

CANADIAN AMATEUR WRESTLING ASSOCIATION



RULES FOR 2002-2004

Effective November 1, 2002

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

Editors: Dale Clancy, CAWOA President
Mike Payette, National Program Director
Kelly Dearborn, CAWA Technical Director

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

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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.

Bill Dowbiggin, President
Canadian Amateur Wrestling Association

**INVITATION TO JOIN
THE CANADIAN AMATEUR WRESTLING OFFICIALS' ASSOCIATION
(CAWOA)**

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.**

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” 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 including pairing, bout sheet control and correct placement of all contestants. 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, including the direction of all assistants with positive leadership and communications skills, and be familiar with rules and disciplines necessary to conduct a national tournament. A “PM-A” should be able to 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 may work as the head PM 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 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 majority of the Tier I clinicians in attendance.

National Clinicians for 2002 who are responsible for conducting clinics to upgrade officials and to provide rule interpretations for coaches and wrestlers are:

	<u>On Mat Officials</u>	<u>Pairing Masters</u>
British Columbia	Kjeld Brodsgarrd	Coralee Roy
	Jim Mitchell	Cathy Holder
	Gerry Badger	
Alberta	Neville Dawood	
	Lenis Thokle	
Saskatchewan	Dale Clancy	Barb Church
Manitoba	Gale Petreny	Karen Wurr
Ontario	John Dawson	Diane DesChatelets
	Lee MacKay	Lesley BeauParlant
	Herb Matis	
	John Cook	
Quebec	Jay Bradbury	
New Brunswick	Jeff Reath	

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 November 1, 2002 to **October 31, 2004**. (Note: The CAWA may release a rule book insert with rule modifications **on November 1, 2003** and/or at the deadline of one day post Cadet/Juvenile National Championships).

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, 67-72 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.

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, 67-72 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.

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

MALES 43-46 kg., 50, 54, 58, 63, 68, 74, 81, 90, 105, 105-130 kg.

FEMALES 36-40 kg., 44, 48, 52, 56, 60, 65, 70, 75, 75-90 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., 45, 48, 52, 57, 63, 69, 76, 83, 95, 95-110 kg.

FEMALES 36-40 kg., 43, 46, 49, 52, 56, 60, 65, 70, 75, 75-90 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) unless they are too heavy for the listed Cadet weights (i.e., 115 kg Cadet male). This exception is for Freestyle only.

The Cadet weight classes are not the 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 minimum 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, ready to wrestle in appropriate attire including;

- 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 tournaments require an official FILA singlet, which may differ from domestic variations.

- b) **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.
- c) **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.
- d) **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 seniors.

NOTE: FILA have made headgear mandatory for Cadet and Junior female international competitions.

- e) 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.
- f) 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 two minutes to properly present themselves. Athletes who fail to properly present themselves within that time period shall be disqualified **for that match**. This two-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.



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 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 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.

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.

* 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. Olympic Trials will include the FILA jacket and tie.** 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 passivity 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.

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, passivity 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, warnings for passivity with a "P", write cautions with a circle "O" **and clinches with a "K"**; keep track of gut wrenches by underlining the points scored; 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).
- 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.
- 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.**

FILA Note: FILA have initiated a "Mat Controller" whose duty is to review video replays with the mat chairperson. This review maybe initiated by either the mat chairperson or the mat controller.

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 raising both arms over the head if standing wrestling is to follow; if one wrestler will start in par terre position, the arms are extended forward with one hand above the other hand.
- e) Passivity is requested by raising the arm with the colour corresponding to the passive wrestler level with the shoulder while the bout is progressing; if the judge or mat chairperson confirms the call, the referee stops the match and awards the passivity by raising their arm of the appropriate passive wrestler over the official's head. It is important that the referee communicates to the passive wrestler why the passivity was given.

- f) 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.
- g) To confirm a fall the referee will raise one hand with fingers extended and unseparated 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.
- h) 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.
- i) 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).



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;
 - In the first round of the competition, competitors will be allowed 3 minutes after being called to arrive at the mat and identify themselves to the officiating team. Three calls shall be given at one-minute intervals during this time.
 - In all subsequent rounds, 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 declared forfeit and shall be eliminated from the competition.
- c) A wrestler must have a minimum of 30 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, Juvenile and Junior matches will consist of two regulation periods of 3 minutes in length with an intermission of 30 seconds in between each regulation period. Throughout the bout, the clock will stop and start at the sound of the referee's whistle.
- b) Bantam and Cadet matches will consist of two regulation periods of 2 minutes in length with an intermission of 30 seconds in between each period.
- 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 first round. The wrestlers will be called back to the centre of the mat 10 seconds before the start of the second period.

