

CANADIAN AMATEUR WRESTLING ASSOCIATION



2007 - 2008

**CANADIAN INTERPRETATION
OF THE RULES OF
INTERNATIONAL AMATEUR WRESTLING FEDERATION
(F.I.L.A.)**

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PRESIDENT'S MESSAGE

Wrestling in Canada is continually improving at the provincial/territorial, national and international levels. The sport is dynamic and exciting. This comes as a result of our members' desire to be as fully informed as possible of the technical developments of the sport.

The CAWA rulebook is intended to provide a clear and concise explanation of the current rules and interpretations, for wrestlers, coaches and referees. These rules should be consistently adhered to throughout Canada.

I would like to thank all those who have contributed to the production of the CAWA rulebook.

Canadian Amateur Wrestling Association
Clive Llewellyn, President

INVITATION TO JOIN CAWOA -
THE CANADIAN AMATEUR WRESTLING OFFICIALS' ASSOCIATION

The wrestling officials from Canada are recognized to be among the best in the world. A long tradition of excellence in officiating has earned this respect.

Our excellent program did not happen by chance. There has been a systematic development of officials from the grassroots level through the Provincial/Territorial classifications and continuing through three national classifications (C-B-A) to the position of A Exceptional. At each step, there is a network of ongoing officials who are eager to help junior officials recognize their full potential. The strength of our association is the willingness to give and accept constructive suggestions for improvement without reference to personalities or geographical distributions.

We welcome you to join the CAWOA once you have reached the highest category within your own province/territory. The steps and classifications are outlined below.

Description of Canadian Rating System

National Aspirant On-Mat (“ASP”)

This is a provincial/territorial official who has earned and received the sanction of their provincial/territorial association to attend a national upgrading clinic and tournament. This official may referee the Canadian Cadet Championships if they have previously attended a national upgrading clinic during that year and received the “Canada C” rating recommendation at the upgrading clinic. The official may also referee the Canadian Juvenile Greco Roman Championships, provided they have received a “Canada C” rating recommendation from the head clinician during the Cadet Freestyle National Championships.

National Aspirant Pairing (“ASP Pairing”)

This is a provincial/territorial official who has earned and received the sanction of their provincial/territorial association to attend a national upgrading clinic and tournament.

Canada C On-Mat (“Can C”)

This is an acceptable level of officiating for the national level; but this person still requires considerable guidance and would not feel comfortable with a high-pressure final match. A “Can C” may officiate at any national grading tournament and at the Canadian National Cadet & Juvenile Championships, and is eligible for upgrading at any of these tournaments.

Canada C Pairing Master (“PM-C”)

This is a Pairing Master, who is proficient at all supportive functions in the pairing room, such as drawing and setting up pairing sheets, writing bout sheets, recording match results and posting wall charts. A “PM-C” should be familiar and be able to use the tournament computer software, which can include the input of contestants, pairing, bout sheet control, correct placement of all contestants and the results package. A “PM-C” may function as a PM at any National Control Tournament or as an assistant at a national championship. A “PM-C” is eligible for upgrading at any national upgrading tournament under the direction of a PM clinician.

Canada B (“Can B”)

This is a solid official who is deemed to be able to handle difficult situations but requires more activity at the senior level. A “Can B” may officiate at any national grading tournament and at the Canadian National Cadet, Juvenile and Junior Championships. A “Can B” is eligible for upgrading at any of the national grading tournaments, through the recommendation of a Clinician, preferably at a National championship but not exclusively, at the Canadian Junior Championships.

Canada B Pairing Master (“PM-B”)

In addition to being proficient at all duties of a “PM-C”, this official must be capable of training assistants at tournament clinics, demonstrate knowledge of the rules and disciplines of proper pairing, and be able to direct the total pairing process of one age group at a National control tournament using the tournament computer software, including pairing, bout sheet control, correct placement of all contestants and the results package. A “PM-B” is eligible for upgrading at any national upgrading tournament under the direction of a PM clinician.

Canada A (“CAN A”)

This official now has several years’ experience at the senior level, and has demonstrated poise and good judgment in virtually all situations, with the confidence and maturity to handle the most difficult matches at the senior level. Finally, this category means that after this official has attended at least one Canadian Senior Freestyle and Greco-Roman National Championships, they are eligible to obtain the CAWOA endorsement to join FILA and represent Canada at international tournaments. A “Can A” may officiate at any national grading tournament and at any Canadian National Championships.

Canada A Pairing Master (“ Can PM-A”)

In addition to being proficient at all duties of a “PM-B”, this official should be capable of controlling the entire pairing room at a national championship. This includes the direction of all assistants with positive leadership and communication skills and familiarity with rules and disciplines necessary to conduct a national championship. A “PM-A” should be independent and proficient in using the tournament computer software, which includes tournament set up, registration, scheduling, data entry and paperwork / results generation. This official should demonstrate the ability to control the flow of an entire tournament, including the paper flow and all personnel in conjunction with staging, floor management and tournament control. A Can PM-A will be assigned as the head PM and/or in a support role at FILA Tournaments hosted in Canada.

Canada AE (“Can AE”)

In addition to being proficient at all duties of a “Can A”, this category is reserved for senior officials who are judged by their peers to be exceptional in the leadership, teaching and mentorship role of referee, judge and mat chairman. Upgrades to this level can only be received at the senior National Championships, based on a recommendation from a ¾ majority of the clinicians in attendance.

National Clinicians for 2007 who are responsible for conducting clinics to upgrade officials and to provide rule interpretations for coaches and wrestlers are:

	On Mat Officials	Pairing Masters
British Columbia	Jim Mitchell	Coralee Roy
	Gerry Badger	
Alberta	Derek McKenzie	
	Lenis Thokle	
	Kelly Delanoy	
Saskatchewan	Dale Clancy	Jamie Booth
	Ryan Forsberg	
Ontario	John Dawson	Diane
	Lee MacKay	Lesley
	Jose Alonso	Sue Perkins
	John Cook	
	Ed Zinger	
	Dave French	
	Ron Moncur	
Quebec	Jay Bradbury	

INTERNATIONAL RULES OF WRESTLING

Introduction

The spirit of modern-day wrestling is embodied in the concept of total wrestling. It is mandatory that both wrestlers remain active throughout the match in pursuit of victory either by pinning the opponent or by accumulating more points. It is unacceptable to avoid wrestling or to be "passive" and officials must be vigorous in their attempts to encourage active wrestling.

These regulations apply to two styles of wrestling currently recognized by FILA for the Olympics: Greco-roman style and Freestyle. Basically, these styles differ as follows:

- ! Greco-roman wrestling: it is forbidden to intentionally to grasp the opponent below the hips, to trip the opponent or to use the legs actively in executing any action.
- ! Freestyle wrestling: it is permissible to grasp the legs of the opponent, to trip the opponent and to use the legs as well as the upper body in the execution of any action.

These rules are the "Canadian interpretations of the International Wrestling Rules." They shall be applicable to all competitions recognized by the Canadian Amateur Wrestling Association, which is a member in good standing of the International Amateur Wrestling Federation (FILA). They shall be in effect for all domestic competitions, unless otherwise determined by the CAWA Board of Directors (regardless of subsequent changes in FILA interpretations) from February 1, 2007 to October 31, 2008.

PART ONE: PREPARATION AND ADMINISTRATION

ARTICLE 1. Weight Categories and Age Classification

SENIORS (20 years and older)

MALES 50-55 kg., 60, 66, 74, 84, 96, 96-120 kg.

FEMALES 44-48 kg., 51, 55, 59, 63, 67, 72, 72 – 82 kg.

Olympic Games: 44-48 kg., 55, 63, 63-72 kg.

Note: A Juvenile may compete in a Senior competition if they will reach age 17 during the calendar year of the event. A medical certificate is required at the time of registration. Competitors under the age of 20 must provide proof of age.

The FILA highest weight class is 72 kg for females.

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

MALES 46-50 kg., 55, 60, 66, 74, 84, 96, 96-120 kg.

FEMALES 40-44 kg. 48, 51, 55, 59, 63, 67, 72, 72-82 kg.

Note: First year Juvenile wrestlers are allowed to participate in a Junior competition, provided that they reach the minimum age of 17 years in the year the event is held. They must present a medical certificate at the time of registration.

The FILA highest weight class is 72 kg for females.

JUVENILE (17-18 years during the calendar year of the event)

MALES 39-42 kg., 46, 50, 54, 58, 63, 69, 76, 85, 100, 115, 115-130 kg.

FEMALES 36-38 kg., 40, 43, 46, 49, 52, 56, 60, 65, 70, 80, 80-90 kg.

Note: **This age division is not an official age division of the FILA.**

CADETS (15-16 years during the calendar year of the event)

MALES 39-42 kg., 46, 50, 54, 58, 63, 69, 76, 85, 100, 115, 115-130 kg.

FEMALES 36-38 kg., 40, 43, 46, 49, 52, 56, 60, 65, 70, 80, 80-90 kg.

Note: Younger aged athletes are not allowed to compete in the Cadet age division. Cadet aged athletes cannot compete in the Juvenile competition (Freestyle or Greco Roman).

The top two weight classes, 115 kg & 130 kg male and 80 kg & 90 kg female, are not official FILA weight divisions.

The FILA Cadet age category is 16-17 years of age.

- a) The birth date of Cadet, Juvenile and Junior wrestlers shall be verified at the time of registration by legal proof of age (i.e., birth certificate or passport).
- b) For all closed National Championships, citizenship or permanent residence status must be verified for new residents of Canada at time of registration by permanent residence documents or passport.
- c) A wrestler may compete in one only weight class per style at any given National Championships.
- d) A wrestler can choose to compete in the next higher weight class, except for the heaviest weight class, where the wrestler must weigh the minimum weight listed in this rulebook. The decision to change a weight class cannot be made after the wrestler has already weighed in and the athlete has officially been entered on the weigh-in sheet for a particular weight class.

