

ACTIVITIES

WRESTLING

1. RULES:

For high school wrestling in Saskatchewan, Wrestling Canada Lutte Rules as published on Dec. 1 of the current season will be followed with the following SHSAA modifications.

2. DRESS:

At Regional and Provincial wrestling competitions, all participants must present themselves for competition clothed as follows:

- 2.1. All competitors must wear a wrestling singlet or a competition uniform that consists of a top and shorts that both meet the following specifications:
 - 2.1.1. The top shall be either spandex or lycra.
 - 2.1.2. The shorts shall either be form-fitting or shorts designed for wrestling with a minimum 4-inch inseam and not extend beyond the top of the knees.
 - 2.1.3. Shorts shall be worn as intended by the manufacturer, be firmly adhered to the hips with any drawstring covered, and have no pockets, zippers, buttons, exposed velcro, or metal fasteners.
- 2.2. Wrestling singlets or uniforms shall be red, blue, or school colors. Club and international singlets are not acceptable and will not be worn for high school competitions.
- 2.3. Competitors must wear supple shoes with no heels, buckles, or metal attachments. Wrestling boots are strongly recommended.
- 2.4. Long hair must be worn tied back with an elastic or ribbon, with no metal attachments.
- 2.5. Wearing any jewellery is forbidden; broaches, earrings, necklaces, rings, bracelets, or any metal or rigid object.
- 2.6. Any wrestler wearing braces on their teeth, must wear a mouth guard.

3. SKIN INSPECTION:

- 3.1. At regional and provincial wrestling events, the on-site medical personnel must examine all competitors before wrestling.
- 3.2. The on-site medical personnel will conduct all skin inspections. Any wrestler with ringworm or any contagious skin ailment will be ruled ineligible to participate in the competition.
- 3.3. The decision of the on-site medical personnel will be final with regard to the athlete's participation in the event.

4. WEIGH-INS:

- 4.1. All competitors are weighed in their wrestling attire, with bare feet.
- 4.2. A 200-gram reduction in the weight will be allowed as the weight of the wrestling uniform.

5. ILLEGAL HOLDS:

- 5.1. A ring nelson from any position is an illegal hold (full or $\frac{3}{4}$ nelson).
- 5.2. A back supple is an illegal hold.
- 5.3. The West Point or any of its variations is an illegal hold.
- 5.4. The high amplitude throw no longer is awarded 5 points; is now awarded 4 points.

6. THE COACH:

- 6.1. The coach that sits in the athletes' corner is required to shake the hand of the opponent at the conclusion of the match. Only one coach will be allowed in the corner during a match.
- 6.2. The coach must remain seated in the appropriate corner at the edge of the mat during the bout except during the 30-second break between rounds. The coach may leave their seat on to the wrestling surface, when invited by the referee, to tend to an injured or bleeding athlete.
- 6.3. The coach may encourage the wrestler and give instructions; however, the coach will not indicate points with hands nor attempt to influence the referee's judgment by shouting phrases or using signals utilized by officials.
- 6.4. The coach is not allowed to speak to the referee, judge, or the other athlete or coach during the match. When the challenge process is not in effect, the coach may request an explanation from the mat chairperson, regarding a specific call, at an appropriate break in the action. The coach is not entitled to express their opinion on the call nor request an official's conference. When the mat chairperson calls a conference, the coaches shall refrain from approaching the table or attempting to influence the outcome of the conference.
- 6.5. The coach is not allowed to direct verbal abuse to the referees during or after the match.
- 6.6. If the coach behaves in an unacceptable fashion, the mat chairperson is required to give the coach a yellow card. If the offence continues in the same match, the coach will be given a red card and ordered to leave the corner and go into the stands for the duration of the match. The coach will not be allowed to continue to function as a coach until the head official has met with the officiating team for that match and determined the severity of the infraction. The head official will make a decision to either let the coach resume their duties or disallow the coach from their duties for the duration of the tournament. If a red card is issued a report must be filed by the official and the host school to the SHSAA office, regardless of the head official's decision whether to allow the coach to return, or not. This is a requirement set out in the SHSAA Policies anytime a coach is ejected from an interschool contest.
- 6.7. Coaches that continue to direct verbal abuse from the stands will be required to leave the competition hall for the duration of the tournament.
- 6.8. If the coach is eliminated, the contest will be forfeited if there is not another approved coach or supervisor present to supervise the team. (See SHSAA Bylaws, Coaches and Supervisors of the handbook).
- 6.9. The yellow / red card system is for the behavioral control of the coaches during a specific match situation. It is not to be used for penalizing a coach for his athlete's behavior, or for the behavior of spectators in the stands. Extreme behavior may result in the coach being removed from the tournament and may not necessitate a card being used.
- 6.10. The head official and the host school for any interschool contest shall file incident reports where an individual (coach, wrestler) is ejected. Reports MUST be filed with the SHSAA office and/or District commissioner and include information regarding the incident and the decision to eliminate the individual from the competition.

