

CANADIAN AMATEUR WRESTLING ASSOCIATION

GRAPPLING



2010

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

Editors: Clint Kingsbury, CAWA Domestic Development Manager
John Cook, CAWOA President
Corey Robinson, Coach Representative + CAWA Executive

Publisher: Canadian Amateur Wrestling Association
Unit #7 - 5370 Canotek Road
Gloucester, Ontario
K1J 9E6
613-748-5686 (phone)
613-748-5756 (fax)
info@wrestling.ca (e-mail)
www.wrestling.ca (web)

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PRESIDENT'S MESSAGE

GRAPPLING 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 grappling rulebook is intended to provide a clear and concise explanation of the current rules and interpretations, for grapplers, 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 Grappling rulebook.

Canadian Amateur Wrestling Association
Clive Llewellyn, President

Introduction

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

These regulations apply to one style of Grappling currently recognized by FILA.

These rules are the "Canadian interpretations of the International Grappling 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, 2010 to October 31, 2011.

NOTE: The World Grappling Committee (WGC) was created under the authority of FILA to foster the physical and mental well being of individuals engaging in the discipline of grappling. WGC's goal is to make grappling an exciting and spectator friendly sport and to rule its practice on a worldwide level in order to ultimately gain Olympic status.

Philosophy

Grappling is a hybrid sport formed of wrestling and jiu-jitsu whose art consists in forcing the opponent to admit he/she cannot escape the maneuver without harm. The CAWA feels that it is honorable for an athlete to accept his/her own defeat. However, the grapplers must be properly informed of the correct actions and reactions to adopt in the various submission situations. In accordance with the general philosophy of sport, the grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

PART ONE PREPARATION AND ADMINISTRATION

Age and weight divisions

- a) The birth date of Cadet, Juvenile and Junior grapplers 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 grappler may compete in one only weight class per style at any given National Championships.
- d) A grappler can choose to compete in the next higher weight class, except for the heaviest weight class, where the grappler 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.

- **Cadets** (15-16 years old)

Men: 39-42, 46, 50, 54, 58, 63, 69, 76, 85, 85-100kg

Women: 36-38, 40, 43, 46, 49, 52, 56, 60, 65, 65-70kg

- **Juveniles** (17-18 years old)

Men: 50, 55, 60, 66, 74, 84, 96, 120kg

Women: 44, 48, 51, 55, 59, 63, 67, 72kg

- **Junior**

Men: 60-65-70-75-80-90-110kg and Absolute (open weight category).

Women: 50-55-60-65-75kg and Absolute (open weight category).

- **Seniors** (20 and older*) – *Junior Grapplers (18, 19 can compete with Parents consent)*

Men: 60-65-70-75-80-90-110kg and Absolute (open weight category).

Women: 50-55-60-65-75kg and Absolute (open weight category).

**Grapplers of 18 and 19 may compete in senior upon presentation of medical consent.*

- **Veterans** (35-56 years old)

Men 60, 66, 74, 84, 96, 120 kg and Absolute (open weight category).

Women: 55, 59, 63, 67 kg and Absolute (open weight category).

Weighing-In

- a. National Championships/World Team Trials 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 grappler 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 grappler who has any contagious skin disorder or any other ailment that would prevent them from competing at a safe level.
- c. Grapplers, to be weighed in, must present themselves in their competition uniform with bare feet. The uniform 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 and toe nails if not wearing wrestling shoes must also be neatly trimmed.
- e. The grapplers 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.

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 grappler 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.
- 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.

Grapplers' uniform and appearance

- Competition uniform – No-Gi (shorts & shirt)

Grapplers shall appear on the edge of the mat wearing regulation competition grappling or board shorts and a sleeveless, short sleeve or long sleeve rashguard shirt. The shorts shall not be excessively baggy or have button/snaps that may be unsafe during competition. The competition shirt shall be tight fitting. The first grappler called shall put on a red ankle-band and the second a blue ankle-band. – We are working towards having Red and Blue Rash guards as mandatory gear.