ARTICLE 2. Weighing-In

- a. National Championships will have a weigh-in on the day before the competition starting between 4:00 p.m. and 8:00 p.m. The duration of the weigh-in is one hour and shall be integrated with the medical control (i.e., a wrestler has one hour in total to have their medical completed and weigh-in for the tournament). Where there is two age categories, there will be two separate weigh-ins.

NOTE: These weigh-in procedures are for National Championships. Local tournament organizers may choose other criteria for the weigh-in (i.e. morning of the tournament weigh-in, call-in weigh-in, etc.)

- b. At the medical control, Physicians will be present to check each athlete and are obligated to eliminate any wrestler who has any contagious skin disorder or any other ailment that would prevent them from competing at a safe level.
- c. Wrestlers, to be weighed in, must present themselves in their competition singlet with bare feet. The singlet must be intact and may not be modified in order to reduce the weight (i.e. cutting/tearing the leg bands off the singlet are forbidden).
- d. At the weigh-in, and in all days of the competition, each contestant must be clean-shaven, or else have a beard of several months' growth. Fingernails must also be neatly trimmed.
- e. The wrestlers have the right, each in turn, to challenge any scale at the weigh-in, at the first reasonable opportunity, as determined by the head official, where it does not interfere with the weight classes assigned to that scale.
- f. Wrestlers with only one leg may wear a prosthetic device for balance. This artificial limb must be worn during the weigh-in and approved as safe by the officials.

WARNING: The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited at the Bantam Festivals and Cadet/Juvenile National Championships. 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 championships with a CAWA discipline hearing to be scheduled at a later date, if deemed necessary.



ARTICLE 3. Drawing of Lots and Pairing Off

The determination of the placing of the athletes in the draw shall be done by either the generation of lots by the CAWA Computerized Draw System or by drawing of lots by the athletes at the weigh-in.

NOTE: The CAWA Computerized Draw System will automatically draw numbers for each athlete and place them as far apart in the draw, based on club status, as possible. Seeds will be randomly placed into each quarter bracket and byes will be placed as per the rulebook.

Where the drawing of lots shall be completed at the weigh-in, the following system shall be used;

- a) For each weight class, a set of numbers will be prepared.
- b) After weighing-in, the wrestler picks a number, removing it from the set.
- c) At the termination of the weigh-in, all numbers are ranked in order from smallest to highest within each weight class.
- d) Seeding will occur at the Junior and Senior National Championships, and World/Olympic Trials.
- e) Where possible, the pairing master will attempt to prevent provincial/territorial and club athletes from meeting in the first two rounds. Athletes will be moved on a random basis.

ARTICLE 4. Dress

The contestants must appear on the edge of the mat, with singlet straps up and shoelaces secured ready to wrestle. The proper attire is:

- a) Singlet: A one-piece singlet of the colour assigned to them (red or blue). The singlet must be 60% majority red or blue and a maximum of mid-thigh in length. The singlet must be either red or blue and not a combination of both colours. Singlets with the emblem of a country/state other than Canada are prohibited at Canadian National Championships unless worn by a foreign team participating in the event. Beneath the singlet, wrestlers must wear a suitable undergarment (bathing suit or briefs). Female competitors shall wear a brassiere without metal fittings. Undergarments shall not be visible outside the singlet. It is forbidden for female competitors to wear a male singlet with a t-shirt underneath.

NOTE: FILA is endorsing the "Double Sport" 2 piece singlet!

NOTE: FILA tournaments require an official FILA singlet (**high Cut or Double Sport**), which may differ from domestic variations.

Handkerchief: At National Championships, the handkerchief is to be made from cloth. Paper towel or similar kleenex material is not permitted. The handkerchief shall be a minimum of 100 mm by 100 mm. The athletes shall enter onto the mat surface with their handkerchief in their hand and shall present it to the official for inspection.

Prior to the start of the match, the handkerchief is to be tucked inside the singlet Wrestling Shoes: Wrestlers must wear regulation ankle height wrestling shoes with relatively smooth soles (all ridges not to exceed 3 mm) and shall be free of buckles and metal ridges. The shoes must be without laces, or the laces must be fixed firmly on the shoes with tape (or similar material) to avoid any unfastening during the match.

- b) Headgear: Headgear is permissible and recommended for non-senior wrestlers provided the surface is not abrasive and it is not used deliberately against an opponent's head. With the mutual consent of competitors and coaches involved, headgear can be considered acceptable apparel for senior athletes.
- c) Grooming: Athletes shall come to the mat properly groomed including;
 - i. Male athletes shall be clean shaven or have a beard of appropriate growth,
 - ii. Nails must be trimmed,
 - iii. Hair must be short or tied back with an elastic or ribbon, with no metal attachments.
- d) It is forbidden to:
 - i. Wear rings, bracelets, earrings, body piercing of any kind, etc.
 - ii. Chew gum
 - iii. Wear bandages on wrists, arms or ankles, unless approved by the doctor and/or head official
 - iv. Arrive at the mat sweaty or greasy.

If a wrestler does not appear on the mat in compliance with the above, they shall be given one minute to properly present themselves. Athletes who fail to properly present themselves within that time period shall be disqualified for that match. This one minute period is separate from limitations contained in Article 13: Call for Competitors.

ARTICLE 5. The Mat

- a) An authorized mat must be 9 metres in diameter plus a protection area, which is 1.2 to 1.5 metres wide surrounding the entire mat.
- b) The mat is comprised of a central wrestling area, which is 7 metres in diameter surrounded by a 1 metre band of a different colour called the passivity zone and a 1 metre diameter circle in the centre of the wrestling area.
- c) Two separate corners of the mat are designated for the athletes (one for the red athlete and one for the blue athlete).
- d) The mat must be washed with disinfectant before each session to avoid contamination.
- e) Please note that certain high school leagues allow a 6 metre to 8 metre central wrestling area for their competitions. This size of mat is not adequate for Canadian National Championships.
- f) A circle in the centre of the mat has an inside diameter of one metre with a centre line splitting the circle in two equal parts. For Greco competitions, there are two additional lines perpendicular to the centre line. These lines are 40 cm apart.



ARTICLE 6. Medical Services

- a) The organizers of national tournaments must have a physician, and suitable medical staff in sufficient numbers available to examine the wrestlers during the combined medical/weigh-in; physicians or paramedical personnel must be available throughout all tournaments (either on site or immediate location). If a competitor is considered to be in poor health or in a condition that is dangerous to other competitors, the wrestler shall be excluded from competing in the competition.
- b) A physician has the right to stop a bout when there is danger to either competitor; the physician also has sole authority to decide whether a competitor may continue a bout.
- c) In the absence of a medically qualified person, the head official will have the right to prevent an injured wrestler from continuing the match; however, the head official will not have the right to force any wrestler to continue against the wrestler's wishes.
- d) A designated physician of a participating team is fully authorized to intervene to give treatment to the injured competitors of that same team.

FILA Note:

Wrestlers must have a medical examination in their own country at least 3 days before departing for a FILA Championship tournament. The result of this medical must be recorded in the FILA licence for that individual.

FILA uses a system whereby a physician will reside beside each mat and have full authority to stop and start a match pending injury and/or bleeding. No maximum time allotment will be specified but the physician has the authority to notify the officiating team that they feel that the injury maybe a time stalling tactic (faking) and the offending wrestler will be penalized with a caution and their opponent will receive one point and choice of position. If a wrestler deliberately stops the bout without obvious injury or bleeding, the opponent receives one point.

ARTICLE 7. Doping

- a) The deliberate or inadvertent use by an athlete of an IOC* banned substance or method which is perceived to enhance athletic performance and/or taking measures to mask the use of banned substances, constitutes a doping infraction and is strictly forbidden.
- b) As a condition of CAWA membership, all athletes, officials and coaches must adhere to the CAWA Policy on Drug Free Sport, which is available on request or on the CAWA web site (www.wrestling.ca).
- c) Doping control, with random sampling both at competitions and during training periods, will be conducted on all participants in CAWA sanctioned events or programs. Failure to provide a sample when requested to do so, constitutes a positive doping infraction.
- d) For a comprehensive list of banned and restricted substances and the corresponding sanctions, contact the Canadian Centre of Ethics in Sport at 1-800-672-7775 or visit www.cces.ca.

** International Olympic Committee's list of "Banned and Restricted Doping Classes and Methods"*

Canadian Centre for Ethics in Sport
Centre canadien pour l'éthique dans le sport

www.cces.ca

PART TWO: THE OFFICIALS' RESPONSIBILITIES

ARTICLE 8. Composition and General Duties

- a) Composition - The team of officials for each bout shall consist of one mat chairperson, one referee and one judge; it is strictly forbidden to replace any official during a bout except for medical reasons.
- b) General Duties - All three officials collaborate throughout a match to ensure that the correct points are awarded. The referee and judge evaluate the holds individually by holding up the appropriately coloured arm or paddle respectively to designate points awarded; if the judge and referee disagree, the mat chairperson will immediately decide who was correct and designate the appropriate points.
- c) Dress - The referee, judge and mat chairperson must wear grey slacks, a blue short sleeve dress shirt (grey and blue as per FILA colours), black belt and non-marking black shoes. For the National Senior Championships and Olympic Trials dress will also include the FILA navy sports jacket and the CAWA Official tie. A FILA navy sports jacket and the CAWA official tie will also be worn during the finals of the National Junior and CIS Championships. The referee shall also wear a red wristband on the left arm and a blue wristband on the right arm.

