



SSSAD ACTIVITY POLICY – WRESTLING

1. Sport Committee - See SSSAD Constitution – Section E – Article 6.5
 - a. Create the Wrestling Sport Committee at the pre-season meeting.
 - b. A commissioner will be decided upon or announced at the pre-season meeting.

2. Sport Season
 - a. SHSAA – As defined by the SHSAA Policy for Interschool Competition and the SHSAA Calendar.
 - b. SSSAD – As Defined by the SSSAD Bylaws – Section F – Article 15.7 - Competition Requirements.
 - i. **SSSAD Opening:** Determined at the previous year’s post-season meeting.
 - ii. **SSSAD Closing:** concludes with the Provincial Final

3. Student Athlete Eligibility
 - a. It is the responsibility of the participating school to ensure that each athlete meets the eligibility requirements of the SHSAA and SSSAD according to:
 - i. SHSAA – See SHSAA Bylaws – Eligibility of Student Participants
 - ii. SSSAD – See SSSAD Bylaws – Section F – Article 13
 - b. SHSAA Eligibility Forms (E5) must be completed on the SHSAA website 24 hours prior to the first league game or scheduled event for the school. Additions and deletions to your roster may be made up to 24 hours prior to the provincial final.
 - c. SSSAD Athlete Registration, parent consent forms and waivers must be completed in full on the SSSAD website by the parent and athlete. Email confirmation must be received prior to participation in the sport.

4. Rules of Play
 - a. SHSAA – The SHSAA Wrestling Activity Guide will be followed
 - b. SSSAD exceptions:
 - i. bouts shall consist of two 3-minute rounds.
 - ii. Illegal Holds - The back suplex, full nelson, body scissors, west point, ring nelson and all such holds as designated in SHSAA high school competition are illegal.
 - iii. Head Gear - Head gear (non-metal) is optional to the competitor.
 - iv. Athletes with braces must wear a mouthpiece.
 - v. **Dress – Male Competitors:** All participants must present themselves for competition clothed as follows:
 1. All competitors must wear a school wrestling singlet. Club singlets are not acceptable for high school competitions. Close fitting t-shirt and shorts will be allowed.

2. Competitors must wear supple shoes with no heels, buckles or metal attachments. Wrestling boots are strongly recommended (no bare feet or socks).
 3. Long hair must be worn back, with an elastic or ribbon, with no metal attachments.
 4. Wearing jewelry is forbidden earrings, face piercing, body piercings, necklaces, rings, watches, bracelets or any other metal or rigid object
- vi. **Dress – Female Competitors:** All participants must present themselves for competition clothed as follows:
1. All competitors must wear a school wrestling singlet. Club singlets are not acceptable for high school competitions. Close fitting T-shirt and shorts will be allowed.
 2. Wearing a bra without metal fittings is recommended.
 3. Competitors must wear supple shoes with no heels, buckles or metal attachments. Wrestling boots are strongly recommended (no bare feet or socks).
 4. Long hair must be worn back, with an elastic or ribbon, with no metal attachments (no Bobbi pins).
 5. Wearing jewelry is forbidden earrings, face piercing, body piercings, necklaces, rings, watches, bracelets or any other metal or rigid object.

5. League Structure

- a. **Protest** - The process as outlined in the Wrestling Canada Lutte Rulebook will be in use. The use of on-mat video will be utilized if made available by the committee responsible for hosting the event (Junior City Championships, League Championships, and City Championship) on behalf of the SSSAD.
- b. **Travel** - Teams under the auspices of SSSAD are not eligible to participate in any out of town tournament where qualified medical supervision is not on site at the tournament.
- c. **Gate** - Gate admission will be set up at the Dual League Championships, all Series Meet Locations, and the Jr. City Championship.
- d. **League Structure - Boys**
 - i. The Athletics Consultant will prepare a league schedule in consultation with the coaches concerning available gym time in each school. Competitions will be scheduled for approximately 4:15 p.m. on weekdays wherever possible.
 - ii. The schedule will consist of a single round robin of dual meets, mini-tournaments, or head to head events.
 - iii. Boys Weight Classes: **Under: 41 kg, 44 kg, 47 kg, 50 kg, 53 kg, 56 kg, 59 kg, 62 kg, 65 kg, 69 kg, 73 kg, 77 kg, 82 kg, 90 kg, 100 kg, 115 kg, 130 kg, Over 130 kg** . Weight classes may be eliminated if insufficient numbers.
- iv. **Dual Scoring – Boys**
 1. A school team for competitions shall consist of one wrestler per weight division. Additional non-scoring exhibition matches may be arranged between schools.

