to use the legs actively to perform any action.

Wrestling Canada Lutte (WCL) has adopted the most current version of United World Wrestling’s (UWW) International Wrestling Rules (<https://uww.org/governance/regulations-olympic-wrestling>) with specific Canadian modifications which reflect national contexts, standards and competition structures Any other modifications must be approved by WCL’s Board of Directors.

This Rulebook applies to all domestic WCL sanctioned events (i.e. under the sole authority of WCL). Co-sanctioned Canadian events (i.e. under the shared authority of WCL and another governing body) and other sanctioning bodies may choose to implement additional modifications or variations, as appropriate.

It is the responsibility of every participant, including athletes, coaches, officials, WCL staff and organizers, to be fully informed of and to comply with all applicable rules and any updates or amendments that may occur.

In the event of any discrepancy or conflict between these rules and UWW International Wrestling Rules, the UWW International Wrestling Rules will prevail, unless otherwise noted.

PART 1 – GENERAL

Article 1: Participant Licence & Eligibility

- a) All individuals who wish to participate in WCL sanctioned events, must hold a valid WCL Licence. The licence is used to verify eligibility, including safe sport training and screening requirements.
- b) The licence is only valid for the current calendar year and must be renewed each year.
- c) All participant eligibility requirements shall be outlined in respective event technical packages. These requirements shall be verified with proof of legal documentation during the event registration process. Registering for an event does not imply that an individual is approved to participate.

Article 2: The Mat

- a) Please refer to WCL’s Mat Regulation Policy (<https://wrestling.ca/policy-manual/>).

Article 3: Athlete Uniform

- a) Please refer to WCL’s Uniform Policy (<https://wrestling.ca/policy-manual/>).
- b) Please note that a WCL representative and the on-site head official at each respective event will have the final authority on approving or rejecting competition singlets at weigh-ins and during competition.

Article 4: Age Categories & Weight Classes

UWW AGE CATEGORIES & WEIGHT CLASSES

SENIOR (20 years and older during the calendar year of the event)

Men’s Freestyle (FS):	57, 61, 65, 70, 74, 79, 86, 92, 97, 125 (in kilograms)
Men’s Greco-Roman (GR):	55, 60, 63, 67, 72, 77, 82, 87, 97, 130
Women’s Wrestling (WW):	50, 53, 55, 57, 59, 62, 65, 68, 72, 76

Note: Athletes turning 18, or 19 years of age in the calendar year of the event may compete in a Senior competition with a medical certificate, parental authorization and proof of age.

U23 (19-23 years during the calendar year of the event)

Men’s Freestyle (FS):	57, 61, 65, 70, 74, 79, 86, 92, 97, 125 (in kilograms)
Men’s Greco-Roman (GR):	55, 60, 63, 67, 72, 77, 82, 87, 97, 130
Women’s Wrestling (WW):	50, 53, 55, 57, 59, 62, 65, 68, 72, 76

Note: Athletes turning 18 years of age in the calendar year of the event may compete in a U23 competition with a medical certificate, parental authorization and proof of age.

U20-JUNIOR (18-20 years during the calendar year of the event)

Men's Freestyle (FS):	57, 61, 65, 70, 74, 79, 86, 92, 97, 125 (in kilograms)
Men's Greco-Roman (GR):	55, 60, 63, 67, 72, 77, 82, 87, 97, 130
Women's Wrestling (WW):	50, 53, 55, 57, 59, 62, 65, 68, 72, 76

Note: Athletes turning 17 years of age in the calendar year of the event may compete in a Junior-U20 competition with a medical certificate, parental authorization and proof of age.

U17-CADET (16-17 years during the calendar year of the event)

Men's Freestyle (FS):	41-45, 48, 51, 55, 60, 65, 71, 80, 92, 110 (in kilograms)
Women's Wrestling (WW):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73

Note: Athletes turning 15 years of age in the calendar year of the event may compete in a Cadet-U17 competition with a medical certificate, parental authorization and proof of age.