- Competition uniform – Gi

Grapplers shall appear on the edge of the mat wearing a competition Gi meeting the FILA requirements. The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move. The Gi may be of any color, but may not contain patterns or symbols that could interfere with scoring. The first grappler called shall wear a red belt and the second grappler called shall wear a blue belt. The belt shall be tied tight around the waist to secure the jacket.

| |
|--|
| <p>Lapel/Pants size:.....5,0 cm Sleeve width: 8,0 to 26,0 cm</p> |
|--|

The grapplers shall carry a handkerchief with them during the whole of the match and shall show it to the referee before the start of the match.

The use of light kneepads containing no metal parts is allowed.

Grappling Uniforms with the emblem of a country/state other than Canada are allowed at Canadian National Championships. Beneath the uniform, grapplers 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.

- Advertising on clothing

Grapplers may wear a sponsor's name or symbol on their competition uniforms and warm up garments as long as the referee's ability to determine the athlete's competition team is not affected.

- Ear protection

Grapplers may wear CAWA/FILA approved ear protectors that do not contain any metal or hard cover shells. The referee can oblige a grappler whose hair is too long to wear ear protectors or athletic hair cover.

- Shoes

Grapplers are not required to wear shoes during the match, but those who choose to shall wear CAWA/FILA approved shoes. The use of shoes with heels or nailed soles, buckles, or any metallic parts is prohibited. Prior to competition, a CAWOA official shall examine all equipment that is outside of the established normal attire. Shoes with laces shall be wrapped with sticky tape so that they do not come undone during the match. Each grappler is responsible for providing the tape himself/herself for the shoes and laces shall be wrapped prior to stepping onto the mat.

- Appearance

Grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. These bandages shall be covered with elastic straps. Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Grapplers' fingers and toenails (if they opt to not wear shoes) shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover.

Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Males' face shall be either clean-shaven, or if bearded, the beard shall be trimmed and well groomed. Grapplers may not arrive at the mat perspiring for the beginning of the match or for the

beginning of the second and third period. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, a CAWOA official shall check that each competitor satisfies the requirements of this article. The competitors must be warned that if their appearance is not correct, they will not be allowed to enter the competition. If a grappler enters the mat with an appearance that does not conform to the CAWA regulations, he/she will be given one minute to change it, otherwise he/she will lose the match by forfeit.

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 competition outfit.

Wrestling Shoes: Grapplers 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.

Competition 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 grappling 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 leagues allow a 6 metre to 8 metre central grappling 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.



Medical service

- 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 para-medical 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 grappler 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 grappler from continuing the match; however, the head official will not have the right to force any grappler 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:

Grapplers 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 grappler 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.

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"**

REFEREEING BODY

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 mat chair evaluate the holds individually by holding up the appropriately coloured arm or paddle respectively to designate points awarded; if the Chair and referee disagree, the mat chairperson, judge and referee will collaborate and designate the appropriate points.
- c) Submission/Catch – The referee and the judge are looking for the submission at all times. The referee has control of the mat, but if the referee becomes in a poor position and an athlete is in danger of being caught in submission the judge is the eyes on the other side to call the ‘catch’ if need be. (safety)
- d) Dress - The referee, and mat chairperson must wear Black slacks, a Black short sleeve dress shirt (black as per FILA colours), black belt and non-marking black shoes. The Judge will wear a Black short sleeve dress shirt/polo. The referee/Mat Chairman shall also wear a red wristband on the left arm and a blue wristband on the right arm. (Judge will not)

The referee

The referee is responsible for the orderly conduct of the match which he shall direct according to the official CAWA rules. He/she shall command the respect of the contestants and exercises full authority over them so that they immediately obey his/her orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and untimely outside interventions. His/her whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the mat surface), he/she shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

Referee's duties:

- Stimulate a passive grappler without interrupting the match, by standing in such a way as to prevent the grappler from leaving the mat.
- Reprimand a passive grappler.
- Be ready to blow the whistle if the grapplers approach the edge of the mat
- Uphold penalties for violations of the rules or for brutality.
- Interrupt the match at exactly the right time when necessary.
- Indicate whether a hold executed at the edge of the mat is valid.
- Rapidly and clearly order the position in which grappling must be resumed.
- Not get too close to the grapplers when they are in a standing position, but stay close if they are grappling on the mat in a ground position.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular fall flat onto his knees or stomach to obtain a better view of an impending catch.
- Not stand so close to the grapplers that he obstructs the view of the mat judge, particularly if a catch appears imminent.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, he shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to his/her opponent.
- Announce a “catch” after observing that a grappler has signaled submission either physically (by a tap) or verbally.
- Announce a catch if upon observing a submission attempt he feels that the grappler caught in the submission hold will not be able to escape that hold without harm. When signaling a catch, the referee shall say the word “catch” aloud, raise his hand to secure the agreement of the mat judge, signal the catch and then blow the whistle to announce the end of the match.

