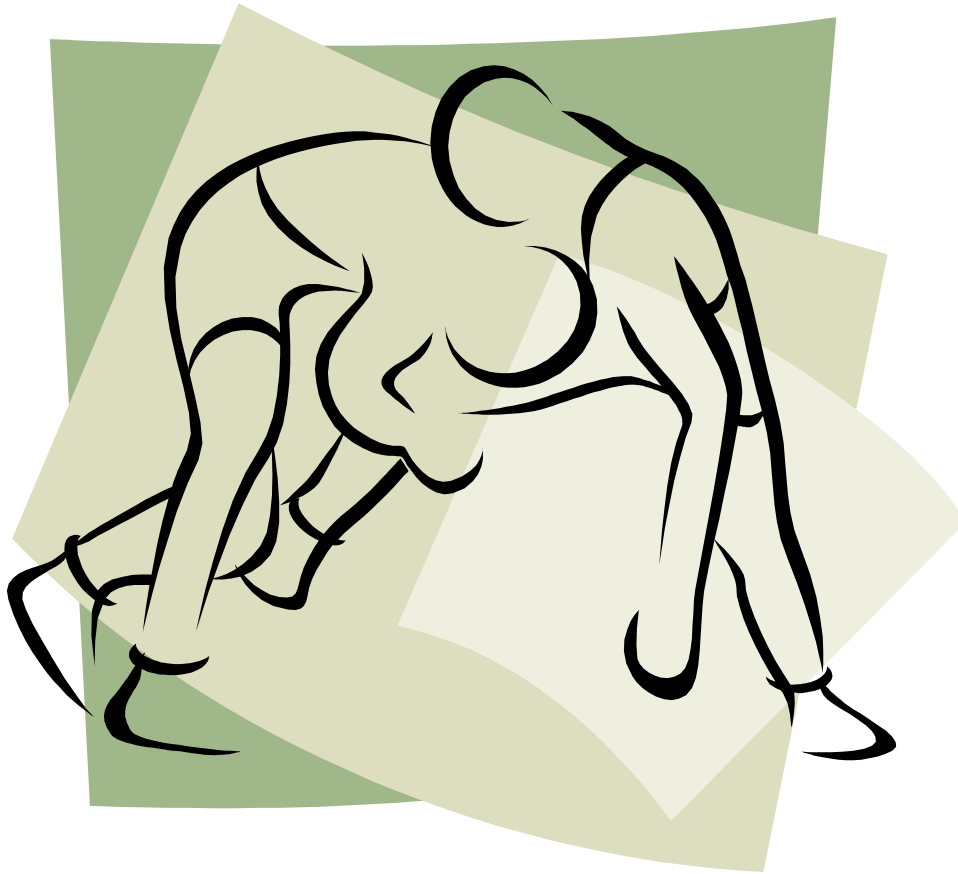


British Columbia
Secondary School Wrestling Association

2018-19
(Revised Dec 1, 2018)



WRESTLING ASSOCIATION

RULE BOOK

As adapted from the WCL rule book 2015-16

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MESSAGE FROM THE PRESIDENT BCSSWA

This rulebook has been adapted from the Wrestling Canada Lutte (WCL) 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 WCL 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 WCL 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 WCL rulebook. Some sections of the WCL rulebook have not been included, but that does not negate their applicability to the zone or Provincial Championships. The changes approved by the BCSSWA AGM are highlighted in bold. Some of the areas of significant modification are:

- Coaches required School Authorization
- Finals Mat Side Video Procedures (No Protests)
- 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 BCSS & BCWA sanctioned tournaments use current BCSSWA rules at tournaments involving its members.

- This rulebook is a working document that will be reviewed annually by the BCSSWA / BCWOA executives. The executive will make revisions or recommendations for approval at the AGM.

Mike Roselli
BCSSWA President

Thank You, to all those who have contributed to the production of this BCSSWA rulebook.
Rules Committee :

Bold & Underlined Text BCSSWA Specific Rules

Underlined Text Recent WCL rule revisions

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 attended an Officials clinic, receiving instruction and evaluation from an 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, 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, 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 "PM3" may function as an assistant PM at any provincial tournament and is eligible for upgrading at any provincial tournament through the evaluation and recommendation of a PM clinician.

Provincial 2 ("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 of the tournaments through the evaluation and recommendation of an On-Mat Clinician preferably at a Provincial championship, but not exclusively.

Provincial Pairing Master ("PM2") 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 and are using the National computer draw. A "PM2" is eligible for upgrading at any provincial tournament such as the BC Age Class, 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 ("PM1") In addition to being proficient at all duties of a "PM2", 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 communications skills, and be familiar with rules and disciplines necessary to conduct a provincial tournament. A "PM1" 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 "PM1" will have a very good understanding of how the National computer draw works in conjunction with the Manual pairing system. A "PM1" may work in a support role at National / International Tournaments hosted in BC. This category ranking means that this Pairing Master as 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 "PM1" may officiate at any provincial tournament.

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 WCL 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 Wrestling Canada Lutte 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 of 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 BCSSWA Board of Directors / Rules Committee (regardless of subsequent changes in WCL interpretations) **starting December 1 st of current season** .

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

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 one only 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 – 8 pm. The duration of the weigh- in period is two hours (eg 4 – 6 pm) integrated with the medical control. Each wrestler is allowed ONE hour to weigh- in , which starts after their first official weigh in. If a wrestler does not make weight on the 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 1 hour or till the end of the scheduled weigh in period whichever expires first. 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) 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.

c) Wrestlers, to be weighed in, must present themselves in their competition singlet. The singlet must be intact and may not be modified in order to reduce the weight (i.e. cutting/tearing the leg bands off the singlet are forbidden).

d) **At the weigh-in,** and in all days of the competition, each contestant must be clean-shaven, or else have a beard of several months' growth. Fingernails must also be neatly trimmed.

e) The wrestlers have the right, each in turn, to challenge any scale at the weigh-in, at the first reasonable opportunity, as determined by the Head Official, where it does not interfere with the weight classes assigned to that scale.

f) Wrestlers with only one leg may wear a prosthetic device for balance. This artificial limb must be worn during the weigh-in and approved as safe by the officials.

g) Both male and female wrestlers will be afforded a 200 gram (,2KG) weight allowance to compensate for the weight of the singlet during weigh-in.

h) **The cutting of hair at the official weigh in site is not allowed.**

WARNING: The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited 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

The determination of the placing of the athletes in the draw shall be done by either the generation of lots by the WCL Computerized Draw System.

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

- a) Seeding will occur at the BCSSWA Championships, in both Male and Female Divisions.
- b) 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.

ARTICLE 4. Dress

The contestants must appear on the edge of the mat, ready to wrestle in appropriate attire including;

Singlet: A one-piece singlet of the colour assigned to them (red or blue). **School colour singlet's (60% of primary (main) school colour) will be allowed at BCSSWA Zone and Championships , provided that the wrestler provides the proper red or blue coloured anklet strap corresponding to the assigned colour on the match bout sheet. No Club affiliated singlets are to be worn during the entire High School season , from December 1st to the B.C. High School Championships. Referees are to be instructed to have any offending athlete change within three minutes into another (red, blue, or school) singlet or a pair of shorts and T-Shirt.**

- a) The singlet must be 60% majority red or blue and a maximum of mid-thigh in length. The singlet must be either red or blue and not a combination of both colours. 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. **The Double Sport type uniform consisting of a tight pair of shorts (no pockets) and a Red / Blue or team coloured tight fitting short sleeve Under Armour type shirt will be permitted. All wrestlers competing in the BCSSWA Championships should report to the mat in the assigned Red or Blue singlet. School team colours are permitted. Wrestlers must have a red or blue singlet in the Championship finals. Wrestlers using school colour singlet's will be allowed in the finals provided the athlete provide the appropriate assigned colour anklet.**
- b) **Wrestling Shoes:** Wrestlers must wear regulation ankle height wrestling shoes with relatively smooth soles (all ridges not to exceed 3 mm and shall be free of buckles and metal ridges. High top shoes may be used if the referee deems them to be safe. The shoes must be without laces, or the laces **SHOULD 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 the laces and their shoes become untied the Referee will penalize the offending athlete with a caution and one point to the opponent. If the referee stops the match for safety , there will be no penalty.**
- c) **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.
- d) **Grooming:** Athletes shall come to the mat properly groomed including;
 - i. Male athletes shall be clean shaven or have a beard of appropriate growth,
 - ii. Nails must be trimmed,
 - iii. Hair must be short or tied back with an elastic or ribbon, with no metal attachments.
- e) **It is forbidden to:**
 - i. wear rings, bracelets, earrings, body piercing of any kind, etc.
 - ii. chew gum
 - iii. wear bandages on wrists, arms or ankles, unless approved by the doctor and/or Head Official
 - iv. arrive at the mat sweaty or greasy.