CANADIAN AGE CATEGORIES & WEIGHT CLASSES

U19 (17-18 years of age during the calendar year of the event)*

Men's Freestyle (FS):	39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125 (in kilograms)
Men's Greco-Roman (GR):	39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125
Women's Wrestling (WW):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90
Women's GR (WW-GR):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90

U17 (15-16 years of age during the calendar year of the event)*

Men's Freestyle (FS):	39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125 (in kilograms)
Men's Greco-Roman (GR):	39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125
Women's Wrestling (WW):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90
Women's GR (WW-GR):	36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90

U15 (13-14 years of age during the calendar year of the event)*

Men's Freestyle (FS):	34, 38, 41, 44, 48, 52, 57, 62, 68, 75, 85, 100 (in kilograms)
Men's Greco-Roman (GR):	34, 38, 41, 44, 48, 52, 57, 62, 68, 75, 85, 100
Women's Wrestling (WW):	33, 36, 39, 42, 46, 50, 54, 58, 62, 66, 70, 80
Women's GR (WW-GR):	33, 36, 39, 42, 46, 50, 54, 58, 62, 66, 70, 80

**Note: Athletes must compete in the age group they were born in.*

PART 2 – COMPETITION PROCEDURES

Article 5: Finalization of Weight Classes

- a) The selection of weight classes must be completed during the event registration process.
- b) For Senior, U23 and U20-Junior age categories, weight classes will be finalized and locked at the technical meeting for each respective age category. No additional changes to weight classes will be permitted after that time. If athletes do not attend or fail the weigh-in, they will be withdrawn from the event and have no rank.
- c) For Senior and U23 age categories only, the athlete may choose to participate in the next higher weight class than their body weight, except for the heaviest weight category, for which athletes must weigh over 97 kg (FS & GR) and over 72 kg (WW). For all other age categories, athletes will compete in the weight class corresponding to their weight at the conclusion of official weigh-ins.
- d) Athletes may only weigh-in and compete in one weight class, per age category, per style.

Article 6: Medical Control & Weigh-In

- a) Athletes must appear at medical control and weigh-in with their WCL event accreditation and approved competition singlet. Athletes must present themselves as they would for competition with their competition singlet straps up.
- b) There is no weight tolerance, unless specified in event technical packages.
- c) For UWW age categories, medical control and weigh-in last thirty (30) minutes on each day of competition for the respective weight class. Athletes competing in multiple age categories must weigh in for every age category.
- d) For Canadian age categories, medical control and weigh-in last one (1) hour the day before competition. Athletes only need to weigh in once if they are competing in two styles - FS & GR or WW & WW-GR.
- e) At medical control, the event physician / medical personnel will check each athlete and eliminate any athlete who has any contagious skin disorder or any other ailment that would prevent them from competing at a safe level, as specified in WCL's Event Medical Regulations (<https://wrestling.ca/policy-manual/>). The event physician / medical personnel will be the final medical authority.
- f) Athletes requiring a medical brace must bring the device to medical control and weigh-in for inspection and approval by the event physician, medical personnel, and / or head official. The primary consideration is athlete safety and the avoidance of any equipment that may pose a risk to the athlete or their opponent. Braces must not contain rigid, abrasive, or sharp components (eg. metal or hard plastic) and must not provide an unfair competitive advantage. Final approval of the brace will be made during medical control or weigh-in. The brace does not need to be worn while weighing in.

- g) If an artificial limb(s) is worn during competition, then it must be worn during the weigh-in and approved as safe by the event physician / medical personnel, and head official. There is no additional weight tolerance for athletes with an artificial limb(s).
- h) For safety and privacy considerations athletes should not be changing in and out of their competition singlets into their normal attire in the weigh-in area. Athletes will be directed to a private area away from the weigh-in area to change in and out of their clothes.

WARNING: Pursuant to the WCL Code of Conduct and Ethics, dieting and other weight control methods are not permitted for athletes 17 years of age and younger. The penalty for non-compliance for athletes is immediate elimination from the event without placement. Coaches, who assist or promote this type of weight loss, will be barred from the competition site for the remainder of the event to be followed by a disciplinary review. The WCL Representative along with the CAWO Representative at the event will have the primary responsibility of enforcement.