- If there is a submission stoppage the referee must immediately put a hand on each competitor. The reason is to notify each athlete to stop grappling. In the event of a submission there may be a matter of seconds that could end in the result of an injury.
- Upon intervention by the mat judge, the referee shall interrupt the match and proclaim victory by technical superiority when the grapplers' scores are 15 points apart. In this situation, he shall wait for the action, either an attack or counter attack, to be complete.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner (by raising the victor's hand) after agreement with the mat judge.
- If the athlete is pulling the garment then the referee shall brush the hand off or verbally warn the athlete.
- The referee may break action if the two competitors have reached a stalemate position.

The Mat Judge

The mat judge shall follow the course of the match very closely without allowing himself/herself to be distracted in any way. Following each action and on the basis of the referee's indications (always parallel to the referee looking for the other side possible submission/catch)

Mat judge's duties:

- Look for submission/catch
- Make sure that the scoreboards are visible to both the spectators and the grapplers.
- Assist in maintaining the safety of the match
- Assist with the referee and mat chairman if a stoppage has occurred due to making sure the correct score is visible.

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 referee disagrees.
- b) The mat chairperson should consult with the Referee if the points possibly should be different.
- c) The mat chairperson may not overrule the call of the referee, 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).
- d) 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.
- e) In no case can the mat chairperson be the first to give an opinion; it must always follow the opinion of the referee.
- f) The mat chairperson keeps the official score sheet.
- g) Initiates and participates in any video review (see Appendix C for the procedures).
- h) The mat chairman shall initiate the call for the ordered hold (overtime re-start) when the match ends 0-0.

NOTE: 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).

Call for Competitors

- a) When the competitor's name is announced, each grappler 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 grappler must have a minimum of 15 minutes rest between the end of one match and the beginning of the next bout.

Duration of the match

The novice, kids, bantam, cadet and veteran matches last 4 minutes. The junior matches & senior matches last (5) minutes.

Starting and Stopping the Bout

- a) The referee, standing in the middle of the mat, signals for the grapplers to come to the centre. The grapplers must present themselves with handkerchief in hand. The referee shakes the grapplers' hand and examines their attire and skin (no grappler should be greasy or sweaty).
- b) The grapplers then shake hands and at the sound of the referee's whistle and begin grappling in the standing position.
- c) In the event of blind and/or deaf grappler, the officials must ensure palm-to-palm contact and/or use hand signals, appropriately touching the grappler 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 ground/top 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 match, all holds are valid if completed before time expires.
- g) After all standing situations that end up out-of-bounds except when a scoring action is prevented by an illegal action, grappling will resume in the centre of the mat, in the standing position.
- h) Depending on the last position scored in the ground position will decide what position will be restarted in the center of the mat.
- i) Ordering of Overtime

Definition of grappling positions

Neutral Standing Position

Neutral standing position occurs at the beginning of the regular period. Both grapplers stand opposite one another in the centre of the mat with both feet inside the inner circle. When in neutral position, neither grappler has control. Grappling starts at the signal of the referee's whistle. Neutral position is ordered when: 1) neither grappler has earned advantage in the standing position, but both were taken out of bounds and 2) one grappler forces his opponent out of bounds but does not establish any takedown control.

Open Guard Restart Position

Open Guard Restart occurs at the centre of the mat with the down grappler on his back, the hands



resting on his thighs and his feet flat on the mat in the inner circle. The top grappler kneels in front of his opponent's feet and places his hands on the kneecaps of the down grappler. Once the position is approved by the referee, the match restarts at his whistle. The Open Guard Restart is ordered when both grapplers go out of bounds after top control has been established by one grappler. When the action is restarted in the Open Guard position, all the dominant control positions can be scored again.