If a wrestler does not appear on the mat in compliance with the above, they shall be given three minutes to properly present themselves. Athletes who fail to properly present themselves within that time period shall be disqualified for that match. This three minute period is separate from limitations contained in Article 13: Call for Competitors. **When wrestlers do Not appear to the mat the Mat Officiating Team needs to attempt to locate the TEAM COACH & BCSSWA Executive in addition to Article 13; Call of the 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. www.wrestling.ca

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. ALL BCSSWA Championship Finals matches must have a team of three officials working the mat.
- 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 black short sleeve collared shirt (grey and black as per United World Wrestling 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 must receive fall / pin confirmation from the Mat Chairman before stopping the match.
- g) 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, (eg, 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; 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.

ARTICLE 11. The Mat Chairperson

- a) The mat chairperson is responsible to coordinate the work of the referee and the judge; this involvement will not be obvious unless the judge and referee disagree.
- b) The mat chairperson should not display points if the referee and judge agree with the call.
- c) If the judge and the referee disagree, the mat chairperson must make a swift decision and ensure that there are no major interruptions.
- d) The mat chairperson may not overrule the call of both the referee and judge, even if there has been an obvious infraction of the rules. However, the mat chairperson may ask for a conference with the referee and judge to discuss the situation. If all three officials still disagree on points, the mat chairperson must reach an agreement with either the judge or referee. If the judge and referee remain in agreement, the decision will stand.
- e) The mat chairperson is responsible for the overall conduct of the bout, and should be an experienced official whose actions will warrant the respect of coaches and wrestlers.
- f) In no case can the mat chairperson be the first to give an opinion; it must always follow the opinion of the judge and referee.
- g) The mat chairperson maintains an equivalent score sheet to that kept by the judge. The mat chairperson keeps the official score sheet.
- h) Initiates and participates in any video review. The Mat Chairman must confirm all pins. Warnings, Passivity and Negative Wrestling warnings, cautions.

ARTICLE 12. Officials' Signals and Vocabulary

- a) The actions of the officiating team should be crisp and decisive.
- b) Points should be awarded as they happen with the exception of a takedown; it is wise for the referee not to anticipate a takedown to the extent of making the call before the move is actually completed, (i.e. sometimes a knee does not touch or dominant control is never really established).
- c) Prior to starting the bout, the referee clasps hands to indicate that the wrestlers should shake hands; this formality will be followed by blowing the whistle and a vertical arm movement to indicate the start of the bout.
- d) Out of bounds is signalled by extending both arms horizontally vigorously at the same time that the whistle is blown; this action will be followed by 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 officials' head.
- f) To confirm a fall the referee will raise one hand with fingers extended and unseparated to a 90 degree angle to the mat; if the judge or the mat chairperson agree with the fall (by also raising their hand), the referee then strikes the mat with the hand and blows the whistle. *The Mat Chairman 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 the designated colour for that bout (red or blue) and waits for the referee's signal.
- b) All competitors are required to arrive at the edge of the mat immediately upon being called; Competitors will be allowed 3 minutes after being called to arrive at the mat and identify themselves to the officiating team. Three calls shall be given at 1 minute intervals during this time. **When wrestlers do Not appear to the mat ,the Mat Officiating Team needs to attempt to locate the TEAM COACH & BCSSWA Executive in addition to Article 13 ; Call of the Competitors**
 - **If after the expiration of the above time period the athlete has not reported to the officiating team, then the athlete shall will lose the match by disqualification, but is allowed to continue in the competition . The result recorded to Pairing Master.**
- c) A wrestler must have a minimum of 20 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 in between each period. Throughout the bout, the clock will stop and start at the sound of the referee's whistle.
- b) Both wrestlers are immediately to be wiped dry 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.
- d) The 30 second break begins immediately after the end of the 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. The referee shakes the wrestlers' hand and examines their attire and skin (no wrestler should be greasy or sweaty).
- b) The wrestlers then shake hands and at the sound of the referee's whistle and begin wrestling in the standing position.
- c) In the event of visually and/ or hearing impaired wrestlers, the officials must ensure forearm -to-forearm contact and/or use hand signals, appropriately touching the wrestlers as necessary, and that there is continuous contact between the wrestlers for the duration of the bout.
- 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.
- 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 , the bout will resume in the centre of the mat.

ARTICLE 16.a. Interruption Due to Injury

- a) If the bout must be interrupted due to injury, the referee may stop the bout for a maximum of 2 minutes per wrestler.
- b) The entire suspension may be accorded at one time or accumulated at various times throughout the bout. **In BCSSWA matches when a wrestler is injured and requires attention from the First Aid Attendant, the injury time begins will not start until available medical attendant arrives at the mat.**
- c) The referee or mat chairman may announce to the injured athlete or coach 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 /medical personnel. The doctor / medical personnel may stop the bout before the end of the injury / blood time limits. Note Article 6b & 6c.
- i) If the injury and or blood stoppage occurs, wrestling will be restarted in the par terre position or in standing, depending where it was stopped. The par terre restarts, when the attacking wrestler scores a takedown, but has not had an immediate opportunity to score due to obvious injury or blood. This restart is used no matter who called for the stoppage (i.e. Medical personnel, referee and athlete).
- j) Athletes that require inhalers/ventilators should be aware that there are a number of inhalers/ventilators that utilize substances on the IOC banned list. It is the responsibility of the athlete to be aware of these substances. Athletes under such medication are strongly encouraged to use inhalers/ventilators before the start of a match. If necessary, an athlete will be given the opportunity to use an accepted inhaler/ventilator during injury time.
- k) When a wrestler deliberately stops a bout without being injured or bleeding his opponent will receive one point.

ARTICLE 16.b. Interruption Due to Blood

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

ARTICLE 17.a. End of the Bout

The bout is ended before regulation time expires for:

- a) A fall
- b) Withdrawal, disqualification, default injury
- c) Technical Superiority:
 - * When one wrestler attains a 10 point advantage over the other opponent in Freestyle.
 - * In any case, the referee must wait for the end of the action: attack, counter-attack or takedown where the wrestler is in a position that may lead to a fall.
- d) When one wrestler accumulates 3 cautions during the bout.

ARTICLE 17.b. Winner of a Bout

- a) Technical Superiority:
 - When one wrestler attains a 10-point advantage over the opponent in Freestyle.
- b) In any case, the referee must wait for the completion of the action, and where the defensive wrestler is not in a danger position or has been declared by the referee to have lost due to a fall: attack, counter-attack or takedown where the wrestler is in a position that may lead to a fall.
 - i. An immediate re-roll to a pin position will continue until the achievement of the pin or the wrestler is no longer in a danger position.

- ii. The hold that creates the technical superiority is allowed to continue in the danger position in an attempt to complete the pin.
- iii. In the case of a superior point differential, immediate counter actions by the defender are allowed to score and the differential is re-evaluated upon completion of the counter action. If the differential no longer exists, the period continues without stoppage.
- c) If the bout lasts the entire regulation time period, the wrestler with the most technical points is declared the winner (cumulative score at the end of two periods).
- d) If the score at the end of a bout is tied, the wrestler who has the most higher value scoring actions, in the following order, will be declared the winner:
 - i. Most 4-point actions
 - ii. Most 2-point actions
- e) If the score at the end of a bout is tied and the value of the holds is the same, the wrestler with the fewest cautions within the bout will be declared the winner.
- f) If the score at the end of a bout is tied, scoring actions are equal and the cautions are equal, the wrestler who scored the last point will be declared the winner.

Order: (Clarification) ▪ the highest value of holds; ▪ the fewest number of cautions; ▪ the last technical point(s) scored
 However, in order not to penalize the attacking wrestler, if the last point causing an even score is obtained by a hold which gives point(s) to each of the opponent – after having reviewed all the criteria - because the attacking wrestler in the execution of the hold without action from his/her opponent, the victory will be attributed to the attacking wrestler.

g) All periods are considered for total cautions and disqualification from the bout is issued after 3 cautions are received in the bout.

