

ROPSSAA CO-EDUCATIONAL WRESTLING

PLAYING REGULATIONS

1. DATE

- (a) On one day there will be a ROPSSAA Junior Boys and Girls Wrestling Championship. On another day there will be a ROPSSAA Open Senior Boys and Girls Wrestling Championship.
- (b) The coaches meeting will be held no earlier than 8:30am on the junior championship day and 8:00am on the senior open championship day. Wrestling on the junior championship day will start no earlier than 9:00am. Wrestling on the senior open championship day will start no earlier than 8:30am.
- (c)
 - (i) For the Junior Championship, schools are to submit their entries by 6:00pm two days prior to the championship. Schools will have until 12:00noon the day of weigh-ins to make any changes to their entries. The evening prior to the meet, wrestlers are to weigh-in no earlier than 4:00pm and no later than 5:30pm. Wrestlers will have 60minutes to weigh-in from the start of weigh-ins. Wrestlers must weigh in with photo identification. Any wrestler not making the entered weight may move to another weight category (up or down one weight category) according to their confirmed weight prior to completion of weigh-ins. Wrestlers must weigh-in wearing a singlet. The coach weighing-in a team must write the exact weight of all wrestlers weighing-in and sign the completed weigh-in sheet.
 - (ii) For the Senior Open Championship, schools are to submit their entries by 6:00pm two days prior to the championship. Schools will have until 12:00noon the day of weigh-ins to make any changes to their entries. The evening prior to the meet, wrestlers are to weigh-in no earlier than 4:00pm and no later than 5:30pm. Wrestlers will have 60minutes to weigh-in from the start of weigh-ins. Wrestlers must weigh in with photo identification. Any wrestler not making the entered weight may move to another weight category (up or down one weight category) according to their confirmed weight prior to completion of weigh-ins. Wrestlers must weigh-in wearing a singlet. The coach weighing-in a team must write the exact weight of all wrestlers weighing-in and sign the completed weigh-in sheet.
- (d) In the event that buses are cancelled for either participating board the meet will be postponed to the following day.

2. LOCATION

- (a) The site will be designated by the Convenor and approved by ROPSSAA Council.

3. ELIGIBILITY

- (a)
 - (i) All senior open athletes shall not have attained their 19th birthday by January 1, 2024 (for the 2024 – 2025 school year, born in 2005 or later).

- (ii) All junior athletes shall not have attained their 15th birthday by January 1, 2024 (for the 2024 – 2025 school year, born in 2009 or later). In addition, they must be in their first or second year of high school.
- (b) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution.
- (c)
 - (i) All senior open competitors must have participated in a minimum of two officiated high school events, hosted by a ROPSSAA school, (O.A.W.A. and C.A.W.A. meets are not eligible events) and must have a minimum of six matches at these events.
 - (ii) All junior competitors must have participated in a minimum of two officiated high school event, hosted by a ROPSSAA school, (O.A.W.A. and C.A.W.A. meets are not eligible events) and must have a minimum of six matches at this event.
 - (iii) Exceptions to the above apply to individuals who attended the required number of meets however the participation number did not allow them to meet the minimum match numbers.
 - (iv) Individuals who were unable to participate as per 3ci and 3cii due to physical illness or ailment that required medical attention may appeal to ROPSSAA Council. Proof of medical attention by a doctor must be provided as part of the review. The doctor's note must include type of injury; further damage will be caused as a result, a time frame for non-participation and a date for return to participation. All appeals must be submitted one week prior to the junior championship meet.
 - (v) Any other exception to 3(ci) and 3(cii) may be appealed to ROPSSAA Council. These appeals must be received by the entry deadline.
- (d) Any wrestler participating in an OFSAA Championship or an OFSAA qualifying event must have participated as a member of a bonafide high school program during the wrestling season (November – February) at a location where the majority of his/her high school practices (minimum 20, half of which must be on a mat at their own school.) are held under the supervision of a teacher-coach (from the athlete's school) as certified by the school principal. Practice forms must be submitted at the coaches meeting of each championship.
- (e) An eligibility list must be sent to the athletic convenor by the deadline announced at the pre-season meeting. Schools not meeting the deadline will be referred to ROPSSAA Council for eligibility review.
- (f) Competitors not wrestling on their ROPSSAA championship day(s) will not be eligible for OFSAA competition.
- (g) Participants are deemed to have competed if they score points, have points scored against them and/or advance by bye or default in a competition.

4. OPERATING STRUCTURE

- (a) There will be boys' competition in the following weight classes (unless otherwise determined by OFSAA).

<u>kilos</u>	
38	67.5
41	72
44	77
47.5	83
51	89
54	95
57.5	130
61	over 130
64	

- (b) There will be girls' competition in the following weight classes (unless otherwise determined by OFSAA).

<u>kilos</u>	
38	67.5
41	72
44	77
47.5	83
51	89
54	95
57.5	115
61	over 115
64	

- (c) Prior to wrestling, the wrestlers in each weight class are to be divided so that wrestlers from the same school are to be put in different ends of the draw, except when placed on the same side of the draw due to seeding.