2. A competitor can move up one weight division above his present weight, except for the Under 130 kg weight class where athletes must weigh 115.1 kg or greater.
3. Each school will conduct its own weigh-in **up to 24 hours prior to the next dual meet or competition. (Can be done at practice the night before a dual or competition)**. A signed team roster for that day's competition will be submitted to the host school for the scorekeeper.
4. In league meets between schools two points will be awarded for a win and one point for a tie. The scoring from these events will help set the rankings for Dual City Championships.
5. League series scoring will be based on pool scoring format of 3 or 4 athletes in a pool per weight category with matches scored on 5-0, 4-0, 4-1, 3-0, and 3-1 (decision) with results posted as soon as possible after individual matches. Team order of finish will also be reported.
6. Dual Format scoring for individual matches shall be:
 - a. a bout won by a pin or by default –5 points.
 - b. a win by 10+ (Superiority) - 4 points.
 - c. a win by decision - 3 points.
 - d. a loss by decision - 1 point.
 - e. a loss by 10+ points - 1 point – only if loser scores a point
 - f. a loss by superiority or decision 0 point - loser does not score a point
7. If a tie occurs in dual league standing, the following tie breaking criteria will apply:
 - a. wins in meets between tied teams.
 - b. number of matches won in meets.
 - c. point totals for all matches in meets.

v. **City Championships – Boys**

1. To be eligible for the City Championships a competitor must have participated in at least one league competition, including exhibition matches.
2. Entries for the City Championships are unlimited.
3. First day of city finals can now have a maximum of five rounds.
4. **Scoring** - the Championships will be scored on the first six placings (10 - 7 - 5 - 3 - 2 - 1). An unlimited number of wrestlers from a given school can score in any weight division (like SHSAA guidelines)
5. A tie in meet standing will be resolved by awarding the City Championships to the school with the most first place finishers, and if necessary, the most second place finishers and then third place finishers.
6. The competition will be conducted on the F.I.L.A. Good Mark Pool and Bracket Draw with No cross overs (2001). We will use two pools where there are four (4) or more wrestlers in a weight class.
7. A weigh-in shall be conducted at the host school between 5:00 pm and 6:00 pm on the night prior to the City Championships. A coaches' meeting will follow immediately to determine seeding.
8. A wrestler must compete in the weight division for which he wishes to be selected for provincial competition.
9. Provincial team selection is based on the top four placings in each weight class.