ARTICLE 17.c. End of Bout 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 both wrestlers 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 is to occur prior to the shaking of the hands with Mat Chair and / or judge.

ARTICLE 18. The Coach

- a) **At BCSSWA events (and other BCWA sanctioned events) the coach should dress appropriately. More formal dress is expected at the Championship Finals matches.**
- b) **For BCSSWA Competitions the coach needs to be an Adult / Community Coach / Teacher / Sponsor but NOT a student Athlete. All Coaches, teachers, Community, and Club Coaches must be authorized (Written Consent) by 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 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 . **The Mat Chairperson may ask the coach to approach the chair to obtain or provide specific clarification.**
- d) The coach may encourage the wrestler and give instructions; however, the coach will not indicate points with hands nor attempt to influence the referee's judgement by shouting phrases or using signals utilised by officials.
- e) The coach is not allowed to speak to the referee, judge or the other athlete or coach during the match. **The coach sitting in the athlete's corner during the match may however, request an explanation from the mat chairperson, regarding a specific call, at an appropriate break in the action.** If the mat chairperson calls a conference, the coaches shall refrain from approaching the table or attempting to influence the outcome of the conference.
- f) The coach is not allowed to direct verbal abuse to the referees during or after the match.
- g) The coach may only come onto the wrestling surface, when invited by the referee to tend to an injured or bleeding athlete.

- h) If the coach behaves in an unacceptable fashion, the mat chairperson is required to give the coach a yellow card or in severe cases a red card. If the offence continues in the same match, the coach will be given a red card and must immediately leave the corner and go into the stands for the duration of the bout. 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 bout and determined the severity of the infraction. The head official will make a decision to either let the coach resume their duties or disallow (dismiss) the coach from their coaching duties for the duration of the tournament.
- i) Coaches that continue to direct verbal abuse from the stands will be required to leave the competition hall for the duration of the tournament.
- j) If a coach is eliminated, the wrestler shall have the right to obtain the services of another authorized coach.

NOTE: The yellow/red card system is for the behavioural control of the coaches during a specific bout 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, BCSS BCWA) and include information regarding the incident and the decision to eliminate the individual from the competition. The incident report is an appendix to the rulebook.

PART FOUR: THE RULES OF WRESTLING

ARTICLE 19. 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 into the protection area (out-of-bounds).
- b) The zone, therefore, identifies a passive wrestler was one who steps steps into it and does not make every effort to return to the central wrestling area when the referee calls "Zone Blue / 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 complete foot of a wrestler touches the protection area, the referee shall stop the bout and the opponent of the wrestler who touches out of bounds first will receive 1 point. 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. Where such action does not score points, the opponent of the wrestler who touches out of bounds first during the normal course of the action of the bout, will receive 1 point.
- g) If the officiating team deems an action went out-of-bounds due to fleeing the hold (leaving the mat to avoid being scored on) the offending wrestler will receive a caution for fleeing the hold and their opponent will receive one point.
- h) If a wrestler is intentionally pushed out-of-bounds by their opponent (as determined by the officials) on the first occasion, the referee will issue a warning to the wrestler pushing their opponent off the mat, without a point awarded. The second time this happens, the referee may award a caution to the wrestler pushing their opponent off the mat (for avoiding wrestling) and the wrestler who was pushed will be awarded a point. Subsequent pushes from the same athlete will result in a caution being awarded to the pushing athlete and a point to the opponent.
- i) In the par terre position, if the wrestlers enter the protection area in the normal execution of a wrestling action, 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 and proceeds to step out-of-bounds, the opponent of that wrestler is awarded one point.
- j) When an offensive wrestler executing a hold from the standing position, 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.
- k) 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; then they return to the standing position in the middle of the mat. The wrestling resumes in the par terre position when an illegal hold or "flee the mat" 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 in a par terre start position.

ARTICLE 20. 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 unless the wrestler flees the mat. The Referee will stop the bout when the head is completely out of bounds and touches the mat, or if the upper torso is beyond the plane of the protection area.
- b) If the defensive wrestler flees the mat in the par terre position, the wrestler receives a caution and the opponent receives 1 point. Wrestling will resume in the par terre position in the centre of the mat.

- c) If the defensive wrestler bridges out of bounds in the danger position and the action is intentional, (flee the mat) the wrestler is cautioned and the opponent shall receive 2 points. Wrestling resumes in the par terre position in the centre of the mat.
- d) 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 that 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 lie on their stomach in the center of the mat . Arms shall be stretched out in front and legs stretched out to the back. Arms and legs can't be crossed. Hands and feet of the bottom wrestler must touch the mat. Bottom wrestler is not allowed to block the top wrestler. The top wrestler is placed sideways of their opponent, placing their hands on the back of their opponent **without any hesitation** after the par terre position is ordered. They must have two knees on the mat.
 - ii. After the referee,blows the whistle, the wrestler underneath is allowed to defend themselves according to the Rulebook. It is especially forbidden to jump or flee from the attacker, to defend with closed arms blocking off with elbows and knees as wel as to use actively any leg in defending. Nevertheless, the wrestler underneath is allowed to stand up after the referee blows the whistle.
- 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;
 - * 1st offence – Verbal warning (same starting position)
 - * 2nd offense = Lose the position and restart in standing position
 - ii. A false/incorrect start by the bottom wrestler will be handled as follows;
 - * 1st offence - Verbal warning (same starting position)
 - * 2nd offense caution bottom wrestler + 1 point opponent restart in the par terre position
- 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 to allow the attacking wrestler to initiate a hold). 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. The top wrestler is not permitted to stand up and continue wrestling in the standing position without direction to do so from the referee.
- i) If the actions by the top wrestler are not improving the chance of scoring within a reasonable amount of time as determined by the referee team, the wrestlers will be stood up.

ARTICLE 21. The Fall

- a) A fall or pin occurs when both shoulder blades of the defensive wrestler are Instantaneously held in contact with the mat for a sufficient time to allow the referee to observe total control.
- b) When a fall occurs, the referee will raise his/her arm in the air to ask for confirmation from the judge and/or mat chairperson. the mat chairperson must confirm a fall. If the Mat Chairperson confirms the fall, they 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 a fall, but this may be acceptable in case the referee is not in position to see 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 shoulders are (were) not touching the mat simultaneously.
- e) A fall is valid as long as the head and shoulders of the defensive wrestler are in-bounds, even though the rest of the body (lower torso and legs) 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 22. Passivity

PASSIVITY DEFINITION

Passivity is considered to be any behaviour on the part of one or both wrestlers to - be contrary to the spirit of continuous wrestling - avoid and/or obstruct the progress of the bout.

Examples of passivity include, but are not limited to:

Wrestlers in the standing position may be passive by:

- not attacking forcefully
- blocking the opponent from initiating attacks
- not trying to initiate effective holds
- pushing the opponent off the mat
- systematically forcing the opponent into the zone
- repeatedly attempting/feigning a throw but appearing to slip off and fall to the hands and knees.
The refereeing team must distinguish between a true slipped throw and passive behaviour.
- backing into the zone
- avoiding contact by circling even though the wrestler does not back into the zone
- blocking opponent with head down
- closed stance with palms facing opponent to prevent attack, i.e. neutralization of all attacks with no counter attacks, blocking on the opponent's torso with a hand/arm
- prolonging the two hands on one wrist/forearm hold
- feigning injury, slow return to centre of mat after a break in the action
- holding the opponent's wrist or wrists without making an effort to attack

In par terre, the following are examples of passivity:

- simulating activity with no real risk
- not presenting an open position, i.e. chest up, arms out
- repeatedly holding on to an arm or leg without any attempt to counter attack.