- i) The pairing master will prepare a weigh-in sheet for each weight class, with athlete name, club and province.
- j) The following is recorded on each weigh-in sheet:
 - Exact weight of each athlete
 - Athlete initial
 - Any withdrawals, no-shows or athletes that fail to make weight (Seniors, U23, U20-Junior) are stroked out
 - Any athletes that are changing weight classes will be marked with “CHANGE” on the current weigh-in sheet, and their corresponding information will then be added to the new weigh-in sheet
 - Upon conclusion of weigh-ins, the official(s) assigned to each weight class sign the weigh-in sheet

Article 7: Draw & Pairing

- a) For Senior, U23, and U20-Junior age categories, the draw will occur at the technical meeting, the day before competition for each weight class. No additional changes to the draw will be permitted after that time. Coach and / or team leader participation at the technical meetings is strongly recommended.
- b) For U17-Cadet and all Canadian age categories, the draw will be completed upon conclusion of weigh-ins.
- c) Athletes shall be placed in the draw using WCL’s designated competition management system.
- d) The competition management system will be used to randomly draw numbers for each athlete and place them in the draw, under the following parameters, in order of priority:
 - i. Seeded athletes will assume the seeded positions.
 - ii. Where possible, athletes from the same club will be placed as far as possible from each other in the first round of competition.
 - iii. Byes will be placed as per each respective bracket system (see article 18).

- e) If there is an error in the draw related to the rules or due to human error, the weight class in question will be redrawn, as soon as possible. Once competition begins, weight classes will not be redrawn.
- f) Seeding will be determined by WCL on a per-event basis, as outlined in the event technical package.
- g) If there are technical issues with the competition management system, athletes will draw lots at weigh-ins.
 - For each weight class, a set of numbers will be prepared.
 - After weighing-in, the athlete picks a number, removing it from the set.
 - At the conclusion of the weigh-in, all numbers are ranked in order from smallest to highest within each weight class.
 - Seeded athletes will assume the seeded position.
 - Where possible, the pairing master will attempt to prevent athletes from the same club from meeting in the first round. Athletes will be moved on a random basis.
 - Byes will be placed as per each respective bracket system.

PART 3 - MEDICAL

Article 8: Medical Service Interventions

- a) The organizers of WCL sanctioned events must have a physician, and appropriate medical personnel in sufficient numbers (as per WCL's Event Medical Regulations) available to examine athletes during the medical control and oversee medical interventions during competition.
- b) If an athlete is considered to be in poor health or in a condition that is dangerous to themselves or other competitors, the athlete shall be withdrawn from the event (during medical control or during competition).
- c) The event physician has the right to stop a bout when there is danger to either athlete. The event physician also has sole authority to decide whether an athlete may continue a bout. In the absence of an event physician, the event medical personnel will have the authority to decide whether an athlete may continue a bout.
- d) In the absence of any medically qualified personnel, the head official will have the right to prevent an injured athlete from continuing the bout; however, the head official will not have the right to force any athlete to continue against the athlete's wishes.
- e) A designated team physician or team medical personnel is fully authorized to intervene to give treatment to the team's injured athlete, however, final decision on whether an athlete may continue wrestling rests with the event physician / event medical personnel.
- f) For treatment of an injury, the athlete must remain on the mat unless directed by the event physician/medical personnel. The event physician / medical personnel may stop the match before the end of the injury / blood time limits.
- g) Athletes that require inhalers/ventilators should be aware that there are a number of inhalers/ventilators that utilize substances on the IOC banned list. It is the responsibility of the athlete to be aware of these substances. Athletes under such medication are strongly encouraged to use

inhalers/ventilators before the start of a bout. If necessary, an athlete will be given the opportunity to use an accepted inhaler/ventilator during injury time.

- h) The decision to continue wrestling must be made within the time allocated for injury or blood.
- i) All athlete withdrawals for medical reasons must include a completed medical withdrawal form (signed by event medical personnel) to be ranked based on the points earned in the event until the medical withdrawal. Withdrawals without a completed medical withdrawal form will be considered forfeits with no final event placement.
- j) Any athlete withdrawn for medical reasons must be re-assessed and cleared by the event physician to participate in subsequent matches during the event. This re-assessment must be presented in writing to the WCL representative or designate.