ARTICLE 9. The Referee

- a) The referee is responsible for the orderly conduct of the bout according to the rules outlined in the CAWA rulebook.
- b) The referee shall ensure that the athletes have properly presented themselves before starting the match.
- c) The referee shall maintain control of the match from the outset and yet be unobtrusive as much as possible. Outstanding referees interpret the rules correctly, identify fleeing the hold and deal with it effectively, and finally are distinguished by the fact that neither coaches nor wrestlers can remember who refereed their match!
- d) The referee shall maintain communication with the judge by making frequent eye contact. The referee should only look at the chairperson in instances where the referee and judge disagree on whether to award a passivity, caution or in confirmation of a fall.
- e) The referee has a primary responsibility for the safety of the wrestlers and, therefore, has the responsibility to prevent illegal holds, if possible, and the prerogative to stop potentially dangerous holds to ensure the wrestler's safety.
- f) The referee proclaims the winner after confirmation by the mat chairperson.
- g) The referee, if the mat chairman intervenes, must interrupt the bout and proclaim victory by technical superiority. If a fall is imminent, he must wait for the danger action to be complete.

ARTICLE 10. The Judge

- a) The judge verifies that the correct athletes have presented themselves as outlined on the bout sheet.
- b) The judge plays an equivalent role to the referee by signifying points or cautions as they occur in the match.

NOTE: This does not mean that the judge must agree with the referee but rather, react in support (same colour paddle) or opposition to (red, blue or white paddle) the referee. Communicating in a timely manner, even if there is disagreement, will add to the control by the officials during the match and generate respect from wrestlers, coaches and spectators.

- c) The judge may initiate points, passivity or caution requests if the referee has not done so.

- d) During the match, the judge shall sign the score sheet upon receipt and must be careful to fill it out appropriately, (e.g., write the numerical values for all actions, write cautions with a circle "O" and clinches with a "K"; record time of fall, injury, disqualification and time of day when the match ended; identify points scored in the clinch with a box; circle the points which result in a fall; cross out the name of the loser; underline the last point scored in a period).
- e) The judge should remain seated throughout the match and in no instance should the judge go onto the mat surface.

ARTICLE 11. The Mat Chairperson

- a) The mat chairperson is responsible to coordinate the work of the referee and the judge; this involvement will not be obvious unless the judge and referee disagree.
- b) The mat chairperson should not display points if the referee and judge agree with the call.
- c) If the judge and the referee disagree, the mat chairperson must make a swift decision and ensure that there are no major interruptions.
- d) The mat chairperson may not overrule the call of both the referee and judge, even if there has been an obvious infraction of the rules. However, the mat chairperson may ask for a conference with the referee and judge to discuss the situation. If all three officials still disagree on points, the mat chairperson must reach an agreement with either the judge or referee. If the judge and referee remain in agreement, the decision will stand and his only recourse is to initiate a video review (see Appendix C for the procedures).
- e) The mat chairperson is responsible for the overall conduct of the bout, and should be an experienced official whose actions will warrant the respect of coaches and wrestlers.
- f) In no case can the mat chairperson be the first to give an opinion; it must always follow the opinion of the judge and referee.
- g) The mat chairperson maintains an equivalent score sheet to that kept by the judge. The mat chairperson keeps the official score sheet.
- h) Initiates and participates in any video review (see Appendix C for the procedures).
- i) The mat chairman shall initiate the call for the ordered hold (clinch) when the period ends 0-0 in Freestyle or after the 1st minute and also at 1 minute and 30 seconds in Greco unless a danger position occurs at this exact time.

ARTICLE 12. Officials' Signals and Vocabulary

- a) The actions of the officiating team should be crisp and decisive.
- b) Points should be awarded as they happen with the exception of a takedown; it is wise for the referee not to anticipate a takedown to the extent of making the call before the move is actually completed, (i.e. sometimes a knee does not touch or dominant control is never really established).
- c) Prior to starting the bout, the referee clasps hands to indicate that the wrestlers should shake hands; this formality will be followed by blowing the whistle and a vertical arm movement to indicate the start of the bout.
- d) Out of bounds is signalled by extending both arms horizontally vigorously at the same time that the whistle is blown; this action will be followed by awarding appropriate caution and/or points and raising both arms over the head if standing wrestling is to follow, or if one wrestler will start in par terre position, the arms are extended forward with one hand above the other hand.
- e) A caution is requested by raising the arm with the colour corresponding to the wrestler at fault to the shoulder level and simultaneously showing one or two points (as appropriate). If confirmed the official raises the arm corresponding to the offending wrestler above the officials' head.
- f) To confirm a fall the referee will raise one hand with fingers extended and un-separated to a 90 degree angle to the mat; if the judge or the mat chairperson agree with the fall (by also raising their hand), the referee then strikes the mat with the hand and blows the whistle.
- g) The referee will raise the arm of the winner in a vertical position (with the arm of the corresponding colour) while holding the wrist of the loser at the other side.
- h) The referee will encourage activity throughout the match with the most common vocabulary being open, contact, action, zone and passive. At all times the referee will indicate the colour of the athlete that they are encouraging (i.e. OPEN RED, ZONE BLUE, etc).
- i) At the end of each period until the winner of the match is to be declared, the referee shall indicate upon signal from the mat chairman, the winner of the round by raising the hand of the colour of the winning wrestler while the wrestlers proceed to their corners for the 30 second rest period.

PART THREE: THE BOUT

ARTICLE 13. Call for Competitors

- a) When the competitor's name is announced, each wrestler goes to the corner, which corresponds to the designated colour for that bout (red or blue) and waits for the referee's signal.
- b) All competitors are required to arrive at the edge of the mat immediately upon being called;
 - Competitors will be allowed 1.5 minutes after being called to arrive at the mat and identify themselves to the officiating team. Three calls shall be given at 30-second intervals during this time.
 - If after the expiration of the above time period the athlete has not reported to the officiating team, then the athlete shall be disqualified and shall be eliminated from the competition.
- c) A wrestler must have a minimum of 15 minutes rest between the end of one match and the beginning of the next bout.

ARTICLE 14. Duration of the Bout and Intermission

- a) Senior, Junior, Juvenile and Cadet matches will consist of a best two out of three periods of 2 minutes in length with an intermission of 30 seconds in between each period. Throughout the bout, the clock will stop and start at the sound of the referee's whistle. At the end of each period a wrestler is declared the winner. If the same wrestler wins two consecutive periods, the third period is not wrestled.
- b) Bantam and youth age group matches will consist of a best two out of three periods 1.5 minutes in length with an intermission of 30 seconds in between each period. If the same wrestler wins two consecutive periods, the third period is not wrestled.
- c) Both wrestlers are immediately to be wiped dry by their coach within the first 20 seconds of the intermission.
- d) Water is allowed only during the break between periods or when required by the medical staff.
- e) The 30 second break begins immediately after the end of the period. The wrestlers will be called back to the centre of the mat 10 seconds before the start of the next period.

FILA Note: FILA does not allow any liquid during the break.

ARTICLE 15. Starting and Stopping the Bout

- a) The referee, standing in the middle of the mat, signals for the wrestlers to come to the centre. The wrestlers must present themselves with handkerchief in hand. The referee shakes the wrestlers' hand and examines their attire and skin (no wrestler should be greasy or sweaty).
- b) The wrestlers then shake hands and at the sound of the referee's whistle and begin wrestling in the standing position.
- c) In the event of blind and/or deaf wrestlers, the officials must ensure palm-to-palm contact and/or use hand signals, appropriately touching the wrestlers as necessary.
- d) The bout shall start at the sound of the referee's whistle and shall be stopped either by the referee's whistle or where available by the clock buzzer signifying the end of the period in regulation time or the end of the extension time.
- e) Under no circumstances may a contestant take the initiative to interrupt the bout by standing up from the offensive par terre position. This shall be penalized by a verbal warning the first time and a 'fleeing the hold' call on subsequent occasions during the match.
- f) At the end of the period, all holds are valid if completed before time expires.
- g) After all situations that end up out-of-bounds except when a scoring action is prevented by an illegal action, wrestling will resume in the centre of the mat, in the standing position.

- h) At the end of each period which does not end the bout, the referee in the centre of the mat will raise his arm of the colour of the wrestler winning the period.
- i) Ordering of Clinch (all styles)

ARTICLE 16. Ordered Hold (Clinch)

Freestyle:

A clinch will occur immediately upon conclusion of any period in which the score ends in 0-0.

- The referee will toss the disc to determine who will take the grip. The referee will display the colour of the disc to the mat chairman, judge and the coaches. The wrestler of the colour winning the toss will take the grip and is required to score within 30 seconds or the opponent will receive one point.

