

British Columbia
Secondary School Wrestling Association

2018 - 2019

(Revised June 26, 2018)



WRESTLING ASSOCIATION

RULE BOOK

As adapted from the CAWA rule book

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MESSAGE FROM THE PRESIDENT OF BCSSWA

This rulebook has been adapted from the Canadian Amateur Wrestling Association's (CAWA) rulebook. Because the international and national governing bodies of wrestling are constantly changing their rules, or their interpretations, it has been difficult for high school coaches to stay abreast of those changes. There has been a great deal of support to develop a BCSSWA High School Rulebook that provides safety, development and consistency for its members around the province. There is also a need for consistency and continuity in the application of high school wrestling rules.

Although the bulk of the rules used in high school wrestling are identical to those set out in the CAWA rulebook, there have been some substantive changes proposed at the BC Secondary School Wrestling Association's (BCSSWA) Annual General Meetings. For purposes of safety, and practicality, some of the CAWA rules have been modified for use at BCSSWA zone and BCSSWA Provincial Championships.

This rulebook outlines those modifications. It also contains the bulk of the unmodified rules set out in the CAWA rulebook. Some sections of the CAWA rulebook have not been included, but that does not negate their applicability to the zone or Provincial Championships. Some of the areas of significant modification are:

- Coaches require School Authorization
- Finals Mat-Side Video Procedures (No Protests)
- Limited Protests: 1 unsuccessful per Team
- Provisions for School Colour Singlets
- Period / Match duration & victory
- Scoring of Multiple / consecutive Gut Wrenches
- Scoring of Cross Ankles / once consecutively
- The use of water during breaks in action
- The definitions of specific illegal moves at the high school level
- protests
- The BCSSWA Executive has made the recommendation that all BCWA sanctioned tournaments involving its members use current BCSSWA rules.
- This rulebook is a working document that will be reviewed annually by the BCSSWA executive. The executive will make revisions or recommendations for approval at the AGM.

Philip Cizmic
BCSSWA President

Thank You, to all those who have contributed to the production of the first BCSSWA rulebook.

Rules Committee: Jim Mitchel, Gerry Badger, Joe Yee & Adam Baxter

INVITATION TO JOIN BCWOA - THE BRITISH COLUMBIA WRESTLING OFFICIALS' ASSOCIATION

The wrestling officials from Canada are recognized to be among the best in the world. A long tradition of excellence in BCWOA 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 BCWOA (3-2-1) 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 BCWOA. Once you have reached the highest category within British Columbia, then you are encouraged to continue your official's skill development by striving for CAWA rating classifications. The BCWOA steps and classifications are outlined below.

Description of BCWOA Rating System

Provincial Aspirant On-Mat ("ASP") This is an individual who is interested in becoming a designated On-Mat official. They must have some on-mat officiating experience and have attended an Officials' clinic, receiving instruction and evaluation from a Provincial On-Mat clinician. They may officiate with assistance at the following meets: Novice Meets, Kid Tournaments, Individual Tournaments (Jr to Sr High School) Dual Meets, and BC Age Class.

Provincial Aspirant Pairing ("ASP Pairing")

This is an individual who is interested in becoming a designated Pairing Master official. They must have some organizational skills and attend a PM clinic, receiving instruction and evaluation from a Provincial Pairing Master Clinician. They may Pair with assistance at the following meets: Novice Meets, Kids Tournaments, Invitational Tournaments (Jr. High to High School), Dual Meets, and BC Age Class.

Provincial 3 On-Mat ("BC 3") This is an acceptable level of officiating for the provincial level; but this person still requires considerable guidance and would not feel comfortable with a high-pressure match. A "BC 3" may officiate at any provincial tournament, and is eligible for upgrading at any tournament through the evaluation and recommendation of an On-Mat Clinician.

Provincial 3 Pairing Master ("PM 3") 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 3" may function as an assistant PM at any provincial tournament and is eligible for upgrading at any tournament through the evaluation and recommendation of a PM clinician.

Provincial 2 On-Mat ("BC 2") This is a solid official who is deemed to be able to handle difficult situations, but requires more activity at the senior level. A "BC 2" may officiate at any provincial tournament and at the B.C.S.S.W.A. Championships. A "BC 2" is eligible for upgrading at any tournament through the evaluation and recommendation of an On-Mat Clinician, preferably at a Provincial championship, but not exclusively.

Provincial Pairing Master ("PM 2") In addition to being proficient at all duties of a "PM 3", 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 manually the total pairing process of one age group at a provincial tournament. This would include manual pairing and the use of the computer draw, bout sheet control, correct placement of all contestants, team and individual standings, and problem solving. They are becoming very familiar with and are using the National computer draw. A "PM 2" is eligible for upgrading at any provincial tournament such as the B.C.S.S.W.A. Championships, under the direction of a PM clinician.

Provincial 1 ("BC 1") This official now has several years' experience at the senior level, and has demonstrated poise and good judgement 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 B.C.S.S.W.A. Championship and they are eligible to obtain the BCWOA endorsement to join CAWOA and represent BC at National tournaments. A "BC 1" may officiate at any provincial tournament.

Provincial 1 Pairing Master ("PM 1") In addition to being proficient at all duties of a "PM 2", this official should now be capable of controlling the entire pairing room at a provincial championship, including the direction of all assistants with positive leadership and communication skills, and be familiar with rules and disciplines necessary to conduct a provincial tournament. A "PM 1" should be able to demonstrate the ability to control the flow of an entire tournament, including paper flow and all personnel in conjunction with staging, floor management and tournament control. A "PM 1" will have a very good understanding of how the National computer draw works in conjunction with the manual pairing system. A "PM 1" may work in a support role at National / International Tournaments hosted in BC. This category ranking means that this Pairing Master has attended at least one B.C.S.S.W.A. Championship and they are eligible to obtain the BCWOA endorsement to join CAWOA and represent BC at National tournaments. A "PM 1" may officiate at any provincial tournament.

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 BCSSWA wrestling competitions for both males and females in Freestyle wrestling currently recognized by CAWA for National Cadet Age Group Championships.

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 "**British Columbia Secondary School Wrestling Association's interpretations of the Canadian Amateur Wrestling Association's Cadet Rules.**" They shall be applicable to all competitions recognized by the British Columbia Secondary School Wrestling Association, which is a member in good standing with the British Columbia Wrestling Association (BCWA) and British Columbia School Sports Association (BCSS). They shall be in effect for all Provincial competitions, unless otherwise determined by the BCWA Board of Directors (regardless of subsequent changes in CAWA interpretations) **starting November 1, 2012.**

The BCSSWA Executive has made the recommendation that all BCWA sanctioned tournaments use current BCSSWA rules at tournaments involving its members.

PART ONE - PREPARATION AND ADMINISTRATION

ARTICLE 1. Weight Categories and Age Classification

- a) The weight classes for the BCSSWA Provincial and Zone Championships will be:
MALES: 38, 41, 45, 48, 51, 54, 57, 60, 63, 66, 70, 74, 78, 84, 90, 110, 110+kg (130kg maximum)
FEMALES: (34kg minimum) 40, 43, 47, 51, 54, 57, 60, 64, 69, 75, 90, 90+kg (110kg maximum)
- b) A wrestler may compete in only one weight class per style at any given Zone or Provincial Championships.
- c) A wrestler may 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 the 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.
- d) The BCSSWA Provincial and Zone Championships are fully BCSS sanctioned provincial championships for both boys and girls, and as such they must adhere to the BC School Sports eligibility regulations. All coaches must bring copies of BCSS Player Registration Forms to BCSSWA Zone and BCSSWA Championships:
- i. The athlete must be registered with BC School Sports and be listed on a Player Registration Form prior to the zone championships or a date outlined by BC School Sports.
 - ii. The athlete must be a full time student at a BC School Sports member school.
 - iii. The athlete must be in grades 8 - 12.
 - iv. To compete at the Provincial Championships, the athlete must qualify or be petitioned to qualify at a zone tournament.
 - v. The athlete must be under 19 years of age as of December 31st in the year preceding the current Provincial Championship.
 - vi. The athlete may not have had more than five years of eligibility since initially entering grade 8.