FILA Note: FILA do 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 passivity 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 scoring situations that end up out-of-bounds, wrestling will resume in the centre of the mat, in the par terre position.

h) Ordering of Clinch (all styles)

There is no clinch in the first period of a match. In addition, when one of the wrestlers has scored the 3 technical points necessary for the victory, clinching is no longer possible during the whole duration of the match. Clinching will be ordered in the following situations:

- If the score is 0-0 at the end of the first period of the match, clinch with a coin toss to determine the first grip position **will be ordered at the beginning of the second period.**
- **If, in the 2nd period no technical points have been scored after those scored from the clinch, and if during the 2nd period one of the wrestlers receives 2 passivity's, clinching will be ordered immediately after the 2nd passivity. The first wrestler who takes the clinch will be the one who has not received the two passivity's.**
- **At the beginning of the extension period, if the match is: 1-0, 1-1, 2-1, 2-2, 2-0, a clinch must be ordered at the start of the extension period. The wrestler who has received the least number of passivity's during the regulation time elapsed in the match will clinch first. In a case of a tie in passivity's the decision to clinch first will be decided by a coin toss. If, after the clinching at the beginning of extension time, there are still not the 3 technical points necessary for a victory, the rule of clinching after 2 passivity's will be applied in the same manner as applied in the second period.**

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

- i. The wrestler that loses the coin toss, or has more passivity's, is considered the disadvantaged wrestler and must stand in the coloured 1 metre centre of the mat, legs **and torso** straight, arms slightly out from the sides.
- ii. The wrestler that wins the coin toss, or has the least amount of passivity's, is considered the advantaged wrestler. They must take a hold around the chest of the disadvantaged wrestler (chest to chest position) with one arm covered above the elbow **and below the shoulder** and hands clinched behind the disadvantaged wrestler's back, while remaining in the coloured 1 metre centre of the mat. It is the wrestler's choice which arm is covered. **The feet of the wrestlers should in the centre circle of the mat.**
- iii. **The correct handgrip consists of a grip where one locks ones fingers together. What is not permitted is the "palm-to-palm" type grip, or the gripping of the forearms or wrists.**
- iv. Once the advantaged wrestler has assumed the correct position, the disadvantaged wrestler must now make contact in the same clinch position. Once both wrestlers have obtained the correct position, the official can start the match.
- v. Neither wrestler is allowed to bend at the knees or at the waist while taking the clinch position. If either wrestler does bend at the knees or waist they first receive a warning. If they persist, then they must be penalized with a caution, and their opponent receives two points and choice of position. If one of the wrestlers refuses the clinch position then the same sanction will apply.

- vi. The advantaged wrestler has one minute to score or is penalized with a caution. The opponent will receive one point and choice of position. **This duration can be reduced to 30 seconds if clinching is ordered at the end of the 2nd period or the end of extension time. This can only be done if ordered between 5 minutes, 1 second and 5 minutes, 29 seconds for the 2nd period and/or 8 minutes, 1 second and 8 minutes, 29 seconds for extension time. A clinch cannot be ordered with less than 30 seconds remaining in the 2nd period or extension time.**
- vii. **The wrestlers can break or change their grip and/or break chest contact in an attempt to score. The referee will await the action sequence and score the appropriate technical points for the offensive wrestler (if successful in the attack) and/or the defensive wrestler (if successful in a counter). If the wrestlers reach a neutral position with no points being scored, the official stops the match, awards a caution to the wrestler that first broke or changed their grip and/or first broke the chest contact, and a point and choice of position to the other wrestler. If after a break in contact, or grip release, a wrestler steps out of bounds in the ensuing action sequence, feeing the mat maybe called as per the judgement of the mat officials.**
- viii. If the action of one of the wrestlers results in a missed throw, with the initiator on the bottom position on the mat, it will be scored as a point (s) for the opponent with no caution or choice being given. Wrestling will continue from the ground position.
- ix. If the wrestlers step out of bounds, the wrestler who steps out first will receive a caution and their opponent one point and choice of position. Only if the officials cannot determine who stepped out first will the athletes re-clinch in the centre. In this occurrence the athletes would then reverse clinch order and the one-minute period is started again.
- x. If the action of the wrestlers enters the protection area, fleeing the mat may be called.
- xi. As long as the action stays on the mat, passivity will not called.

