



## RULES AND REGULATIONS FOR ELEMENTARY SCHOOL WRESTLING

*(October 2019)*

### SEASON FORMAT

The season will consist of two events. The Gord Garvie memorial tournament, hosted by the Lakehead Wrestling Club, and the LDSB meet.

### SUPERVISION & OFFICIALS

Officials (on-mat referees) will be experienced SSSAA wrestling athletes, who have shown a firm understanding of the sport.

Supporting the on-mat officials will be a group of **mentors** (SSSAA coaches/university athletes/ club coaches) and **certified Provincial & National level officials**, responsible for maintaining a safe and fair playing environment for all competitors.

### GOALS FOR THE EVENT

The goals for this age group are to promote skill development in a fun, safe environment. The LDSB meet is the largest meet in the region, **it is for this reason we will not allow coaches in the corner on the mat. If you have a concern about anything that has transpired on the mat coaches are asked to talk to a mentor or one of the certified officials**

### PAIRING OF ATHLETES

Athletes will be grouped with fellow competitors closest in weight in the same gender in the following grade groupings (4's, 5/6, 7/8).

*\*please note in certain circumstances some athletes may be grouped with competitors from a different grade, based on available participant numbers (only with coaches' approval).*

## DRESS

Athletes should be dressed in appropriate athletic apparel for wrestling. A School uniform shirt (when available), shorts or athletic leggings with no metal on them, athletic shoes. **If your school has access to athletic tape, please tape your athlete's laces and ensure your athletes trim their fingernails the night before the event!** Religious head coverings are permitted. Long hair must be tied back (both male and female) with elastics that do not contain metal. No jewelry, this includes but is not limited to: rings, necklaces, bracelets, earrings, or piercings of any type. Also any athlete with braces should have a mouth guard.

## CALL OF COMPETITORS

All teams will be seated in the designated stands after warm-ups. Coaches will have been given a list which indicates for each of their athletes the mat number they are wrestling on and what bout numbers they wrestle. It is recommended that coaches write each applicable bout number on the athlete's arm with a marker.

Throughout the event, on the main score board in the venue, the convener will indicate bout groups in 10's (ie. 1-10, 11-20, etc.) applicable to all mats together. Athlete's with a bout in that number group are to immediately assemble beside the mat they wrestle on.

**Only those athletes who are waiting to wrestle are to be mat-side.**

If you have an athlete that misses a match, a coach is asked to approach the head convener or pairing master. We will do everything we can to ensure maximum participation, but please understand that the lost match may not be recovered if time constraints are a factor.

## DURATION OF THE BOUT

All bouts will be 2 rounds of 90 seconds stop time each. There will be a break between rounds no longer than 30 seconds. Water is allowed between rounds (they supply themselves).

If the bout is tied 0-0 at the end of the second round, a tie break will be used. A coin will be flipped, with the loser of the coin toss having 30 seconds to score or the opponent will be deemed the winner.

## RULES

The LEA rules will use the Wrestling Canada Lutte rule book in general, with specific attention to the Youth Wrestling section. Some additional local amendments follow.

Both wrestlers are to attempt to achieve a victory by pin, or to accumulate more points, as long as time remains. This is referred to as TOTAL wrestling. Coaches and officials should encourage growth, skill development, and problem-solving in young wrestlers by promoting continuous offense without stalling or avoiding wrestling behaviour.

The bout begins standing, followed by takedown attempts and then turning/tilting attempts, designed to achieve a pin. A pin is where the top wrestler holds their opponent on his/her shoulder blades long enough to demonstrate total control (a very long second).

A bout ends **before** time expires if a pin or a 10-point lead (technical superiority) is achieved, or one wrestler accumulates 3 cautions.

A bout is decided **after** time expires for the wrestler who achieved the most points.

If a bout is tied after time expires, the tie break criteria in order is:

1. highest technical value(s) (ie.4pt technique vs.2+2)
2. fewest cautions
3. last point earned

An end-of-bout zero-zero score resolution is clarified in #7 Duration of Bout.

A caution is a penalty applied to the offending wrestler for a) attempting/applying illegal holds, b) unsportsmanlike behaviour, and c) avoiding active wrestling (flagrant fleeing the hold; flagrant fleeing the mat). A wrestler charged with 3 cautions within a single bout is disqualified (loses that bout). That wrestler is still eligible to participate in any remaining bouts.

A wrestler who cries out or appears hurt during a pinning situation is deemed to be forfeiting, ending that bout.

Multiple/repeated actions with the same technique are allowed in tilting.

Action that goes out of bounds either standing or in ground position, resumes in the standing position at centre.

#### Scoring:

4pt takedown – from standing causing opponent to go directly to their back

2pt takedown – from standing causing opponent to land on their front with 3 points of contact on the mat (2 hands/2 knees); or from standing to achieve a side position with a cradle lock on opponent

2pt tilt – turning the bottom opponent past 90 degrees so that their back faces the mat (exposure); or causing a seated opponent to lean back with a hand(s) to support themselves

2pt reversal – bottom wrestler gains the top position while exposing previous top wrestler

1pt reversal – bottom wrestler gains the top position without exposing previous top wrestler

1pt out of bounds – for the attacker during a takedown attempt when opponent leaves the mat before being scored on.

Points are carried forward from round one to round two within a bout.

No points will be awarded resulting from cautions. The caution will be recorded on the bout sheet as a zero within the score box assigned to that offending wrestler.

### Illegal Actions:

The on-mat official must defer to safety and should stop all actions **illegal** or **potentially harmful**, as soon as possible. Action would resume standing at centre following such interruption (after penalty if applicable – loss of advantage; stern warning; caution assigned; or disqualification).

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 bout and can be eliminated from the competition by a unanimous decision of the officiating team and the convenor. In this situation, the wrestler will not place.

- Shoulder, head and arm (hip toss), and fireman throws from the feet (Note: all will be allowed from the knees)
- Gabori roll (from the front with a trapped head and arm)
- Figure four or scissors on the head or body
- Standing Reverse Waist hold (opponent is held upside down with their head pointing to the mat)
- Full nelson and  $\frac{3}{4}$  nelson
- Ankle Trapped Outside (the bottom wrestler's foot must not be turned out by the top wrestler)
- Lifting Off the Mat a wrestler who is in a head-bridge position
- Slam (a takedown where the standing attacking wrestler brings a lifted opponent to the mat forcefully without demonstrating care and control. It is an expectation that the attacker's knees land before the opponent.)
- Arm Bar applied to Forearm (top wrestler must hook above the opponent's elbow)
- 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.
- It is also prohibited to fight, punch, butt with the head, strangle, or apply holds that might 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.
- 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 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
- head and neck holds in any manner, which do not include the opponent's arm or leg
- peeling or grasping the opponent's fingers
- all back-bending throws (including side suplay and salto), and the locking of the hands on a double under hook (chest to chest) while standing
- no locking or placing of both hands on the opponent's neck

#### NOVICE AMENDMENTS

Novice aged wrestlers (grade 4). When a wrestler is in any potential pinning situation, the offensive wrestler must complete the pin within 15 seconds or the action will be halted and wrestling will resume from the standing position. The referee will draw attention to the action by visibly counting to 15 using a sweeping motion of his / her hand.