PASSIVITY PROCEDURE

a) The fundamental principle of a wrestling bout is "total wrestling". A referee will encourage and stimulate activity at appropriate times throughout the bout by gestures and words such as "contact red", "attack blue", "action red" or "open red". The color identifies which wrestler is passive so the wrestler at fault can react.

b) The referee shall, in a loud and clear voice, verbalize the passive behaviour (e.g. red - head up! or blue - no blocking!) to make it clear to everyone that the behaviour is unacceptable. These attempts to promote active wrestling may be done prior to making a passivity call, and may occur throughout the bout.

c) When passivity continues to be evident, the referee or judge should signal this by raising the arm corresponding to the colour of the passive wrestler to the shoulder level, as the wrestling continues and seek confirmation from another member of the officiating team. Upon confirmation by one of the other members of the officiating team, on the first offense, the match will be interrupted and a verbal and visual, official warning will be awarded.

d) If the wrestler continues to be passive the referee will ask for confirmation from another member of the officiating team to declare the wrestler "passive". Upon receiving confirmation from the other members of the officiating team, the referee will interrupt the bout as long as there is no imminent scoring taking place. The other members of the officiating team may declare passivity and bring the declaration to the referees' attention. The referee will indicate to the wrestler (and may indicate to the coach) that the wrestler is "passive". In freestyle wrestling, a 30-second "activity period" will commence and the identified wrestler will have 30 seconds to score or for the opponent to score.

e) The referee on the mat shall not interrupt the bout in the midst of a viable action at either start or finish an activity period. Initiation and completion of a scoring action prior to the end of an activity period will be allowed. A reasonable time to score will be provided, and, upon completion of this scoring action, the penalty will be suppressed.

f) In the first period the activity period will occur by the 2 minute time. The “passivity” may be called any time prior to these times. If either wrestler scores during the 30-second activity period, the activity period will end and the passivity penalty will be suppressed.

If no scoring occurs during the 30-second activity period, the bout will NOT be Stopped and the referee award and announce the 1 point to the wrestler not on the 30 – second activity clock. Wrestling will continue uninterrupted.

The official is not required to call “attention” on the same wrestler, nor warn the same wrestler again before requesting another “passivity” and subsequent activity periods.

Article 23: Cautions

A caution may be given for fleeing the mat, fleeing a hold, applying an illegal hold, assuming an incorrect par terre starting position. Cautions will be recorded as an "O" on the score sheet. The opponent of a wrestler who receives 3 cautions over the duration of the complete bout will be declared the winner of the bout.

The third caution awarded to a wrestler must be a unanimous decision among the referee team. Also, any caution which, at that point in the bout, determines the winner of the bout, must be a unanimous decision among the referee team.

In freestyle wrestling, when there is less than 30 seconds remaining in the second period, if all three of the officiating team agree a wrestler is evading and/or blocking his/her opponent, then the offending wrestler will receive a caution and the opponent is awarded a point (i.e fleeing the hold). If this call determines the outcome of the bout, this situation can be challenged to the “Jury of Appeal”. The jury will review the challenge at the time of the call by the officiating team. The jury may ask the mat chairperson for an opinion on what was done by the officiating team preceding the call, to encourage activity. In case there are only two people acting as jury of appeal, the chair may be asked to act as the third member of the jury.

- a) **Fleeing the Mat** - The situation in which the wrestler, accompanied or unaccompanied by another wrestler, voluntarily flees the mat to avoid wrestling. The wrestler does not have the option to enter the protection area to avoid wrestling. The wrestler must make a valid attempt to stay in the wrestling area.
- 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.
- 1 caution + 1 point awarded to the opponent (freestyle) or 2 points (Greco Roman)
 - Restart in standing position
- 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 (freestyle). Wrestling will resume in the par terre 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 hold also can occur when the defensive wrestler runs on his/her knees or crawls (swims) without attempting to remain in bounds, escape or counter-attack.
- 1 caution + 1 point awarded to the opponent (freestyle)
 - Restart in “par terre” position
- iii. **Danger Position** - If the defensive wrestler flees the mat in a position of danger (such as a bridge, half bridge or on an elbow), a caution is awarded and the opponent will receive two technical points. Wrestling will resume in the par terre position. The referee must be sure that the defensive wrestler is fleeing the mat and not just being pushed out by the offensive wrestler.
- 1 caution + 2 points awarded to the opponent - Restart in “par terre” position
- 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’. A referee will encourage and stimulate activity at appropriate times throughout the bout by gestures and words such as "contact red", "action red", “attack blue”, or "open red". A wrestler who continues to refuse contact will be penalized with a caution and the opponent shall receive one point (freestyle) . 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, and by circling or backing away or continued use of actions solely for the purpose of preventing an opponent from developing actions of total wrestling).

Examples include but are not limited to the following:

The apparently offensive wrestler in the standing position may be:

- gripping a leg without trying to improve the position
- prolonging the two hands on one wrist/forearm hold
- pushing, with straight arms, the opponent off the mat
- systematically forcing the opponent into the zone
- repeatedly attempting/feigning a throw but appearing to slip off and fall to the hands and knees; the referee must distinguish between a true slipped throw and passive behaviour.

The defensive wrestler in standing wrestling may be:

- backing into the zone
- avoiding contact by circling even though the wrestler does not back into the zone
- blocking opponent with head down, blocking on the opponent's torso/head with a hand/arm
- closed stance with palms facing opponent to prevent attack, i.e. neutralization of all attacks with no counter attacks
- prolonging the two hands on one wrist/forearm hold
- feigning injury, slow return to centre of mat after a break in the action
- holding the opponent's wrist or wrists without making an effort to attack
- interlacing fingers

- ii. **Par Terre Position** - Persistent clamming up (forcing one's arms close to the body) or holding onto the opponent's arm or leg in order to prevent the opponent from executing or initiating a hold will also be considered fleeing the hold. In the above situations the official will verbally warn the athlete at fault (the coach may also be informed). Athletes who continued to passivity will be assessed progressive penalties.

- 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, award a caution as penalty plus 1 point (freestyle) awarded to the opponent.

- ii. **Defensive wrestler** - If there is no danger of injury, wrestling will continue until the scoring action is completed. If the scoring action is not prevented, the attacking wrestler will receive technical points + 1 point (freestyle) and the wrestler at fault will receive a caution. 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 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 may 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 (freestyle). If the offending wrestler is the defensive wrestler, wrestling resumes in the par terre start. If the offending wrestler is the offensive wrestler, wrestling resumes standing.

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 bout 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.

Note: See BCSSWA policy - the wrestler will not be able to compete in BCSSWA sanctioned events until the Discipline Committee has reviewed the matter. Due to the dynamics of wrestling, potentially dangerous actions occur, that are not illegal.

b) **Illegal Holds/Actions - General Definition**

- i. It is prohibited to pull the hair, ears, genitals, to pinch the skin, to bite, to twist fingers and toes, or to execute any action, gesture or hold with the intention of torturing the opponent or application of a submission hold.
- ii. It is also prohibited to fight, punch, kick, butt with the head, strangle, and apply holds that might endanger the opponent's life or cause a fracture or dislocation of joints, to tread on the feet of the opponent or to touch the face between the eyebrows and the line of the mouth.
- iii. It is strictly prohibited:
 - * to thrust the elbow or knee into the opponent's stomach or back
 - * to effectuate any twists likely to cause suffering
 - * to grasp the opponent by the uniform
 - * to seize the toe of the opponent's foot (only seizing the upper part of the foot, sole or the heel is permitted)
 - * to kick, except in the performance of a foot sweep
 - * for the wrestlers to talk to each other, to the opponent's coach, or the audience during the bout
 - for a wrestler to display unsportsmanlike conduct toward the opposing coach, athlete, the audience or the officiating team
- iv. The following holds are illegal and prohibited:
 - twisting of arms more than 90 degrees
 - arm-bar applied to the forearm (i.e. chicken wing below the elbow)
 - bringing the arm of the opponent behind the opponent's back and at the same time applying a pressure to it in a position where the forearm and the upper arm form an angle of less than 90 degrees; pressure should be directed across the opponent's back, not toward the head
 - executing a hold that puts undue stress on the opponent's spinal column
 - head and neck holds in any manner, which do not include the opponent's arm or leg
 - peeling the opponent's fingers

c) **Illegal and Potentially Dangerous Holds - Specific Definitions**

i. Figure Four - A figure four or scissors lock 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. Full Nelson (AKA Double Nelson) - All full nelsons are illegal. if executed with the use of the legs on any part of the opponent's body or if the head is not directed to the side. The full nelson is strictly forbidden in bantam, cadet and women's , all high school divisions. Where the hold is applied illegally, the official shall call to the wrestler to release, but may immediately stop the bout where there is any potential for injury.

iv. Three Quarter Nelson - The three-quarter nelson is illegal (both hands on the opponent's head), with or without an arm.

v. Bridge Position - It is forbidden to lift the opponent who is in a bridge position and then throw the opponent to the mat. The bridge must be forced down without pushing in the direction of the opponent's head, which would hyper-extend the neck.