Article 9: Anti-Doping

WCL has adopted the Canadian Anti-Doping Program (CADP), applicable to all participants, which is designed to prevent, deter and detect doping and serves to protect the integrity of sport and the rights of clean athletes.

Please refer to the CADP website (<https://sportintegrity.ca/canadian-anti-doping-program>) for information regarding the CADP rules, the prohibited list, education, testing, results management, and other.

PART 4 – REFEREEING BODY

Article 10: Referee Uniform

- a) The official uniform for officials shall include a black polo shirt with a WCL or CAWO logo, black trousers, a black belt, black socks, and black shoes. Officials will also wear a blue armband on their right wrist and a red armband on their left wrist. They shall have a functioning whistle and lanyard available.

PART 5 – THE BOUT

Article 11: The Bout

- a) In the event of visually and/or hearing-impaired wrestlers, the officials must ensure forearm-to-forearm contact and/or use hand signals, appropriately touching the wrestlers as necessary, and that there is continuous physical contact between the wrestlers for the duration of the bout. The referee should allow the wrestlers to make contact if separation occurs or stop the bout and restart with contact.

Note: Any wrestler who is visually impaired will start using a forearm-to-forearm start in the standing position. The wrestlers are to re-establish and maintain contact if separated during wrestling. If contact is not re-established the bout will be stopped and re-started in a contact position (standing or par terre).

Wrestlers who are hearing impaired must be tapped on the shoulder to indicate whistles to either start or stop any wrestling action. The referee must be sure to start the bout with a clear hand signal in direct view of a hearing impaired athlete, in addition to the sound of a whistle. The referee must be sure to make any verbal commands or hand signals in direct view of the hearing impaired athlete.

- b) Canadian U17 and U15 Rules - In Canada, the suplay, salto, and full nelson from the front and the side, and west point ride are illegal in these age groups and will be stopped immediately and considered brutality (given a caution one point). Side throws are allowed. Repeated occurrences of these illegal actions during the course of a single event could result in disqualification.
- c) Incident reports shall be filed by the head official for incidents occurring outside the match, but within the field of play. Reports should include information regarding the incident. Individuals are removed from the competition or venue are not allowed to compete in any subsequent WCL sanctioned event until such time as the incident is reviewed under WCL's Discipline & Complaints Policy.

Article 12: The Coach

- a) Each athlete is allowed a maximum of two people in their corner during each bout. Only accredited coaches and team medical personnel count against this two-person limit.
- b) A yellow card (warning) may be given to a coach for misconduct/unsportsmanlike behavior. A second yellow card or red card (elimination) may be given to a coach for continued and/or repeated misconduct/unsportsmanlike behavior or for severe misconduct/unsportsmanlike behavior. When a yellow/red card is issued to a coach, the official shall inform the coach, and WCL representative. If a second yellow card / red card is given, the coach's accreditation will be taken, and the coach must leave the competition venue. The coach is not allowed to be present in the competition venue for the remainder of the event (i.e. the entire Championship, Trials, etc.).

PART 6 – COMPETITION SYSTEM

Article 13: Competition Programme

- a) The competition programme differs from event to event. Please refer to each respective event technical packages for the detailed competition programme.

Article 14: Awards

- a) At Canadian Championships, the top three wrestlers in each weight category will receive a medal, according to their final placement.
- b) Other Canadian Championship awards include:
 - i. Outstanding Wrestler, in each age category and style.
 - ii. Club Team Award, awarded to the club with the highest total classification points in each age category and style.
- c) Awards or recognition at other sanctioned or co-sanctioned events may differ.

Article 15: Competition Systems

- a) WCL Canadian Championships use the double-elimination bracket system, with weight classes being wrestled to completion in one day.
- b) The competition system for all other WCL sanctioned events (eg. Olympic trials, wrestle-offs, other) will be specified in the event technical package.

