

ANNEX B – RULES MODIFICATIONS & GENERAL GUIDELINES FOR YOUTH WRESTLING IN CANADA

INTRODUCTION

The WCL is attempting to develop a positive system for youth wrestling in Canada. The concept is that each province will attempt to use these guidelines to their best benefit. Each province has provided input into these guidelines.

GOALS OF YOUTH WRESTLING

- Fun
- Good Sportsmanship (coaches, parents included)
- Basic skill development
- Introduction of the sport in a safe and controlled manner
- Participation

AGE DIVISIONS

The WCL recommends that prior to the age of nine (9), youth wrestling should take part at the local club level only. Children of these ages do not need the pressure or stress of provincial/territorial or national level competition.

- Novice (turning 9/10 years of age during the calendar year of the event)
- Kids (turning 11/12 years of age during the calendar year of the event)
- Bantam (turning 13/14 years of age during the calendar year of the event)

The youth wrestler should be introduced to basic provincial/territorial competition at the novice age group. This could take place in the form of a provincial/territorial festival or inter-provincial/territorial club events. A small schedule of events in the province would provide the needed opportunities for participation.

Once the youth wrestler reaches the Kids and Bantam age divisions, he/she can be introduced to organized provincial/territorial competition and national level festival competition.

WEIGHT DIVISIONS

The exact system of pooling (i.e. round robin, bracket draw, etc.) should be determined based upon the level of competition. Novice and Kids Youth wrestling should use a round robin pool format with three, four, or possibly five wrestlers in an age/weight class. This assures wrestlers of a maximum number of bouts per tournament. Bantam age groups may use this same round robin format or could possibly move to a bracket draw of no more than eight athletes. Athletes should only compete in their own age group and should not compete in more than one age group at the same tournament.

Due to different maturation rates, boys should only wrestle boys and girls should only wrestle girls.

The weight spread should be done on a graduated split:

- | | | |
|------|--------------------|--------------------|
| i.e. | - under 40 kg | 2 kg Split |
| | - between 40-70 kg | 3 kg Split |
| | - over 70 kg | 4 kg Split |
| i.e. | Wrestler A - 54 kg | Wrestler D - 38 kg |
| | Wrestler B - 51 kg | Wrestler E - 36 kg |
| | Wrestler C - 57 kg | Wrestler F - 70 kg |

Group: Wrestler D & Wrestler E		Group: Wrestler D and Wrestler E
Group: Wrestler A & Wrestler C	OR	Group: Wrestler A and Wrestler B
Group: Wrestler B		Group: Wrestler C
Group: Wrestler F		Group: Wrestler F

Note: The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited at the youth age divisions. The penalty for non-compliance for athletes is immediate elimination from the tournament 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 with a discipline hearing to be scheduled by the appropriate provincial/territorial authorities at a later date, if deemed necessary.

MAT ATTIRE

Organizers of local events are free to set their own policies regarding appropriate mat attire. The minimum expectations for mat attire are ABOVE KNEE SHORTS with no belt loops, zippers or pockets and a snugly fitting T-shirt. Male athletes will be requested to remove their t-shirts but consideration will be given to athletes with “diminished body image”.

However, for Provincial, multi-province and/or Canadian Championships, singlets are mandatory for both male and female wrestlers. A female wrestler cannot wear a male singlet with a t-shirt wrestling shoes/running shoes (no metal anywhere) must be taped.

SAFETY

Safety will continue to be the primary consideration. The official is always to err on the side of caution and protect the athlete(s). Any situation which the official feels is potentially dangerous or has the potential to be dangerous is to be stopped. Even if the action is not explicitly illegal, the official (s) will stop the action and wrestling will resume in the standing position. Such a decision is to be considered a discretionary call and therefore cannot be protested and should not be questioned by the coach.