ARTICLE 2. Weighing-In

- a) Provincial Championships will have a weigh-in on the day before the competition usually, between 4 and 6 pm. The duration of the weigh-in period is one hour for males and one hour for females (e.g. 4 - 5 & 5 - 6 pm), integrated with the medical control. If a wrestler does not make weight on their first attempt, the referee will record the time of day on the weigh-in sheet. A wrestler not making weight on the first try is given until the end of the scheduled weigh-in period to make weight. There will be separate weigh – in for males and females, which should occur at the same time if possible (depends on # entries / # scales / # volunteers).
- b) 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.
- c) At the Tournament medical control, a Tournament physician 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.
- d) Wrestlers to be weighed in must present themselves in their competition singlet, with their straps up and 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 of the singlet is forbidden). Athletes are not permitted to cut their hair during the weigh in an attempt to make weight.
- e) At the weigh-in, and in all days of the competition, each contestant must be clean-shaven, or have a beard of several months' growth. Fingernails must also be neatly trimmed.
- 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 BCSSWA Championships/Tournaments. 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 BCSSWA discipline hearing to be scheduled at a later date, if deemed necessary.

ARTICLE 3. Drawing of Lots and Pairing Off

- a) 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 manual input by a qualified Pairing Master.
- b) Seeding will occur at the BCSSWA Championships, in both Male and Female Divisions.
- c) Where possible, the pairing master will attempt to prevent regional / school athletes from meeting in the first two rounds. Athletes will be moved on a random basis.

NOTE: The BCSSWA uses the CAWA Computerized Draw System which will automatically draw numbers for each athlete and place them as far apart in the draw (based on school/club status) as possible. Seeds will be randomly placed into each quarter bracket and byes will be placed by the computerized draw system.

ARTICLE 4. Dress

- a) The contestants must appear on the edge of the mat, ready to wrestle in appropriate attire including:
 - i. **Singlet:** A one-piece singlet of the colour assigned to them (red or blue). The singlet must be 60% majority red or blue, not a combination of both colours, and be a maximum of mid-thigh in length. 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: School colour singlets (60% of primary/main school colour) will be allowed at BCSSWA Zone and Provincial Championships, provided that the wrestler provides the proper red or blue coloured ankle strap, corresponding to the assigned colour on the match bout sheet. Club colours are not acceptable, however school coloured singlets with a club logo are okay

NOTE: The Double Sport-type uniform consisting of a tight pair of shorts (no pockets) and a Red or Blue tight fitting short-sleeved Under Armor type shirt will be permitted at all local tournaments. All wrestlers competing in the BCSSWA Championships will be required to report to the mat in a singlet of their assigned colour.

- ii. **Handkerchief:** At BCSSWA Championships, the handkerchief is to be made from cloth. Paper towel or similar kleenex material will be permitted at all other tournaments. 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.
- iii. **Wrestling Shoes:** Wrestlers must wear regulation ankle height wrestling shoes with relatively smooth soles (all ridges shall not exceed 3 mm) and shall be free of buckles and metal ridges. High top shoes may be used if the referee deems them to be safe. The shoes must be without laces, or the laces **WILL** be fixed firmly on the shoes with tape (or similar material) to avoid any unfastening during the match. If an athlete chooses not to tape their laces and their shoes become untied, the Referee will penalize the offending athlete with a caution and one point to their opponent.
- iv. **Headgear:** Headgear is permissible and recommended for secondary school wrestlers, provided the surface is not abrasive and it is not used deliberately against an opponent's head.
- v. **Grooming:** Athletes shall come to the mat properly groomed to include:
 - a. male athletes shall be clean shaven or have a beard of several months' growth,
 - b. nails must be trimmed, and
 - c. hair must be short or tied back with an elastic or ribbon, with no metal attachments.
- vi. **It is forbidden to:**
 - a. wear rings, bracelets, earrings, body piercing of any kind, etc.,
 - b. chew gum,
 - c. wear bandages on wrists, arms or ankles, unless approved by the doctor and/or Head Official, and
 - d. arrive at the mat sweaty or greasy.

NOTE: If a wrestler does not appear on the mat in compliance with the above, they shall be given one minute to properly present themselves. Athletes who fail to properly present themselves within that time period shall be disqualified for that match. This one-minute period is separate from the 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 recommended for BCSSWA Provincial Championships (8 Meters Minimum).



ARTICLE 6. Medical Services

- a) The organizers of BCSSWA tournaments must have a physician or 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/head medical staff person 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.

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 BCSS membership, all athletes, officials and coaches must adhere to the BCSS Policy on Drug Free Sport, which is available on request or on the BCSS site (www.bcschoolsports.ca)
- c) Doping control, with random sampling both at competitions and during training periods, may be conducted on all participants in BCSSWA / BCSS / BCWA sanctioned events or programs. Failure to provide a sample when requested to do so, constitutes a positive doping infraction.
- d) For a comprehensive list of banned and restricted substances and the corresponding sanctions, contact the Canadian Centre of Ethics in Sport at 1-800-672-7775 or visit www.cces.ca.

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. The referee shall also wear a red wrist band 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 BCSSWA rulebook.
- b) The referee shall ensure that the athletes have properly presented themselves before starting the match.
- c) The referee shall maintain control of the match from the outset and yet be unobtrusive as much as possible. Outstanding referees interpret the rules correctly, identify fleeing the hold and deal with it effectively, and finally are distinguished by the fact that neither coaches nor wrestlers can remember who refereed their match!
- d) The referee shall maintain communication with the judge by making frequent eye contact. The referee should only look at the chairperson in instances where the referee and judge disagree on whether to award a passivity, caution or in confirmation of a fall.
- e) The referee has a primary responsibility for the safety of the wrestlers and therefore, has the responsibility to prevent illegal holds, if possible, and the prerogative to stop potentially dangerous holds to ensure the wrestler's safety.
- f) The referee proclaims the winner after confirmation by the mat chairperson.

ARTICLE 10. The Judge

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

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

- c) The judge may initiate points, passivity or caution requests if the referee has not done so.
- d) During the match, the judge shall sign the score sheet upon receipt and must be careful to fill it out appropriately (e.g. write the numerical values for all actions; write cautions with a circle "O"; record time of fall, injury, disqualification and time of day when the match ended; circle the points which result in a fall; cross out the name of the loser; and underline the last point scored in a period).
- e) The judge should remain seated throughout the match and in no instance should the judge go onto the mat surface.

ARTICLE 11. The Mat Chairperson

- a) The mat chairperson is responsible to coordinate the work of the referee and the judge; this involvement will not be obvious unless the judge and referee disagree.
- b) The mat chairperson should not display points if the referee and judge agree with the call.
- c) If the judge and the referee disagree, the mat chairperson must make a swift decision and ensure that there are no major interruptions.
- d) The mat chairperson may not overrule the call of both the referee and judge, even if there has been an obvious infraction of the rules. However, the mat chairperson may ask for a conference with the referee and judge to discuss the situation. If all three officials still disagree on points, the mat chairperson must reach an agreement with either the judge or referee. If the judge and referee remain in agreement, the decision will stand.
- 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) The mat chairperson leads and participates in any video review or challenge.
- i) All BCSSWA Finals matches will have three officials working the mat.

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 and vigorously at the same time that the whistle is blown; this action will be followed by awarding appropriate caution and/or points and raising both arms over the head if standing wrestling is to follow, or if one wrestler will start in par terre position, the arms are extended forward with one hand above the other hand.
- e) A caution is requested by raising the arm with the colour corresponding to the wrestler at fault to the shoulder level and simultaneously showing one or two points (as appropriate). If confirmed, the official raises the arm corresponding to the offending wrestler above the official's head.
- f) To confirm a fall the referee will raise one hand with fingers extended and together at a 90 degree angle to the mat; if the mat chairperson agrees with the fall (by also raising their hand), the referee then strikes the mat with the hand and blows the whistle. **The Mat Chairperson Must confirm a fall / pin.**
- g) The referee will raise the arm of the winner in a vertical position (with the arm of the corresponding colour) while holding the wrist of the loser at the other side.
- h) The referee will encourage activity throughout the match with the most common vocabulary being open, contact, action, zone and passive. At all times the referee will indicate the colour of the athlete that they are encouraging (i.e. OPEN RED, ZONE BLUE, etc).