Article 16: Double Elimination Bracket System

- a) In the double elimination bracket draw system, a win advances the athlete to the next round and closer to the final. A first loss relegates the athlete to the consolation rounds (towards third place), and a second loss eliminates the athlete from the competition. The size of the bracket is a multiple of 2, ie. 2, 4, 8, 16, 32, 64 and so on.
- b) The championship rounds will be indicated on the right side of the bracket and the consolation rounds will be indicated on the left side of the bracket. From this system a “tournament order of rounds” can be compiled that will list the order of bouts for the entire tournament.
- c) If the number of competitors is five or less in a given weight class, then a single pool round robin system, where each athlete wrestles against every other athlete, will be used to determine the final ranking order.
- c) At the completion of the first round in each weight class, consolation rounds may start. In the event two athletes who previously competed against each other in the championship round are paired again in the consolation bracket, the bouts should be wrestled and scored as if they had not previously met. The third and fifth place bouts should be conducted before the first-place bout. The loser of the consolation final places fourth. The two losers of the consolation semi-finals compete for fifth place (the loser of this bout places sixth).

Article 17: Seeding

- a) The aim of seeding is to place seeded athletes as far as possible from each other to preserve the possibility of them competing in the last possible stage.
 - b) The maximum number of seeds for Canadian Championships is four (4).
 - c) Seeded athletes will be placed in the bracket using the top-bottom-bottom-top approach:
 - i. Whenever there is one seed in any weight class, the athlete should be placed at the top of the draw.
 - ii. Whenever there are two seeds in any weight class, they should be placed in opposite halves of the bracket, with the first seeded athlete placed at the ‘top’ of the draw and the second seeded athlete placed at the ‘bottom’ of the draw.
 - iii. If there are three seeded athletes in any weight class, the second and third seeds should be seeded in different quarter brackets of the half-bracket opposite from the number one seed.
 - iv. When there are four seeds in any weight class, the first and fourth seeds should be placed, in different quarter brackets, in one half-bracket and the second and third seeds should be placed, in different quarter brackets, in the other half-bracket.
-

Article 18: Byes

- a) When the number of competitors is not a power of 2 (that is, 4, 8, 16, 32 and 64) there should be byes in the first round. The number of byes should be equal to the difference between the number of competitors and the next higher power of 2 (ex. 19 wrestlers, 32-person draw → 13 byes). The number of pairs that meet in the first round should be equal to the difference between the number of competitors and the next lower power of 2 (19 wrestlers, 16-person draw → 3 pairs). There should be no byes on the championship side after the first round, and no further drawing is necessary. The byes, if even in number, should be divided equally between top and bottom. If the number of byes is uneven, there should be one more bye at the top than at the bottom.
- b) Byes, if applicable, will first be awarded to seeded athletes in order of the seed number (i.e first seed gets first bye, second seed gets second by, etc.). If additional byes apply, they will be drawn randomly from among the remaining athletes in the bracket.
- c) If there are no seeded athletes, the byes will be drawn randomly from among all athletes in the bracket.

Article 19: Disqualification

- a) If an athlete is disqualified from any WCL sanctioned event for brutality and/or flagrant unacceptable behavior, they will be immediately suspended from all WCL sanctioned events and activities until such time as the incident is reviewed under WCL's Discipline & Complaints Policy.
- b) Disqualifications will result in no final event placement for the athlete.
- c) In the event of a doping rule violation being assessed, the athlete in question will be disqualified without any event placement. All other wrestlers will move up accordingly in the ranking.

Article 20: Round Robin Classification

- a) Following the round robin competition, placement is determined by the following criteria, in order:
 - i. Number of victories: The number of victories will first be used to determine separate placements. If there is a tie (2 athletes) in victories between the two athletes, the result of the head-to-head bout will determine the placement.
 - ii. Number of classification points: If after applying the number of victories criteria, there is a multiple tie in number of victories among 3 or more remaining athletes, classification points will be used to break the tie to determine placement. Where classification points are different, athletes will be placed accordingly. For example, if classification points are distinct for all athletes, the classification points shall determine all placements. If there is a tie in classification points between two athletes, the result of the head-to-head bout between the two shall determine their respective placement.
- b) The following classification point scoring system is applied to determine the placing within each group. Athletes are awarded classification points based upon the result of the bout. The classification points do not affect the progress of the athlete. An athlete given a bye will receive no classification points for

that round.