ARTICLE 16.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 for the offensive wrestler, wrestling will be restarted in the standing position. If the injury or blood stoppage occurs for the defensive wrestler, wrestling will be restarted in the par terre position. This restart is used no matter who called for the stoppage (i.e., medical personnel, referee, 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.

ARTICLE 16.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 athletes 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 and choice of start.

ARTICLE 17. End of the Bout

- a) The bout is ended before regulation time expires for:
 - i. A fall,
 - ii. Disqualification,
 - iii. Injury,
 - iv. Grand superiority (10 point difference). The bout is stopped if there is a difference of 10 points between the wrestlers after the action (immediate attack or counterattack) is completed. If the wrestler who is leading by 10 or more points is in a pinning situation, the match will continue until the pinning situation ends. If during the completion of the hold, the defensive wrestler scores points and narrows the lead to less than 10 points, the match continues.
FILA Note: FILA allow the option to continue after a 10 point grand superiority is achieved.
- b) If the bout lasts the entire regulation time period, the wrestler with the most technical points (3 or greater) is declared the winner. If neither wrestler has scored a minimum of three points **the match is ordered into an extension time period. If both wrestlers have scored 3 or more points and are tied or if at the end of the extension time period the score is still tied (2-2, 1-1) wrestling will continue in sudden death unlimited overtime.**

- c) 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.
- d) 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.
- e) The referee shakes hands with both wrestlers and they leave the mat - without removing the shoulder straps of their singlet.
- f) Each wrestler must then shake hands with the opponent's coach.

ARTICLE 18. Extension Period and Overtime

- a) If the score is tied at the end of regulation time and both wrestlers have scored 3 or more points, wrestling will resume in an unlimited overtime until the first point is scored. The wrestler scoring the first point(s) in overtime is declared the winner. In this situation, the wrestler who initiates the move is always deemed to have scored the first point. Note: A wrestler, who clearly stops the attack and initiates a distinct counter attack, will be considered the initiator. In this situation, the referee and judge will only call the points earned by the initiator.
- b) If neither wrestler has scored the required minimum 3 points at the end of regulation time, the referee immediately orders a 3 minute extension of the bout without a break. The extension period for cadets will be a maximum duration of 2 extra minutes. The extension period continues until one-wrestler scores the third point, a fall occurs or a wrestler wins by the disqualification of their opponent. If at the end of the 3-minute extension the score is tied, the bout will continue in sudden death overtime until the first point is scored. If the score is 1-0, 2-0 or 2-1 at the end of the extension, the wrestler with the most points will be declared the winner.
- c) All points and cautions received by the wrestlers during regulation time remain valid during both the overtime and the extension period.
- d) **For the Senior National Championships, World and/or Olympic Trials, no sudden death overtime is wrestled when the score is tied at the end of the extension period. The mat officials will use the following criteria to determine the winner.**
 - i. **Technical Points**
 - ii. **Least Number of Passivity's and Cautions**
 - iii. **Least Number of Cautions**
 - iv. **Last criteria to break the tie are that they wrestle until the first technical point is scored.**
- e) Extension: Extension refers to the additional 6 to 9 minute period required when neither wrestler has scored 3 or more points during the initial 0 to 6 minute periods and is not considered overtime.
Overtime: Overtime refers to the time beyond 6 minutes in which the score is tied (3-3 or higher), at 6 to 9 minutes, or beyond 9 minutes.
Note: Reference to extension and overtime refer to the regulation six-minute match. Shorter age group matches will be modified accordingly.

FILA Note: FILA do not wrestle unlimited overtime. If after the extension period (9 minutes) is completed, and the score remains tied, the mat officials shall determine the winner.

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 may however, request an explanation from the mat chairperson, regarding a specific call, at an appropriate break in the action. The coach is not entitled to express their opinion on the call nor request an official's conference. 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 an appendix to the rulebook.



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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.
- g) **In the par terre position**, if the head and shoulders of the wrestlers remain in bounds while the lower torso is in the protection area the match shall be stopped and resumed in the appropriate starting position. An exception to this is a fall situation.
- 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 "par terre" position, 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 "par terre" position in the middle of the mat.