The following criteria will be used to properly conduct the freestyle clinch position:

- i. The wrestler that loses the disc toss is considered the disadvantaged wrestler and must offer one leg as selected by the winner of the disc toss for his opponent to grasp. The wrestler places this leg forward inside the centre circle, with the foot flat on the mat. The disadvantaged wrestler is only allowed to place his/her hands on the back of the opponent after or as the advantaged wrestler takes the grip behind the knee.
- ii. The wrestler that wins the disc toss is considered the advantaged wrestler. They must grasp the forward leg of the opponent with two arms and:
 - a) **Allow the opponent to keep his/her foot on the mat;**
 - b) **May place one or two knees on the mat;**
 - c) **Grip with the lock behind and at the level of the knee of the opponent**
 - d) **Remain square to the front of the opponent**
 - e) **Must place his/her head on the outside of the opponent's thigh. (high crotch)**
- iii. When the advantaged wrestler has assumed the correct clinch position, the referee may blow the whistle to begin. The referee is not obliged to wait for the disadvantaged wrestler to place his/her hands on the opponent's back.
- iv. If one of the wrestlers refuses the correct clinch position, they will receive a warning, if then if the same wrestler refuses to clinch the wrestler will be penalized with a caution and their opponent receives one point.
- v. The advantaged wrestler has thirty seconds to score, or be scored upon; otherwise the disadvantaged wrestler will receive one point and will be declared the winner of the period.
- vi. The wrestlers can break or change their grip in an attempt to score. If after a break in contact, or grip release, a wrestler in the standing position steps out of bounds in the ensuing action sequence, the opponent of the wrestler who steps out of bounds first, even if pushed, will receive one point. It is the responsibility of the defending wrestler to remain in bounds.
- vii. If the action of one of the wrestlers results in a missed throw, wrestling will continue from the ground position with the obligation still with the winner of the toss to score within the 30 seconds.
- viii. If both wrestlers leave the clinch and enter the protective zone with one foot at about the same time, the officiating team will decide who is at fault and award one point to the opponent.
- ix. If a wrestler carries the opponent outside the mat without the opponent's feet touching the ground, the offensive wrestler will receive a caution and one point is awarded to the opponent.
- x. If the action of the wrestlers enters the protection area, fleeing the mat may be called.
- xi. A Fall is not permitted during the Freestyle Clinch
- xii. If the action of the advantaged wrestler is performed quickly and decisively, then a point for the advantaged wrestler will be awarded - If the action is such that the wrestlers go more slowly to the mat, the officials "may" consider that the action is initiated by the disadvantaged wrestler, and, therefore, the point may not be awarded until such time as the officiating team feels that one wrestler has dominant control of the opponent.
 - One point (the advantage wrestler drives his/her opponent to their butt in one direct motion)

Ordered Hold (Clinch)

Position in Greco-Roman Wrestling

- i. After one minute in each period, the referee will stop the bout and begin the ordered hold par terre position. The wrestler, who has scored the most points at this point or is determined to be ahead by the criterion for winning a match, will take the advantaged position first. If neither wrestler has scored, the winner of the disk toss will take the advantaged position first.
- ii. The wrestler in the par terre position must place their hands at least 40 centimetres in front of the knees, shoulder width apart and within the centre circle. Arms shall be stretched out perpendicular to the shoulders and body. Feet may not be crossed. Upper legs form 90 degrees at the hip and mat.
- iii. If the par terre wrestler refuses to take the correct position, he will receive one warning (Attention) noted to the wrestlers, coaches, judge and mat chairman. If he refuses a second time, he will receive a caution and the opponent will receive 2 points. The bout will continue again in the ordered hold position and the procedures repeated.
- iv. If the advantaged wrestler commits a foul during the par terre start, the advantaged wrestler will receive one warning (Attention). A second false start by the advantaged wrestler will result in the advantaged wrestler receiving a caution and the disadvantaged wrestler will receive one point. The period will then restart in the standing position until the end of that 30 second period.
- v. If during the ordered hold, wrestling comes to a standing position and a wrestler commits a foul, the offender will be penalized with a caution and the opponent will receive 1 point (unless it prevents a scoring action in which case it would be a 2 point penalty). The bout will restart in a standing position.
- vi. The advantaged wrestler grabs the par terre opponent with a reverse body-lock, using any form of hand grip. The feet of the advantaged wrestler may not extend beyond the centre line of the circle and he may not bump the par terre wrestler with his legs. The advantaged wrestler may take the hold from a standing position or with one knee on the mat, but the locking action must be continuous without feigning or faking. The referee will blow the whistle as the hands lock if no faults are observed.
- vii. After 30 seconds, if the advantaged wrestler has not scored, the opponent will receive one point.
- viii. At one minute and thirty seconds of the period, positions are reversed i.e. the advantaged wrestler takes the par terre position and the disadvantaged wrestler takes the reverse body-lock.
- ix. If at the one minute mark or at the one minute and thirty second mark, one wrestler is in the danger position, the period will continue without stoppage and the period will continue without further application of the ordered hold position in that period.

ARTICLE 17.a. Interruption Due to Injury

- a) If the bout must be interrupted due to injury, the referee may stop the bout for a maximum of 2 minutes per wrestler.
- b) The entire suspension may be accorded at one time or accumulated at various times throughout the bout.
- c) The referee will inform the injured athlete when each 30 seconds of injury time has elapsed.
- d) The referee shall invite both wrestlers to resume the bout at the centre of the mat 10 seconds before the end

- of the 2-minute injury period.
- e) If the injury was accidental and the injured competitor cannot continue after 2 minutes of injury time, the opponent is declared the winner. However, if the injury was deliberately caused by the opponent's actions, the injured competitor will be declared the winner by disqualification.
 - f) The non-injured wrestler should remain standing in the assigned corner and may receive advice from the coach.
 - g) A wrestler, who is injured accidentally and loses a match for that reason, may return in the next match (only with the permission of the physician). This must be announced to the Pairing Master before the pairing of the next round.
 - h) For treatment of an injury, the wrestler must remain on the mat unless directed by the competition physician.
 - i) If the injury and or blood stoppage occurs during the par terre position, wrestling will be restarted in the standing position. This restart is used no matter who called for the stoppage (i.e., medical personnel, referee, and athlete).
 - j) 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 match. If necessary, an athlete will be given the opportunity to use an accepted inhaler/ventilator during injury time.
 - k) When a wrestler deliberately stops a bout without being injured or bleeding his opponent will receive one point.

ARTICLE 17.b. Interruption Due to Blood

- a) If bleeding occurs during a match, the referee must immediately stop the match.
- b) Athletes receive an additional period of three (3) minutes for the stoppage of bleeding that occurs during a match. This period is separate from the two (2) minute injury time out.
- c) If the athlete's blood time has elapsed, they may then utilize any unused injury time that they have remaining. The total combined time for injury and bleeding shall not exceed five (5) minutes.
- d) Once the athlete is prepared and capable to continue, if additional time is required to clean the mat surface, this is not to be included in the athlete's blood time.
- e) The decision not to continue the match, due to bleeding, will be made by the medical staff, or in their absence, the officiating team of the match in question.

FILA Note: FILA uses a system whereby a doctor will reside beside each mat and have full authority to stop and start a match pending injury and/or bleeding. No maximum time allotment will be specified but the doctor has the authority to notify the officiating team that they feel that the injury maybe a time stalling tactic (faking) and the offending wrestler will be penalized with a caution and their opponent will receive one point

ARTICLE 18.a. End of the Bout

The bout is ended before regulation time expires for:

- i. A fall,
- ii. Disqualification,
- iii. Injury,
- iv. One wrestler wins two out of three periods
- v. When one wrestler accumulates 3 cautions during the match

ARTICLE 18.b. Winner of a Period

- a) Technical Superiority in freestyle:
 - i. a six point differential
 - ii. a five point action (no matter what the score)
 - iii. a second three point action (no matter what the score)

- iv. The hold that creates the technical superiority is allowed to continue in the danger position in an attempt to complete the pin.
 - v. In the case of a six point differential, immediate counter actions by the defender are allowed to score and the six point differential is re-evaluated upon completion of the counter action. If the six point differential no longer exists, the period continues without stoppage. If the six point differential remains, the period is terminated.
 - vi. In the case of the five point action or two three point actions, counter actions by the defender are not allowed and the period is stopped immediately upon the removal of the danger position.
- b) If the period lasts the entire regulation time period, the wrestler with the most technical points is declared the winner.
 - c) If the score at the end of a period is tied, the wrestler with the fewest cautions will be declared the winner
 - d) If the score at the end of a period is tied and the cautions are equal, the wrestler who has the most 3 point actions, then 2 point actions will be declared the winner.
 - e) If the score at the end of a period is tied, cautions are equal and scoring actions are equal, the wrestler who scored the last point will be declared the winner.
 - f) If the period ends 0-0, the wrestler who first scores one or more points during the ordered clinch in a maximum of 30 seconds is declared the winner. If no scoring occurs within the 30 seconds, the opponent of the winner of the disc toss will receive one point and will be declared the winner. All periods are considered for cautions and disqualification from the match is issued after 3 cautions are received in the match.

ARTICLE 18.c. End of Match Procedure

- a) When the match has ended, the referee stands in the middle of the mat facing the Mat Chairperson, with the wrestlers on each side, red on the left and blue on the right; the wrestlers shake hands.
- b) When the decision is indicated by the Mat Chairperson (holding up a red or blue paddle), the referee raises the arm of the winner. The referee then turns with the wrestlers to face the opposite side and again indicates the winner to the spectators.
- c) The referee shakes hands with both wrestlers and they leave the mat - without removing the shoulder straps of their singlet.
- d) Each wrestler must then shake hands with the opponent's coach.- This is to occur prior to shaking the hands of the Mat Chair and/or Judge.

ARTICLE 19. The Coach

- a) At National events (and other events as determined by provincial/territorial associations) the coach is required to dress in a sweat suit, a collared shirt or suit and tie. T-shirts, shorts and jeans are not appropriate.
- b) The coach that sits in the athletes' corner is required to shake the hand of the opponent at the conclusion of the match. Only one coach will be allowed in the corner during a match.
- c) The coach must remain seated in the appropriate corner at the edge of the mat during the bout except during the 30-second break between rounds. The coach may leave their seat to tend to an injured or bleeding athlete on the wrestling mat or to approach the mat chairperson around the mat surface to request a specific clarification.
- d) The coach may encourage the wrestler and give instructions; however, the coach will not indicate points with hands nor attempt to influence the referee's judgement by shouting phrases or using signals utilised by officials.
- e) The coach is not allowed to speak to the referee, judge or the other athlete or coach during the match. The coach sitting in the athlete's corner during the match may however, request an explanation from the mat chairperson, regarding a specific call, at an appropriate break in the action. The coach will be accorded a brief time (10-15 seconds as reference) to identify a call believed to be in error. Once the coach has expressed their opinion, he/she shall return to their corner to allow discussion by the officiating team at the discretion of the mat chairman. When the mat chairperson calls a conference, the coaches shall refrain from approaching the table or attempting to influence the outcome of the conference.