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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/hip 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. Cadet and Bantam Rules - In BCSSWA, the suplay, salto, and full nelson from the front and the side, and west point ride are illegal in this age group. Side throws are allowed. **Back Bending Throws - In BCSSWA, Back Bending throws are not allowed (Supplays, saltos)**
NO BACK SUPPLAYS ;Definition; back bending throw cannot be initiated whilst the offensive wrestler has their chest on the opponent's back.
NO FRONT SALTOS : Definition ; Back bending throw from the front cannot be initiated whilst the offensive wrestler has their opponent' arms trapped in the double – whizzer position. (double overhook) NOTE Side Supplays and front supplays are still permitted .Side throws are allowed.

x. Women's Rules - As well as the illegal rules established for men's wrestling, all full nelsons are prohibited in women's wrestling.

xi. Reverse Leg Ride (AKA East German 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.

xi. **NO Double Leg Slams** - Definition: Finish to double leg takedown when the offensive wrestler has their opponent hoisted on a shoulder. 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.

xii) **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.

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, the defending wrestler receives a caution plus 1 additional point (freestyle) , and the bout resumes in the standing position. (See point v. below)

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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 2 points and the defensive wrestler is cautioned. Wrestling is restarted in the position (standing or par terre) when the illegal action occurred.

vi. If a wrestler is injured by an opponent's illegal hold and is unable to continue, the injured wrestler will be declared the winner by disqualification. The wrestler at fault can be disqualified from the entire tournament (without placing), subject to the unanimous agreement of the officiating team on that mat, plus the consent of the head official, if there was an obvious intent to injure.

vii. Any wrestler who has committed a serious act of brutality will be disqualified from the competition and will not be placed, subject to the unanimous vote of the officiating team on that mat and the head official. Note: The referee on the mat has absolute discretion to stop a move that in the referee's opinion threatens the health of the wrestlers. Coaches that criticize the referee for stopping an illegal hold will be given a yellow or red card.

Note: Incident reports shall be filed by the head official for any tournament that an individual (coach, wrestler, official) was thrown out. Reports should be filed with the appropriate governing body (i.e., BCSSWA for Provincial Championships) and include information regarding the incident and the decision to eliminate the individual from the competition. The athlete to will not be allowed to compete in BCSSWA sanctioned events until the Discipline committee reviews the matter.

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 chairperson for the following actions:

ONE POINT

- a) **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.
- b) **Illegal Hold** - A wrestler who is prevented from completing a scoring action, because the opponent applies an illegal hold, shall receive two points and the opponent shall receive a caution. If an illegality by the defensive wrestler does not prevent the attacking wrestler from a scoring action, the technical points shall be awarded plus 1 extra point plus a caution against the offender.
- c) **Fleeing a Hold** - Fleeing a hold occurs when the defending wrestler openly refuses contact or continuously pushes away from his/her opponent in order to prevent the opponent from executing or initiating a hold. 1 point is awarded to the attacking wrestler and a caution is called against the fleeing wrestler.
- d) **Fleeing the Mat** - A wrestler's opponent purposely goes off the mat to avoid wrestling; a caution is also awarded against the offender and the opponent is awarded 1 point.
- e) **Slipped Throw** – When a slipped throw into the protection area occurs, the opponent of the wrestler who touches out of bounds first receives one point.
- f) **Ordering of Contact** - The advantaged wrestler that regularly fails to properly take the correct ordered position will receive a caution and their opponent 1 point .
- g) **Step out of Bounds** - Any time a wrestler steps out of bounds (entire foot), during normal course of action, his/her opponent will receive 1 point. The exception to this occurs when, in the process of completing a scoring action 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.

In case the attacking wrestler steps in the protection area in the process an attack action, the following option(s) may occur:

- i. *If the wrestler can complete the scoring action, the action will be deemed valid and the attacking wrestler will receive the appropriate points earned for the action.*
 - ii. *If the attacking wrestler cannot complete the scoring action, then clause (g) above will be valid.*
 - iii. *If the attacking wrestler lifts the opponent (with full control) and steps one foot into the protection area, the action will be allowed to be completed and the attacking wrestler will receive the appropriate points earned for the action. This action may be completed back into the wrestling area or into the protection area.*
 - iv. *If the attacking wrestler lifts the opponent (with full control) and steps one foot into the protection area but cannot complete the scoring action, the referee will interrupt the bout and restart the bout in the standing position in the center of the mat. The attacking wrestler will not be penalized and the opponent will not receive 1 point.*
 - v. *If the attacking wrestler lifts the opponent (with full control) and steps two feet into the protection area, the referee will interrupt the bout and restart the bout in the standing position in the center of the mat. The attacking wrestler will not be penalized and the opponent will not receive 1 point.*
- i) **Challenge** - To the wrestler whose opponent requested a challenge if initial decision is confirmed.
 - j) **Passivity** – When a wrestler is identified as “passive” and does not score within the 30-second activity period, the opponent will be awarded one point, unless scoring is initiated during the 30 seconds by either wrestler and subsequently completed within a reasonable time period.

TWO POINTS

- a) **Takedown** - A wrestler takes the opponent to the mat, moves behind the line of the armpits and restrains the opponent at least momentarily with three points of contact on the mat, one of which must be a knee or the head. Both of the attacker's legs must be free.
- A wrestler takes the opponent to the mat, moves to the side, and demonstrates dominant control through the use of a cradle hold.
- b) **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. **NOTE:** The offensive wrestler has taken a risk and should be rewarded if the opponent "flies" through the air (even at low amplitude). Note : The referee must wait to see if the attacker goes behind for the takedown = 2 pts (i.e. Only the maximum points are scored; 1 or 2 points - not both).
- c) **Danger Position** - A wrestler shall be considered in the "danger position" when the line of the back (or the line of the shoulder blades) forms an angle of less than 90 degrees with the mat, and when the wrestler is resisting with the upper body to avoid a 'fall'. Examples of the danger position include:
- the defending wrestler assumes the bridge position to avoid being pinned
 - the defending wrestler, with their back toward the mat, supports themselves on one or both elbows or hand(s) to avoid having their shoulders forced onto the mat
 - the defending wrestler has one shoulder in contact with the mat and at the same time exceeds the 90 degree vertical line with the other shoulder (acute angle)
 - the defending 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/neutral position (chest down position with the shoulders and hips parallel to and on or nearly on the mat) before points can be awarded for a second time.
- d) **Against the Offensive Wrestler** - The offensive wrestler, while executing a hold from the standing position, touches the mat simultaneously with both shoulders (instantaneous fall position) or is blocked on both shoulders as a result of a counter attack by the defensive wrestler.
- However, in order to encourage the attacking wrestler, if the last point causing an even score is obtained by a hold which gives points to each of the opponents – the points for the attacking wrestler are given second. This ensures that, if the score is tied in all aspects, the attacking wrestler has scored last.
- d) **Takedown to Danger Position With Pause** - A wrestler executes a legal takedown and, after a momentary pause, forces him/her into the danger position, this may be scored as a takedown followed by an exposure.
- e) **Fleeing the Mat in the Danger Position** - Fleeing the mat in the danger position results in a caution and 2 pts for the opponent.
- f) **Illegal Hold** - A wrestler, who is prevented from completing a scoring action, because the opponent applies an illegal hold, shall receive two points and the opponent shall receive a caution. If an illegality by the defensive wrestler does not prevent the attacking wrestler from a scoring action, the technical points shall be scored plus 1 point plus a caution against the offender
- g) **Grand Amplitude Throw Without Danger Position** – In Freestyle wrestling, 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.

Specific Two – Point Holds

* Gut Wrench and Gaborie consecutive techniques are permitted. A body lock from the defensive position is not considered a gut wrench. (eg re – roll on a head & arm throw)

* Cross-Ankles Tilts Every time there is a new par terre wrestling, the attacking wrestler may score with ONE 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 or score at least 1 point with the use of a different hold. NOTE: The offensive wrestler will be stopped if they attempt to continue the cross-ankle tilt after the first successful completion. Wrestling will re start standing. Any technique, which causes direct torque on the legs of the defender, shall be considered a cross-ankle tilt.