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 "par terre" position unless a clear neutral control position was obtained (top person is no longer in control) prior to leaving the mat. If such a neutral control position occurs prior to leaving the mat, they will begin in the standing position.

Wrestling in the par terre (on the ground) position must be stopped and resumed in the par terre position in the following situations:

- i. By choice when a caution or passivity is awarded. **Choice of position is defined as follows; the wrestler is given the choice of starting in the standing position or choosing to start in the top par terre position.**
- ii. If the actions of the defensive wrestler are responsible for leaving the mat.
- iii. The defensive wrestler has their knees in the zone and their hands in the protection area, and the offensive wrestler has had no opportunity to execute a technique in bounds.

- iv. The defensive wrestler flees the mat in the par terre position. The wrestler receives a caution and the opponent is given 1 point and choice of position.
 - v. The defensive wrestler's head touches the protection area. If this was intentional, the wrestler is cautioned, and the opponent shall receive 1 point and choice of position.
 - vi. The defensive wrestler bridges out of bounds in the danger position. If this was intentional, the wrestler is cautioned and the opponent shall receive 2 points and choice of position.
- b) The wrestlers will start in the par terre position as follows:
- i. The bottom wrestler will be on their knees, with hands flat on the mat at least 20 cm (8 inches) straight out from the knees; the arms remain slightly bent, their feet uncrossed.
 - ii. The referee, by ordering contact, directs the top wrestler to take any position considered suitable for attacking as long as the only contact is with both open hands flat on the opponent's upper back with the thumbs parallel.
- c) Action by both wrestlers will resume only at the sound of the referee's whistle.
- i) A false/incorrect start by the top wrestler is handled as follows;
1st offence - warning (same starting position)
2nd & subsequent offences = caution + point + choice of position to bottom wrestler
 - ii) A false/incorrect start by the bottom wrestler will be handled as follows;
1st offence - warning (same starting position)
2nd & subsequent offences = caution + point + choice of position to top wrestler
- d) The bottom wrestler must provide working space during the course of par terre wrestling to enable the top wrestler to secure a hold (i.e. the head, chest and shoulders of the defensive wrestler must be sufficiently off the mat). The bottom wrestler is not allowed to draw both arms into the chest at the same time to prevent action. Failure to provide this working space is deemed passivity.
- e) The top wrestler must continue to attack, break down the opponent, and improve the hold to avoid being stood up or designated as passive.

ARTICLE 22. The Fall

- a) A fall or pin occurs when both shoulders of the defensive wrestler are instantaneously held in contact with the mat for a sufficient time to allow the referee to observe total control.
- b) When a fall occurs, the referee will raise his/her arm in the air to ask for confirmation from either the judge or the mat chairperson. If either of these officials confirms the fall, they will raise their arm. Only then will the referee blow the whistle and strike the mat to indicate the fall.
- c) If the referee fails to obtain confirmation for a fall from either the judge or the mat chairperson, the action will proceed without interruption and the referee will continue to look for a fall.
- d) Normally, either the judge or mat chairperson will confirm the referee's request for a fall unless they are absolutely sure, from their angle, that both shoulders are (were) not touching the mat simultaneously.
- e) A fall is valid as long as the head and shoulders of the defensive wrestler are in-bounds, even though the rest of the body may be in the protection area. If the defensive wrestler's shoulders and body are in-bounds and head is out-of-bounds but not touching the mat, a fall can be called.

ARTICLE 23. Passivity

1. Passivity Definition

- a) Passivity is considered to be any behaviour on the part of one or both wrestlers who -- contrary to the spirit of continuous wrestling -- avoid and/or obstruct the progress of the match.
- b) The apparently offensive wrestler in the standing position may be passive by:
 - i. not attacking forcefully
 - ii. not trying to initiate effective holds
 - iii. gripping a leg without trying to improve the position
 - iv. pushing the opponent off the mat
 - v. systematically forcing the opponent into the zone
 - vi. repeatedly attempting a head and arm throw but appearing to slip off and fall to the hands and knees; the referee must distinguish between a true missed throw and passive behaviour.
- c) The defensive wrestler in standing wrestling may be passive by:
 - i. backing into the zone
 - ii. avoiding contact by circling even though the wrestler does not back into the zone
 - iii. blocking opponent with head down
 - iv. closed stance with palms facing opponent to prevent attack, i.e. neutralization of all attacks with no counter attacks
 - v. prolonging the two hands on one wrist/forearm hold
 - vi. faking injury, slow return to centre of mat after a break in the action
 - vii. holding the opponent's wrist or wrists without making an effort to attack
- d) The top wrestler in the par terre position may be passive by:
simulating activity with no real risk
- e) The bottom wrestler in the par terre position may be passive by:
 - i. not presenting an open position, i.e. chest up, arms out
 - ii. holding on to an arm or leg without any attempt to counter attack.