- f) The coach is not allowed to direct verbal abuse to the referees during or after the match.
- g) The coach may only come onto the wrestling surface, when invited by the referee to tend to an injured or bleeding athlete.
- h) If the coach behaves in an unacceptable fashion, the mat chairperson is required to give the coach a yellow card. If the offence continues in the same match, the coach will be given a red card and ordered to leave the corner and go into the stands for the duration of the match. The coach will not be allowed to continue to function as a coach until the head official has met with the officiating team for that match and determined the severity of the infraction. The head official will make a decision to either let the coach resume their duties or disallow the coach from their duties for the duration of the tournament.
- i) Coaches that continue to direct verbal abuse from the stands will be required to leave the competition hall for the duration of the tournament.
- j) If a coach is eliminated, the wrestler shall have the right to obtain the services of another coach.

NOTE: The yellow/red card system is for the behavioural control of the coaches during a specific match situation. It is not to be used for penalizing a coach for his athletes' behaviour, or for the behaviour of spectators in the stands. Extreme behaviour may result in a coach being removed from the tournament and may not necessitate a card being issued.

NOTE: Incident reports shall be filed by the head official for any tournament that an individual (coach, wrestler, official) was thrown out. Reports should be filed with the appropriate governing body (i.e., CAWA for National Championships) and include information regarding the incident and the decision to eliminate the individual from the competition. The incident report is Appendix B

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PART FOUR: THE RULES OF WRESTLING

ARTICLE 20. Wrestling Near the Edge and In the Zone

- a) Wrestling is to be maintained within the central wrestling area with penalties for a wrestler who voluntarily backs through the zone and out-of-bounds.
- b) The zone, therefore, identifies a passive wrestler who steps into it and does not make every effort to return to the central wrestling area when the referee calls "Zone Blue" or "Zone Red" (depending on which wrestler enters the zone).
- c) Any holds or counterattacks completed or initiated in the zone are valid.
- d) Any hold initiated in the zone and landing in the protection area is valid. Note, the bout is immediately stopped at the point of contact in the protection area and no counterattacks may be initiated.
- e) If wrestlers engage in wrestling in the zone without executing a hold, and three or four of their feet remain in the zone without motion, the referee shouts "zone". If the action is not sustained, the referee stops the bout, warns both wrestlers to stay in the centre, and wrestling resumes in the standing position in the centre of the mat.
- f) In the standing position, if the foot of a wrestler touches the protection area, the referee shall stop the bout. The exception shall be that if the foot of the defensive wrestler touches the protection area momentarily while under attack and the attacking wrestler completes the action without stopping; the action is valid and will score. The opponent of the wrestler who touches out of bounds first whether pushed or not, will receive 1 point. If the officiating team deems the action went out of bound due to fleeing the hold the offending wrestler will receive a caution for fleeing the hold and his opponent will receive one point.
- g) In the par terre position, anytime the wrestlers enter the protection area the wrestling will be stopped and resumed in the standing position in the centre of the mat, with no point being awarded for going out of bounds. Technical points and/or penalties (i.e. fleeing the mat) may be awarded. If the wrestler moves from the par terre position to a standing position and proceeds to step out of bounds, the opponent of that wrestler is awarded one point.
- h) When an offensive wrestler executing a hold ends up in an instantaneous fall position in the protection area, the opponent is awarded two (2) points, even if there was no counter attack. However, if the attacker successfully continues the hold immediately, in addition to the defensive wrestler receiving 2 points, the attacking wrestler will still be awarded points according to the merits of the hold.
- i) In all cases where wrestling is stopped in the standing position, wrestling must be resumed in the standing position. If the wrestler leaves the wrestling area in the "par terre" position, wrestling must be resumed in the standing position in the centre of the mat, even if points were scored. This includes situations whereby a wrestler throws an opponent out of bounds and scores points; then they return to the standing position in the middle of the mat. The only time wrestling resumes in the par terre position is when an illegal hold by the defending wrestler while in the par terre position, prevents the attacking wrestler from completing a scoring action. In this case the caution and appropriate point(s) are awarded and wrestling resumes in the centre in a par terre start position.

ARTICLE 21. Par Terre Wrestling

- a) If the wrestler's actions result in them leaving the mat in a "par terre" position, wrestling will resume again in the standing position at the centre of the mat.
- b) If the defensive wrestler flees the mat in the par terre position, the wrestler receives a caution and the opponent receives 1 point.
- c) If the defensive wrestler bridges out of bounds in the danger position and the action is intentional, the wrestler is cautioned and the opponent shall receive 2 points. Wrestling resumes in the standing position.
- d) Only when wrestling in the par terre position is stopped for an illegal action by the bottom wrestler which results in a disadvantage to the top wrestler and that prevents scoring, will the match be restarted in the par terre position in the centre of the mat.
- e) The wrestlers will start in the par terre position as follows:
 - i. The bottom wrestler must fall on to their knees, with their hands on the mat, hands and elbows apart and at least 20 cm (8 inches) from their knees. The arms must remain straight and their feet uncrossed, thighs must not touch the heels, the knees and hands

The wrestler that pushed the other will receive a caution and the opponent receives one technical point.

- ii) **Par Terre Position** - If the defensive wrestler flees the mat in the par terre position, a caution is awarded and the opponent will receive one technical point. Wrestling will resume in the standing position at the centre of the mat. This applies even if the defensive wrestler was about to be turned, but has not yet been put in a danger position.
 - iii) **Danger Position** - If the defensive wrestler flees the mat in a position of danger (such as a bridge, half bridge or on an elbow) a caution is awarded and the opponent will receive two technical points. Wrestling will resume in the standing position. The referee must be sure that the defensive wrestler is fleeing the mat and not just being pushed out by the offensive wrestler.
- b) **Fleeing a Hold - The fundamental principle of a wrestling bout is “total wrestling”.** Continued use of actions to prevent the application of actions by an opponent may be deemed serious enough to call ‘fleeing the hold’ with the agreement of the referee and the judge or mat chairperson. A referee will encourage and stimulate activity at appropriate times throughout the match by gestures and words such as "contact red", "action red" or "open red". A wrestler who continues to refuse contact will be penalised with a caution and the opponent shall receive one point. Wrestling is restarted in the standing position.
- i) **Standing Position** - Fleeing a hold occurs when the defending wrestler openly refuses contact in order to prevent the opponent from executing or initiating a hold (e.g. preventing contact by pushing the offensive wrestler away, and by circling or backing away or continued use of actions solely for the purpose of preventing an opponent from developing actions of total wrestling).
 - ii) **Par Terre Position** - Fleeing the hold occurs when the defensive wrestler runs on his knees or crawls (swims) without attempting to remain in bounds, escape or counter-attack.
- Persistent clamming up or holding onto the opponent’s arm or leg in order to prevent the opponent from executing or initiating a hold will also be considered fleeing the hold.
- c) **Executing an Illegal Hold** - The following protocol will be issued for responding to an illegal hold or action;
- i) **Offensive wrestler**
The first time the attacking wrestler inadvertently executes an illegal hold the referee shall stop the action and issue a verbal warning. Wrestling is restarted in the standing position. If the attacking wrestler subsequently repeats the illegal hold the referee shall stop the action, award a caution as penalty plus 1 point awarded to the opponent.
 - ii) **Defensive wrestler**
If there is no danger of injury, wrestling will continue until the scoring action is completed. If the scoring action is not prevented, the attacking wrestler will receive technical points + 1 point and the wrestler at fault will receive a caution, wrestling resumes in the standing position. If the illegal action prevents scoring, the attacking wrestler will receive two points and the wrestler at fault will receive a caution, wrestling resumes in the same position when the illegal action occurred (i.e. if standing when offence occurs, resume standing; if par terre when offence occurs, resume par terre)
- d) **Illegal Par Terre Starting Position** - For each start sequence, if a wrestler starts before the whistle is blown, the referee shall stop the action and issue a verbal warning (i.e. ATTENTION RED/BLUE) and notify the coaches of the official warning. Wrestling is restarted in the same position. If the same wrestler subsequently repeats the false/incorrect start during that start sequence, the offending wrestler will receive a caution and the opponent will receive 1 point. If the offending wrestler is the defensive wrestler, wrestling resumes in the par terre start. If the offending wrestler is the offensive wrestler, wrestling resumes standing.
- e) **Clinch Cautions** – If a wrestler refuses to clinch, or the opponent refuses to properly present himself/herself, the referee will warn the wrestler at fault (Attention – place). If the wrestler persists, the

referee will issue a caution to the offending wrestler and award one technical point to the opponent