FOUR POINTS

- a) **Takedown Directly to a Danger Position** - A wrestler executes a hold or throw in the standing position, which places the opponent directly in a position of danger.
- b) **Low Amplitude Throw to a Danger Position** - The attacking wrestler executes a low amplitude throw, which places the opponent directly in a position of danger. This throw can originate in the standing or par terre positions. Four points are scored in par terre even if the offensive wrestler is on one or two knees, and the defensive wrestler's hands are touching the mat (e.g. Olympic lift).
- c) **Grand Amplitude Throw to a Danger Position in Freestyle** - 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. shoulder throw, etc.).

SLIPPED THROW

- a) If, in attempting a throw, a wrestler's grip slips and the wrestler lands in the par terre position with the opponent making no action to cause this situation, the opponent does not receive points as the execution of the slipped throw implies risk. In this situation, the referee will indicate a slipped throw and look for confirmation. If confirmation is received the referee will interrupt the bout and restart in the standing position.
- b) If the defensive wrestler prevents the opponent from landing in the par terre position by catching the opponent, wrestling will continue and a two-point takedown will be awarded if the previously defensive wrestler overcomes the opponent and brings the opponent to the mat.
- c) If the offensive wrestler takes risks, and the defensive wrestler bails out by faking/feigning a slipped throw, a two-point takedown will be awarded.
- d) A slipped throw (gut wrench or front head and arm roll) may occur if the offensive wrestler slips while performing the action, gives up the lock and goes directly 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, point(s) will be awarded for the counter attack.
- e) If a slipped throw from the standing position 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 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.
- b) Seeding will occur for boys and girls at the BCSSWA Championships.
- c) When possible, the pairing master will attempt to prevent territorial and school 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.
- b) On the WCL 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. In a FILA pool, the top two wrestlers will be seeded.

- i. **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.**
- ii. **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.**
- iii. **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:**
 - 1) **Head to head competition between wrestlers**
 - 2) **Previous years BCSSWA Championship results**
 - 3) **A vote of the Zone Reps if a consensus is not reached .**
 - 4) **The seeding results will be presented to the membership at the BCSSWA AGM prior to the start of the championship competition.**
 - 5) **The draw will have Seeds #1 & #4 on side A and Seeds #2 & #3 on side B .**
 - 6) **Seeding meeting results are final. Appeals to BCSSWA Executive Committee may be considered if the above established criteria are not followed.**

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 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.
- c) 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.
- d) 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 Bouts

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 bouts should be wrestled and scored as if they had not previously met. The third and fifth place bouts should be conducted before the first place championship bout. 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.

That if an athlete is disqualified from the BCSSWA Championships for brutality and/or flagrant unacceptable behavior (biting, punching etc.) they will be suspended from all BCVSSWA sanctioned events until such time as the Discipline Committee reviews the matter.

- b) Athletes that fail to present themselves for a bout, or for weigh-in, are disqualified from the entire competition and do not place.

Article 32: Classification

- a) For the final bouts, 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 bout 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) Following the round robin competition, placement is determined by the following criteria, in order: **The BCSSWA adopts the WCL method of determining placing of athletes in round robins and breaking ties in round robin competitions.**
 - i. **Number of victories** - The number of victories will first be used to determine separate placements. If there is a tie (2 wrestlers) in victories between the two wrestlers, the result of the head-to-head bout will determine the placement.
 - ii. **Number of classification points** - If after applying the number of victories criteria, there is a multiple tie in number of victories among 3 or more remaining wrestlers, classification points will be used to break the tie to determine placement. Where classification points are different, wrestlers will be placed accordingly. For example, if classification points are distinct for all wrestlers, the classification points shall determine all placements. If there is a tie in classification points between two wrestlers, the result of the head to head bout between the two shall determine their respective placement.

The following classification point scoring system is applied to determine the placing within each group. Wrestlers are awarded classification points based upon the result of the bout. The classification points do not affect the progress of the competition.

Result of the Bout	Winner's Points	Loser's Points
Fall	5	0
Technical Superiority: (bout won – loser scores no points) (10-point difference Freestyle)	4	0
Technical Superiority: (loser scores point/s) (10-point difference Freestyle)	4	1
Decision: loser scored points	3	1
Decision: loser scores no points	3	0
Injury	5	0
Forefit (loser is eliminated and does not place)	5	0
Disqualification/misconduct or rules violation (loser can be eliminated and not placed)	5	0-
Three cautions (loser records three cautions)	5	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 victory tie (**3 or more wrestlers**) in a Round Robin, here is an example how to use classification points:
 Example: If there is a 3 way tie in victories and the classification points are as follows: 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 or more way tie in Classification points, you will then move to the next criteria:

- i. the most victories
- ii. the head-to-head for a tie in victories (**2 wrestlers**)
- iii. the most classification points accumulated during the competition (multiple tie in victories – **3 or more wrestlers**)
- iv. the most bout victories by fall
- v. the most bout victories by technical superiority
- vi. the most victories by decision
- vii. the fewest 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. fastest fall time
- 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. In UWW at this point, both wrestlers are placed the same.

Article 33: Team Classification

First	16 points
Second	12 points
Third	9 points
Fourth	6 points
Fifth	3 points
Sixth	1 point

At the BCSSWA Championships, the team points awarded in each weight class shall be proportional to the number of participants in each weight class and shall be weighted in the following manner.

All the top placing wrestlers from each school in a given weight class will be awarded team classification points.

# of competitors	6+	5	4	3	2	1
1 st	16	12	9	6	3	1
2 nd	12	9	6	3	1	
3 rd	9	6	3	1		
4 th	6	3	1			
5 th	3	1				
6 th	1					

*** Any weight class involving boys or girls, that has fewer than six participants in the BCSSW Championships or Zone Qualification tournaments, will not have team points calculated from the top of the team point scale. Instead team points would be counted from the bottom of the scale if there are fewer than six participants. AS per above chart.**

In the event of a tie between two teams, the placing will be determined by using the following tie- breaking criteria in order. Each step shall be applied until the tie no longer exists.

If a tie

- * the team with the most 1st place finishes the team
- * the team with the most 2nd place finishes
- * the team with the most 3rd place finishes
- * the team with the most 4th place finishes
- * the team with the most 5th place finishes
- * the team with the most 6th place finishes

If a tie still exists, it shall be recorded as such.

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

PART SEVEN - WRITTEN PROTESTS

Article 34: Protest Policy at BCSSWA Championships

The "Challenge" process is provided when the mat side video control is established.

THE CHALLENGE

- a) The "Challenge" is the action through which the coach is allowed, on behalf of the wrestler, to request the refereeing body to watch the video evidence in case of a disagreement with the call.
- b) The use of the Challenge 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 all BCSSWA Championships matches.** Events that do not provide for mat side video will follow the established protest procedure.
- c) The coach must request the challenge by throwing the designated object, on to the mat within 5 seconds after the refereeing body has awarded the points to the contested situation and the score has been posted on the scoreboard. The official will confirm with the wrestler that the Challenge is requested. If the wrestler disagrees with the coach's decision to "Challenge", then the referee returns the challenge object to the coach and the bout continues. The mat chairperson does not initiate the video review.

Specific Points:

- The mat chairperson will demand to stop the bout to review the challenge as soon as the situation on the mat becomes neutral.
 - Each wrestler is entitled to one (1) challenge per bout. If after reviewing the challenge the refereeing body modifies its decision in favor of the wrestler making the challenge, then the challenge can be used again during the bout.
 - If the refereeing body or jury of appeal confirms the decision, the wrestler loses the challenge, then No further challenges will be allowed by that challenging wrestler for the remainder of the bout. Where the review results in further advantage to the non-challenging wrestler no additional (challenge) point is awarded and the challenger retains the right to use the challenge.
 - 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, but must be initiated by the coach immediately after the illegal action has occurred, and before the fall is confirmed.
 - The challenge is suppressed (not allowed to be initiated), after a fall, after the round has ended and after too much time has passed between the action taking place and the challenge being initiated (5 seconds after the score has been shown on the score board) and judgment calls.
 - The coach requesting the challenge must do so from their seat, without stepping on the mat or approaching the judge's or the mat chairperson's table.
 - Once the mat chairperson seeks the opinion of the jury of appeal, the jury of appeal and the mat chairperson will review the action at full speed and make a decision as to the validity and scoring of the action in question. If needed, the jury of appeal may review the action a second time in slow motion. 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.
 - It will not be possible to request a "counter challenge" once a final decision has been made by the refereeing body or jury of appeal.
 - The challenge is taken into consideration immediately after the coach has thrown the challenge object onto the mat and it may not be possible for the coach to withdraw it. Note: The mat chairperson may take into account that the coach challenged prior to the final score be displayed on the scoreboard.
 - When there is a challenge procedure, with no mat side video at competition in effect, the ONE point penalty would NOT be assessed during the bout.
- d) In freestyle wrestling, when there is less than 30 seconds remaining in the second period, if all three members of the officiating team agree a wrestler is evading and/or blocking his/her opponent, then the offending wrestler will receive a caution and the opponent is awarded a point (i.e fleeing the hold). If this call determines the outcome of the bout, this situation can be challenged to the "jury of appeal"

e) The jury will review the challenge at the time of the call by the officiating team.

f) The jury may ask the mat chairperson for an opinion on what was done by the officiating team preceding the call, to encourage activity.