e. League Structure - Girls

- i. The Athletics Consultant will prepare a league schedule, in consultation with the coaches at the post-season coaches meeting.
- ii. The schedule will consist of a single round robin of dual meets, mini-tournaments, or head to head events.
- iii. Weigh-in:
 1. All competitors are weighed in their wrestling attire, with bare feet.
 2. A 200-gram reduction in the weight will be allowed as the weight of the wrestling uniform.
- iv. Girls will compete in a separate City Championship. They count points toward a City Championship Trophy.
- v. Weight classes: **Under: 44 kg, 47 kg, 50 kg, 53 kg, 56 kg, 60 kg, 64 kg, 68 kg, 73 kg, 80 kg 90 kg, 105 kg, Over 105 kg.** Weight classes may be eliminated if there are insufficient numbers.
- vi. **League Scoring – Girls**
 1. A school team for competition shall consist of one wrestler per weight division.
 2. Additional non scoring exhibition matches may be arranged between schools. (A limit of exhibition matches in each dual meet is restricted by the number of matches wrestled in each dual meet.
 3. A competitor can move up one weight division above her present weight, except for 105 kg where the athlete must weigh 90.1 kg or greater.
 4. Each school will conduct its own weigh-in up to 24 hours prior to the next competition. (Can be done at practice the night before a scheduled competition).
 5. In league meets between schools two points will be awarded for a win and one point for a tie. The scoring will be used to help determine the rankings for the dual championships.
 6. League series scoring will be based on pool scoring format of 3 or 4 athletes in a pool per weight category with matches scored on 5-0, 4-0, 4-1, 3-0, and 3-1 (decision) with results posted as soon as possible after individual matches. Team order of finish will also be reported.
 7. Dual format scoring for individual matches shall be:
 - a. a bout won by a pin or by default – 5 points.
 - b. a win by 10+ (Superiority) - 4 points.
 - c. a win by decision - 3 points.
 - d. a loss by decision - 1 point.
 - e. a loss by 10+ points - 1 point – only if loser scores a point
 - f. a loss by superiority or decision – 0 point - loser does not score a point
 8. If a tie occurs in dual league standing, the following tie breaking criteria will apply:
 - a. wins in meets between tied teams.
 - b. number of matches won in meets.
 - c. point totals for all matches in meets.

vii. City Championships – Girls

1. Girls will compete in a separate City Championship. They count points towards a girls City Championship Trophy.
2. To be eligible for the City Championships a competitor must have participated in at least one league competition, including exhibition matches.
3. Entries for the City Championships are unlimited.
4. Scoring for the City Championships will be scored on the first six places (10 - 7 - 5 - 3 - 2 - 1). An unlimited number of wrestlers from a given school can score in any weight division (like SHSAA guidelines)
5. A tie in meet standing will be resolved by awarding the City Championship to the school with the most first place finishers, and if necessary, the most second place finishers and third place finishers in that order.
6. The competition will be conducted on the F.I.L.A. Good mark Pool and Bracket Draw with No cross overs (2001): SSSAD will use two pools where there are four (4) or more wrestlers in a weight class.
7. A weigh-in shall be conducted at the host school between 5:00 pm and 6:00 pm on the night prior to the City Championship. A coaches' meeting will follow immediately to determine seeding.
8. A wrestler must compete in the weight division for which she wrestles to be selected for provincial competition.
9. Provincial team selection is based on the top four places in each weight class.

6. The awards:

a. Boys

- i. League Championship Trophy
- ii. 5A City Championship Trophy – Delmar Studio Trophy
- iii. 4A Boys City Championship Trophy
- iv. Most Improve Trophy - This trophy cannot be won by the team winning the city championship trophy.

b. Girls

- i. League Championship Trophy
- ii. 5A City Championship Trophy
- iii. 4A Girls City Championship Trophy
- iv. Most Improved Trophy - This trophy cannot be won by the team winning the city championship trophy.

c. Medals

- i. Top three finishers in each weight division are awarded a medal.

7. Discipline/Ejection

- a. **Breach of bylaws by students or teams – SSSAD Bylaws – Section F – Article 20 – Breach of Bylaws**
- b. **Player Ejection - SSSAD – See SSSAD Bylaws – Section F – Article 17.4 – Conduct**
 - The head official shall complete an Officials Special Report Form (E9) found on the SHSAA website (under forms). The E9 Form must be emailed to the Athletic Consultant immediately following the game.
 - Coaches are required to report the player ejection to the Athletic Consultant
 - Such suspensions shall be automatic.
 - An appeal may be submitted by email by the Head Coach, Athletic Director and Principal to the Consultant (Athletics) by 5:00 p.m. on the next school day.
- c. **Coach Ejection**
 - i. **SSSAD – See SSSAD Bylaws – Section F – Article 17.5 - Conduct**
 - ii. **SHSAA – See SHSAA Bylaws – Ejection of a Coach from a Contest**