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 their 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 the referee's signal:
 - If a competitor is not ready, they 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 a wrestler does not appear to the mat, the mat officiating team must attempt to locate the athlete's coach & the BCSSWA Executive in an attempt to have the wrestler present themselves.
 - If the above time period has expired and the athlete has not reported to the officiating team, the athlete shall lose the match by disqualification, but is allowed to continue in the competition. The result must be reported to the Pairing Master.
- c) A wrestler must have a minimum of 15(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) BCSSWA matches will consist of two periods of 3 minutes in length, with an intermission of 30 seconds between each period. Throughout the bout, the clock will stop and start at the sound of the referee's whistle.
- b) Both wrestlers are to be wiped dry immediately by their coach within the first 20 seconds of the intermission.
- c) Water is allowed only during the break between periods or when required by the medical staff. Only water is allowed. **Water must be in a clear container. Wet towels are forbidden.**
- d) The 30-second intermission begins immediately after the end of the 1st period. The wrestlers will be called back to the centre of the mat 10 seconds before the start of the next period.

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 each wrestler's 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 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 the use hand signals; appropriately touching the wrestlers as necessary.
- d) The bout shall start at the sound of the referee's whistle and shall be stopped either by the referee's whistle or, where available, by the clock buzzer, signifying the end of the period in regulation time or the end of the extension time.
- e) Under no circumstances may a contestant take the initiative to interrupt the bout by standing up from the offensive par terre position. This shall be penalized by a verbal warning the first time and a 'fleeing the hold' call on subsequent occasions during the match.
- f) At the end of the period, all holds are valid if completed before time expires.
- g) After all situations that end up out-of-bounds, except when a scoring action is prevented by an illegal action, wrestling will resume in the centre of the mat, in the standing position.
- h) At the end of each period which does not end the bout, the referee in the centre of the mat will raise his arm of the colour of the wrestler winning the period.

ARTICLE 16. Ordered Hold (Clinch) DELETE this article

- a) A clinch will occur immediately upon conclusion of any period in which the score ends in 0-0.
- b) The referee will toss the disc to determine who will take the grip. The referee will display the colour of the disc to the mat chairman, judge and the coaches. The wrestler of the colour winning the toss will take the grip and is required to score within 30 seconds, or the opponent will receive one point.
- c) The following criteria will be used to properly conduct the freestyle clinch position:
- i. The wrestler that loses the disc toss is considered the disadvantaged wrestler and must offer one leg as selected by the winner of the disc toss for his opponent to grasp. The wrestler places this leg forward inside the centre circle, with the foot flat on the mat. The disadvantaged wrestler is only allowed to place his/her hands on the back of the opponent after or as the advantaged wrestler takes the grip behind the knee.
 - ii. The wrestler that wins the disc toss is considered the advantaged wrestler. They must grasp around the forward leg of the opponent with two arms with **connected hands** (any grip) and:
 - a. Allow the opponent to keep his/her foot on the mat;
 - b. May place one or two knees on the mat;
 - c. Grip with the hands behind and between the knee and mid-thigh of the opponent;
 - d. Remain square to the front of the opponent; and
 - e. Must place his/her head on the outside of the opponent (high crotch).
 - iii. When the advantaged wrestler has assumed the correct clinch position, the referee may blow the whistle to begin. The referee is not obligated to wait for the disadvantaged wrestler to place his/her hands on the opponent's back, but the referee must wait until the advantaged wrestler has taken their grip.
 - iv. If one of the wrestlers refuses the correct clinch position, they will receive a warning, if then the same wrestler refuses to clinch, the wrestler will be penalized with a caution and their opponent will receive one point.
 - v. The advantaged wrestler has thirty seconds to score, or be scored upon; otherwise the disadvantaged wrestler will receive one point and will be declared the winner of the period.
 - vi. The wrestlers can break or change their grip in an attempt to score. If during the clinch, or even if the clinch has been released, a wrestler in the standing position steps out of bounds in the ensuing action sequence, the opponent of the wrestler who steps out of bounds first, even if pushed, will receive one point. It is the responsibility of the defending wrestler to remain in bounds.
 - vii. If the action of one of the wrestlers results in a missed throw, wrestling will continue from the ground position with the obligation still with the winner of the toss to score within the 30 seconds.
 - viii. If both wrestlers leave the clinch and enter the protective zone with one foot at about the same time, the officiating team will decide who is at fault and award one point to the opponent.
 - ix. If a wrestler carries the opponent outside the mat without the opponent's feet touching the ground, the offensive wrestler will receive a caution and one point will be awarded to the opponent.
 - x. If the action of the wrestlers enters the protection area, fleeing the mat may be called.
 - xi. A fall is not permitted during the freestyle clinch.
 - xii. If the advantaged wrestler drives his/her opponent to their butt in one direct motion, the advantaged wrestler will receive one point. If the disadvantaged wrestler is taken to their butt or sits while in the clinch, the advantaged wrestler will be awarded a point.

NOTE: The advantaged wrestler must keep their original clinch grip in order to score this point.

NOTE: As long as the advantaged wrestler maintains the clinch grip they will score in this situation, even in the case of the disadvantaged wrestler going to their butt while attempting to score.

ARTICLE 17.a. Interruption Due to Injury

- a) If the bout must be interrupted due to injury, the referee may stop the bout for a maximum of 2 minutes per wrestler.
- b) The entire suspension may be accorded at one time or accumulated at various times throughout the bout. In BCSSWA matches when a wrestler is injured and requires attention from the First Aid Attendant, the injury time will not start until an available medical attendant arrives at the mat.
- c) The referee will inform the injured athlete when each 30 seconds of injury time has elapsed.
- d) The referee shall invite both wrestlers to resume the bout at the centre of the mat 10 seconds before the end of the 2-minute injury period.
- e) If the injury was accidental and the injured competitor cannot continue after 2 minutes of injury time, the opponent is declared the winner. However, if the injury was deliberately caused by the opponent's actions, the injured competitor will be declared the winner by disqualification.
- f) The non-injured wrestler should remain standing in the assigned corner and may receive advice from the coach.
- g) A wrestler, who is injured accidentally and loses a match for that reason, may return in the next match (only with the permission of the physician). This must be announced to the Pairing Master before the pairing of the next round.
- h) For treatment of an injury, the wrestler must remain on the mat, unless directed by the competition physician.
- i) If the injury and or blood stoppage occurs during the par terre position, wrestling will be restarted in the standing position. This restart is used no matter who called for the stoppage (i.e., medical personnel, referee, athlete).
- j) Athletes that require inhalers/ventilators should be aware that there are a number of inhalers/ventilators that utilize substances on the IOC banned list. It is the responsibility of the athlete to be aware of these substances. Athletes under such medication are strongly encouraged to use inhalers/ventilators before the start of a match. If necessary, an athlete will be given the opportunity to use an accepted inhaler/ventilator during injury time.
- k) When a wrestler deliberately stops a bout without being injured or bleeding, his opponent will receive one point.

ARTICLE 17.b. Interruption Due to Blood

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

ARTICLE 18.a. End of the Bout

- a) The bout is ended before regulation time expires for:
 - i. A fall;
 - ii. Disqualification;
 - iii. Injury;
 - iv. One wrestler wins via Tech Fall, 10 pts superiority, Decision; or
 - v. When one wrestler accumulates 3 cautions during the match.