7. JURY OF APPEAL:

- 7.1. At the Regional and Provincial Tournaments, a "Jury of Appeal" to settle "on the spot" disputes will include the SHSAA Representative, the head referee, and the tournament commissioner. They may call on other individuals to assist with a decision.
- 7.2. The "Challenge" process as outlined in the Wrestling Canada Lutte Rulebook will be in use. The use of on-mat video will be utilized if made available by the committee responsible for hosting the event on behalf of the SHSAA.

8. LENGTH OF MATCH:

Each match will consist of two 3-minute rounds.

9. COACH-IN-CORNER:

At Regional and Provincial wrestling events, no match will start until such time as a coach is available for the athlete's corner. The minimum time between bouts for any competitor shall be 15 minutes.

10. FLUID INTAKE:

During the break following each round of the bout, a wrestler will be allowed to drink water (fluids). The water must be available in the coach's corner.

11. WEIGHT CLASSES:

11.1. BOYS WRESTLING:

UNDER	UNDER	UNDER	UNDER	OVER
41 kg	56 kg	73 kg	115 kg	130 kg
44	59	77	130	
47	62	82		
50	65	90		
53	69	100		

11.2. GIRLS WRESTLING

UNDER	UNDER	UNDER	UNDER	OVER
44 kg	53 kg	64 kg	80 kg	105 kg
47	56	68	90	
50	60	73	105	

- 11.3. Wrestlers are only allowed to wrestle one weight category above their actual weight except when moving to the heaviest weight class.

- 11.4. For interschool wrestling competition weight classes may be determined on the basis of age and experience provided that weight categories are kept within the following percentages: Athletes less than 59 kilograms a 6 to 8 % range; 59 – 82 kilograms an 8 to 10 % range; and athletes weighing more than 82 kilograms a 10 – 15 % range. The percentages will not be applied to the heaviest weight class.

12. TIE-BREAK PROCEDURE:

The tie-break procedure as outlined in the Wrestling Canada Lutte rules (references to 5-point actions do not apply) shall be used if a bout is tied at the end of the second period.

13. REGIONAL TOURNAMENT:

13.1. ENTRY:

- 13.1.1. All wrestlers from registered schools outside Regina District and Saskatoon District MUST attend this meet in order to qualify for the Provincial Tournament.
- 13.1.2. Registered schools may enter more than one wrestler per division.
- 13.1.3. Every participating school MUST contact the commissioner with its intent to enter and indicate the number of competitors on or before the Monday preceding the regional tournament. Competitors who have not been pre-registered by their coaches will not be allowed to participate in the tournament.

13.2. WEIGH-IN:

- 13.2.1. For the rural regional wrestling tournament, athletes will weigh in at their school. Each wrestler must weigh-in at their home school and the weight must be certified by one of the school administrators or their designate. Certified weights must be submitted to the regional commissioner by 12:00 noon the Thursday preceding the regional tournament. For Regina District and Saskatoon District tournaments, wrestlers must weigh in on site the day prior to the event.
- 13.2.2. Skin inspections will commence at 9:00am.
- 13.2.3. If an athlete is the only competitor in a weight category following the weigh-in deadline, the regional commissioner will contact the athlete's school to inform the school that the athlete does not need to attend the regional tournament and will advance directly to the Provincial Championship.

13.3. TOURNAMENT:

- 13.3.1. The rural regional wrestling tournament is a one-day tournament. WRESTLING WILL BEGIN AT 10:00am (See weigh-in procedures).
- 13.3.2. A fifth (5th) place wrestler WILL NOT have the right to challenge the fourth (4th) place wrestler at the qualifying tournaments leading to the Provincial Tournament.