2. Passivity Procedure

- a) The fundamental principle of a wrestling bout is "total wrestling". 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". The colour identifies which wrestler is passive so the wrestler at fault can react.
- b) The referee shall verbalize the passive behaviour (e.g. head down or blocking) to make it clear to everyone, at an appropriate break in the action, that the behaviour is unacceptable. These attempts to promote active wrestling may be done prior to making a passivity call, and indeed may occur throughout the match. However, the referee does not have to give any visible warning prior to asking for passivity, especially if the action is blatant.
- c) When passivity is evident, the referee should signal this by raising the arm corresponding to the colour of the passive wrestler to the shoulder level as the wrestling continues. If either the judge or mat chairperson agrees with the referee (by holding up a similar-coloured paddle), the referee will raise the arm corresponding to the offending wrestler above their head and then stop the match so long as there is no action taking place and announces/awards the passivity. If the referee does not get confirmation, the wrestling should continue without interruption.
- d) If the passive wrestler attacks before the referee stops the match by blowing the whistle and announcing/awarding the passivity, the wrestler should not be called for passivity, even if the passivity was confirmed. If the aggressive wrestler scores, the passivity is assessed as soon as the action is completed.

- e) When a wrestler is called for passivity, the non-passive wrestler will be given a choice of adopting the standing or par terre offensive. (Wrestlers should signal with their palm up for standing, and point down to identify par terre position). The passivity is marked on the score sheet as "P" in the column of the wrestler that is passive.
- f) There is no limit to the number of passivity calls a wrestler may receive.
- g) Passivity may be pronounced at any moment of the bout, whether the wrestlers are in the standing or par terre positions.
- h) Passivity confirmed as the buzzer sounds to end either the first, second or the extension period, as the case may be, is recorded but does not carry over into the next segment of the match with respect to choice of starting position.

ARTICLE 24. Cautions

A caution may be given for fleeing the mat, fleeing a hold, applying an illegal hold, **clinch position situations** or assuming an incorrect par terre starting position. Cautions will be recorded as an "O" on the score sheet. A wrestler who receives 3 cautions will be automatically disqualified.

- a) Fleeing the Mat. -The situation in which the wrestler, accompanied or unaccompanied by another wrestler, voluntarily flees the mat to avoid wrestling.
 - i) Standing Position - Fleeing the mat in the standing position results in the awarding of a caution to the fleeing wrestler and one point and choice of position for the opponent. This ruling applies to situations where the defensive wrestler flees the mat under control or attack, even if no technical points are scored. If the offensive wrestler attempts to force an opponent off the mat area to simulate fleeing, the official shall warn the wrestler and indicate, "pushing". If this is repeated, the "pushing" wrestler should be called for passivity. (Note: Holding a single leg and forcing the opponent out of bounds does not earn a single 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 and choice of position. 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 and choice of 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 - A wrestler who flees a hold shall receive a caution and the opponent shall receive one point and is given a choice of 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).
 - 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 executing an illegal hold;
- 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 plus 1 point to the other wrestler, and give choice of position 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 + choice of position, and the wrestler at fault will receive a caution. If the illegal hold prevents scoring, the attacking wrestler will receive two points and choice of position and the wrestler at fault will receive a caution.
- 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). 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, the opponent will receive 1 point and choice of starting position.
- e) Contact Cautions - If a wrestler breaks contact they will receive a caution and the opponent will receive one technical point. The simulation of a hold to break contact will also be penalised by 1 point and 1 caution. If a wrestler refuses correct contact ordered by the referee, they will receive a caution and the opponent 2 technical points. The rule of the choice between the standing or par terre position after a caution also remains in force in the situations where there is a break of contact.
- f) **Clinch Cautions** – **In the set-up of the clinch, if a wrestler takes an incorrect position they receive a warning and if it continues, then a caution and their opponent will receive two technical points and choice of position. If a wrestler refuses to clinch they receive a caution and their opponent will receive two technical points and choice of position. The clinch position can result in the following caution situations; If the clinch goes for the entire one minute allowed time period, the advantaged wrestler (clinched first) receives a caution and their opponent receives one technical point and choice of position. If a wrestler steps out of bounds during the clinch, they receive a caution and their opponent receives one technical point and choice of position. If a wrestler breaks their grip in an attempt to score and achieves only a neutral position, with no technical points being scored by either wrestler, the wrestler who broke the grip first will receive a caution and their opponent receives one technical point and choice of position.**