ARTICLE 18.b. Winner of a Match

- a) Technical Superiority in freestyle:
 - i. A ten point differential.
 - ii. A five point action (no matter what the score). ELIMINATED
 - iii. A second three point action (no matter what the score). An immediate re-roll to a pinning position will continue until the achievement of the pin or the wrestler is no longer in a danger position. (REWRITE or DELETE)
 - iv. The hold that creates the technical superiority is allowed to continue in the danger position in an attempt to complete the pin.
 - v. In the case of a ten point differential, immediate counter actions by the defender are allowed to score and the ten point differential is re-evaluated upon completion of the counter action. If the ten point differential no longer exists, the period continues without stoppage. If the ten point differential remains, the period is terminated.
 - vi. In the case of the five point action, counter actions by the defender are not allowed and the period is stopped immediately upon the removal of the danger position.
- b) If the match lasts the entire regulation time period, the wrestler with the most technical points is declared the winner.
- c) If the score at the end of the match is tied, the wrestler with the most 4-point actions, then 2-point actions, then 1-point actions will be declared the winner.
- d) If the score at the end of a match is tied, and the scoring actions are equal, cautions are equal then the wrestler who scored the last point will be declared the winner.
- e) All periods are considered for cautions and disqualification is issued after three (3) cautions are received in one (1) match.
- f) In case of tie in technical points at the end of the bout, the winner will be determined by following criteria ;
- g) 1- The (highest) value of holds
- h) 2- The (least) amount of cautions
- i) 3- The last technical point(s)

ARTICLE 18.c. End of Match Procedure

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

ARTICLE 19. The Coach

- a) At BCSSWA events (and other BCWA sanctioned events), the coach should dress appropriately: T-shirt and shorts are not appropriate.
- b) For BCSSWA competitions, the coach needs to be an adult/community coach/teacher/sponsor, **NOT** a student Athlete. All coaches, teachers, community, and club coaches must be authorized (written consent from the school they are representing) in order to be accredited as a coach at BCSSWA and Zone Championships. These coaches will be bound by the Code of Conduct expressed by their School District, BC School Sports and BCSSWA policies.
- c) The coach that sits in the athletes' corner is required to shake the hand of the opponent at the conclusion of the match. Two coaches will be allowed in the corner during a match.
- d) 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, when invited, to request a specific clarification.
- e) The coach may encourage the wrestler and give instructions; however, the coach will not indicate points with hands or verbally, nor attempt to influence the referee's judgement by shouting phrases or using signals utilised by officials.
- f) The coach is not allowed to speak to the referee, judge the other athlete or opposing coach during the match. The coach sitting in the athlete's corner during the match may however, request an explanation from the mat chairperson, regarding a specific call, at an appropriate break in the action. The coach will be afforded a brief time (10-15 seconds as reference) to identify a call believed to be in error. Once the coach has expressed their opinion, he/she shall return to their corner to allow discussion by the officiating team at the discretion of the mat chairperson. When the mat chairperson calls a conference, the coaches shall refrain from approaching the table or attempting to influence the outcome of the conference. The coach is not entitled to express their opinion on the call nor request an officials' conference.

NOTE: Where the "Challenge" White Paddle System is in effect, the coach may not approach the Mat Chairperson. The Coach must remain in the athlete's corner.

- g) The coach is not allowed to direct verbal abuse to the referees during or after the match. (Red / Yellow cards)
- h) The coach may only come onto the wrestling surface, when invited by the referee, to tend to an injured or bleeding athlete.
- i) 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 dismiss (disallow) the coach from their coaching duties for the duration of the tournament.
- j) Coaches that continue to direct verbal abuse from the stands will be required to leave the competition site for the duration of the tournament.
- k) 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., BCSSWA Protest / Executive Discipline Committee for BCSSWA Championships, BCWA) and include information regarding the incident and the decision to eliminate the individual from the competition. The incident report is located at Annex C to the rulebook.

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 entire foot of a wrestler touches the protection area, the referee shall stop the bout. The exception shall be that if the foot of the defensive wrestler touches the protection area momentarily while under attack, and the attacking wrestler completes the action without stopping, the action is valid and will score. The opponent of the wrestler who steps entirely out of bounds first will receive 1 point. Should the officiating team deem the action went out of bounds due to the obvious 'pushing' action of his/her opponent from the centre of the mat to the protection area or from behind and into the protection area, the offending wrestler will receive a caution for fleeing the hold and his/her opponent will receive one point. If the officiating team determines that the wrestler entering the protection area is fleeing the mat, that wrestler will receive a caution and his/her opponent will receive a point.
- g) In the "par terre" position, anytime the wrestlers enter the protection area, the wrestling will be stopped and resumed in the standing position in the centre of the mat, with no point being awarded for going out of bounds. Technical points and/or penalties (i.e., fleeing the mat) may be awarded. If the wrestler moves from the par terre position to a standing position with both feet and proceeds to step out of bounds with an entire foot, the opponent of that wrestler is awarded one point.
- h) When an offensive wrestler executing a hold ends up in an instantaneous fall position in the protection area, the opponent is awarded two (2) points, even if there was no counter attack. However, if the attacker successfully continues the hold immediately, in addition to the defensive wrestler receiving 2 points, the attacking wrestler will still be awarded points according to the merits of the hold.
- i) In all cases where wrestling is stopped in the standing position, wrestling must be resumed in the standing position. If the wrestler leaves the wrestling area in the "par terre" position, wrestling must be resumed in the standing position in the centre of the mat, even if points were scored. This includes situations whereby a wrestler throws an opponent out of bounds and scores points.

NOTE: The only time wrestling resumes in the "par terre" position is when an illegal hold is committed by the defending wrestler, while in the par terre position, prevents the attacking wrestler from completing a scoring action. In this case, the caution and appropriate point(s) are awarded and wrestling resumes in the centre of the mat in a "par terre" position.

ARTICLE 21. Par Terre Wrestling

- a) If the wrestler's actions result in them leaving the mat in a "par terre" position, wrestling will resume again in the standing position at the centre of the mat. The referee will stop the match when the complete head is out of bounds and touches the mat. **If the defensive wrestler's head is not touching the mat, the pinning points / shoulder blades must be in the protection area.**
- b) If the defensive wrestler flees the mat in the "par terre" position, the defensive wrestler receives a caution and the opponent receives 1 point.
- c) If the defensive wrestler bridges out of bounds in the danger position, and the action is intentional, the defensive wrestler is cautioned and the opponent shall receive 2 points.
- d) Only when wrestling in the "par terre" position is stopped for an illegal action by the bottom wrestler, which results in a disadvantage to the top wrestler and prevents scoring, will the match be restarted in the "par terre" position in the centre of the mat.
- e) The wrestlers will start in the "par terre" position as follows:
 - i. The bottom wrestler must fall on to their knees, with their hands on the mat, hands and elbows shoulder-width apart and at least 20 cm (8 inches) from their knees. The arms must remain straight and their feet uncrossed, thighs must not touch the heels, the knees and hands must be on the marks on the central circle.
 - ii. The referee, by ordering contact, directs the top wrestler to place both hands on the back of their opponent, who is underneath. The offensive wrestler may take any attacking position, at their convenience, but must first make contact with their opponent by placing both hands parallel and flat on their opponent's back, without making any contact with their legs against opponent's legs or body.
- f) 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:
 - a. 1st Offence - Warning (same starting position); and
 - b. 2nd & Subsequent Offences - Caution + 1 point.
 - ii. A false/incorrect start by the bottom wrestler will be handled as follows:
 - a. 1st Offence - Warning (same starting position); and
 - b. 2nd & Subsequent Offences - Caution + 1 point.
- g) 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 fleeing the hold.
- h) The top wrestler must continue to attack, break down the opponent, and improve the hold to avoid being stood up or designated as passive.
- i) If the actions by the top wrestler are not improving the chance of scoring - within a relative consistent amount of time (10-15 seconds), the wrestlers will be stood up.

NOTE: This time frame applies to either "par terre" (hands and knees) or "tripod" (hands and feet).