- (i) The competition will be a single elimination tournament with a consolation round which accommodates losers of bouts on the championship side of the draw. This type of tournament is identical to the method used at OFSAA allowing 32 wrestlers per weight category. In weights where there are 3 competitors in a category the draw will consist of round robin competition.

Note: At Junior ROPSSAA, in weights where there are 5 competitors or less in a category, the draw will consist of round robin competition.

- (ii) Match length to be:

ROPSSAA will follow the same length of match used at the OFSAA competition.

- (iii) For the Senior Open Wrestling Championship wrestling will continue on all mats through the semi-finals on the championship side of the draw and the 5th and 3rd place matches on the consolation side of the draw.

- a) The winner of the 3rd place match and the two semi-final winners in each weight class will wrestle to determine the top three in the standings. Any matches already wrestled at the ROPSSAA championship between the 3rd place match winner and a winning semi-finalist will count in the final standings and will not be re-wrestled.
- b) Matches will take place one round at a time in order from lightest to heaviest weight classes on two mats. A corral system will be used. Matches can be wrestled continuously and do not need to wait for the completion of a match on the other mat. A three man official system will be used (when possible).
- c) If all 3 matches are wrestled, they will be wrestled in the following order:
 - i) None of the wrestlers are from the same school or all three are from the same school:
 1. Between the 3rd place match winner and the higher seeded semi-final winner.
 2. Between the 3rd place match winner and the lower seeded semi-final winner.
 3. Between the two semi-final winners.

Note: If neither semi-final winner was seeded then substitute top half of the draw for higher seeded and bottom half of the draw for lower seeded.

- ii) Two of the wrestlers are from the same school:
 1. Between the two wrestlers from the same school.
 2. Between the wrestler who did not wrestle match 1 and the loser of match 1.
 3. Between the wrestler who did not wrestle match 1 and the winner of match 1.
- iii) If only 2 matches are wrestled, they will be in the following order:
 1. Between the 3rd place winner and the wrestler they did not previously wrestle.
 2. Between the two semi-final winners.

- d) The first round of the finals will only include weight classes with three rounds to wrestle. The second round of the finals will only include weight classes with two or three rounds to wrestle. The third round will include all weight classes.

- (d) (i) Seeding at the ROPSSAA Senior Open Championship Meet will be based on the following:

1. A gold medal winner at the previous year's OFSAA Championship
2. A silver medal winner at the previous year's OFSAA Championship
3. A bronze medal winner at the previous year's OFSAA Championship
4. A 4th place finisher at the previous year's OFSAA Championship
5. A 5th place finisher at the previous year's OFSAA Championship
6. A 6th place finisher at the previous year's OFSAA Championship

7. The previous year's open gold medal winner at ROPSSAA
8. The previous year's open silver medal winner at ROPSSAA
9. The previous year's open bronze medal winner at ROPSSAA
10. The previous year's open 4th place finisher at ROPSSAA
11. The previous year's open 5th place finisher at ROPSSAA
12. The previous year's open 6th place finisher at ROPSSAA

NOTE: *Gold medalist beats a silver medalist regardless the weight category the previous year.

*If two similar finishers are in a weight category the one in the heavier category the previous year will be ranked higher.

- (ii) Wrestlers must be seeded.
- (e) When available, seeded students will receive byes.

5. ENTRIES

- (a) The eligibility list must be sent to the Convenor by the deadline announced at the pre-season coaches meeting. The list must be submitted at the beginning of the season.
- (b) (i) For the junior championship schools may enter any number of wrestlers per weight category. Junior age wrestlers must wrestle at the junior meet unless they appeal successfully as per 5(bii) below or unless they are a current grade 10 wrestler who was a gold medalist from the previous year at the senior boys or senior girls open meet, in which case they may choose to be one of the schools 2 entries at a weight for the senior open meet. The previous year's gold medalist who chooses to wrestle junior must qualify in the top 4 in order to advance to the open meet.

Note: Any junior wrestlers who are injured prior to the Junior Championship must provide documentation for proof of injury (as per 3(c) (iv)) to the jury of appeal prior to Junior weigh-ins.

- (ii) Each school may enter a maximum of two (2) senior open age wrestlers per weight category for the Senior Open Championship. In addition, schools will receive two (2) girls and three (3) boys' wild card entries (to be used for senior wrestlers only). In addition, junior age wrestlers may enter as long as they placed in the top 4 at the previous weeks Junior Championship.

A junior age wrestler who did not participate at the junior meet due to approved medical reasons, could be one of the schools two wrestlers at the Senior Open Championship.

6. EXPENSES

- (a) Cost for the ROPSSAA tournament will be covered by schools ROPSSAA association fees.

