



## Wrestling League Information

### ELIGIBILITY

- the meet is open to any Metro Athletics member school student athlete who meets all the SSA Eligibility requirements
- the top five male and top five female wrestlers from each weight class at the Edmonton meet qualify for the Provincial meet on March 8-9 hosted by McNally High School

### WEIGH-INS

- there will be a **MANDATORY** weigh-in on each day of competition at Jasper Place in the West gym from 12:30-1:30 pm
- Athletes must check-in to get weighed-in and to have skin checks
- Athletes should be wearing their singlet or school uniform for weigh-in
- There will be female and male personnel onsite at each location to perform skin checks; private rooms are available upon request

### DRAW

- as per WCL rules - three mats will be used for competition; practice mat will be available; Bouts for men and women will consist of two periods of three-minute rounds with a 30-second break between rounds
- Drawmaster will be onsite and we will be using Tracking Wrestling

### GENERAL INFORMATION

- In order to compete in the 90+ female / 120+ male category, the wrestler must weigh over 90 kg for females and over 120 kg for males.
- Each weight listed represents the upper limit of the weight class
- All athletes will wear a singlet/leotard for the weigh-in. There will be no weight allowance for the singlet.
- Hair must be short or tied back with a non-metal attachment
- Wrestlers are required to wear a singlet. The singlet may be of school colours with school logo and school name on it. No club or provincial singlet is allowed
- All wrestlers have the option of wearing a mouth guard. If during competition the mouth guard comes out, it may be replaced at an appropriate time at the official's discretion
- Water bottles may be in the corner during competition
- Use of garbage bags, sauna suits or similar clothing or equipment in order to facilitate weight loss is not allowed. Ruling to be applied as per WCL rulebook
- Please refer to SSA policy handbook; page 138 #1C. Illegal moves

### AWARDS

- Gold, Silver and Bronze medals to be presented to individuals
- Boys, Girls, Team Aggregate banners and trophies to be presented: team points awarded as per SSA handbook

Those athletes that qualify for provincials will be registered by Metro but all coaches/athletes should visit the Host website for all relevant event information.