

RULES MODIFICATIONS & GENERAL GUIDELINES FOR YOUTH WRESTLING IN ONTARIO

GOALS OF YOUTH WRESTLING

- Wrestling is **FUN**
- Good Sportsmanship {coaches, parents included}
- Basic skill development
- Introduction of the sport in a safe and controlled manner
- Participation

AGE DIVISIONS

OAWA recommends that prior to the age of seven (7), 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.

Tykes:	turning 7/8 years of age during the calendar year of the event
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

Young wrestlers should be introduced to basic provincial competition at the Tyke age group. This could take place in the form of a provincial festival or club events. A small schedule of events in the province would provide the needed opportunities for participation.

Once the youth wrestler reaches the Novice, Kids and Bantam age divisions, they can be introduced to organized provincial/territorial competition and regional level Festival competition.

WEIGHT DIVISIONS

Tyke to Kids:

The exact system of pooling {i.e. round robin, bracket draw, etc.) should be determined based upon the level of competition. It is recommended that Tykes participate in a three-wrestler round robin. Novice and Kids Youth wrestling should use a round robin pool format with three to five wrestlers in an age/weight class. This assures wrestlers of a maximum number of bouts per tournament. Athletes should only compete in their own age group and should not compete in more than one age group at the same tournament.

All OAWA events must use a weight verification system: Either a full weigh-in, or a 'RED-DOT' weight verification system. Please see OAWA guidelines for how weight verification works. All wrestlers are expected to weigh-in before events.

Important Note on Weight-Loss: The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited at the youth age divisions. 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 event. Such action by Coaches is a violation of the OAWA Code of Conduct and the Coach will be subject to Disciplinary action.

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. When setting up the weight classes after weigh-ins, wrestlers will be grouped according to weight with a maximum difference between the lightest in the class and the heaviest as follows:

2025

- Up to 40 2kg Max. difference between lightest and heaviest in the weight
- 40 up to 50 3kg
- 50 up to 60 4kg
- 60 Up to 70 5 kg
- 70 up to 80 8 kg.
- over 80 10kg.

Bantams:

Effective November 1, 2024 the Ontario (u-15) Bantams will utilize the Wrestling Canada Lutte Weight Classes for U-15 Age class:

WOMEN: 33, 36, 39, 42, 46, 50, 54, 58, 62, 66, 70, 80 kg
MEN: 34, 38, 41, 44, 48, 52, 57, 62, 68, 75, 85, 100 kg

Bantams will use a bracket system. Please note that Convenors can use the Tyke – Kid system of no pre-set weights and round robin style draw if they wish.

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.

However, for Provincial events, gender appropriate singlets are mandatory for wrestlers. Wrestling shoes/running shoes {no metal anywhere) must be taped.

New Addition/Clarification: For Youth Wrestling, including Provincials, the use of ‘Rash-Guard’ style uniforms – tight fitting short sleeve shirt and shorts, is acceptable.

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 – TYKES, NOVICE, KIDS & BANTAMS

Rules of the CURRENT WCL Rulebook U-17 age group will be used at Age Group events with the following exceptions:

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

Match Format: Convenors may elect to have Tykes wrestle a ‘Takedown’ style event.

ILLEGAL MOVES FOR ALL AGE GROUP WRESTLERS

- Illegal/dangerous holds as per current WCL Rulebook for U-17
- All back-bending throws {including side Suplay and Salto) and in turn the locking of the hands on a double underhook {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

The OAWA Youth rules ban the use of the 'Gabori' technique at all levels, Tyke to Bantam. This is also known as the 'Alligator roll'. Wrestlers may take a head and arm control from the front in Par Terre, but may not attempt any sort of roll from the head and arm (the Gabori). The referee will watch for this and stop the action immediately as soon as any attempt at a roll is made.

In addition to the above, the following are in place for the age groups noted:

TYKES and NOVICE

- Bout times: 2 x 2-minute periods with 30 second rest between periods
- No shot clock
- No head and arm throw
- No 'Gabori' – front head and arm roll / gator roll {etc.) or similar rolling head and arm technique
- 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 ride
- 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 their 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 a forfeit and the referee's decision to end the match will also be final.
- Illegal or dangerous holds 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 standing 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 front head and arm tilt will be permitted. If a third repetition is commenced, the referee will stop the action and wrestling will resume in the standing position

BANTAM

- 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. As with all other Youth Rules, if the official feels there is potential danger to either wrestler, they may stop the action without penalty.
- Unlimited repetitions of any legal technique except the front head and arm tilt.

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.