Mount Restart Position

Mount Control Restart occurs at the centre of the mat with the bottom grappler on his back, hands placed on the side of his head, and the top grappler mounting him with his legs on the side and his hands placed on the opponent's chest. The Mount Control Restart position is ordered when a grappler has been awarded points for full mount and then action goes out of bounds while maintaining control over the opponent. When the action is restarted in the Mount Control position, then only back mount points can be scored.

Side Control Restart Position

Side Control Restart occurs at the centre of the mat with the down grappler on his back (his elbows visibly free and not under his/her opponent's body and his hands placed on the body) and the top grappler in the side control position (elbows and knees on the mat and torso flat on his/her opponent). The Side Control Restart position is ordered when a grappler has been awarded points for side mount or full mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Side Control position, then only full mount and back mount points can be scored



Back Control Restart Position

Back Control Restart occurs at the centre of the mat with the down grappler on his/her knees and the top grappler in the back control restart position. The top grappler will have the Over/Under Lock around his/her opponent's arm and head with the front knee on the mat and the back leg up. The Back Control Restart position is ordered when a grappler has been awarded points for the Back Mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Back Control position, then the top grappler may no longer score points in the dominant control position progression.



Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a “catch” and lose the match. Out of bounds consist when both athletes' entire bodies completely pass the outside edge of the bounds line.

Scoring for actions and holds

Points will only be awarded if a grappler manages to gain a dominant control position for 3 seconds (Either from standing or on the ground).

Dominant control positions (2, 3 and 4 points)

- **Side Mount** (2 points): When a grappler gains control by passing his opponent's leg defenses while keeping his opponent's back to the mat for the count of 3 seconds.
- **Full Mount** (3 points): When a grappler controls his opponent who is lying on the back, from the top with both of his knees touching the ground on either side of the opponent for the count of 3 seconds.
- **Back Mount** (4 points): When a grappler controls his opponent from the back, with his chest to the back of his opponent and his legs hooked inside of his opponent's legs for the count of 3 seconds.

Note: The dominant control position progression will reset if the top grappler loses dominant control and the bottom grappler re-establishes ground/standing neutral position for at least 3 seconds.

1 Point Techniques:

∩ **Takedowns:** When a grappler managed to take his/her opponent down and to gain top control for 3 seconds. If, with the takedown, the grappler manages to establish a dominant control position, he/she will further receive the corresponding points (i.e.: 1+2 for takedowns landing in side mount, 1+3 for takedowns landing in full mounts, and 1+4 for takedowns landing in back mount).

⚡ **Escape:** When a grappler manages to escape from a disadvantaged position (side mount, full mount, or back mount) and go into ground or standing neutral position and maintains the neutral position for 3 seconds.

⚡ **Sweep:** When a grappler manages to sweep from ANY position (guard, side mount, full mount, or back mount) directly to a top position (guard, side mount, full mount, or back mount) and maintains the control for 3 seconds. A Sweep point will be awarded.

⚡ **Jumping into guard:** Jumping into guard from a standing position without a deliberate attempt of a submission or takedown will not be penalized by a caution, but will award one point to the opponent

IMPORTANT

The grappler cannot score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position. Grapplers can only score in forward progression. Once a grappler has scored a position the grappler can only score a more dominate position.

Example: For side mount, goes to full mount and switching for side mount again, there will be no new points awarded.

No points will be marked for the athlete who is attaining a dominant position while still locked in a submission attempt. Points will only be awarded after the submission attempt is completely defended.

Example: when a grappler is mounted on his opponent but he is in a guillotine choke the points of the mount will be awarded only after the submission is defended.

The concept of **total universal grappling** requires an athlete to constantly strive for technical mastery, position advancement and the submission while upholding all rules of fair play.

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 grappler.
- 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 grapplers 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 grappler should remain standing in the assigned corner and may receive advice from the coach.
- g) A grappler, 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 grappler must remain on the mat unless directed by the competition physician.
- i) If the injury and or blood stoppage occurs during the ground position, grappling will be restarted in the last control position awarded to the top grappler and if injury of blood stoppage occurs during the standing position, the match 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 grappler deliberately stops a bout without being injured or bleeding his opponent will receive one point.

