

WRESTLING

Additional information can be found on the Wrestling page of the SSNS website:

SSNS sanctioned competition in the sport of Wrestling shall follow the rules and regulations as defined by Wrestling Nova Scotia (www.wrestlingns.ca) with SSNS specific regulations as follows:

Wrestling	Start-up Date	October 20
	1 st Competition	November 1
	Declaration Date	November 14
	Regionals completed by	February 21
	Provincial Championships	March 6-7
	Host Region	Northumberland
Competition limit		15 days of competition
Coaching Requirement		<ul style="list-style-type: none"> - Making Headway - Safe Sport - Wrestling Technical & Tactical or equivalent

30.1 **Classification**

Senior Boys Division, Senior Girls Division, Junior Boys, Junior Girls

30.2 **Eligibility**

30.2.1 All eligible student athletes as per rule 2

30.2.2 a.) Senior – under 19 years of age as of September 1st of the current school year and in Grades 10-12

b.) Junior – under 16 years of age as of September 1 of the current school year and in Grades 6-9

30.2.3 Each school may enter one team per classification (Senior and Junior) consisting of up to fifteen (15) members with no restrictions on the number of participants in any weight class.

30.3 **Regional Representation**

30.3.1 Maximum of four (4) wrestlers per region shall advance to a maximum of eight competitors per weight classification.

30.3.2 Regional results will be used to seed wrestlers for the SSNS Championship

Note: Regional meets shall use digital scales, which will be made available at the Provincial Championship. All weigh ins will be conducted by Officials.

30.4 **Provincial Format (unless altered as per rule 5.5.2)**

30.4.1 Double Elimination Bracket Draw

30.4.2 Weight classes having fewer than six competitors, a single round robin shall be used. (Positive Point System.)

30.4.3 **Team Points:** Follow the Canadian Wrestling Championships team points rubric

30.5 **Awards**

30.5.1 Championship Banner to winning school in each classification.

SSNS Gold Medallions to members of championship team and coach.

SSNS Silver Medallions to members of runners-up team and coach.

SSNS Bronze Medallions to members of third place team and coach.

30.5.2 SSNS Gold, Silver and Bronze Medallions to the first three finishers in each weight class.

30.6 **General Rules of Play** – Wrestling Canada Lutte Rules

30.7 **SSNS Specific Rules**

30.7.1 **Match Times**

Senior matches will consist of two (2) three-minute rounds, with an intermission of 30 seconds between each round. Junior matches will consist of two (2) two-minute rounds with an intermission of 30 seconds between each round.

30.7.2 Weight Classes:

To be determined annually based on Wrestling Nova Scotia categories. Junior classes should be based on the Cadet age group and senior high classes based on the Juvenile age group. SSNS shall retain plus weight classes. Weight classes may be added/changed by Draw Master to create competitive/safer groupings.

30.7.3 Competitors in all age/weight classifications at Regional and Provincial competitions must wear a proper uniform (singlet). No singlets identifying non-school organizations are permitted.

- All competitors are required to wear wrestling boots.
- Officials will be requested to strictly enforce rules regarding length of hair, hair ornaments, etc.
- Officials will ensure any student that requires exclusions for religious purposes wear alternative attire that is safe for competition.

30.7.4 Tie Break:

If there is a team tie at the conclusion of the competition, it shall be broken in the following manner (if more than two teams tied, use the process until tie is broken):

- a) the team with the most 1st place finishes
- b) the team with the most 2nd place finishes
- c) the team with the most 3rd place finishes
- d) the team with the most 4th place finishes
- e) the team with the most 5th place finishes
- f) the team with the most 6th place finishes

* If tie still exists, it will be recorded as such

30.7.5 All wrestlers must compete in their own age and weight classifications.

30.7.6 No high amplitude moves allowed.

On any completed move, the wrestler who is on offense must contact the mat first.

Violations: First Offense – warning
Second Offense – disqualification from match

30.7.7 Senior athletes may execute consecutive gut wrenches as well as laced ankles. Junior athletes may NOT execute consecutive gut wrenches or laced ankles.

30.7.8 Schools may use call-in weights for Invitational Tournaments only.

Provincial Championship Facility Requirements

Minimum of three regulation wrestling mats

SAFETY PROTOCOLS

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Officials will determine that all equipment is safe for use.

Wrestling mats being used need to be mats manufactured and approved by the manufacturer for wrestling, and be in good repair.

Determine that mats are not damaged to the point where the mat is compromised e.g. large pieces of foam missing.

Utility or add-a-mat systems may be used for practices only. Determine that mats and joining systems are in good condition.

Mats must be attached together or aligned so separation does not occur.

Wrestlers with orthodontic devices must wear appropriate mouth protection.

Clothing/Footwear

Appropriate clothing must be worn.

Wrestling uniforms consistent with current rules must be worn.

The wearing of jewellery during practices and competitions must meet the rules of Wrestling Nova Scotia.

No bare feet.

Wrestling shoes or appropriate footwear (no sharp edges, lace tips on shoes).
Glasses not to be worn.

Facilities

Mat surface and surrounding area must be free of all obstacles (e.g., tables chairs) and must provide safe footing and traction.

Determine that all facilities are safe for use.

Mat surfaces must be checked regularly for irregularities and be cleaned prior to use.

Allow suitable clearance from the edge of wrestling area to surrounding walls.

Surrounding walls must be padded if clearance from mat surface is less than 2m (6'6").

Supervision

On-site supervision is required.

Constant visual supervision is required during initial instruction of techniques for holds and releases.