ARTICLE 22. The Fall

- a) A fall or pin occurs when both shoulder blades of the defensive wrestler are simultaneously 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 the Mat Chairperson. If the Mat Chairperson confirms the fall, the referee will raise their arm. Only then will the referee blow the whistle and strike the mat to indicate the fall. Normally the Judge will not initiate the request for the fall.
- c) If the referee fails to obtain confirmation for a fall from the Mat Chairperson, the action will proceed without interruption and the referee will continue to look for a fall.
- d) Normally, the Mat Chairperson will confirm the referee's request for a fall, unless they are absolutely sure, from their angle, that both shoulder blades are (were) not touching the mat simultaneously.
- e) A fall is valid as long as the shoulder blades 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 shoulder blades and body are in-bounds and head is out-of-bounds, but not touching the mat, a fall can be called. If the complete head is out-of-bounds and touches the mat, the referee will stop the match and restart in the standing position.

ARTICLE 23. Cautions

A caution may be given for fleeing the mat, fleeing a hold, applying an illegal hold, an incorrect start to the clinch, or assuming an incorrect "par terre" starting position. Cautions will be recorded as a "O" on the score sheet. A wrestler who receives 3 cautions over the duration of one (1) match will be automatically disqualified from the match.

- 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 is awarded to the opponent. Wrestling will resume in the standing position at the centre of the mat. 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 obviously force an opponent off the mat area to simulate fleeing, the official shall indicate "pushing". **The wrestler that did the pushing will receive a caution and the opponent receives one technical point. (need to clean up the language here)**
 - ii. "Par Terre" Position - If the defensive wrestler flees the mat in the "par terre" position, a caution is awarded and the opponent will receive one technical point. Wrestling will resume in the standing position at the centre of the mat. This applies even if the defensive wrestler was about to be turned, but has not yet been put in a danger position. Fleeing the mat can also occur when the defensive wrestler runs on his/her knees or crawls (swims) without attempting to remain in bounds, escape or counter-attack.
 - iii. Danger Position - If the defensive wrestler flees the mat in a position of danger (such as a bridge, half bridge or on an elbow) a caution is awarded and the opponent will receive two technical points. Wrestling will resume in the standing position. The referee must be sure that the defensive wrestler is fleeing the mat and not just being pushed out by the offensive wrestler.
- b) Fleeing a Hold: The fundamental principle of a wrestling bout is "total wrestling". Continued use of actions to prevent the application of actions by an opponent may be deemed serious enough to call 'fleeing the hold' with the agreement of the referee and the Judge or Mat Chairperson. A referee will encourage and stimulate activity at appropriate times throughout the match through gestures and words such as "contact red", "action red" or "open red". A wrestler who continues to refuse contact will be penalized with a caution and the opponent shall receive one point. Wrestling is restarted in the standing position.
 - i. Standing Position - Fleeing a hold occurs when the defending wrestler openly refuses contact in order to prevent

the opponent from executing or initiating a hold (e.g. preventing contact by pushing the offensive wrestler away, circling or backing away, or continued use of actions solely for the purpose of preventing an opponent from developing actions of total wrestling).

- ii. “Par Terre” Position - 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 be considered fleeing a hold.
- c) Executing an Illegal Hold: The following protocol will be issued for responding to an illegal hold or action.
- i. Offensive Wrestler - The first time the attacking wrestler inadvertently executes an illegal hold the referee shall stop the action and issue a verbal warning. Wrestling is restarted in the standing position. If the attacking wrestler subsequently repeats the illegal hold, the referee shall stop the action, and award a caution to the offending wrestler and 1 point to their 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 their allotted technical points plus 1 point and the wrestler at fault will receive a caution and wrestling will resume in the standing position, at an appropriate break in the action, as long as the offending wrestler is not in a danger position. If the illegal action prevents scoring, the attacking wrestler will receive two points and the wrestler at fault will receive a caution. Wrestling resumes in the same position as when the illegal action occurred (i.e., if standing when the offence occurs, resume standing; if “par terre” when offence occurs, resume “par terre”).
- d) Illegal Par Terre Starting Position: For each start sequence, if a wrestler starts before the whistle is blown, the referee shall stop the action and issue a verbal warning (i.e., “Attention Red/Blue”) and notify the coaches of the official warning. Wrestling is restarted in the same position. If the same wrestler subsequently repeats the false/incorrect start during that start sequence, the offending wrestler will receive a caution and the opponent will receive 1 point. If the offending wrestler is the defensive wrestler, wrestling resumes in the “par terre” position. If the offending wrestler is the offensive wrestler, wrestling resumes standing.
- e) Clinch Cautions: If a wrestler refuses to clinch, or the opponent refuses to properly present himself/herself, the referee will warn the wrestler at fault (“Attention” – “Place”). If the wrestler persists, the referee will issue a caution to the offending wrestler and award one technical point to the opponent.

ARTICLE 24. Prohibitions, Illegal and Potentially Dangerous Holds

- a) Elimination from Competition: Any wrestler who commits an obvious offence against fair play within the spirit of wrestling and openly cheats or engages in brutality, will be immediately disqualified from the match, with the unanimous decision of the officiating team, and can be eliminated from the competition by a unanimous decision of the officiating team and the Head Official. In this situation, the wrestler will not place.
- b) Illegal Holds/Actions - General Definition:
- i. It is prohibited to pull the hair, ears, genitals, to pinch the skin, to bite, to twist fingers and toes, or to execute any action, gesture or hold with the intention of torturing the opponent, or the 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:
 - a. to thrust the elbow or knee into the opponent's stomach or back;
 - b. to effectuate any twists likely to cause suffering;
 - c. to grasp the opponent by the uniform;
 - d. to seize the toe of the opponent's foot (only seizing the upper part of the foot, sole or the heel is permitted);
 - e. to kick, except in the performance of a foot sweep;
 - f. for the wrestlers to talk to each other, to their opponent's coach, or to the audience during the bout; or
 - g. 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:
 - a. twisting of arms more than 90 degrees;
 - b. arm-bar applied to the forearm (i.e. chicken wing below the elbow);

- c. 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;
- d. executing a hold that puts undue stress on the opponent's spinal column;
- e. head and neck holds in any manner, which do not include the opponent's arm or leg; or
- f. 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** - All full nelsons (behind, side, front) are illegal in both male and female BCSSWA divisions. Where the hold is applied, 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. **Back Bending Throws** - In BCSSWA, Back Bending throws are not allowed (Supplays, saltos). Side Supplays are still permitted. Side throws are allowed.
- ix. **Double Leg Slams** - Finishing a double leg takedown where the offensive wrestler takes their opponent from a position hoisted on a shoulder and drives them into the mat. The offensive wrestler is responsible for the safety of his opponent whilst taking them to the mat. The offensive wrestler may not drive their opponent into the mat.
- x. **Crotch Lift or Olympic Lift** - Is allowed, but with the following provision: force cannot be exerted such that the opponent's chest is pinned to the mat whilst their hips are being elevated and their spine is in danger of being injured.
- xi. **Reverse Leg Ride (aka Montana Leg Ride)** - A leg ride where one wrestler has their leg behind their opponent's knee, trapping both their opponent's upper and lower leg, thereby putting undue pressure on the knee joint. The reverse leg ride will be considered dangerous, and therefore, illegal.
- xii. **West Point Ride** - A technique where the upper arm is held with one hand while the other arm wraps around the torso and grasps the wrist holding the upper arm. When this hold is applied there is undue stress put on the rib cage. The west point ride technique will be considered dangerous, and therefore, illegal.

d) Illegal Holds – Procedures:

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

NOTE: The referee on the mat has absolute discretion to stop a move that, in the referee's opinion, threatens the health of the wrestlers. Coaches that criticize the referee for stopping an illegal hold will be given a yellow or red card.

NOTE: Incident reports shall be filed by the Head Official for any tournament that an individual (coach, wrestler, official) was removed. Reports should be filed with the appropriate governing body (i.e., BCSSWA Executive) and include information regarding the incident and the decision to eliminate the individual from the competition. An incident report can be found at Annex C of this rule book.