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

End of the Bout

The bout is ended before regulation time expires for:

- i. A "Catch" - Submission,
- ii. Disqualification,
- iii. Injury,
- iv. One grappler wins by points
- v. When one grappler accumulates 3 cautions during the match

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 grapplers on each side, red on the left and blue on the right; the grapplers 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 grapplers and they leave the mat - without removing any of their clothing.
- d) Each grappler 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.

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 blue 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 grappler 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

Overtime

Overtime begins at the end of regulation time when the score of the match is tied. All cautions and infractions accumulated during regulation time are carried over to the overtime period. Overtime lasts 1 minute for all age divisions and the victory is determined by "sudden death", meaning that the first grappler who scores wins the match.

The period starts in either one of the three following positions: open guard bottom, open guard top, or standing neutral. The grappler who is given the choice of the position will be determined by the following criteria:

- Most passivity infractions
- Lowest value of points *
- Coin flip

If no point is scored after the end of the overtime period, the grappler who was NOT given the choice of the position receives 1 point and wins the match, because his/her opponent did not manage to score when being advantaged by the choice of the position.

** Example for the lowest value of points: If the score is tied 3:3 with the red grappler who scored a 3-point full mount and the blue grappler who scored a 1-point takedown and a 2-point side mount, the choice of the position will be given to the blue grappler, because he scored lower value actions than the red grappler.*

TECHNICAL INFRACTIONS

Passivity

It is the grapplers' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds.

When the referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands ("Open Red/Blue") without interrupting the match. If the grappler

continues to remain passive after the verbal commands have been issued, the referee shall indicate the passive grappler by raising the arm bearing the right color band and give him/her a caution. Every caution must be reported on the score sheet.

Passivity includes:

- Holding on in an attempt to neutralize or prohibit action or advancement
- Delaying action by communicating with coach/corner
- Not trying to improve position or create action
- Deliberately falling to the ground to avoid action or engagement
- Taking too much time to go back to the centre of the mat for restarts
- Misusing timeouts

Fleeing the Mat

When a grappler intentionally uses the out of bounds line to avoid being scored on, he/she is considered passive and receives the appropriate passivity infraction. If an athlete flees the mat repeatedly in an attempt to avoid a submission, the referee shall call a “catch”.

Fleeing the position

Neutral: If a grappler deliberately butt-scoots to avoid neutral action, the referee will stop the match and the athlete at fault shall receive the appropriate passivity infraction. The action restarts in neutral position.

Ground: If a grappler deliberately avoids the ground game by standing up and completely disengaging, the athlete at fault shall receive the appropriate passivity infraction. The action restarts in the Open Guard restart position.

False start

If a grappler starts grappling before the whistle blows, he shall receive a passivity caution.

Incorrect starting position

A grappler who assumes an incorrect starting position to gain advantage or to demonstrate flagrant disregard for the referee’s instructions falls under the false start rule.

Leaving the mat without permission

A grappler shall receive permission from the referee before leaving the mat during a match. Failing to do so, he/she shall be issued a caution for passivity.

Illegal holds and actions

All offenses fall under the referee’s authority. If a grappler violates the CAWA Code of Ethics in a blatant and unsportsmanlike manner, the referee shall disqualify him/her from the match or from the competition. The referee shall report every violator for membership review.

The first offense results in 1 point awarded to the opponent, the second offense results in 2 points awarded to the opponent, and the third offense leads to disqualification. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match.

Illegal holds include:

- Intentional breaking of bones or joints
- Punching, kicking, knees, forearms, elbows, head butts, malicious cross faces
- Eye gouging, pulling of hair, fishing hooking, biting, or attacking the groin
- Slams and spikes. At no time may a grappler intentionally slam or spike his/her opponent into the mat. No slams in defense of submission attempts will be tolerated.
- Back splashes from standing back control
- Combination Joint locks/Throws
- Closed hand with use of the fingers to throat/trachea choking techniques
- Cutbacks from attached single leg/whizzer position

- Inside or outside heel hooks (does not include lace leg/lunduke leg locks)
- Chin ripping
- Crucifix
- Full-Nelson
- Can opener
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers or toes when attempting to break a hold (i.e. no thumb locks allowed).
- Intentional grabbing of competition uniform (No-Gi only)
- Argument/insults towards the opponent or the referee (can result in immediate DQ)