JURY OF APPEAL

a) The jury of appeal is a group of referee experts whose function is to make sure that the wrestling rules are strictly and fairly applied during all events.

b) The jury of appeal is made up of the Head Official or the Head Clinician . The mat chairperson and the jury member will review the challenge video.

c) A designate may represent the Head Official and/or the Tier I Clinician at provincial or local competitions where video is established.

Functions:

- The jury of appeal is responsible for controlling that all rules which govern a wrestling bout, have been applied by the refereeing body before the winner of the bout can be declared by the mat chairperson.
- If the jury of appeal notices that a serious administrative, timing or scoring mistake has been made, the Head official/Tier I Clinician may bring it to the mat chairperson's attention and ask for its review.
- If the jury of appeal notices that the mat chairperson did not stop the bout further to a challenge request, the jury of appeal coordinator must ask him/her to do so immediately after the action is completed.
- If the challenge is successful, the referee is to restart the bout from the time when the action in question took place (reset the time).
- Once a challenge has been launched by a coach, the mat chairperson and the jury should make note of the time remaining in the round.

d) Challenges and protests should be restricted to technical calls, not judgment calls. The decision of the Jury involving the re-scoring of bout is final and cannot be re-protested.

e) The following are considered judgment calls on the part of the officiating team and cannot be successfully challenged or protested:

- Fleeing the mat (e.g. was the wrestler pushed or did they flee?)
- Fleeing the hold (except in the last 30 sec. of the second period in freestyle)
- The Fall
- Correct throw (e.g. was it high enough/cover enough distance)
- Brutality
- Referees whistle (e.g. should the referee have blown the whistle?)
- Missed throw (e.g. was it a "bail out" or a legitimate attempt?)
- Danger position call where the angle of exposure is questioned (was it 80 or 90 degrees?)
- Passivity

f) Challenges or Protests based on technical errors are allowable. Some examples include:

- Technical errors
- Scoring or not scoring relative to the clock
- Scoring or not scoring relative to the referee's whistle
- Referee and judge's score not recorded on score sheet
- Duration of the bout
- Action started in par terre or standing (i.e. 2 vs. 4 points)
- Out of bounds (e.g. Did the offensive wrestler's foot touch out of bounds before points were scored?)
 - Initiation (Counter/Counter Attack)
- Points awarded to the wrong wrestler

Note: The video must show conclusively that the score of the bout was technically incorrect and the entire bout 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.

PROTEST PROCEDURE (USED WHEN MAT SIDE VIDEO REVIEW "CHALLENGE" IS NOT AVAILABLE)

- a) Within 15 minutes of the completion of the bout the school team leader or coach must notify the 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 with a fee of **\$50.00 CASH (Video Submitted) Any video used must show the protested action and the entire match conclusively . Clear digital images in an acceptable size must be provided, video replay cords / accessories to be supplied by the protesting team. \$20.00 cash (No Video Submitted) .** At the BCSSWA Championships this protest should be filed with the Head Official. Other tournaments the protest should be filed with the Head Official or Tournament Director.
- b) Usually, the Protest Committee shall consist of the head official, a BCSSWA designated individual (i.e. BCSSWA Executive Committee member) and a neutral coach, however, this may differ for local tournaments. No member should have any conflict of interest in reviewing the protested bout.

PROTEST COMMITTEE

- a) Shall determine if the protest is acceptable (i.e. a technical call and not a judgement call).
- b) Shall discuss and inform the coaches that the bout is under protest and that both athletes are to remain in the competition area.
- c) Shall have the announcer note that a bout at that weight class is under protest.
- d) Shall notify the head PM.
- e) * The protest is form is read to all parties
- f) * The Protestors version received
- g) * The Opponent's version received
- h) * The coaches leave the protest hearing
- i) * Officials comment on the match (Referee , Judge , Mat chairperson)
- j) * Officials leave the protest hearing
- k) If necessary, the head official may consult the three officials who refereed the bout.
- l) If necessary, review the videotape of the bout. The videotape must contain the entire bout to be admissible.
- m) Attempt to resolve the protest within 30 minutes of its receipt, and it must be resolved prior to the continuance of other bouts that may be affected by the decision.
- n) Have the announcer note the decision of the protest. Head official inform the coaches of the protest committee decision.

*** Stages very important to the process when there is No Video submitted.**

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 or called scored inappropriately, then they shall review and re-score the entire bout. The decision of the protest committee involving the re-scoring of the bout is final & cannot be re-protested, it will be considered final and irrevocable.

Where the result of the re-scored period or bout results in the losing wrestler winning, the protest committee must make a decision regarding procedure between the two following options;

i. Bout Ending Situations

In a protest, if a move ends a bout based on technical superiority criteria and is found to not be the correct call, the wrestlers will re-wrestle the remaining match beginning at the same point in time, and with the same score as when the bout was stopped.

If the protest results in the losing wrestler winning the bout, and the protested scoring action would have ended the bout (e.g. superiority reached), the decision is reversed, and the losing wrestler is declared the winner (no wrestling in a two minute protest period).

Examples of bout ending situations:

- In the bout there should have been a Technical superiority.
- A pin that was confirmed by the mat chairperson and should have been declared.
- The third caution had been confirmed but not awarded.
- Wrestling a three (Juvenile, Junior, Senior) minute protest period.
If the protest results in the losing wrestler winning the bout (including tie criteria Article 17b & 17f) but the scoring action would have not ended the bout, then it is re-wrestled in a single three-minute protest period. The three-minute protest period in a protested bout 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 protest period
- Where the result of the re-scored bout does not result in the losing wrestler earning more points than their opponent or results in a tie score through Article 17b & 17f criteria, 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.

ii. **Special Circumstance**

- 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 until the referee stops the bout or until a clearly neutral standing position has been established. The re-scoring of the bout must still result in a change in the winner or a tie for the protest to be successful.
- A fall results from an illegal action that is missed by the officials and then protested. If the review of the bout is successful, then you go directly to a two-minute protest period (i.e., Bottom Par Terre Wrestler reaches up with two hands on the head illegal t headlock pulls the top wrestlers under which results in to a fall.)
- If there is a fall in the second period, the first period cannot be protested, with the exception of bout ending situations.

PROTEST FEE \$50.00 (with Video) \$20.00 (No Video)

- a) When a protest is successful and results in a bout 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 bout.
- c) Where the protest is declared unsuccessful, the BCSSWA governing authority for that event shall retain the protest fee and its use shall be determined by the appropriate policy.

ANNEX A - BCSSWA CHAMPIONSHIPS OFFICIAL PROTEST SHEET

School Team : _____ Team Leader: _____

Bout #: _____ Weight Class: _____

Competitors: _____ vs. _____

Mat Officials: _____

Approximate time of day: _____ : _____ \$50.00 CASH protest fee attached: _____

Rule Book Protest Reference: _____

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

Team Leader Signature: _____

Time of Day Submitted: _____

ANNEX B – BCSSWA INCIDENT REPORT FORM

Date: _____ Tournament / Location: _____

Individual(s) involved in the incident: _____

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

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

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

Signature: _____ Date: _____

Please note that incident reports need to be filed to the BCSSWA President no later than 14 days after the date of that incident took place. Reports should indicate if there is Grievance requested. Reports should be directed to the address below:

BCSSWA President
 Mike Roselli
 Vancouver College
 5400 Cartier Street
 Vancouver, BC
 V6M 3A5
mroselli@mail.vc.bc.ca

ANNEX C – INSTANT VIDEO REPLAY PROCEDURE

Instant video replay is mandatory for BCSSWA Championship Matches

Instant video replay can be used for other events at the discretion of the tournament convener.