13.4. AWARDS:

- All individual and team awards will be presented upon completion of the final match.
- 13.4.1. A gold medal will be awarded to the top finisher in each weight class.
- 13.4.2. A gold medal will be awarded to an athlete who is the only wrestler in a weight class.
- 13.4.3. School Points:
 - 13.4.3.1. SHSAA Rural Regional plaque to winning school.
 - 13.4.3.2. Points awarded on the basis of 10, 7, 5, 3, 2, 1 for the top six finishers in each division.
 - 13.4.3.3. Points obtained by a wrestler are added to the school team totals (regardless of the number of wrestlers in the class or the number of wrestlers from a school in a class).
- 13.4.4. There are six school awards - 3A, 4A, and 5A girls; 3A, 4A, and 5A boys

14. SASKATCHEWAN DISTRICT TEAM:

- 14.1. The Saskatchewan District team will consist of up to four qualifiers from this meet per weight division.
- 14.2. The "District" coaching staff will be selected by the coaches present (Head and Assistant Coach). It will be the responsibility of the Head Coach to inform the SHSAA office and the provincial commissioner of the Saskatchewan District team of any changes in that team that may occur prior to the provincial tournament.
- 14.3. The final district team must be selected and confirmed by the school coach when one of their athletes qualifies for the Provincial Tournament. This must be done at the Regional Tournament in consultation with the regional commissioner and the designated Head Coach of the Saskatchewan District Team. The regional commissioner will forward the team entry to the SHSAA office and the provincial commissioner.

15. PROVINCIAL TOURNAMENT:

15.1. TOURNAMENT:

The provincial wrestling tournament is a two-day tournament. WRESTLING WILL BEGIN on day one, 45 minutes after the conclusion of the opening ceremonies (opening ceremonies will be scheduled to start at 3:15pm at the earliest), and at 9:00am on day two. (See weigh-in procedures).

15.2. DISTRICT TEAMS include:

- 15.2.1. Saskatoon District - open to Saskatoon students who meet SHSAA eligibility requirements.
- 15.2.2. Regina District - open to Regina students who meet SHSAA eligibility requirements.
- 15.2.3. Saskatchewan District - open to all students (outside of Regina District and Saskatoon District) who meet SHSAA eligibility requirements. All school teams in this district must qualify for the district team by attending the Saskatchewan District meet.

15.3. District teams may be composed of up to four competitors in each weight division.

15.4. All district rosters (top 6), including in-district substitutions, must be submitted to the SHSAA office by Tuesday at 9:00am. Upon receiving district rosters, the SHSAA office will fill weight classes one spot at a time on a rotational basis as outlined by the 'Provincial Rotation' (see below). Before a spot is officially filled, the athlete's coach will have final discretion.

15.5. Rotation order for filling:

POOL 1	POOL 2	POOL 3
Saskatoon	Saskatchewan	Regina
Saskatchewan	Regina	Saskatoon
Regina	Saskatoon	Saskatchewan

15.5.1. The SHSAA will only fill weight classes with wrestlers from other districts in the event a district CANNOT fill all four allotted spots. Regular substitutions (injury, availability, etc.) to a district's roster will be filled internally when possible (ie. Regina 3 cannot attend; Regina 4 will bump up a spot and Regina 5 will be placed in the 4th spot).

15.6. Competitors who have qualified in district tournaments at one weight must compete at that weight at the provincial championships.

