



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

2023 REGIONAL WRESTLING

DATE: Saturday, March 4, 2023
LOCATION: Carpenter High School (Meadow Lake)
COMMISSIONER: Kendra Paramchuk
PHONE: 1-306-236-5236

ENTRY:

1. All wrestlers from registered schools outside Regina and Saskatoon **MUST** attend this meet in order to qualify for the Provincial Tournament.
2. Registered schools may enter more than one wrestler per division.
3. Every participating school **MUST** contact the commissioner and SHSAA Office, with their intent to enter, and indicate the number of competitors by 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.
4. The Saskatchewan District team that advances to the Provincial Tournament will consist of up to four qualifiers from this meet per weight division.
5. The coaches present will select the "District" coaching staff (Head and Assistant Coach).
6. The District Coaches, in consultation with the commissioner, will select the final district team.

WEIGH-IN:

A weigh-in will not be held at the Regional tournament. **Each wrestler must weigh in at their home school. A school administrator or their designate must certify the weight. Certified weights must be submitted to the host commissioner and SHSAA office by 12:00 p.m. (noon) on the Thursday preceding the meet (March 2, 2023).** Note this procedure is used for the regional meet only.

SKIN INSPECTIONS:

Skin inspections will begin at 9:00 am. All participants must pass the on-site skin inspection before wrestling.

START TIME:

The tournament begins at 10:00 am. Three wrestling mats are available for matches.

RULES FOR HIGH SCHOOL WRESTLING:

Please refer to the SHSAA Handbook (pages 133 - 140), the Wrestling Canada Lutte rule book, and the Wrestling Activity page on the [SHSAA website](https://www.shsaa.ca) for more information on High School wrestling rules.

SCHOOL TEAM COMPETITION:

There are six school awards: 3A, 4A, and 5A Girls; 3A, 4A, and 5A Boys