7. RULES AND OFFICIALS

- (a) C.A.W.A. rules with OFSAA modifications shall govern with the following exceptions:
 - (i) The one second fall.
 - (ii) Approved headgear may be worn.
 - (iii) The following holds are illegal: full nelson, 3/4 nelson, salto, suplay and west point ride.
 - (iv) During time-outs both wrestlers may be attended by their respective coaches.
 - (v) No amplitude points will be awarded.
 - (vi) Only those individuals on the eligibility sheet are eligible to be in the corner to coach.
- (b) Only qualified officials are to be used.
- (c) The Convenor shall arrange for all officials, timers, scorers, video and runners.
- (d) Protests will be done mat side as per C.A.W.A. rules.
- (e) The use of video equipment to change the outcome of a bout will be as per OFSAA regulations (Appendix A).
- (f) In round robin competition the final placing in the pool will be determined based upon applying the following criteria in order:
 - 1. the most victories
 - 2. the winner of the head-to-head competition
 - 3. the most classification points
 - 4. the most match victories by fall
 - 5. the most match victories by technical superiority
 - 6. the most period victories by technical superiority
 - 7. the most victories by decision
 - 8. the least number of defeats
 - 9. the most technical points scored by the wrestler during the entire competition
 - 10. the fewest technical points allowed by a wrestler during the entire competition
 - 11. fastest fall time
 - 12. weigh-in, wrestler weighing the least

8. AWARDS

- (a) The ROPSSAA Wrestling Team Championship Trophies will be given to the winning Junior Boys, Junior Girls, Senior Open Girls and Senior Open Boys team at the Championship Meets.
- (b) Gold medallions will be awarded to the first place finisher in each weight class at each meet.
- (c) Silver medallions will be awarded to the second place finisher in each weight class at each meet.

- (d) Bronze medallions will be awarded to the third place finisher in each weight class at each meet.
- (e) Ribbons will be awarded to the fourth through sixth place finishers in each weight class at each meet.
- (f) A combined Overall Team Championship Trophy will be given out at the Junior and the Senior Open tournaments to the school with the lowest combined finished position (boys and girls) at each tournament.
- (g) Ties in team standings will be broken using the following criteria in order:
 - 1. team with the most individual gold medals
 - 2. team with the most individual silver medals
 - 3. team with the most individual bronze medals
 - 4. team with the most individual 4th ribbons
 - 5. team with the most individual 5th ribbons
 - 6. team with the most individual 6th ribbons
 - 7. if still tied the teams to share the championship

9. UNIFORMS

- (a) A uniform is defined as:
 - (i) a one-piece singlet designed for wrestling cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line.
 - (ii) a one-piece or two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt. The compression shorts or short designed for wrestling shall be school-issues and shall have a minimum 4-inch inseam that does not extend below the top of the knee. The form-fitted compression shirt shall not cover or extend below one-half the distance between the shoulder and the elbow. The first may be worn with compression shorts or shorts designed for wrestling. The uniform may use more than one school color as long as they exist on both pieces.
 - (iii) If wearing a singlet, all male wrestlers must wear a men's school singlet or a reversible red and blue singlet and all female wrestlers must wear a women's school singlet or a reversible red and blue singlet. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. No sport club insignia on uniforms (including t-shirts) shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlines in By Law 6 Section 2(h) of OFSAA. These criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.
- (b) Wrestlers not wearing the required singlet must change. The wrestler will use his/her injury time to change.

- (c) No t-shirts, or loose-fitting clothing and/or club singlet are to be worn. Flat bottom shoes must be worn. All shoelaces must be taped.
- (d) Black soled running shoes WILL NOT be permitted on the wrestling mats.
- (e) Athletes may not change their clothing in the competition area. For all outdoor sports athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

10. SCORING

- (a) The place finishers will be awarded points as follows:

1 st - 12 points	4 th - 4 points
2 nd - 9 points	5 th - 2 points
3 rd - 6 points	6 th - 1 point

- (b) A boys school teams' top 17 wrestlers, to a maximum 2 per weight category, can score points.
- (c) A girls school teams' top 17 wrestlers, to a maximum 2 per weight category, can score points.

11. EQUIPMENT

- (a) The Convenor shall determine the necessary equipment and request these items from the participating schools.

12. DEPARTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner during the competition, as per Article XVI, Section II, Department, of the ROPSSAA Constitution.
- (b) Where it is found by a Jury of Appeal that a competitor has intentionally lost a match (i.e., thrown a match), that wrestler will be disqualified.
- (c) A maximum of two coaches/representatives are permitted in the corner, and no other athletes or spectators are allowed.
- (d) Water bottles and clothing must be off of the mat surface during competition.

13. JURY OF APPEAL

- (a) The Jury of Appeal may only consider matters of policy regarding the operation of the activity concerned within the limits of the playing regulations, and matters related to competitor conduct.
- (b) The Jury of Appeal will rule on all disputes and protests submitted during the meet.
- (c) The Jury of Appeal will consist of the Meet Convenor and four coaches from participating schools.

14. MEDICAL PERSONNEL

- (a) The Convenor shall attempt to have trainers from the local colleges available at the Meet.
- (b) Coaches will supply all consumable medical supplies e.g. tape and bandage.

15. OFSAA REPRESENTATION

- (a) The top two finishers in each weight class at the Senior Open Championship Meet will advance to OFSAA competition, unless otherwise indicated by OFSAA.