- 15.7. To participate at the provincial high school wrestling championship, all wrestlers must participate in, and qualify through, their respective district meets (Saskatoon District, Regina District, and the Saskatchewan Regional Championships). Substitutions by districts for their original entries may be made up to 12:00 noon on Thursday (provided the athlete has completed the mandatory minimum number of bouts in preparation to the event).
16. WEIGH-IN:
- 16.1. Skin inspections must be completed prior to weigh-ins. Skin inspections will begin at 11:30am and end at 1:00pm. Host must provide a minimum of two qualified medical practitioners for skin inspections.
 - 16.2. A minimum of two of the official scales for the weigh-ins will be available as a “check” for wrestlers between 11:00am and 11:30am.
 - 16.3. All competitors must report for the weigh-in to be held between 12:00 noon and 1:00pm Friday.
 - 16.4. Wrestlers must make weight for the weight category they qualified in at the regional, Saskatoon District, or Regina District championships.
 - 16.5. Coaches are allowed in the weigh-in area during the weigh-in hour using the following guidelines:
 - 16.5.1. The immediate scale area will be off-limits to coaches.
 - 16.5.2. There will be a designated area within the weigh-in room for coaches to assemble, an area where athletes could have access to their coach.
 - 16.5.3. Following the general weigh-ins by weight category an athlete may request to weigh-in on any scale being used in the weigh-ins.
 - 16.6. If a wrestler does not make weight, or does not show up for the meet, the wrestlers from that district who placed behind the forfeited wrestler will move up one placing. This means that there would be no fourth-place wrestler from that district.
 - 16.7. The use of plastic bags, saunas, or any form of artificial weight loss is strictly prohibited in SHSAA wrestling events. The penalty for non-compliance for athletes is immediate elimination from the tournament.
17. DRAW:
- 17.1. The draw will consist of a double elimination bracket draw, in multiples of eight (8, 16, 32).
 - 17.2. The first and second finisher in each half of the draw will compete in a 1 versus 2 cross-over semi-final. The winners of the two semi-finals will wrestle for the gold medal. The two non-winners of the semi-finals will wrestle for the bronze medal.
 - 17.2.1. The following procedure will be followed to determine the cross-over pairings:
 - 17.2.1.1. The first semi-final will be A1 versus B2 and the second semi-final will be A2 versus B1.
 - 17.2.1.2. If either of the above pairings has taken place in preliminary rounds, then the draw master will re-draw the semi-final matches (A1 versus B1 and A2 versus B2).
 - 17.2.1.3. If this re-draw results in either of the semi-final opponents having faced each other, then the original

pre-determined match-up (A1 versus B2 and A2 versus B1) will be used and the wrestlers will wrestle again in the semi-final.

- 17.3. It should be noted that rotation of the draw for the weight class designations will take place annually (see below). This should alleviate any perceived advantage in a pool for any district over a period of time.

- 17.4. The rotation will be as follows:

2024 - 41 kg Boys and 44 kg Girls - Pool #1

2025 - 44 kg Boys and 47 kg Girls - Pool #1

2026 - 47 kg Boys and 50 kg Girls - Pool #1

- 17.5. The rotation of the wrestlers from the districts (Saskatoon, Regina, Saskatchewan) shall be as follows:

- 17.5.1. Wrestlers receiving byes should be placed so they would meet in the semi-finals. The rest of the wrestlers should be placed at random by a lot number in their respective halves of the draw.

- 17.5.2. The pairing master will be asked to even out the brackets to avoid unbalanced draws in weight classes without a full contingent by moving only the #3 and/or #4 wrestlers from whichever district team of the three (Saskatoon, Regina, or Rural) are in the bracket. (i.e. each pool shall have as close to the same number of competitors and each bracket shall have a number 1 wrestler).

Pool #1	Top Half of Draw	Bottom Half of Draw
	Saskatoon #1 – bye	Saskatchewan #1 – bye
	Regina #1 – bye	Draw for bye
	Saskatchewan #2/3	Regina #2/3
	Regina #4	Saskatoon #2/3
	Saskatoon #4	Saskatchewan #4
Pool #2	Top Half of Draw	Bottom Half of Draw
	Saskatchewan #1 – bye	Regina #1 – bye
	Saskatoon #1 – bye	Draw for bye
	Regina #2/3	Saskatoon #2/3
	Saskatoon #4	Saskatchewan #2/3
	Saskatchewan #4	Regina #4
Pool #3	Top Half of Draw	Bottom Half of Draw
	Regina #1 – bye	Saskatoon #1 – bye
	Saskatchewan #1 – bye	Draw for bye
	Saskatoon #2/3	Regina #2/3
	Regina #4	Saskatchewan #2/3
	Saskatchewan #4	Saskatoon #4

18. AWARDS:

There are six school team wrestling competitions, three for girls and three for boys. All individual and team awards will be presented upon completion of the final match.

- 18.1. Individual medals will be awarded to the top three finishers in each weight class.

- 18.2. School Points:

- 18.2.1. Points awarded on the basis of 10, 7, 5, 3, 2, 1 for the top six finishers in each division.

- 18.2.2. Points obtained by a wrestler are added to the school and district team totals (regardless of the number of wrestlers in the class or the number of wrestlers from a school in a class).
- 18.3. A gold medal will be awarded to an athlete who is the only wrestler in a weight class.