



GMAA Wrestling Handbook

Section 1: Sports Committee

The Wrestling Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1/3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification:

Boys or Girls

Open Age by weight in (15) categories

Section 3: Player Registration & Eligibility

3.1) Player Registration is due on S1 prior to the teams' first meet.

3.2) To be eligible for the Individual Championship a wrestler must have wrestled in at least one (1) dual meet. Due to the physicality of the sport, please ensure that students are adequately prepared before they participate in GMAA Wrestling.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

4.1) Boy's Uniform: A men's wrestling singlet (red-blue) is the suggested wrestling uniform.

4.2) Women's Uniform: A women's wrestling singlet (red-blue) is the suggested wrestling uniform. A t-shirt and sports bra accompanied with a men's singlet is acceptable.

4.3) Team colours may be worn provided that each team is distinguishable from the other.

4.4) Wrestlers who do not want to wear a singlet can wear a compression style shirt and shorts. Shorts do not have to be compression style, but must be deemed safe with no buttons, zippers, pockets, strings or Velcro will be accepted as uniform.

4.5) If any questions are to arise about the uniform, the participating coaches and the officials will assess to determine if the uniform is safe and can be worn to wrestle.

4.6) All items of jewelry (including hair accessories) are strictly forbidden and must be removed. Using tape to cover jewelry is not acceptable.

Section 5: Scheduling & Starting Time

5.1) The schedule shall be drawn up by the coaches or SAC Reps at a scheduling meeting. Each team is required to have one representative present to do the scheduling (see Governing Rules – Rule VI, Section 6). No scheduling may take place before the meeting begins and no division information will be given out prior to the scheduling meeting.

5.2) The competition shall be drawn up as home and home or conference type schedule, or tri-meet schedule with interlocking matches, to reduce transportation costs.

5.3) League games have priority over any exhibition game and/or tournament. League games will not be postponed due to conflicting schedules.

5.4) Coaches are encouraged not to adjust or alter the schedule for any reason other than a school closure. Changes to the schedule can be made during the (5) five working days after the schedule is posted on the website (www.gmaa.ca), assuming both (or all) schools involved agree to that change. Both (or all) coaches must notify the GMAA of the change. No changes will be accepted after noon the working day before the scheduled game (except in emergencies). If changes are made after the 5-day grace period, a \$10 charge will be applied to the team requesting the change.

5.5) Starting time is agreed upon at the Wrestling Scheduling Meeting.

Section 6: Governing Rules & Rule Modifications

6.1) The current rules for C.A.W.A. Free Style Wrestling shall apply.

6.2) A staff member (see Rule VI, Section 4 of General Governing Rules for clarification) must be present and at the bench at all GMAA events (i.e. for each complete meet). The staff member must sign the game report. Penalty - Forfeiture of game.

6.3) All participating schools who wish to host meets must have available for league matches, at least one afternoon per meet in a gym area adequate in size for safe conduct of matches on regulation mats. All schools hosting women's matches prior or subsequent to men's matches must provide separate changing and washroom facilities for both men and women.

6.4) General Weigh-in Principles:

a) A wrestler must weigh-in on the day of the meet in the company of their coach who signs the forms and verifies the weights.

b) At weigh-in the wrestler may be challenged during the season. the wrestler must weigh within 1kg or 2.2lbs. of the weight class."

c) When a wrestler's name first appears on a Weigh-in sheet that indicates their official Weight class for the Season. They may not wrestle below that class.

d) They may wrestle up one class and still return to the lower class for the individual championships, if they make weight.

e) A wrestler may move up two weight classes but, in this case, may not return to the lower initial weight class but may drop down one weight class.

f) Wrestlers must weigh-in in their wrestling singlet.

g) Wrestlers will be matched by weight at each dual meet or mini-meet the day of the meet. The variance of weight classes shall not exceed 5% of the wrestler's total body weight.

6.5) Weight Classes: students must weigh-in at or under the following

Under 76 lbs	Under 135 lbs
Under 84 lbs	Under 142 lbs
Under 92 lbs	Under 150 lbs
Under 100 lbs	Under 160 lbs
Under 108 lbs	Under 172 lbs
Under 116 lbs	Under 186 lbs
Under 123 lbs	Under 207 lbs
Under 129 lbs	Over 207 lbs (Heavyweight)

In addition, as of January 1st until February 1st, two (2) additional pounds shall be added to each class and from February 1st until the end of the season one (1) pound may be added for a maximum of three (3) pounds.