ARTICLE 24. Prohibitions, Illegal and Potentially Dangerous Holds

- a) ***Elimination from Competition*** - Any wrestler who commits an obvious offence against fair play within the spirit of wrestling and openly cheats or engages in brutality, will be immediately disqualified from the match with the unanimous decision of the officiating team and can be eliminated from the competition by a unanimous decision of the officiating team and the head official. In this situation, the wrestler will not place.
- b) ***Illegal Holds/Actions - General Definition***
- i) It is prohibited to pull the hair, ears, genitals, to pinch the skin, to bite, to twist fingers and toes, or to execute any action, gesture or hold with the intention of torturing the opponent or application of a submission hold.
 - ii) It is also prohibited to fight, kick, butt with the head, strangle, and apply holds that might endanger the opponent's life or cause a fracture or dislocation of joints, to tread on the feet of the opponent or to touch the face between the eyebrows and the line of the mouth.
 - iii) It is strictly prohibited:
 - to thrust the elbow or knee into the opponent's stomach or back
 - to effectuate any twists likely to cause suffering
 - to grasp the opponent by the uniform
 - to seize the toe of the opponent's foot (only seizing the upper part of the foot, sole or the heel is permitted)
 - to kick, except in the performance of a foot sweep
 - for the wrestlers to talk to each other, to the opponent's coach, or the audience during the bout
 - for a wrestler to display unsportsmanlike conduct toward the opposing coach, athlete, the audience or the officiating team
 - iv) The following holds are illegal and prohibited:
 - throat hold
 - twisting of arms more than 90 degrees
 - arm-bar applied to the forearm (i.e. chicken wing below the elbow)
 - bringing the arm of the opponent behind the opponent's back and at the same time applying a pressure to it in a position where the forearm and the upper arm form an angle of less than 90 degrees; pressure should be directed across the opponent's back, not toward the head
 - executing a hold that puts undue stress on the opponent's spinal column
 - head and neck holds in any manner, which do not include the opponent's arm or leg.
 - peeling the opponent's fingers
- c) ***Illegal and Potentially Dangerous Holds - Specific Definitions***
- i) **Figure Four** - A figure four scissors on the head or body is illegal, even if an arm is included; a figure four may be used on an arm or leg; the official will identify and call for the wrestler to release the illegal figure four before it affects the progress of the action.
 - ii) **Standing Reverse-Waist Hold** - In standing holds, executed from behind when the opponent is turned upside-down (reverse waist hold) - this can progress very quickly to a pike position with the head pointing down at the mat and the feet straight up. NOTE: The referee must stop this action immediately to avoid serious injury; this is a potentially dangerous hold; wrestling continues in the neutral standing position without penalty.
 - iii) **Double Full Nelson** - A full nelson is illegal if executed with the use of the legs on any part of the opponent's body or if the head is not directed to the side. The double nelson is strictly forbidden in bantam, cadet and women's divisions. Where the hold is applied illegally, the official shall call to the wrestler to release, but may immediately stop the bout where there is any potential for injury.
 - iv) **Three Quarter Nelson** - The three-quarter nelson is illegal (both hands on the opponent's

- head), with or without an arm.
- v) **Bridge Position** - It is forbidden to lift the opponent who is in a bridge position and then throw the opponent to the mat. The bridge must be forced down without pushing in the direction of the opponent's head, which would hyper-extend the neck.
 - vi) **Ankle Trapped to Outside (Par Terre)** - In the par terre position, it is illegal to trap or force the opponent's ankle to the outside of the knee joint. Where the hold is applied illegally, the official shall call to the wrestler to release, but may immediately stop the bout where there is any potential for injury.
 - vii) **Double Leg Hook to Prevent Throw** - Using the legs to hook both of the opponent's legs in the standing position is potentially dangerous but not illegal in Freestyle. The referee shall immediately stop the bout but no caution is awarded.
 - viii) **Greco Roman** - In this style, it is forbidden to grasp the opponent below the hips or to squeeze the opponent with the legs. All pushing, pressing or lifting by means of contact with the legs on any part of the body of the opponent is absolutely prohibited. It is illegal for the defensive wrestler to force the offensive wrestler's hands below the waist.
 - ix) **Cadet and Bantam Rules** - In Canada, the suplay, salto, and full nelson from the front and the side, and west point ride are illegal in this age group. Side throws are allowed.
 - x) **Women's Rules** - As well as the illegal rules established for men's wrestling, all full nelsons are prohibited in women's wrestling.
 - xi) **Reverse Leg Ride (aka East German Leg Ride)** – a leg ride where one wrestler has their leg behind their opponent's knee trapping both their opponent's upper and lower leg, thereby putting undue pressure on the knee joint. All [Senior](#), [Junior](#), Juvenile, Cadet and lower age groups, the reverse leg ride will be considered dangerous and, therefore, illegal.

d) Illegal Holds – Procedures

- i) In the legal execution of holds, dangerous situations may occur which could cause injury to a wrestler and must be stopped immediately. It is imperative that a referee prevents potentially dangerous holds from progressing into illegal holds. Whenever possible, the official will talk or gesture to the wrestler applying the dangerous hold to change the hold without losing the offensive advantage. If there is imminent danger to the opponent, the move must be stopped immediately.
- ii) Any advantage gained by the attacking wrestler through the inadvertent application of an illegal hold must be voided.
- iii) When the wrestler applying an illegal hold finds themselves at a disadvantage, and there is no danger of injury, wrestling will continue until the action is completed.
- iv) In any action where the defensive wrestler uses an illegal hold and the scoring action is not prevented, the action is allowed to continue and the attacking wrestler will receive the technical points scored plus one additional point, the defending wrestler receives a caution and the bout resumes in the standing position. (See v , below)
- v) In any action where the defensive wrestler uses an illegal hold and the scoring action is prevented, the bout is stopped and the attacking wrestler will receive two points and the defensive wrestler is cautioned. Wrestling is restarted in the position (standing or par terre) when the bout was stopped.
- vi) If a wrestler is injured by an opponent's illegal hold and is unable to continue, the injured wrestler will be declared the winner by disqualification. The wrestler at fault can be disqualified from the entire tournament (without placing), subject to the unanimous agreement of the officiating team on that mat, plus the consent of the head official, if there was an obvious intent to injure.
- vii) Any wrestler who has committed a serious act of brutality will be disqualified from the competition and will not be placed, subject to the unanimous vote of the officiating team on that mat and the head official. Note: The referee on the mat has absolute discretion to stop a move that in the referee's opinion threatens the health of the wrestlers. Coaches that criticize the referee for stopping an illegal hold will be given a yellow or red card.

NOTE: Incident reports shall be filed by the head official for any tournament that an individual (coach, wrestler, official) was thrown out. Reports should be filed with the appropriate governing body (i.e., CAWA for National Championships) and include information regarding the incident and the decision to eliminate the individual from the competition.



PART FIVE: SCORING OF TECHNICAL POINTS

ARTICLE 25. Point Value of Actions and Holds

POINT SCORING - Points are recorded on the score sheet by both the judge and chairperson for the following actions:

ONE POINT

- a) Takedown - A wrestler takes the opponent to the mat, moves behind and restrains the opponent at least momentarily with three points of contact on the mat, one of which must be a knee.
- b) Reversal - A wrestler in the defensive par terre position executes an action, which now puts him/her behind and in control of the opponent on the mat.
- c) Exposure - A wrestler places the opponent in the sitting position, and forces the opponent to lean back toward the mat on one or two outstretched arms, even though the opponent does not touch the mat with the elbow, shoulder or head.
- d) Direct Exposure - A wrestler places their opponent, by way of direct projection, to the mat in a sitting position. The referee waits to see if the action progresses to a danger position before awarding the points (i.e. Only the maximum points are scored; 1 or 2 points - not both). The defensive wrestler must immediately grasp onto the torso of the offensive wrestler in order to avoid the point being awarded.
- e) Effort Throw - A wrestler executes a correct throw, which does not place the opponent in a danger position and does not result in a takedown. NOTE: The offensive wrestler has taken a risk and should be rewarded if the opponent "flies" through the air (even at low amplitude).
- f) Illegal Hold - A wrestler who is prevented from completing a scoring action, because the opponent applies an illegal hold, shall receive two points and the opponent shall receive a caution. If an illegality by the defensive wrestler does not prevent the attacking wrestler from a scoring action, the technical points shall be scored plus 1 point plus a caution against the offender.
- g) Fleeing a Hold - Fleeing a hold occurs when the defending wrestler openly refuses contact or continuously pushes away from his opponent in order to prevent the opponent from executing or initiating a hold. One point is awarded to the attacking wrestler and a caution is called against the fleeing wrestler.
- h) Fleeing the Mat - A wrestler's opponent purposely goes off the mat to avoid wrestling; a caution is also awarded against the offender.
- i) Five-Second Danger Position - A wrestler who holds the opponent in a position of danger for five consecutive seconds or longer will be given an extra point. The referee will count 5 seconds with a continuous hand movement, and then give the additional point.
- j) Ordering of Contact - In a clinch, the winner of the disc toss must score, or be scored upon, within 30 seconds or the wrestler winning the toss will receive a caution and the opponent will receive one point.
- k) Miss Throw - When a miss throw into the protection area occurs, the opponent of the wrestler who touches out of bounds first receives one point.
- l) Ordering of Contact - A wrestler that regularly fails to clinch properly will receive a caution and their opponent one point.
- m) Stepping out of Bounds - Any time a wrestler steps out of bounds, his/her opponent will receive 1 point. - The exception to this occurs when, in the process of completing a technique, the offensive wrestler steps out of bounds. In such a case, the offensive wrestler will not be penalized and will be awarded the points that the technique merits.

TWO POINTS

- a) Danger Position - A wrestler shall be considered in the "danger position" when the line of the back (or the line of the shoulder blades) forms an angle of less than 90 degrees with the mat, and when the wrestler is resisting with the upper body to avoid a 'fall'. Examples of the danger position include;
 - the defending wrestler assumes the bridge position to avoid being pinned
 - the defending wrestler, with their back toward the mat, supports themselves on one or both elbows to avoid having their shoulders forced onto the mat
 - the wrestler has one shoulder in contact with the mat and at the same time exceeds the 90

- degree vertical line with the other shoulder (acute angle)
- the wrestler find themselves in the “instantaneous fall’ position, that is, when they are on both shoulders for less than one second
- the wrestler rolls over onto their shoulder blades.

Once the points for the danger position have been awarded, the defensive wrestler must recover to a very clear non-danger position (chest down position with the shoulders parallel to and on or nearly on the mat) before points can be awarded for a second time.

- Against the Offensive Wrestler* - The offensive wrestler, while executing a hold, touches the mat simultaneously with both shoulders (instantaneous fall position) or is blocked on both shoulders as a result of a counter by the defensive wrestler.
- Takedown to Danger Position With Pause* - A wrestler executes a hold in the standing position and forces the opponent to the mat (on the opponent's side or buttocks) and after a momentary pause forces him/her into the danger position.
- Fleeing the Mat in the Danger Position* - Fleeing the mat in the danger position results in a caution and 2 points for the opponent.
- Illegal Hold* - A wrestler, who is prevented from completing a scoring action, because the opponent applies an illegal hold, shall receive two points and the opponent shall receive a caution. If an illegality by the defensive wrestler does not prevent the attacking wrestler from a scoring action, the technical points shall be scored plus 1 point plus a caution against the offender.