RULE MODIFICATIONS – NOVICE, KIDS & BANTAMS

Rules of the CURRENT WCL Rulebook will be used at Age Group events with the following exceptions:

****No amplitude (5 point) throws are permitted in Age Group Wrestling.**

ILLEGAL MOVES FOR ALL AGE GROUP WRESTLERS

- Illegal/dangerous holds as per current WCL rule book (Article 24/25) – Sections a, b, c and d
- All back bending throws (including side suplay and salto) and in turn the locking of the hands on a double under hook (the set-up for chest to chest throwing techniques
- Full nelson and 3/4 nelson
- Any hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride)
- No locking or placing of both hands on the opponent's neck
- West point ride
- Slam

NOVICE

- Bout times: 2 x 2 minute periods with 30 second rest between periods
- No shot clock
- No head and arm throw
- No gabori head and arm roll / gator roll (etc.) or similar rolling head and arm technique
- The "Auto-Touche" will NOT apply. We will continue to reward the initiator.
- No consecutive repetitions of any legal tilt. The defensive wrestler must return to a fully defendable position and offensive wrestler must modify his / her grip before a technique is repeated
- 10 point decision by evident technical superiority
- A fall will be one full second
- No full nelson or 3/4 nelson
- Any hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride) is not permitted
- No locking or placing of both hands on the opponent's neck
- No west point ride
- When a wrestler is in any potential pinning situation, the offensive wrestler must complete the pin within 15 seconds or the action will be halted and wrestling will resume from the standing position. The referee will draw attention to the action by visibly counting to 15 using a sweeping motion of his / her hand.
- No amplitude (5 point) throws are permitted in any level of Age Group wrestling
- Any wrestler, when in any pinning situation, who calls out will be taken as a making a forfeit and the referee's decision to end the match will be final. Similarly, if the coach yells for his/her athlete to be let off their back it will also be taken as a forfeit and the referee's decision to end the match will also be final.
- Illegal or dangerous holds as per "Article 24 Prohibitions, Illegal and Potentially Dangerous Holds Sections a, b, c and d" are illegal in Age Group wrestling.
- Additionally, locking of the hands in a double underhook (either from the front or side), back bending throws either to the back or to the side, a reverse leg ride, any hold on the legs where the offensive wrestler's leg or arm is in the crux of the opponent's while attempting to fold the knee creating a fulcrum (a high potential for injury of the opponent's knee) are illegal for Novice, Kids and Bantams.
- For Novice and Kids aged wrestlers, the head and arm throw is not allowed.

As an example, during wrestling, as soon as an attempt at a head and arm throw is apparent as

evidenced by a hip tossing action or a rotation of the hips, the referee will stop the action and warn the offending wrestler.

A repetition of this rule violation will bring about a caution to the offending wrestler and one point awarded to the opponent.

Action will resume from the standing position.

This includes the situation wherein the action starts from standing and goes to the knees and continues in a throwing action in an attempt to circumvent the intent of the rule.

The head and arm is permitted for all wrestlers if the action is from a “scramble” situation wherein both athletes have both knees on the mat. This technique is considered a tilt.

- In the off case that, at the end of the **second** round and if the score is still tied 0-0, the referee will immediately call the wrestlers to the center and toss a coloured disc. (Red &Blue)
- Wrestling will resume in the **STANDING POSITION**. The wrestler who wins the toss must score within **30** seconds or the opponent will be awarded ONE point and the match.

KIDS

- Same as novice minus the 15-second pin rule
- Two repetitions of any technique other than the gabori will be permitted. If a third repetition is commenced, the referee will stop the action and wrestling will resume in the standing position

BANTAM

- Bout times: 2 x 2 minute periods with 30 second rest between periods.
- **Same as Kids BUT,**
 - A head and arm throw and a side salto are both permitted at this level under close scrutiny by the on-mat official
 - Unlimited repetitions of any legal technique **except** the gabori

OFFICIALS

If there is any doubt about the safety of a situation involving young wrestlers, even if it is not illegal in nature, the referee should stop the action immediately. Safety must be a key goal of youth wrestling.

AWARDS

It is recommended that every athlete in the competition get some sort of participation award. Examples might include ribbons, crests, pennants, certificates.

Medals for top three placing are optional.

Team titles may be used, but should not be emphasized.