The equipment and personnel required per mat is the following:

- a) 8MM, Super 8 or digital video camcorder with slow motion VCR play back capabilities, mounted on a tripod (updated/current – and all cameras are the same make and model). Additionally, computer tablets may be considered provided they meet all the requirements of slow motion playback.
- b) Color TV with cabling hook-up to the video camera.
- c) Extra tapes – should be switched with 75% of the tape completed (i.e., 1.5 hours on a 2 hour tape).
- d) One responsible volunteer to film the bouts during each session. This individual must be briefed on the camera's capabilities and the importance of filming the complete bout with injury time, all scoring actions including actions out of bounds and the electronic score board/clock. This individual must have demonstrated the use of the equipment in a video replay situation.
- e) The camcorder must be positioned to allow for a complete view of the mat and the electronic score board/clock. The camera person should always pan back to the score board/clock to film the time and resulting score of any action that goes out of view of the score board /clock (i.e. out of bounds).

The CAWO assigned head clinician or head official, the Tier I Clinician (s) that are placed in charge of each mat per session or the mat chairperson for that particular bout can request the use of the mat side video replay.

The mat chairperson and the Tier I Clinician will review the situation in question. Normally, the judge and referee are not involved in the review. However, in exceptional circumstances the mat chairperson and Tier I Clinician may request their opinion. The officials shall review and discuss the situation with the Tier I Clinician making the final determination of the situation and the resulting action.

The mat chairperson shall indicate the points and the referee and judge shall confirm the scoring points for everyone to see. The result is recorded on the bout sheet and score clock before continuing with the bout.

ANNEX D – RULES MODIFICATIONS & GENERAL GUIDELINES FOR YOUTH WRESTLING IN CANADA

INTRODUCTION

The WCL is attempting to develop a positive system for youth wrestling in Canada. The concept is that each province will attempt to use these guidelines to their best benefit. Each province has provided input into these guidelines.

GOALS OF YOUTH WRESTLING

- Fun
- Good Sportsmanship (coaches, parents included)
- Basic skill development
- Introduction of the sport in a safe and controlled manner
- Participation

AGE DIVISIONS

The WCL 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 (turning 9/10 years of age during the calendar year of the event)
- Kids (turning 11/12 years of age during the calendar year of the event)
- Bantam (turning 13/14 years of age during the calendar year of the event)

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 inter-provincial/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

The exact system of pooling (i.e. round robin, bracket draw, etc.) should be determined based upon the level of competition. Novice and Kids Youth wrestling should use a round robin pool format with three, four, or possibly five wrestlers in an age/weight class. This assures wrestlers of a maximum number of bouts per tournament. Bantam age groups may use this same round robin format or could possibly move to a bracket draw of no more than eight athletes. Athletes should only compete in their own age group and should not compete in more than one age group at the same tournament.

Due to different maturation rates, boys should only wrestle boys and girls should only wrestle girls.

The weight spread should be done on a graduated split:

i.e. Under 40 Kg 2 Kg Split
Between 40 - 70 Kg 3 Kg Split
Over 70 Kg 4 Kg Split

i.e. Wrestler A 54 Kg Wrestler D 38 kg
Wrestler B 51 Kg Wrestler E 36 Kg
Wrestler C 57 Kg Wrestler F 70 Kg

Group;	Wrestler D & Wrestler E	OR	Group ; Wrestler D & Wrestler e
Group :	Wrestler A & Wrestler C		Group Wrestler A & Wrestler B
Group:	Wrestler B		Group; Wrestler C
Group	Wrestler F		Group; Wrestler F

MAT ATTIRE

Organizers of local events are free to set their own policies regarding appropriate mat attire. The minimum expectations for mat attire are ABOVE KNEE SHORTS with no belt loops, zippers or pockets and a snugly fitting T-shirt. Male athletes will be requested to remove their t-shirts but consideration will be given to athletes with “diminished body image”. However, for Provincial, multi-province and/or Canadian Championships, singlets are mandatory for both male and female wrestlers. A female wrestler cannot wear a male singlet with a t-shirt wrestling shoes/running shoes (no metal anywhere) must be taped.

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). 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 resume in the standing position. Such a decision is to be considered a discretionary call and therefore cannot be protested and should not be questioned by the coach.

RULE MODIFICATIONS – NOVICE, KIDS & BANTAMS

Rules of the CURRENT WCL Rulebook will be used at Age Group events with the following exceptions:

****No amplitude (5 point) throws are permitted in Age Group Wrestling.**

ILLEGAL MOVES FOR ALL AGE GROUP WRESTLERS

- Illegal/dangerous holds as per current WCL rule book (Article 24/25) – Sections a, b, c and d
- All back bending throws (including side suplay and salto) and in turn the locking of the hands on a double under hook (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. German Leg Ride)
- No locking or placing of both hands on the opponent’s neck
- West point ride
- Slam

NOVICE

- Bout times: 2 x 2 minute periods with 30 second rest between periods
- No shot clock
- No head and arm throw
- No gabori head and arm roll / gator roll (etc.) or similar rolling head and arm technique
- The “Auto-Touche” will NOT apply. We will continue to reward the initiator.
- No consecutive repetitions of any legal tilt. The defensive wrestler must return to a fully defendable position and offensive wrestler must modify his / her grip before a technique is repeated
- 10 point decision by evident technical superiority
- A fall will be one full second
- No full nelson or 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. German Leg Ride) is not permitted
- No locking or placing of both hands on the opponent’s neck
- No west point
- When a wrestler is in any potential pinning situation, the offensive wrestler must complete the pin within 15 seconds or the action will be halted and wrestling will resume from the standing position. The referee will draw attention to the action by visibly counting to 15 using a sweeping motion of his / her hand.
- No amplitude (5 point) throws are permitted in any level of Age Group wrestling

- Any wrestler, when in any pinning situation, who calls out will be taken as a making a forfeit and the referee's decision to end the match will be final. Similarly, if the coach yells for his/her athlete to be let off their back it will also be taken as forfeit and the referee's decision to end the match will also be final.
- Illegal or dangerous holds as per "Article 24 Prohibitions, Illegal and Potentially Dangerous Holds Sections a, b, c and d" are illegal in Age Group wrestling.
- Additionally, locking of the hands in a double underhook (either from the front or side), back bending throws either to the back or to the side, a reverse leg ride, any hold on the legs where the offensive wrestler's leg or arm is in the crux of the opponent's while attempting to fold the knee creating a fulcrum (a high potential for injury of the opponent's knee) are illegal for Novice, Kids and Bantams.
- For Novice and Kids aged wrestlers, the head and arm throw is not allowed.

As an example, during wrestling, as soon as an attempt at a head and arm throw is apparent as evidenced by a hip tossing action or a rotation of the hips, the referee will stop the action and warn the offending wrestler.

A repetition of this rule violation will bring about a caution to the offending wrestler and one point awarded to the opponent.

Action will resume from the standing position.

This includes the situation wherein the action starts from standing and goes to the knees and continues in a throwing action in an attempt to circumvent the intent of the rule.

The head and arm is permitted for all wrestlers if the action is from a "scramble" situation wherein both athletes have both knees on the mat. This technique is considered a tilt.

- In the off case that, at the end of the **second** round and if the score is still tied 0-0, the referee will immediately call the wrestlers to the center and toss a colored disc. (Red & Blue)
- Wrestling will resume in the **STANDING POSITION**. The wrestler who wins the toss must score within **30** seconds or the opponent will be awarded ONE point and the match.

KIDS

- Same as novice minus the 15-second pin rule
- Two repetitions of any technique other than the gabori will be permitted. If a third repetition is commenced, the referee will stop the action and wrestling will resume in the standing position

BANTAM

- Bout times: 2 x 2 minute periods with 30 second rest between periods.
- **Same as Kids BUT,**
 - A head and arm throw and a side salto are both permitted at this level under close scrutiny by the on-mat official
 - Unlimited repetitions of any legal technique **except** the gabori

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. Examples might include ribbons, crests, pennants, certificates.

Medals for top three placing are optional. Team titles may be used, but should not be emphasized.