ARTICLE 25. 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, 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, 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.
- 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 attacking wrestler will receive the technical points scored plus one additional point and choice of position as a result of the caution to the wrestler at fault.
 - v) In any action where the defensive wrestler uses an illegal hold and the action is prevented, the attacking wrestler will receive two points and choice of position and the defensive wrestler is cautioned.
 - 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 26. 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 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) Escape - A wrestler in the par terre position, who has been dominated and controlled (i.e. opponent is behind and has control of the torso) initiates an action and achieves a neutral standing position facing the opponent and attempts to remain in contact (i.e. turns and makes contact). This includes wrestlers placed in the par terre position as a result of passivity. The escape point will not be given in a situation where the wrestler escapes as a result of the offensive wrestler executing a hold.
- k) Lift and Throw from Par Terre - When wrestling par terre, a 1 point "Bonus" is awarded if one wrestler lifts the opponent from par terre and supports the defensive wrestler prior to executing a 3 or 5 point throw. The 3 or 5 points are awarded first, and then the 1-point. If the defensive wrestler supports themselves in any fashion on the mat, the lift point is not awarded.
- l) Ordering of Contact – In a clinch, when contact is broken in the chest to chest position, when one of the wrestlers breaks their grip **and reaches a neutral position** or when one of the wrestlers step out of bounds, the wrestler who causes this to occur will receive a caution and their opponent will receive one point and choice of position.

- m) **Miss Throw** – When a miss throw results from the clinch position, the wrestler that ends up in the advanced top position will receive a single point and wrestling continues in the ground position.

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 on the mat) before points can be awarded for a second time.

- b) **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.
- c) **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.
- d) **Fleeing the Mat in the Danger Position** - Fleeing the mat in the danger position results in a caution and 2 points for the opponent.
- e) **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.
- f) **Ordering of Contact** - A wrestler that fails to clinch properly will receive a caution and their opponent two points and choice of position.

Specific Two-Point Holds

- a) **Gut Wrench** - Every time there is a par terre start, the attacking wrestler may score with 1 gut wrench. In order to score again with a gut wrench DURING THE SAME PAR TERRE SEQUENCE, the attacking wrestler must score at least 1 technical point due to the use of a different hold. NOTE: the attacking wrestler may continue to use the gut wrench but they will not receive points for the move, after the first one. It is possible to turn the opponent with a gut wrench and either a) hold the opponent in a danger position for 5 consecutive seconds, thus scoring 1 point (this 1 point entitles the attacking wrestler to score again with a gut wrench) or b) pin the opponent, thus ending the match. If the offensive wrestler rolls over both shoulders while executing a gut wrench the opponent will receive 2 points, no matter what the offensive wrestler scores with the move. The judge and mat chairperson shall indicate a gut wrench on the score sheet by underlining that score (e.g. 1 - 2 - 1 - 2 - 1 - 2 - 2). A body lock hold executed from the

defensive position is not considered a gut wrench (e.g. a re-roll after a head and arm throw). Any stoppage in action and restart in the par terre position shall be considered a new sequence allowing the offensive wrestler to score on a gut wrench.