6.6) Any wrestler whose name appears on the game report as a competitor is considered to have taken part in that meet in that weight class. Exception: See weight class eligibility

6.7) Scoring: The international point system will be used for scoring of team points for Dual Meets

- a) Fall 5-0 Superiority (10+) - loser scores point 4-1
- b) Superiority (10+) - loser scores NO point 4-0
- c) Decision - loser scores points 3-1
- d) Decision - loser scores NO points 3-0
- e) Cautions (3) 4-0
- f) Injury 4-0
- g) Forfeit 4-0
- h) Disqualification 4-0

6.8) Duration of bouts in all regular league competition will be 2 periods of 3 minutes (to be consistent with the Canadian Rules).

6.9) Once a dual meet wrestling sheet is handed in to the official scorer no changes will be permitted.

6.10) Because of the nature of the sport and to give students not on the team an opportunity to wrestle, exhibition matches may be included at any dual meet. GMAA rules will apply. The referee will be expected to referee provided there are not more than a total of 10 exhibition matches between 2 schools at any given meet. The host school agrees to host these matches and both staff members must be present.

Section 7: Modifications to C.A.W.A. Freestyle Wrestling Rules

7.1) Pins - one (1) second count.

7.2) One referee per mat will be used for dual meets and the quarter finals. One referee and one or two judges per mat should be used for semi-finals, consolation finals and finals.

7.3) Head gear with soft exterior covering may be used. One-piece International or three-piece American style uniforms must be worn. Laces need not be taped for meets.

7.4) The supplay (or souplex or soufflé) is illegal. (Man is taken from behind, lifted and brought to the mat by carrying directly over the head of the thrower).

7.5) The body slam: The N.C.A.A. Rule Book states that all slams are illegal and then states that the term "SLAM" is interpreted as lifting and bringing an opponent to the mat with unnecessary roughness. This infraction may be committed by a contestant in either the top or bottom position on the mat, as well as during a takedown. When a contestant lifts his opponent off the mat and brings him forcibly to the mat with the upper half of the body coming in contact with the mat first, a slam will be called. A forceful trip may be considered as unnecessary roughness. Slams shall be called without hesitation following such a situation.

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)

8.1) Seeding Meeting & Weigh-in prior to championship meet

- a) There will be designated weigh-in centers
- b) Weigh-ins take place between 3:00-4:30 at one of these centers.

- c) The weigh-in scales used in each of the 4 centers are calibrated at the same place prior to the weigh-in.
- d) An official will be sent to weigh-in centers with only one school. At all other centers, the opposing coaches will weigh the students.
- e) Weigh-in centers and procedures - fill in weigh-in sheets at each center - each weigh-in center must have numbers so that athletes can draw positions.

8.2) Pre-Championship Meeting

- a) To be held at 6:00 p.m. the evening (or two evenings) prior to the championship.
- b) Weigh-in information must be brought to the meeting and a digital copy must be sent to the draw master prior to the meeting.
- c) The 1st official weigh-in sheets of the season, for each school, must be brought to the meeting.
- d) Match sheets must also be available because new NCR match sheets will be used, each coach is responsible to bring results from all their meets.
- e) Purpose of the meeting - to seed wrestlers for the championship meet - to review playing rules and information
- f) Draw Master must be present at the meeting. The draw is to be prepared that evening from the results.
- g) An official representative designated by the school must be present at the meeting. This representative may not be a student/athlete. No wrestler will be seeded if his school representative is not present at the meeting.
- h) Protests concerning seeding of wrestlers must be lodged at the seeding meeting.

8.3) Moving Mats Procedure to follow when moving mats:

- a) The morning prior to start of meet the GMAA wrestling Chairperson, teacher from the host school and teacher from school lending the mats will inspect and note the condition of the mats. At this time any damage done to the mats during transport must be noted.
- b) At the end of the meet the same people as mentioned above in (1), will re-examine the mats and note any change in the condition of the mats.
- c) The mats now become the responsibility of the host school, and must be rolled up immediately after the competition.
- d) Any damage which occurs in transport must be reported the next school day, to GMAA and the school that loaned the mats. Damage to mats during transport, or at the meet will be repaired and the cost shared by all schools in the league.