PART FIVE - SCORING OF TECHNICAL POINTS

ARTICLE 25. Point Value of Actions and Holds

Point Scoring - Points are recorded on the score sheet by both the Judge and Mat Chairperson for the following actions:

a) One Point:

- i. **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. **DELETE**
- ii. **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. **4 or 2 points MUST scored first for a reversal to be 1 point**
- iii. **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. **(SAME AS BELOW)**
- iv. **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. DELETE**
- v. **Effort Throw / Correct Throw** - A wrestler executes a (correct) throw, which does not place the opponent in a danger position and does not result in a takedown.(DELETE) now becomes a 2 point takedown.

NOTE: The offensive wrestler has taken a risk and should be rewarded if the opponent "flies" through the air (even at low amplitude).

- vi. **Illegal Hold** - If an illegal hold applied 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.
- vii. **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.
- viii. **Fleeing the Mat** - A wrestler's opponent purposely goes off of the mat to avoid wrestling; a caution is also awarded against the offender.
- ix. **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. **DELETE**
- x. **Miss Throw** - When a miss throw into the protection area occurs, the opponent of the wrestler who touches out of bounds first receives one point.
- xi. **Step out of Bounds** – Any time a wrestler steps their entire foot out of bounds, his/her opponent will receive 1 point. The exception to this occurs when, in the process of completing a technique out of bounds, the offensive wrestler steps out. In such a case, the offensive wrestler will not be penalized and will be awarded the points that the technique merits.
- xii. **Ordering of Contact** - A wrestler that regularly fails to clinch properly will receive a caution and their opponent one point. **DELETE**
- xiii. **Challenge** - To the wrestler whose opponent requested a challenge, if the initial decision is confirmed.

xiv. **Clinch** – To the wrestler who did not get scored on after 30 seconds in overtime. DELETE

b) Two Points:

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:

- a. the defending wrestler assumes the bridge position to avoid being pinned;
- b. 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;
- c. 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);
- d. the wrestler finds themselves in the "instantaneous fall" position, that is, when they are on both shoulders for less than one second; and
- e. the wrestler rolls over onto their shoulder blades.

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

xv. **Effort Throw / Correct Throw** - A wrestler executes a (correct) throw, which does not place the opponent in a danger position and does not result in a takedown. now becomes a 2 point takedown.

- i. **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.
- ii. **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.
- iii. **Fleeing the Mat in the Danger Position** - Fleeing the mat in the danger position results in a caution for the offending wrestler and 2 points for their opponent.
- iv. **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.

NOTE: Every time there is a new "par terre" wrestling situation, 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 completely release the cross ankle and move their shoulder above their opponent's hip before attempting another cross ankle, or score at least 1 point with the use of a different hold. The offensive wrestler will be stopped if they attempt to continue the cross-ankle tilt after the first successful completion. Wrestling will resume in the standing position. Any technique, which causes direct torque on the legs of the defender, shall be considered a cross ankle tilt.

c) Four Points: was three

- i. **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.
- ii. **Low Amplitude Throw to a Danger Position** - The attacking wrestler executes a low amplitude throw, which places the opponent directly into a position of danger. This throw can originate in the standing or "par terre" position. Four (**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).

iii. **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. DELETE

d) Five Points: DELETE no longer exists

i. **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. hip toss, double leg, shoulder throw, etc.). This action will end the period unless the action is allowed to progress to a pin.

ii. **Grand Amplitude (Starting From Par Terre)** - A wrestler lifts the opponent off of the mat and executes a grand amplitude hold so that the opponent lands on the mat in an immediate danger position (e.g. Olympic Lift, etc.). This action will end the period unless the action is allowed to progress to a pin

e) Missed Throw: (The on mat official will always seek confirmation from the MC)

i. If, in attempting a throw, a wrestler slips and lands in the “par terre” position, the opponent does not receive two point, as the execution of the slipped throw implies risk. In this situation, the referee will signal for the bout to stop and resume in the standing position. (allow the match to continue in the “par terre” position.) DELETE

ii. If the defensive wrestler prevents the opponent from landing in the “par terre” position by catching the opponent, the official will signal “catching” and wrestling will continue and a two-point takedown will be awarded.(use this process for one man mechanics

iii. If the offensive wrestler takes risks, and the defensive wrestler bails out by faking a missed throw, a two-point takedown can be awarded.

iv. 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.

v. If a missed throw occurs and lands in the protection area, the opponent of the wrestler who touches out of bounds first will receive one point.

PART SIX - RESPONSIBILITIES OF THE PAIRING MASTER

ARTICLE 26. Drawing of Lots and Placement in Groups

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

- a) Following registration at the BCSSWA Championships, 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 BCSSWA Championships.
- f) When possible, the pairing master will attempt to prevent provincial/territorial and club athletes from meeting in the first two rounds. Athletes will be moved and/or replaced on a random basis.

ARTICLE 27. Double Elimination Bracket Draw Format

- a) In the double elimination bracket draw format, a win advances the wrestler to the next round and closer to the final. A first loss relegates the athlete to the repechage (consolation) rounds (for third place), and a second loss eliminates the athlete from the competition. The size of the bracket is a multiple of 2 (2, 4, 8, 16, 32, 64 and so on).
- b) On the BCSSWA wall charts, the championship rounds for a 32 person draw will be indicated by C-32, C-16, C-8, C-4, C-2 and the repechage round will be indicated by R-16, R-16x, R-8, R-8x, R-4, R-4x and R-2. From this system a 'tournament order of rounds' can be compiled that will list the order of bouts for the entire tournament.

i.e. 8 Person draw C-8, C-4, R-4, R-4x, R-2, C-2
16 Person draw C-16, C-8, R-8, R-8x, C-4, R-4, R-4x, R-2, C-2
32 Person draw C-32, C-16, R-16, R-16x, C-8, R-8, R-8x, C-4, R-4, R-4x, R-2, C-2
- c) If the number of competitors is five or less in a given weight class, then a round robin (one pool system) will be used to determine the final ranking order.

ARTICLE 28. Seeding

The top wrestlers, males and females, in each weight class will be seeded. In a bracket draw, the top four wrestlers will be seeded.

- a) Seeding will take place at a seeding meeting chaired by the Vice-President (Administration), or designate approved by the BCSSWA executive. The seeding meeting will take place before or during the weigh-in.
- b) Each zone will be permitted one representative at the seeding meeting. That representative will be designated prior to the meeting commencing. A minimum number of non-voting observers will be allowed to attend with prior approval of the chairperson of the seeding meeting. The observers may not speak or consult with any of the zone representatives.

- c) Any zone representative may present a name to be seeded. School coaches need to forward their seeding request forms to their Zone Representative prior to the BCSSWA Seeding meeting. Once the athlete's name has been presented it must be considered. The criteria for seeding will be as follows:
 - i. head to head competition between wrestlers;
 - ii. previous years' BCSSWA Championship results; and
 - iii. a vote of the Zone Reps, if a consensus is not reached;

The seeding results will be presented to the membership at the BCSSWA AGM prior to the start of the championship competition.

- d) The draw will have Seeds #1 & #4 on side A and Seeds #2 & #3 on side B.

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

ARTICLE 29. Byes

- a) When the number of competitors is not a power of 2 (that is, 4, 8, 16, 32 and 64) there should be byes in the first round. The number of byes should be equal to the difference between the number of competitors and the next higher power of 2 (ex. 19 wrestlers, 32 person draw - 13 byes). The number of pairs that meet in the first round should be equal to the difference between the number of competitors and the next lower power of 2 (19 wrestlers, 16 person draw - 3 pairs). There should be no byes on the championship side after the first round, and no further drawing is necessary. The byes, if even in number, should be divided equally between top and bottom. If the number of byes is uneven, there should be one more bye at the top than at the bottom.
- b) When using a 64-person bracket, if byes are drawn, they will take their places as follows; first bye - line 64; second bye - line 2, others, in order - lines 32, 34, 48, 18, 16, 50, 56, 10, 24, 42, 40, 26, 8, 58, 60, 6, 28, 38, 44, 22, 12, 54, 52, 14, 20, 46, 36, 30, 4.
- c) When using a 32-person bracket, if byes are drawn, they will take their places as follows; first bye - line 32; second bye - line 2; others, in order - lines 16, 18, 24, 10, 8, 26, 28, 6, 12, 22, 20, 14, 4.
- d) When using a 16-person bracket, if byes are drawn, they will take their places as follows; first bye - line 16; second bye line 2; others in order - lines 8, 10, 12, 6, 4.
- e) When using an 8-person bracket, if byes are drawn, they will take their places as follows: first bye - line 8, 2, 4.