Illegal Holds – Procedures

- i) In the legal execution of holds, dangerous situations may occur which could cause injury to a grappler 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 grappler 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 grappler through the inadvertent application of an illegal hold must be voided.
- iii) When the grappler applying an illegal hold finds themselves at a disadvantage, and there is no danger of injury, grappling will continue until the action is completed.
- iv) In any action where the defensive grappler uses an illegal hold and the scoring action is not prevented, the action is allowed to continue and the attacking grappler will receive the technical points scored plus one additional point, the defending grappler receives a caution and the bout resumes in the ground position of which the last advantages scoring position was established.
- v) In any action where the defensive grappler uses an illegal hold and the scoring action is prevented, the bout is stopped and the attacking grappler will receive two points and the defensive grappler is cautioned. Grappler is restarted in the position (standing or ground) when the bout was stopped.
- vi) If a grappler is injured by an opponent's illegal hold and is unable to continue, the injured grappler will be declared the winner by disqualification. The grappler 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 grappler 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 grapplers. Coaches that criticize the referee for stopping an illegal hold will be given a yellow or red card.
- Viii) In any action where the defensive grappler uses an illegal hold to evade a submission, the referee or judge will call the "catch" immediately.

NOTE: Incident reports shall be filed by the head official for any tournament that an individual (coach, grappler, 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.

NOTE - Age restrictions:

Novice, Kid's or Bantams are not allowed to make guillotines or foot locks/toe holds. Cadet and junior are not allowed to make foot locks/toe holds.

CAUTIONS:

The first caution for passivity is verbal and bears no consequences, the next cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive grappler.

- **Warning**
- **1st caution – 1 point**
- **2nd caution – 1 point**
- **3rd caution – disqualification**

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 grappler picks a number, removing it from the set. This must be conducted in public. The numbers must be hidden from the grappler 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.

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.

Seeding (if applicable)

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.

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.

Contestants Eligible for Consolation Matches

At the completion of the first round in each weight class, consolation rounds may start. In the event two grapplers 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).

Disqualification

- a) When a grappler 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.

Classification

- a) For the final matches, a grappler who is certified by the medical service as being injured and unable to continue grappling, will be allowed to retain the place earned. The grappler must inform the head pairing master of the receipt of this medical certification in order for the placing to occur.
- b) Grapplers 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.

The classification points that grapplers receive for their matches will be used to determine their final ranking and their team ranking in Dual Meet Competitions.

The classification points that grapplers receive for their matches will be used to determine their final ranking and their team ranking in Dual Meet Competitions.

- Victory by submission (6 points)

A technical submission occurs when the referee upon observing a submission attempt feels that the grappler caught in the submission hold will not be able to escape without harm. In some cases tapping out the opponent or mat may not be possible physically and the verbal submission command "catch" shall be used to signify the tap out.

- **Victory by default (6 points)**

A victory by default occurs when a grappler is unable to continue the match for any reason.

- **Victory by disqualification (6 points)**

A victory by disqualification occurs when a grappler is banned from the competition for any reason.

- **Victory by forfeit (6 points)**

A victory by forfeit occurs when a grappler fails to appear on the mat for the match.

- **Victory by technical superiority (5 points)**

A technical superiority occurs when a grappler has scored a **10-point advantage** over his/her opponent. When the technical superiority has been met, the winning grappler may choose to forgo the decision and continue the match in order to go for a submission. If the grappler fails to submit his/her opponent, he/she will be awarded the points for "major decision".

- **Victory by major decision (4 points)**

A major decision occurs when the margin of victory is **5 points or more**

- **Victory by decision (3 points)**

A decision occurs when the margin of victory is **less than 5 points**.

- **Overtime loss (2 points)**

Note: (1) match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.

Breaking the Tie:

- a) Grappler given a bye will receive no classification points for that round.
- b) A grappler with the most Victories will win regardless of Classification points
- c) In the case of a multiple tie in Victories in a Round Robin, the tie will be broken on most classification points, If only two grapplers are tied in victories, the Head to Head will break the tie. 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 grapplers 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

- **First by the most victories**
- **Second by Head to Head if only 2 grapplers are tied**
- **OR Second by the most classification points accumulated during the competition (multiple tie)**
- **the most match victories by "CATCH"**
- **the most match victories by technical superiority**
- **the most victories by decision**
- **the least number of defeats**
- **the most technical points scored by the grapplers during the entire competition**
- **the fewest technical points allowed during the entire competition**
- **fastest "CATCH" time**
- **in the event that it is impossible to determine a winner at this point, the grapplers will be weighed and the one who weighs the least will be classified as first.**

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).

