

# BCWA 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.

## BCWA Policy on Weight Loss

1. The BC Wrestling Association opposes excessive weight loss. Excessive weight loss places athletes at risk both physically and from the standpoint of enjoyment of participation.
  2. For the purposes of weight loss, the coach is deemed to be responsible for the weight loss practices of his/her athletes. The phrase "I didn't know" is not acceptable - it is the coach's responsibility to be aware and prevent excess and dangerous weight loss. Coaches are advised to monitor their athletes' weight and overall physical condition on a regular basis.
  3. Coaches are encouraged to educate athletes of the negative health and performance impacts of excessive weight loss. The B.C.W.A. will make such educational material available to all coaches at no charge upon request.
  4. Athletes following excess weight loss practices should be counseled first and if that is not successful, should be suspended from the team and referred for professional counseling.
  5. For all B.C.W.A. events, the use of extreme measures of weight loss are not advised. In addition, for athletes 18 years of age and under, these measures are in violation of Association guidelines. Extreme measures of weight loss include:
    - The use of diuretics and other medications
    - The use of saunas.
    - The use of rubber suits or other vapor impermeable clothing, as well as the use of excessive clothing.
  6. Enforcement is the responsibility of the event convenor. Violation will result in disqualification from the event.
- Acceptable forms of weight loss are:**
7. For athletes 18 and under in good physical condition, weight loss should not exceed 3% of total body weight immediately preceding the event.
  8. No athlete should be allowed to drop below a safe body fat ratio.
  9. The B.C.W.A. encourages tournament convenors to provide a weight allowance for early season competitions, and to gradually decrease this weight allowance as Championships approach.
  10. Coaches whose athletes found to be using excessive weight loss techniques, or who appear to be suffering the effects of excessive weight loss techniques will be educated on B.C.W.A. weight loss policy and will be required to educate their athletes on it as well.
  11. Coaches found to be contravening this policy will be subject to disciplinary action under the B.C.W.A.'s Coaches Code of Conduct. Failure to comply with this policy will be considered abuse under the Code of Conduct.