ARTICLE 30. Contestants Eligible for Consolation Matches

At the completion of the first round in each weight class, consolation rounds may start. In the event two wrestlers who previously competed against each other in the championship bracket are paired again in the consolation bracket, the matches should be wrestled and scored as if they had not previously met. The third and fifth place matches should be conducted before the first place championship match. The loser of the consolation final places fourth. The two losers of the consolation semi-finals compete for fifth place (the loser of this bout places sixth).

ARTICLE 31. Disqualification

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

ARTICLE 32. Classification

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

Classification for Round Robin Competitions:

- a) The following classification point scoring system is applied to determine the placing within each group. The BCSSWA adopts the CAWA method of determining placing of athletes in round robins and breaking ties in round robin competitions.

<u>Result of the Bout</u>	<u>Winner's Points</u>	<u>Loser's Points</u>
Fall	5	0
Injury (Medical note required if unable to continue event)	5	0
Forfeit (loser is eliminated and does not place)	5	0
Disqualification for misconduct or a violation of the rules (loser can be eliminated and not placed)	5	0
Cautions (3) (loser records three cautions)	5	0
Technical Superiority (2-0 periods won – loser scores no points)(DELETE) (10-point difference– loser scores no points) (5 point action; two 3 point actions)(DELETE)	4	0
Technical Superiority (2-0 or 2-1 periods won – loser scores points)(DELETE) (10-point difference- loser scores points) (5 point action; two 3 point actions)(DELETE)	4	1
Decision (2-1 or 2-0 periods won – loser scores points)(DELETE) (Less than 10 points spread – loser scores points)	3	1
Decision (2-0 periods won – loser scores no points)(DELETE) (Less than 10 points spread – loser scores no points)	3	0
Disqualification where both wrestlers are disqualified for misconduct or violation of the rules (the losers can be eliminated and will not place)	0	0

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

EXAMPLE:

If there is a 3 way tie in victories and the classification points are as follow: 5, 4, 3 the placement of wrestlers will be from highest to lowest (5 – 1st, 4 – 2nd, 3 – 3rd)

If classification points are as follows 5, 4, 4, we will make the placing as follows (5 – 1st, then head to head between the 2 wrestlers with 4 classification points OR if 5, 5, 4 the placing are as follows head to head for the 1st and 2nd and the 4 points is 3rd place.

If it is a 3-way tie in Classification Points, you will then move to the next criteria:

- i. the most victories;
- ii. the most classification points accumulated during the competition – with head to head breaking the tie in classification points;
- iii. the most match victories by fall;
- iv. the most match victories by technical superiority;
- v. the most period victories by technical superiority;(DELETE)
- vi. the most victories by decision;
- vii. the least number of defeats;
- viii. the most technical points scored by the wrestlers during the entire competition;
- ix. the fewest technical points allowed during the entire competition;
- x. the fastest fall time; and
- xi. in the event that it is impossible to determine a winner at this point, the wrestlers will be weighed and the one who weighs the least will be classified as first.

ARTICLE 33. Team Classification

- a) At the BCSSWA Championships, team points will be awarded in each weight class.
- b) All of the top placing wrestlers from each school, in a given weight class, will be awarded team classification points as follows:

1st	16 points
2nd	12 points
3rd	9 points
4th	6 points
5th	3 points
6th	1 point

- c) Any weight class, involving boys or girls, that has fewer than six participants in the BCSSWA Championships or Zone qualifying tournaments, will not have their team points calculated from the top of the team point scale above. Instead, team points would count from the bottom of the scale if there are fewer than six participants.

EXAMPLE: If there are three participants, 1st would receive 6 points, 2nd would receive 3 points and 3rd would receive 1 point. (AGM 2004)

- d) 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:
 - i. the team with the most 1st place finishes;
 - ii. the team with the most 2nd place finishes;
 - iii. the team with the most 3rd place finishes;
 - iv. the team with the most 4th place finishes;
 - v. the team with the most 5th place finishes;
 - vi. the team with the most 6th place finishes; and
 - ii. if a tie still exists, it shall be recorded as such.

In the event of a tie between more than two teams, use the tie-breaking criteria listed above until one place can be determined. Then start over and use the criteria to break the remaining tie(s).

PART SEVEN - WRITTEN PROTESTS

ARTICLE 34. Protest Policy at Provincial Championships

- a) Protests should be restricted to technical calls, not judgement calls.
- b) The decision of the protest committee involving the re-scoring of the match is final and cannot be re-protested.
- c) The following are considered judgement calls on the part of the officiating team and cannot be successfully protested:
 - i. fleeing the mat (e.g. was the wrestler pushed or did they flee?);
 - ii. fall;
 - iii. effort throw (e.g. was it high enough?);
 - iv. missed throw (e.g. was it a "bail out" or a legitimate attempt?);
 - v. cautions for avoiding wrestling (fleeing the hold);
 - vi. brutality;
 - vii. referee's whistle (e.g. should the referee have blown the whistle?); and
 - viii. danger position call where the angle of exposure is questioned (was it 80 or 90 degrees?).
- d) Protests based on technical errors are allowable. Some examples include:
 - i. technical errors:
 - a. scoring or not scoring relative to the clock,
 - b. scoring or not scoring relative to the referee's whistle,
 - c. referee and judge's score not recorded on score sheet, and
 - d. duration of the match;
 - i. action started in "par terre" or standing (i.e., 2 vs. 4(3) points);
 - ii. out of bounds;
 - iii. Initiation (counter/counter attack); and
 - iv. points awarded to the wrong wrestler.
- e) The protest video must show conclusively that the score of the match was technically incorrect and the entire match must be available for review. Where the organizing committee's cameras fail for any reason, as judged by the protest committee, one alternate camera angle per competitor, specific to the protest, can be accepted.
- f) **PROTEST LIMITATIONS:** Coaches can protest match results at the BCSSWA Championships without limitations, until a protest is lost. Once a coach's protest is lost, the school involved will not be permitted to protest any other matches involving wrestlers from their school for the duration of the championship. The announcer will notify the coaches of the unsuccessful protest and that they may not protest any further matches.
- g) Within 15 minutes of the completion of the bout, the school team leader or coach must notify the appropriate authority of their intent to submit a protest and submit the completed protest within 30 minutes of the completion of the bout. The school team leader or coach must submit a written protest accompanied by a fee of \$50.00 cash, if a video is submitted, and \$20.00 cash, if no video is submitted. Any Video submitted must show the match in its entirety. At all BCSSWA Championships, this protest should be filed with the Head Official. In other tournaments, the protest should be filed with the Head Official or Tournament Director. **(Raise the cost of protests)**
- h) At the BCSSWA Championships, the Protest Committee shall consist of the Head Official, a BCSSWA designated individual (i.e., BCSSWA Executive Committee member) and a designated neutral coach. This may differ for local tournaments. No member should have any conflict of interest in reviewing the protested bout.