THREE POINTS

- Takedown to a Danger Position* - A wrestler executes a hold or throw in the standing position, which places the opponent in a position of danger.
- Low Amplitude Throw to a Danger Position* - The attacking wrestler executes a low amplitude throw, which places the opponent directly in a position of danger. This throw can originate in the standing or par terre positions. Three points are scored in par terre even if the offensive wrestler is on one or two knees, and the defensive wrestler's hands are touching the mat (e.g. Olympic lift).
- Grand Amplitude Throw Without Danger Position* - The attacking wrestler executes a high amplitude throw, which does not land the opponent in a danger position. This throw can originate in the standing or par terre position.

FIVE POINTS

- Grand Amplitude (Standing Position)* - A wrestler causes the opponent to lose all contact with the mat, through a broad sweeping curve in the air so that the opponent lands on the mat in a direct and immediate position of danger (e.g. suplay, salto, shoulder throw, etc.). This action would end the period unless the action was allowed to progress to a pin.
- Grand Amplitude (Starting From Par Terre)* - A wrestler lifts the opponent off the mat and executes a grand amplitude hold so that the opponent lands on the mat in an immediate danger position (e.g. suplay, reverse waist hold, etc.). This action would end the period unless the action was allowed to progress to a pin.

MISSED THROW

- a) If, in attempting a throw, a wrestler slips and lands in the par terre position, the opponent does not receive one point as the execution of the slipped throw implies risk. In this situation, the referee will allow the match to continue in the par terre position.
- b) If the defensive wrestler prevents the opponent from landing in the par terre position by catching the opponent, wrestling will continue and a one-point takedown will be awarded.
- c) If the offensive wrestler takes risks, and the defensive wrestler bails out by faking a missed throw, a one-point takedown will be awarded.
- d) A slipped gut wrench or front head and arm may occur if the offensive wrestler slips while going under, gives up the lock and goes to the chest without the defensive wrestler executing a counter move to gain the top position. If the bottom wrestler uses a counter to cause the top wrestler to lose the hold, points will be awarded.
- e) If a missed throw occurs and lands in the protection area, the opponent of the wrestler who touches out of bounds first will receive one point.



PART SIX: RESPONSIBILITIES OF THE PAIRING MASTER

ARTICLE 26. Drawing of Lots and Placement in Groups

Where the CAWA computerized draw program is not utilized, the following shall apply;

- a) Following registration at the Nationals the pairing master will produce a weigh-in list for each weight class. In addition the pairing master must prepare a set of unique numbers for each weight class. The set size should be sufficient for all registered athletes, with extra numbers in case an athlete switches weight classes or missed registration (Organizing Committee may take on this duty).
- b) After weighing-in the wrestler picks a number, removing it from the set. This must be conducted in public. The numbers must be hidden from the wrestler so the pick is random.
- c) The official records the number drawn beside the athlete's name on the weigh-in sheet.
- d) At the conclusion of weigh-in the athletes are ranked from lowest to highest according to the number drawn within each weight class.
- e) Seeding will occur at the Junior and Senior National Championships.
- f) When possible, the pairing master will attempt to prevent provincial/territorial and club athletes from meeting in the first two rounds. Athletes will be moved and/or replaced on a random basis.

ARTICLE 27. Double Elimination Bracket Draw Format

- a) In the double elimination bracket draw format a win advances the wrestler to the next round and closer to the final. A first loss relegates the athlete to the repechage (consolation) rounds (for third place), and a second loss eliminates the athlete from the competition. The size of the bracket is a multiple of 2, ... 2, 4, 8, 16, 32, 64 and so on.
- b) On the CAWA wall charts, the championship rounds for a 32 person draw will be indicated by C-32, C-16, C-8, C-4, C-2 and the repechage round will be indicated by R-16, R-16x, R-8, R-8x, R-4, R-4x and R-2. From this system a 'tournament order of rounds' can be compiled that will list the order of bouts for the entire tournament.
 - i.e. 8 person draw C-8, C-4, R-4, R-4x, R-2, C-2
 - 16 person draw C-16, C-8, R-8, R-8x, C-4, R-4, R-4x, R-2, C-2
 - 32 person draw C-32, C-16, R-16, R-16x, C-8, R-8, R-8x, C-4, R-4, R-4x, R-2, C-2
- c) If the number of competitors is five or less in a given weight class, then a round robin, one pool system will be used to determine the final ranking order.

ARTICLE 28. Seeding

Whenever there are two seeds in any class, they should be placed in opposite halves of the bracket. If there are three seeded athletes, the second and third seeds should be seeded in different quarter brackets of the half-bracket opposite from the number one seed. When there are four seeds, 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. A seeded contestant should have the same opportunity to draw for the byes as other contestants in the same bracket.

ARTICLE 29. 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) When using a 64-person bracket, if byes are drawn, they will take their places as follows; first bye - line 64; second bye - line 2, others, in order - lines 32, 34, 48, 18, 16, 50, 56, 10, 24, 42, 40, 26, 8, 58, 60, 6, 28, 38, 44, 22, 12, 54, 52, 14, 20, 46, 36, 30, 4.
- c) When using a 32-person bracket, if byes are drawn, they will take their places as follows; first bye - line 32; second bye - line 2; others, in order - lines 16, 18, 24, 10, 8, 26, 28, 6, 12, 22, 20, 14, 4.
- d) When using a 16-person bracket, if byes are drawn, they will take their places as follows; first bye - line 16; second bye line 2; others in order - lines 8, 10, 12, 6, 4.
- e) When using an 8-person bracket, if byes are drawn, they will take their places as follows: first bye - line 8, 2, 4.

ARTICLE 30. Contestants Eligible for Consolation Matches

At the completion of the first round in each weight class, consolation rounds may start. In the event two wrestlers who previously competed against each other in the championship bracket are paired again in the consolation bracket, the matches should be wrestled and scored as if they had not previously met. The third and fifth place matches should be conducted before the first place championship match. 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 31. Disqualification

- a) When a wrestler is disqualified for misconduct, the mat officials must record on the score sheet whether the wrestler is disqualified for the bout but continues on in the tournament or is disqualified for the entire competition, in which case the wrestler would be eliminated and would not place.
- b) Athletes that fail to present themselves for a match, or for weigh-in, are disqualified from the entire competition and do not place.

ARTICLE 32. Classification

- a) For the final matches, a wrestler who is certified by the medical service as being injured and unable to continue wrestling, will be allowed to retain the place earned. The wrestler must inform the head pairing master of the receipt of this medical certification in order for the placing to occur.
- b) Wrestlers who do not present themselves on the mat when their name is called will be eliminated and will not place. Their opponent will win the match by default. If this occurs in the finals, all subsequent place winners will be advanced one position in the final standings and there will be no sixth place awarded.

Classification for Round Robin Competitions

a) The following classification point scoring system is applied to determine the placing within each group.

Result of the Bout	Winner's Points	Loser's Points
Fall	5	0
Technical Superiority (2-0 periods won – loser scores no points) (6-point difference) (5 point action; two 3 point actions)	4	0
Technical Superiority (2-0 or 2-1 periods won – loser scores points) (6-point difference) (5 point action; two 3 point actions)	4	1
Decision (2-1 or 2-0 periods won - loser scores points)	3	1
Decision (2-0 periods won - loser scores no points)	3	0
Injury	5	0
Forfeit (loser is eliminated and does not place)	5	0
Disqualification for misconduct or a violation of the rules (loser can be eliminated and not placed)	5	0
Cautions (3) (loser records three cautions)	0	0
Disqualification where both wrestlers are disqualified for misconduct or violation of the rules (the losers can be eliminated and will not place)	0	0

b) A wrestler given a bye will receive no classification points for that round.

c) In the case of a multiple tie in a Round Robin, the tie will be broken based firstly, on most victories; secondly, on most classification points; and thirdly, if two wrestlers are still tied, on the head to head result. Each step shall be applied until the tie no longer exists

Example:

If there is a 3 way tie in victories and the classification points are as follows: 5, 4, 3 the placement of wrestlers 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 wrestlers 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 way tie in Classification points, you will then move to the next criteria

- **the most victories**
- **the most classification points accumulated during the competition –with head to head breaking the tie in classification points**
- **the most match victories by fall**
- **the most match victories by technical superiority**
- **the most period victories by technical superiority**
- **the most victories by decision**
- **the least number of defeats**
- **the most technical points scored by the wrestlers during the entire competition**

- **the fewest technical points allowed during the entire competition**
- **fastest fall time**
- **in the event that it is impossible to determine a winner at this point, the wrestlers will be weighed and the one who weighs the least will be classified as first.**

ARTICLE 33. Team Classification

At the Canadian Championships, the team points 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 teams, the placing will be determined by using the following tie-breaking criteria. Each step shall be applied until the tie no longer exists.

- **the team with the most 1st place finishes**
- **the team with the most 2nd place finishes**
- **the team with the most 3rd place finishes**
- **the team with the most 4th place finishes**
- **the team with the most 5th place finishes**
- **the 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 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 SEVEN: WRITTEN PROTESTS

ARTICLE 34. Protest Policy at National Championships

Protests should be restricted to technical calls, not judgement calls. The decision of the protest committee involving the re-scoring of match is final and cannot be re-protested.