- b) Variations of the Gut Wrench - Any technique which causes direct torque on the torso of the defender shall be considered a gut wrench (e.g. waist lock near-arm tilt where the hands are not joined around the waist, gut wrench from high on the chest or low on the stomach, a gut wrench using one arm). The front head and arm is not considered a gut wrench because the move does not cause direct torque on the trunk of the defender.
- c) Cross-Ankle Tilt: Every time there is a par terre start, the attacking wrestler may score with 1 cross-ankle tilt. In order to score again with a cross-ankle tilt DURING THE SAME PAR TERRE SEQUENCE, the attacking wrestler must score at least 1 technical point due to the use of a different hold. NOTE: The offensive wrestler will be stopped if they attempt to continue the cross ankle move after the first successful completion. This will result in a re-start in the standing position. It is possible to turn the opponent with a cross-ankle tilt and either a) hold the opponent in a danger position for 5 seconds, thus scoring 1 point (this 1 point does not entitle the attacking wrestler to score again with a cross ankle) or b) pin the opponent, thus ending the match. If the offensive wrestler rolls over both shoulders while executing a cross-ankle tilt the opponent will receive 2 points, no matter what the offensive wrestler scores with the move.
- d) Variations of the Crossed Ankle Lock - Any technique, which causes direct torque on the legs of the defender, shall be considered a cross ankle lock.
- e) Front Head and Arm With Bridge - This move may be executed and scored repeatedly. Beware that this is not to be used as a chokehold.

THREE POINTS

- a) 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.
- b) 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).
- c) 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. REMINDER: Any 3 point throw that originates as a lift from par terre may earn 1 additional point.

FIVE POINTS

- a) 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.).
- b) 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.). REMINDER: Any 5 point throw that originates as a lift from the par terre may earn 1 additional point.

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 the miss throw occurs with the attacking wrestler landing out of bounds and they are accompanied to the mat with their opponent, the match is to be re-started with the attacking wrestler in the par terre position with no points being awarded. If the attacking wrestler is not accompanied to the mat by their opponent, the match is to be re-started in the standing position.
- f) A slip throw from “ordering of contact” (clinch position) will be scored as 1 point with the action continuing.



PART SIX: RESPONSIBILITIES OF THE PAIRING MASTER

ARTICLE 27. 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 28. 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 29. 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 30. 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 - 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 31. 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 32. 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 33. 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.
- 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) Wrestlers are awarded classification points based upon the result of the bout. The classification points do not affect the progress of the competition, except in the event of a tie in classification points in determined placing for finals.
- b) The following classification point scoring system is applied to determine the placing within each group.

<u>Result of the Bout</u>	<u>Winner's Points</u>	<u>Loser's Points</u>
Fall	4	0
Technical Superiority (10-point difference - loser scores no points)	4	0
Technical Superiority (10-point difference - loser scores point)	4	1
Decision - Loser scores points	3	1
Decision - Loser scores no points	3	0
Injury	4	0
Forfeit (loser is eliminated and does not place)	4	0
Disqualification for misconduct or a violation of the rules (loser can be eliminated and not place)	4	0
Cautions (3) (loser records three cautions)	4	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

- c) A wrestler given a bye will receive no classification points for that round.
- d) **Final placing in the pool will be determined based upon applying the following criteria in order;**

- the most victories
- the most classification points accumulated during the competition
- the most victories by fall
- the most victories by grand superiority
- the most victories with 4:0 classification point
- the most victories by decision
- the least number of defeats
- the total technical points scored by the wrestlers during the entire competition
- 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.

Note: Once the first tie is broken, the whole criteria will again be applied in sequence to break any remaining ties.

ARTICLE 34. 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 35. Protest Policy at National Championships

- a) Protests should be restricted to technical calls, not judgement calls. For any match that goes into overtime, calls during the regulation and extension time cannot be protested, with the exception of
- b) Match Ending Situations. (NOTE: Regulation and extension time are considered the main body of a bout. Overtime only occurs after regulation or extension if three points have not been scored)

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?)
- fall
- effort throw (e.g. was it high enough?)
- passivity
- 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, e.g.;
 - 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 or should an additional 1 point be awarded for a lift)
- out of bounds (e.g. Did the offensive wrestler's foot touch out of bounds before points were scored?)
- Initiation (Counter/Counter Attack)
- calling a caution that should have been a caution + point
- points awarded to the wrong wrestler

The video must show conclusively that the score of the match was technically incorrect and the entire match must be available for review. Injury and blood time are not required to be taped during the match unless a call is being discussed by the officiating team (i.e. caution for illegal move, etc.) that would affect the technical score of the match.

Where the organising 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.

2. 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 Technical Director or National Program Director. Other tournaments the protest should be filed with the head official.