- i) The Protest Committee shall:
- i. determine if the protest is acceptable (i.e., a technical call and not a judgement call);
 - ii. discuss and inform the coaches that the match is under protest and that both athletes are to remain in the competition area;
 - iii. have the announcer note that a match at that weight class is under protest;
 - iv. notify the Head Pairing Master;
 - v. read the protest form to all parties involved;
 - vi. hear the protestors' version of the situation;
 - vii. hear the opponent's version of the situation;
 - viii. have all coaches leave the protest hearing;
 - ix. have the officials comment on the match (Referee, Judge, Mat Chairperson);
 - x. have all officials leave protest hearing;
 - xi. if necessary, the Head Official may consult the three officials who refereed the match;
 - xii. if necessary, review the videotape of the match. The videotape must contain the entire match to be admissible;
 - xiii. conduct a conference with the protest committee to attempt to resolve the protest within 30 minutes of its receipt;

The protest must be resolved prior to the continuance of other bouts that may be affected by the decision.
 - xiv. have the Head Official inform the coaches of the Protest Committee's decision; and
 - xv. have the announcer note the decision of the protest.(Weight Class, Bout #, and Athletes).

NOTE: Following these stages is very important to the process when there is no video tape submitted.

Championship Finals Protest Procedures:

- a) The BCSSWA will use mat-side video review for the finals (possibly semi-finals as well) in lieu of the current protest policy. The Mat Chairperson (or Mat Controller)(DELETE) can request a review at any time. The Mat Chairperson (or Mat Controller)(DELETE) can consider coaches' requests for video review.
- b) The "Challenge" process is provided when the mat side video control is established (WHITE PADDLE RULE).
- c) The "Challenge" is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the refereeing body to watch the video evidence in case of a disagreement with the call.
- d) The use of the "Challenge" (White paddle) procedure, with NO PROTEST is only offered during competitions in which the video control is established by the Organizing Committee. The video review "Challenge" is mandatory for the BCSSWA Championship Finals.
- e) The coach must request the challenge by raising a white paddle (designated object), immediately after the (refereeing body DELETE) ([ADD]points have been displayed on the score board, 5 / 10 sec) (has awarded the points)(DELETE) of the contested situation. If the wrestler disagrees with the coach's decision to "Challenge", then the match continues. The Mat Chairperson does not initiate the video review.

Specific Points:

- i. Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the refereeing body modifies its decision, then the challenge can be used again during the match.
- ii. If the refereeing body or Jury of appeal confirms the decision, the wrestler loses the challenge and his opponent will receive one (1) technical point. No further challenges will be allowed by the challenging wrestler for the match.
- iii. The Mat Chairperson will demand to stop the match to review the challenge as soon as the situation on the mat becomes neutral.
- iv. No challenge can be requested in the event of a fall, being understood that the fall must be confirmed by the Mat Chairperson further to the decision of either the Referee and or the Judge. An illegal action which leads to the fall may be challenged.
- v. The coach requesting the challenge must do so from his/her seat, without stepping on the mat or approaching the Judge or the Mat Chairperson's table.
- vi. After having reviewed the action once at full speed, the Referee gives his decision first and is immediately followed by the Judge who gives his decision. If the Mat Chairperson agrees, there will be no further request made to the Jury of appeal.
- vii. If the Mat Chairperson is in disagreement with the Referee and the Judge, he/she shall seek the opinion of the Jury of Appeal. In this case, the decision made by the Jury of Appeal member and confirmed by the Mat Chairperson is final and cannot be challenged anymore.
- viii. It will not be possible to request a "counter challenge" once a final decision has been made by the officiating team

or Jury of Appeal.

- ix. The challenge is taken into consideration immediately after the coach has raised the white paddle and it will not be possible for him to withdraw it.
- x. **When there is a protest procedure in effect the one-point would not be assessed during the match.**

Protest Review Outcomes:

- a) If the protest committee concludes that the protested situation was called and scored appropriately, then they shall reject the protest and declare it unsuccessful. The score on the bout sheet shall remain the official result and the entire bout will not be reviewed.
- b) If the protest committee concludes that the protested situation was called or scored inappropriately, then they shall review and re-score a) the period then b) the entire match. The decision of the protest committee involving the re-scoring of the match is final and cannot be re-protested.
- c) In a protest, if a move ends a match based on criteria (2nd three-point move or a five-point throw)(DELETE) and is found to not be the correct call, the wrestlers will re-wrestle the round beginning at the same point in time, and with the same score as when the match was stopped.
- d) If the protest results in the losing wrestler winning the match, and the protested scoring action would have ended the match, the decision is reversed, and the losing wrestler is declared a winner (no wrestling in a two minute protest period).

Examples of Match Ending Situations:

- i. In the period there should have been a 6-point differential, a 5-point throw or two 3-point actions by the same wrestler, and combined with winning a previous period would have ended the match.
- ii. There should have been three cautions awarded.
- iii. Wrestling a two-minute protest period - If the protest results in the losing wrestler winning the match but the scoring action would have not ended the match, then it is re-wrestled in a single two-minute protest period. Therefore, regardless of whether or not the number of periods has now been changed to 1-1 or 2-1, a single two-minute protest period will take place. The two-minute protest period in a protested match should be completed as soon as possible after the decision of the protest committee to wrestle in overtime is made public. A time period of five minutes should be given to each wrestler to prepare for the two-minute protest period.
- iv. Where the result of the re-scored match does not result in the losing wrestler earning more points than their opponent or results in a tied 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.

Special Circumstances:

- a) An illegal action occurs in a scoring sequence that is missed by the officials and then protested. The scoring sequence from the point of the illegal action 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.
- b) A fall results from an illegal action that is missed by the officials and then protested. If the review of the match is successful (i.e., a changed outcome or tied match), then you go directly to a two-minute protest period.
- c) **If there is a fall in the third period, the first and second periods cannot be protested, with the exception of match ending situations.(DELETE)**
- d) **In the clinch position, if an illegal start occurs that has been agreed by all in the protest committee, the protest committee has the authorization to give a caution in order to grant the appropriate winner of that round/match.(DELETE clinch does not exist)**

Protest Fee:

- a) When a protest is successful and results in a match ending situation or a two-minute protest period, the protest fee will be returned to the coach/team leader.
- b) If a specific call is protested and results in changing the outcome, the protest fee will be returned to the coach/team leader, even if the protest is not ultimately successful due to a review of the remainder of the match.
- c) Where the protest is declared unsuccessful, the governing authority for that event shall retain the protest fee (\$50 or \$20) and its use shall be determined by the appropriate policy. In the case of BCSSWA Provincial Championships, the BCSSWA Executive shall retain the protest fee and direct it towards the "BCSSWA Academic Scholarship" program.

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

BCSSWA WRESTLING CHAMPIONSHIPS

OFFICIAL PROTEST SHEET

School _____ . Team Leader: _____ .

Bout#: _____ . Weight Class: _____ .

Competitors: _____ vs. _____ .

Mat Officials: _____ .

Approximate time of day: _____ : _____ . \$50.00 cash protest (Video Provided) fee attached: _____ .

\$20.00 cash protest (No Video Provided) 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: _____ .

This completed form with the Protest Fee must be submitted to the BCSSWA Championships' Head Official within 30-minutes of the end of the protested match.

ANNEX B

Rule Modifications and General Guidelines for Youth Wrestling in Canada

Introduction:

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:

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, bracket draw, etc.) should be determined based upon the level of competition. Wrestlers should only compete in their own age group and should not compete in more than one age group at the same tournament. Due, in part, to different maturation rates, boys should only wrestle boys and girls should only wrestle girls.

The weight spread should be done on graduated split:

i.e. under 40 KG 2 KG Split
 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.

Safety:

Safety will continue to be the primary consideration. The official is always to err on the side of caution and protect the athlete(s) at all costs. Any situation which the official feels is potentially dangerous or has the potential to be dangerous is to be stopped. Even if the action is not explicitly illegal, the official(s) will stop the action and wrestling will continue in the standing position. Such a decision is to be considered a discretionary call and therefore is not protestable and should not be questioned by the coach.

Rule Modifications:

a) 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.
- 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 wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e., East 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).

b) Kids:

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

c) Bantam:

- Match will be 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).

d) 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 the top three placing athletes are optional, but not recommended at the novice age division. Team titles should not be emphasized.