- c) In the case of a multiple victory tie (**3 or more athletes**) in a Round Robin, here is an example how to use Classification points:

Example: If there is a 3-way tie in victories and the classification points are as follows: 5, 4, 3 the placement of athletes will be from highest to lowest (5-1st, 4-2nd, 3-3rd). If classification points are as follows 5, 4, 4 we will make the placing as follows (5-1st, then head-to-head between the 2 athletes with 4 classification points or if 5, 5, 4 the placing are as follows (head-to-head for the 1st and 2nd and the 4 points is 3rd place).

If it is a 3 or more-way tie in Classification points, you will then move to the next criteria:

- i. the most victories
- ii. the Head-to-Head for a tie in victories (2 athletes)
- iii. the most classification points accumulated during the competition (Multiple tie in victories – 3 or more athletes)
- iv. the most bout victories by fall
- v. the most bout victories by technical superiority
- vi. the most technical points scored during the entire competition
- vii. the fewest technical points allowed during the entire competition
- viii. lowest seed number, if applicable
- ix. lowest draw number in numeric value

Article 21: Club Team Ranking

Club team points (where applicable) awarded in each weight class shall be proportional to the number of participants in each weight class and shall be weighted in the following manner.

# of competitors	6+	5	4	3	2	1
1st	10	9	7	5	4	3
2nd	7	6	5	3	2	
3rd	5	4	3	2		
4th	3	2	1			
5th	2	1				
6th	1					

Note: Only the top placing wrestler per club/province, in a given weight class, is awarded team classification points.

In the event of a tie between two club teams, the placing will be determined by using the following tie-breaking criteria. Each step shall be applied until the tie no longer exists.

1. the club team with the most 1st place finishes
2. the club team with the most 2nd place finishes
3. the club team with the most 3rd place finishes
4. the club team with the most 4th place finishes

5. the club team with the most 5th place finishes
6. the club team with the most 6th place finishes

If a tie still exists, it shall be recorded as such.

In the event of a tie between more than two club teams, use the tie-breaking criteria listed above until one place can be determined. Then start over and use the criteria to break the remaining tie(s).

PART 7 – CHALLENGES

Article 22: Video Review Challenge Procedure

- a) Video review is mandatory at WCL sanctioned events.
- b) The CAWO assigned Video Review Jury “Designate” (head clinician or head official, the Tier I Clinician) that are placed in charge of each mat per session or the mat chair for that particular bout can request the use of the mat side video review.
- c) The mat chair and the Designate will review the situation in question. Normally, the judge and referee are not involved in the review. However, in exceptional circumstances the Mat Chair and the Designate may request their opinion. The officials shall review and discuss the situation with the Designate making the final determination of the situation and the resulting action.
- d) The mat chair shall indicate the points for everyone to see. The result is recorded on the bout sheet and score clock before continuing with the bout.
- e) If the official video replay is not available due to technical difficulties, the head official may permit the use of the WCL webstream video for video review challenge purposes.

ANNEX A: EVENT INCIDENT REPORT FORM

Date: _____ Event / Location: _____

Individual(s) involved in the incident: _____

Please provide an outline of the facts of the incident (i.e., why was the athlete, coach, or other individual disqualified from the event)

Individuals involved in the decision and their position at the event. (i.e., John Smith, Head Official)

1. _____
2. _____
3. _____
4. _____

Signature: _____ Date: _____

Did you file a report with Sport Integrity Canada: YES: NO:

Did you file a report with ITP Sport (WCL's independent third party): YES: NO:

Please note that incident reports need to be filed with WCL no later than 14 days after the date the incident took place. Reports should be directed to the WCL representative (in-person) or by email to: info@wrestling.ca, with the subject heading "Event Incident Report Form".