Code of Ethics and sportsmanship

Review the CAWA Code of Ethics or the Coaches of Canada Code of Ethics:

www.wrestling.ca

www.coachesofcanada.com

Any coach, athlete or fan that violates this code of ethics shall first be given a yellow card. Their second offence shall result in a red card and ejection from the event.

Besides, all contestants agree to submit themselves to the CCES or FILA Anti-Doping Regulations and to the World Anti-Doping Code.

www.cces.ca

www.fila-wrestling.com

GLOSSARY of TERMS

Age divisions: Divisions in which grapplers are placed according to their date of birth on the current calendar year.

Cadet: Age division for grapplers aged 15-16.

Call to the match: The beginning of the match when both grapplers' names have been called to their specific mat to compete.

Catch: When the referee upon observing a submission attempt feels that the grappler caught in the submission hold will not be able to escape that hold and is in immediate physical danger.

Decision victory: When the margin of victory in a match is less than 5 points.

Default victory: When a grappler is unable to continue the match due to an injury. Any injury that occurs as a result of an illegal move shall lead to disqualification of the grappler that performed the action.

Disqualification: When a contestant is banned from competition for any of the specified reasons.

Drawing of lots: The random selection of numbers by contestants at weigh-in to determine their position in the competition brackets or by the Random Draw of Pragma

Event coordinator: A representative of the WGC in charge of supervising and coordinating the sanctioned event. Also has final decision regarding all controversial matters.

Fleeing a hold: When a grappler avoids contact with his/her opponent to prevent the initiation or execution of a hold.

Fleeing the mat: When a grappler intentionally uses the out of bounds line to avoid being scored on or submitted.

Forfeit: When a grappler fails to appear on the mat for his/her scheduled match.

Ground Position Progression: The ground position progression from lowest to highest rank: side mount>full mount>back mount.

Head medical officer: The person in charge of the medical staff at a sanctioned event.

Mat Judge: The person in charge of assisting the referee with Submissions/Catch.

Junior: Age division for grapplers aged 17-20.

Mandatory rest: The rule that a grappler must have at least 30 minutes resting time before competing in his/her next match.

Major decision victory: When the margin of victory in a match is 5 points or more.

Medical examination: The examination before the weigh-in of an event where contestants are checked by the medical staff for contagious diseases or skin conditions.

Medical forfeit: When a grappler cannot begin or continue the match due to physical injury or illness.

Neutral standing position: Neither grappler has control. It occurs at the centre of the mat with both grapplers' feet in the inner circle.

Novice: Age division for grapplers aged 11-12.

Overtime: The end of regulation time when the score is tied.

Passivity: Being passive or stalling during a match is penalized by caution and point infractions.

Referee: The person, who conducts the match, starts and stops the action, determines restart positions and signals the decisions on points to the mat judge.

Bantam/Cadet: Age division for grapplers aged 13-14.

Score sheet: sheet on which the points for actions and holds, along with penalties and infractions are recorded and tallied at the mat side-scoring table.

Senior: Age division for grapplers aged 18 and over.

Submission victory: When a grappler is put in a situation in which he/she, sensing impending physical danger will notify their opponent either vocally or physically indicating the stoppage of the match.

Technical superiority: When a grappler has a 10-point advantage over his/her opponent.

Weight divisions: Divisions in which competitors are placed according to their weight in kilograms.

CAWA - INCIDENT REPORT FORM

Date: _____ Tournament / Location: _____

Individual(s) involved in the incident: _____

Please provide an outline of the facts of the incident (i.e., why was the athlete and/or coach disqualified from the tournament)

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

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

Signature: _____ Date: _____ Please note that incident reports need to be filed into the CAWA office no later than 14 days after the date of that incident took place. Reports should be directed to the address below;

CAWA Vice President Technical
Unit 7 – 5370 Canotek Road
Gloucester, Ontario
K1J 9E6
info@wrestling.ca