8.4) Championship meet

- a) Starting time for wrestling - 9:00 a.m.
- b) Schools that do not arrive on time and are not ready to wrestle on time will lose that bout by default. Wrestlers will not be eliminated from the tournament, but the matches lost by default will be scored as a loss. The wrestler will then move into the consolation round.
- c) Referees for Final: 9 officials only to maximum of 8 hours. 2 officials per mat for all consolation matches. For semis and finals 3 officials are required.
- d) The duration of all bouts during the championship shall be 2 round of 3 minutes.
- e) The top six (6) teams entering the final championship shall be given 15, 12, 10, 7, 5, 2 points in that order, at the start of that competition. These points shall be awarded according to the final league standings. In any weight class with less than 6 wrestlers we will pro-rate the allocation of team points as per CAWA rules. Only the top place finishers per school per weight class will score points for their team.
- f) In the event of a tie to determine the top six teams, winning percentages shall be used. In case of an unbreakable tie between two or three schools a special meet (dual or

- triangular) shall be used to decide placings. NOTE: If "A" and "B" are tied but "B" has defeated "A" in dual meet competition, then "B" is to be ranked above "A" in the top six.
- g) Rules concerning superiority rule be same as C.A.W.A. rules.
 - h) Red and blue singlets or anklets - organizing committee must supply.
 - i) Protests concerning seeding of wrestlers must be lodged at the seeding meeting.
 - j) Any communication from GMAA Officials (unless there is an immediate danger) should be done at an appropriate moment where there is a break in the action and not during a match.
 - k) Coaches should not be addressing students from another school; all communication should be done between the coaches at an appropriate time

8.5) Tournament rules & requirements for the championships:

- a) Host School is responsible for supplying anklets for each mat surface. Costs to be borne by GMAA.
- b) Mat transportation is the responsibility of the host school. Costs to be borne by GMAA.
- c) C.A.W.A rules with High School Modifications that are in force on the date of the League Pre-Season Meeting apply to the competition as well as the entire season.
- d) The host of the Seeding Meeting held the night (or two nights) prior to the Championships is responsible for having copies of the GMAA Wrestling Handbook at the Seeding Meeting and at the Championships.
- e) The host school is responsible for ensuring that all equipment related to refereeing (i.e. paddles, etc.) and the draw are at the competition.
- f) Each team is responsible for providing one minor official for the Championships.
- g) No protests regarding eligibility, weight classes, etc. will be heard on the morning of the competition, as all these matters must have been dealt with at the seeding meeting.
- h) Current dual meet team standings will be calculated and announced at the Seeding Meeting.
- i) C.A.W.A rules will be used to determine the team placing.
- j) The following equipment is to be provided for the competition.
 - Equipment Costs:
 - Mats Transport (GMAA)
 - Mat Tape (GMAA)
 - Time Clocks (borrowed)
 - Provided by school
 - Anklets (GMAA)
 - Master Scoreboard & Team Standings (Host)

8.6) Officials for Championship Meet Each school must provide one minor official who has been duly trained throughout the season.

Section 9: Duties of Home School & Visiting Schools

9.1) Home team responsibilities

- a) The home team shall supply a Scorer, weigh-in sheets and dual meet scoresheets.
- b) The home team must upload the results and scoresheet to S1 the night of the match. NB – all results from the tournament must be reported.
- c) Provide table and chairs for timer and scorer and benches for players.
- d) Provide lockers for visiting team.
- e) Provide changing facilities for officials.
- f) Arrange for staff to control spectators.

9.2) Visiting team responsibilities

- a) Visiting teams must be supervised from the time they arrive to the time they leave the school.

b) All game sheets are to be signed by both staff members and the referee at the end of the game.

Section 10: Girls Wrestling

10.1) The girls wrestling season will consist of matches run at the GMAA dual wrestling matches and championship meet. Girls may not wrestle against boys.

Section 11: All Star

11.1) The format of the All-Star Meet will have the league champion take on the rest of the league. The location of the All-Star Meet will be determined at the pre-season meeting.

June 2024