The following are considered judgement calls on the part of the officiating team and cannot be successfully protested:

- Fleeing the mat (e.g. Was the wrestler pushed or did they flee?)
- Fleeing the hold
- Fall
- Effort throw (e.g. was it high enough?)
- Brutality
- Referees whistle (e.g. Should the referee have blown the whistle?)
- Missed throw (e.g. Was it a "bail out" or a legitimate attempt?)
- Danger position call where the angle of exposure is questioned (Was it 80 or 90 degrees?)

Protests based on technical errors are allowable. Some examples include:

- Technical errors:
- Scoring or not scoring relative to the clock,
- Scoring or not scoring relative to the referee's whistle,
- Referee and judge's score not recorded on score sheet,
- Duration of the match.
- Action started in par terre or standing (i.e. 2 vs. 3 points)
- Out of bounds (e.g. Did the offensive wrestler's foot touch out of bounds before points were scored?)
- Initiation (Counter/Counter Attack)
- Points awarded to the wrong wrestler

***NOTE:** The video must show conclusively that the score of the match was technically incorrect and the entire match must be available for review. Where the organizing committee's cameras fail for any reason, as judged by the protest committee, one alternate camera angle per competitor, specific to the protest, can be accepted.*

1 Within 30 minutes of the completion of the bout, the provincial/territorial team leader or coach must submit a written protest accompanied with a fee of \$100.00 cash. At all National Championships this protest should be filed with the Domestic Development Manager or National Program Director. Other tournaments the protest should be filed with the head official.

2 Usually, the Protest Committee shall consist of the Head Official, a CAWA designated individual (i.e. CAWA Executive Committee member) and a neutral coach, however, this may differ for local tournaments. No member should have any conflict of interest in reviewing the protested bout.

3. **Protest Committee shall:**

- a) Determine if the protest is acceptable (i.e. a technical call and not a judgement call)
- b) Discuss and inform the coaches that the match is under protest and that both athletes are to remain in the competition area.
- c) Have the announcer note that a match at that weight class is under protest.
- d) Notify the head PM.
- e) If necessary, the head official may consult the three officials who refereed the match.
- f) If necessary, review the videotape of the match. The videotape must contain the entire match to be admissible.

- g) Attempt to resolve the protest within 30 minutes of its receipt, and it must be resolved prior to the continuance of other bouts that may be affected by the decision.
- h) Have the announcer note the decision of the protest.

4. **Protest Review Outcomes:**

- a) If the protest committee concludes that the protested situation was called and scored appropriately, then they shall reject the protest and declare it unsuccessful. The score on the bout sheet shall remain the official result and the entire bout will not be reviewed.
- b) If the protest committee concludes that the protested situation was called or scored inappropriately, then they shall review and re-score a) the period then b) the entire match. The decision of the protest committee involving the re-scoring of the match is final and cannot be re-protested.

I. Where the result of the re-scored period or match results in the losing wrestler winning more periods than their opponent or results in a tie score in periods won, the protest committee must make a decision regarding procedure between the two following options;

Match Ending Situations:

- In a protest, if a move ends a match based on criteria (2nd three point moves or a five point throw) and is found to not be the correct call, the wrestlers will re-wrestle the round beginning at the same point in time, and with the same score as when the match was stopped.
 - If the protest results in the losing wrestler winning the match, and the protested scoring action would have ended the match, the decision is reversed, and the losing wrestler is declared a winner (no wrestling in a two minute protest period).

These situations include:

In the period there should have been a 6 point differential, a 5 point throw or two 3 point actions by the same wrestler, and combined with winning a previous period would have ended the match.

A pin that should have been called or there should have been three cautions awarded.

Wrestling a two minute protest period - If the protest results in the losing wrestler winning the match but the scoring action would have not ended the match, then it is re-wrestled in a single two minute protest period. Therefore, regardless of whether or not the number of periods has now been changed to 1-1 or 2-1, sudden death overtime will take place.

The two minute protest period in a protested match should be completed as soon as possible after the decision of the protest committee to wrestle in overtime is made public.

A time period of five minutes should be given to each wrestler to prepare for the two minute protest period.

II. Where the result of the re-scored match does not result in the losing wrestler earning more points than their opponent or results in a tie score, the protest committee will rule that the protest is considered unsuccessful. The official score sheet is modified to correct the error but nothing further is done.

5. **Special Circumstance;**

- a) An illegal action occurs in a scoring sequence that is missed by the officials and then protested.

The scoring sequence from the point of the illegal action until the referee stops the match or until a clearly neutral standing position has been established. The re-scoring of the match must still result in a change in the winner or a tie for the protest to be successful.

- b) A fall results from an illegal action that is missed by the officials and then protested. If the review of the match is successful, then you go directly to a two minute protest period (i.e., Greco Roman - illegal touch on the legs results in a fall)

- c) If there is a fall in the third period, the first and second periods cannot be protested, with the exception of match ending situations.

6. **Protest Fee**

- a) When a protest is successful and results in a match ending situation or a two minute protest period, the protest fee will be returned to the coach/team leader.
- b) If a specific call is protested and results in changing the outcome, the protest fee will be returned to the coach/team leader even if the protest is not ultimately successful due to a review of the remainder of the match.
- c) Where the protest is declared unsuccessful, the governing authority for that event shall retain the protest fee and its use shall be determined by the appropriate policy. In the case of National Championships, CAWA shall retain the protest fee and direct it towards the “Quest for Gold” program.



APPENDIX A:

Rules Modifications and General Guidelines for Youth Wrestling in Canada:

Introduction: The CAWA 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 CAWA 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 (9/10 years of age)
- Kids (11/12 years of age)
- Bantam (13/14 years of age)

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 Wrestlers. Wrestlers should only compete in their own age group and should not compete in more than one age group at the same tournament. Due, in part, to different maturation rates, boys should only wrestle boys and girls should only wrestle girls.**

The weight spread should be done on graduated split:

i.e.	- under 40 KG	2 KG Split
	- between 40-70KG	3 KG Split
	- over 70 KG	4 KG Split

i.e.	Wrestler A	54 KG	Wrestler B	51 KG
	Wrestler C	57 KG	Wrestler D	38 KG
	Wrestler E	36 KG	Wrestler F	70 KG

Group: Wrestler D & Wrestler E	OR	Group : Wrestler D and Wrestler E
Group: Wrestler A & Wrestler C		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 “who are self-conscious about their body image” However, for Provincial, multi-province and / or National Festivals Championships, singlets are mandatory for both Male and Female wrestlers. A female wrestler can not 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) at all costs. Any situation which the official feels is potentially dangerous or has the potential to be dangerous is to be stopped. Even if the action not explicitly illegal, the official (s) will stop the action and wrestling will continue in the standing position. Such a decision is to be considered a discretionary call and therefore is un-protest able and should not be questioned by the coach

Rule Modifications - Novice, Kids & Bantams:

Rules of the CAWA 2008 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 CAWA 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

In reference to the ‘Head and Arm’ with Novice and Kids aged wrestlers, as soon as an attempt at the head and arm throw is apparent as evidenced by a hip tossing action or a rotation of the hips, the official 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 will be awarded to his/her opponent. Action will continue from the standing position. It should be noted that this includes the situation where in the action starts from the 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 from a ‘Par

Terre or Scramble' situation for all age groups and is permitted by Bantam aged wrestlers from the standing position.

Novice:

- Match will be 3 periods - 2 minutes in length. (separated by 30 second breaks)
- The "Auto-Touche" will NOT apply. The offensive wrestler will be rewarded as the initiator
- A Fall is ONE full second
- If the wrestler is in a pinning position, he/she must be pinned within 15 seconds or they will both be stood up and wrestling will continue. The official will signal the 15 count using a sweeping motion with his/her hand.
- As with older age groups, all tilting techniques can be repeated with an unlimited number of repetitions.

Kids:

- Same as novice minus the 15-second pin rule.

Bantam:

- Match will be 3 periods - 2 minutes in length. (separated by 30 second breaks)
- Same illegal moves as Kids/Novice age groups except Head and arms & side throws are allowed (side suplay and salto)."Under scrutiny by the on-mat official.

Girls:

- ❖ Girls will only wrestle with girls.
- ❖ Same rule modifications as similar age group for the boys.

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. (I.e. ribbons, crests, pennants, certificates). Medals for top three placing are optional but not recommended at the novice age division. Team titles may be used, but should not be emphasized

APPENDIX C: Instant Video Replay Procedure

Instant video replay is mandatory at the Junior/Senior National Championships and Senior World/Olympic Team Trials. Instant video replay can be used for other events at the discretion of the tournament convener.

The equipment and personnel required per mat is the following;

- a) 8MM, Super 8 or digital video camcorder with slow motion VCR play back capabilities, mounted on a tripod.
- b) Color TV with cabling hook-up to the video camera.
- c) Extra tapes – should be switched with 75% of the tape completed (i.e., 1.5 hours on a 2 hour tape)
- d) One responsible volunteer to film the matches during each session. This individual must be briefed on the camera's capabilities and the importance of filming the complete match with injury time, all scoring actions including actions out of bounds and the electronic score board/clock. This individual must have demonstrated the use of the equipment in a video replay situation.
- e) The camcorder must be positioned to allow for a complete view of the mat and the electronic score board/clock. The camera person should always pan back to the score board/clock to film the time and resulting score of any action that goes out of view of the score board /clock (i.e. out of bounds).

The CAWOA assigned head clinician or head official, the Tier I Clinician (s) that are placed in charge of each mat per session or the mat chairperson for that particular match can request the use of the mat side video replay.

The mat chairperson and the Tier I Clinician will review the situation in question. Normally, the judge and referee are not involved in the review. However, in exceptional circumstances the Mat Chairperson and Tier I Clinician may request their opinion. The officials shall review and discuss the situation with the Tier 1 Clinician making the final determination of the situation and the resulting action.

The mat chairperson shall indicate the points and the referee and judge shall confirm the scoring points for everyone to see. The result is recorded on the bout sheet and score clock before continuing with the match.



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