

BC Wrestling Policy on Youth Wrestling

Rule Number One for Youth Wrestling: Youth Wrestling is to be FUN!

In an effort to ensure that rule number one is enforced, and to help manage the sport in as safe a manner as possible, the BC Youth Coaches have recommended a series of modifications to the standard C.A.W.A. rules of Wrestling for wrestling at the Novice (under 10 years), Kids (11, 12 years old), and School boy/girl (13, 14 years old) levels. Many of these have already been incorporated into the C.A.W.A. rule book.

Novice Age Group: Points to note:

1. Safety is the primary consideration. The official is always to err on the side of safety of the athlete(s). Any situation which the official feels is potentially dangerous is to be stopped, even if not explicitly illegal, and wrestling will resume in the standing position.
2. If a wrestler is in a pinning situation, the offensive man must complete the pin within 15 seconds or the action will be halted and resumed in the standing position.
3. There is no escape point, and superiority is 10 points.
4. The match consists of at most two (2), two minute rounds with a 30 second break.
5. In tilting situations, all tilting moves in succession to score twice. The offensive wrestler must then score using a different hold, or there must be a significant break in the action. Note: the five second tilt point counts as neither a second scoring nor as a score using a different hold.
6. For a fall to be called, both shoulders must touch the mat for one full second (i.e. not instant as per the C.A.W.A. Open rules).

Illegal Moves, holds, etc. that are not permitted.....

- the locking of hands on a double underhook (in any variation, standing or par terre).
- West Point Ride.
- Any back bending throws, including side suplay/saltos.
- any hold on the legs where the offensive man's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (eg. the East German leg ride).
- Full and 3/4 nelson, from the front or side.
- No locking or placing of both hands on the opponent's neck.
- Head and arm lock up from the standing position. The move is acceptable for the Kid's division only from at least one knee or as a pinning hold during ground wrestling.

Kids Age Group:

1. All modifications for the Novice Division are the same for Kids, except:
2. The 15 second time limit for a pin is eliminated. As long as the match is in a pinning situation, the official will allow the match to continue to the pin.
3. The Head and Arm throw from standing is permissible, both for boys and girls.

Bantam Age Group:

1. All modifications for the Kids Division are the same for Kids, except:
2. The Head and Arm throw from standing is permissible, both for boys and girls.

Recommendations:

1. In Novice & Kids Tournaments, the draw be a maximum of 5 wrestlers (round robin format). In Bantam, maximum be 8 (double elimination bracket format).
2. Coaches should promote the use of soft (non abrasive) head gear in practice and in competition.