3. 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.
4. The Protest Committee shall:
 - a) Discuss and inform the coaches that the match is under protest and that both athletes are to remain in the competition area.
 - b) Have the announcer note that a match at that weight class is under protest.
 - c) Notify the head PM.
 - d) Consult the three officials who refereed the match.
 - e) If necessary, review the videotape of the match. The videotape must contain the entire match to be admissible.
 - f) 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.
 - g) Have the announcer note the decision of the protest.
5. 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 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 match results in the losing wrestler earning more points than their opponent or results in a tie score, the protest committee must make a decision regarding procedure between the two following options;

Match Ending Situation: 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 Sudden Death Overtime).

These situations include:

- In regulation time there would have been a 10 point differential, a pin, or should have been three cautions.
- In extension - the losing wrestler would have reached the minimum (required) three points.
- In overtime - the losing wrestler should have outscored the opponent (break the tie).

Wrestling in Sudden Death Overtime - 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 sudden death overtime. The sudden death overtime 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 sudden death overtime period. Examples:

- The losing wrestler should have won or tied in regulation time.
- In extension - three points were not scored.
- In overtime - the score should have been tied.

- ii. Where the result of the re-scored match does not result in the losing wrestler earning more points than their opponent or result 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.

6. **Special Circumstance;**

- a) Match was completed 3-1 in favour of blue and then protested. After the successful protest and re-scoring of the match the final score was 2-1 in favour of blue. The match is not overturned because the outcome of the match did not change even though 3 points were not achieved.
- b) 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 does not count. The re-scoring of the match must still result in a change in the winner or a tie for the protest to be successful.
- c) 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 sudden death overtime, first point. (i.e., Greco Roman - illegal touch on the legs results in a fall)

7. Protest Fee

- a) When a protest is successful and results in either a match ending situation or sudden death overtime, the protest fee will be returned to the coach/team leader.
- b) 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.

NOTE: All CAWA arranged video footage is the property of the CAWA and shall be handled and kept by the association representative.

FILA Note: FILA have eliminated any form of protest procedure in favor of instant video replay.



ARTICLE 36.

CANADIAN WRESTLING CHAMPIONSHIPS

OFFICIAL PROTEST SHEET

Province/Club: _____ Team Leader: _____.

Bout#: _____ Weight Class: _____.

Competitors: _____ vs.: _____.

Mat Officials: _____.

Approximate time of day: ____: ____ **\$100.00 cash** protest fee attached: _____.

Rule Book Protest Reference: _____.

We protest this match on the grounds that the following technical call(s) was/were incorrect:

Team Leader Signature: _____.

Time of Day Submitted: _____.

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 interprovincial/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:

Youth wrestling, until the Bantam age, should use a pool format based upon the weigh-in results. The exact system of pooling (i.e. round robin, West German draw, etc.) should be determined based upon the level of competition. The weight spread should be done on graduated split:

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

i.e.	Wrestler A	54 KG	Wrestler B	50 KG
	Wrestler C	57 KG	Wrestler D	38 KG
	Wrestler E	36 KG	Wrestler F	70 KG

Group: D & E

Group: A & C and possibly B depending on the age and experience of the athlete.

Group: F

Once the youth wrestler reaches the Bantam age division he/she can be introduced to pre-established weight divisions. These can be modified depending on the number of entries in your event.

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.

Rule Modifications:

- Novice:
- Match will be two periods - one minute and 30 seconds in length.
 - 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.
 - No escape point
 - In tilting technique situations, all tilting techniques can only score in succession twice. The offensive wrestler must then score using a different hold during the same sequence. The five-second-danger point does not count as a second tilt scoring technique or as a different scoring technique in order to continue with the original tilt technique.
- Illegal Moves:
- All back bending throws (including side suplay and salto) and in turn the locking of the hands on a double underhook (the set-up for chest to chest throwing techniques)
 - Full nelson and 3/4 nelson
 - Any hold on the legs where the offensive wrestlers 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
 - Illegal/dangerous holds as per current CAWA rule book (Article 25)
- Kids:
- Same as novice minus the 15-second pin rule.
- Bantam:
- Match will two periods - two minutes in length (30 second break).
 - Same illegal moves as Kids/Novice age groups except side throws are allowed (side suplay and salto).
- 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. ribbon). Medals for top three placing are optional but not recommended at the novice age division. Team titles should not be emphasized.

APPENDIX C: Instant Video Replay Procedure

Instant video replay is mandatory at the 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.

NOTES:

