



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-1

1. CHAMPIONSHIP ROSTER (Men and Women)  
Each championship team can declare up to one (1) wrestler per weight class from their most recently submitted U SPORTS Eligibility Form.  
  
MEN - Weight classes in kilograms are under 54, 57, 61, 65, 68, 72, 76, 82, 90, 100, and 100 to 120 (heavyweight).  
WOMEN - Weight classes in kilograms are under 48, 51, 55, 59, 63, 67, 72 and 72 to 82.
2. TEAM BENCH  
A team can have a maximum of 4 people in the bench area including the athlete competing, coaches and support staff.
3. PARTICIPANTS
  - 3.1 TEAMS (N/A)
  - 3.2 IDENTIFICATION (N/A)
  - 3.3 INDIVIDUAL ELIGIBILITY  
Competitors are not allowed to move up or down from the weight class submitted to U SPORTS from the Regional Association Championships, notwithstanding the substitution policy.
  - 3.4 INDIVIDUAL ENTRIES (Men and Women)  
Within each weight class, the top three finishers from Canada West, the top three finishers from the OUA, as well as the top two finishers from the Atlantic/Quebec competition qualify for the U SPORTS Championship.
    - 3.4.1 The first, second and third place finishers from the OUA shall be entered as the OUA "A", OUA "B" and OUA "C" respectively.
    - 3.4.2 The first, second and third place finishers from Canada West shall be entered as Canada West "A", Canada West "B" and Canada West "C" respectively.
    - 3.4.3 The first and second place finishers from the Atlantic/Quebec competition shall be entered as the Atlantic/Quebec "A" and Atlantic/Quebec "B" respectively.
    - 3.4.4 Substitution: For the National Championship meet, the three conferences may substitute an athlete in the event of injury, illness, or other serious personal problems by a lower placed finisher in that weight class. If no other athletes are available to fill the void in the weight class, the institution that qualified the weight class can substitute a wrestler as long as the athlete fulfills U SPORTS eligibility requirements. If the institution that qualified the weight class cannot fill it, then other institutions, in order of finish in the weight class, can attempt to fill the void. It should be noted that institutions can only have one wrestler per weight class. All requests for substitutions must be forwarded to the U SPORTS office immediately following the Conference Championships for consideration and decision, before the substitute wrestler may compete. The coach and Athletic



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-2

Director of the substitute wrestler should be informed immediately. The U SPORTS office will be charged with communicating the substitution to the Host of the U SPORTS championship and all institutions participating in the championship.

- 3.4.5 To ensure that there are 8 wrestlers in each weight class, if any conference is unable to fill their allotted entries, vacant spots will be filled by the remaining two conferences. In even numbered years, the most western conference will have the first opportunity to fill a vacant spot in the lowest weight class for men and women and the remaining conference will fill the second lowest weight class. This pattern will continue through all weight classes. In odd number years, the order is reversed. If the conference that has the first opportunity cannot fill a vacancy, the other conference will have an opportunity to fill this spot.**

3.5 INDIVIDUAL RANKINGS (N/A)

3.6 TEAM ENTRIES – reference 3.4

3.7 TEAM RANKINGS (N/A)

#### 4. COMPETITION

##### 4.1 CHAMPIONSHIP FORMAT

The U SPORTS Championship, for both men and women, shall take place at the same location over two (2) days as set out below.

##### 4.2 SELECTION, SEEDING, DRAWS, POOLS, TRIALS AND HEATS

###### 4.2.1 DRAW (Men and Women)

The following draw will be used for the U SPORTS Wrestling Championship.

1. A two-pool format will be used when there are six or more wrestlers in a weight class. If the number of wrestlers is five or less, then one pool will be used.
2. In the two-pool format, wrestlers will be seeded according to conference placement as outlined below. In the one pool format the top two wrestlers will be seeded so that they should not meet until the final.
3. Within a pool, wrestlers will compete in a round robin where each wrestler will wrestle all other members of the pool.

###### 4.2.2 SEEDING: TWO-POOL FORMAT

Wrestlers will be placed into the two pools based on their conference of origin in the following pattern. Starting placement within pools for preliminary rounds will be done by random draw. In the event that one or more wrestlers are unable to compete after the weigh-in, please reference items 1 and 2 below.

Pool One

Pool Two



September 2019

**Playing Regulations: Men's and Women's Wrestling**

PR/15-3

- |                             |                             |
|-----------------------------|-----------------------------|
| 1. Canada West A            | 1. OUA A                    |
| 2. OUA B                    | 2. Canada West B            |
| 3. Canada West C            | 3. OUA C                    |
| 4. Atlantic/Quebec A or B * | 4. Atlantic/Quebec B or A * |

In even numbered years, Atlantic/Quebec A will include the first place wrestlers from alternate weight classes, beginning with the lowest weight, as well as the second place wrestlers from the remaining weight classes. Wrestlers not in this group will make up Atlantic/Quebec B. In odd numbered years, these groups of weight classes will be reversed.

1. In the event that a single wrestler within a pool is unable to compete upon conclusion of the weigh-in period, the same seeding system will be used and the affected pool will be reduced to the three remaining athletes.
2. In the event that two wrestlers within the same pool are unable to compete upon conclusion of the weigh-in period, two pools of three will be formed in the following manner:
  1. If the two wrestlers are from either Canada West or OUA, then the top ranked wrestler from the other pool will be moved so that each pool has a representative with a different number of wrestlers from each of Canada West and OUA.  
For example:  
Within Pool One, if Canada West A and OUA B are unable to compete, then OUA A from Pool Two would be moved to Pool One.
  2. If one of the two missing wrestlers is from an Atlantic team, the Atlantic wrestler from the other pool will be moved to the pool missing the two wrestlers.

**4.2.3 SEEDING: ONE-POOL FORMAT**

In the event that the number of competitors is five or less then a round robin competition will take place between those five. Seeding for the top two competitors will be by majority vote of the U SPORTS wrestling coaches. (Where and when)

**4.2.4 FINAL PLACEMENT WITHIN POOLS AND ADVANCEMENT**

In order to determine placement within pools for advancement, the classification system for round robin competition as described in the CAWA Rules will be used.

Where two pools are used, each wrestler will compete against the person in the other pool with the same placement. That is

- Pool A 1st vs. Pool B 1st for 1st / 2nd
- Pool A 2nd vs. Pool B 2nd for 3rd / 4th
- Pool A 3rd vs. Pool B 3rd for 5th / 6th
- Pool A 4th vs. Pool B 4th for 7th / 8th

Where one pool is used, the results in that pool shall determine the final placement.



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-4

4.3 FORMULAS AND FORMAT (N/A)

4.4 PROCEDURES AND PROTEST  
The current CAWA rulebook will apply.

4.5 SCHEDULES OR ORDER OF EVENTS

4.5.1 Conference Championships shall be held two (2) weekends prior to the U SPORTS Championship.

Note: If there are facility conflicts existing for a Conference Championship, the Conference Championship shall be held three (3) weeks prior to the U SPORTS Championship.

4.5.2 The following "Schedule of Events" is strongly advised for the U SPORTS Championship:

Thursday:

- \* Weigh-ins\* and medicals are to be within a one hour time frame between 14:00 and 15:00.
- \* A clock must be visible during the weigh-in indicating the remaining time in the 1-hour count down.
- \* The medical time period is to occur prior to the weigh-in.
- \* Hosts to provide a "lock-in scales" at the weigh in.
- \* Scales must be available at the host hotel 24 hours in advance of the Championship weigh-in.

Friday

- \* Round I - 10:00
- \* Round II - 13:00
- \* Round III - 15:30

Saturday

- \* Round IV - 13:00
- \* Bronze, 5th and 7th Place Matches
- \* Championship matches.

(Recommended start time between 13:00 and 19:00 at the discretion of the Host Convener.)

4.6 GAME TIMES (N/A)

4.7 PRACTICE TIMES / WARM UPS (N/A)

4.8 OVERTIME AND TIME-OUTS (N/A)

4.9 TIE-BREAKING (N/A)

4.10 SCORING AND STANDARDS



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-5

For determining Institutional Team standings and Conference standings at the U SPORTS Championship the scoring shall be:

- 1st place: 10 points
- 2nd place: 8 points
- 3rd place: 6 points
- 4th place: 5 points
- 5th place: 4 points
- 6th place: 3 points
- 7th place: 2 points
- 8th place: 1 point

#### 4.11 RECORDS AND STATISTICS (N/A)

### 5. EQUIPMENT AND FACILITY

#### 5.1 BALL (N/A)

#### 5.2 RECORDING

##### 5.2.1 FIRST ROUND OPPONENT (N/A)

##### 5.2.2 HOST REQUIREMENT

The Host should ensure recording replay is available at the side of the mat.

#### 5.3 NUMBERED UNIFORMS (N/A)

#### 5.4 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS

All participants must wear proper attire, which is a team uniform with logo or a distinguishable marking on the singlet. Wrestlers must present themselves wearing a singlet in school colour(s) and insignia. Wrestlers not wearing a singlet in school colours will be allowed to compete, but will not accumulate team points.

#### 5.5 HEAD GEAR AND HELMETS

Headgear is permissible.

#### 5.6 CAPTAIN'S IDENTIFICATION (N/A)

#### 5.7 DEPTH CHARTS (N/A)

#### 5.8 SPOTTER PHONES (N/A)

#### 5.9 FACILITY AND MEET REQUIREMENTS

5.9.1 In all preliminary rounds, three (3) official size mats will be used (9 meters), with the appropriate markings clearly visible and offering sufficient "protection area" to guard against possible injury.

5.9.2 The championship matches will be conducted on one (1) or two (2) official size mats with the order of weight classes left to the discretion of the championship Convener.



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-6

- 5.9.3 A warm-up area shall be provided of sufficient size to allow 20 wrestlers to warm-up simultaneously.
- 5.9.4 Timing devices used during the preliminary and championship matches must visibly show the time of the match and must have an alarm/sound at the expiration of regulation time.

## 6. RULES

Competition shall be governed by the CAWA rules as per the current Canadian Amateur Wrestling Rules and Guide with the U SPORTS modifications as listed throughout the playing regulations.

- 6.1 Weigh-In: As per CAWA Guidelines as used at the Senior National Championships
- 6.2 Medicals: As per CAWA Guidelines, with the following modifications:
  1. The championship Convener may use trained medical staff in place of a medical doctor.
  2. A clock, indicating the amount of time remaining in the medical session and visible to all wrestlers and coaches, shall be placed within the medical area.
  3. A system of identification, indicating who has completed their medical prior to proceeding to their weigh-in, and visible to all wrestlers and coaches, shall be implemented.
  4. A clock, indicating the amount of time remaining for the weigh-in, and visible to all wrestlers and coaches, shall be placed within the weigh-in area.
- 6.3 Coaches shall be allowed to "participate" from the corners during matches, with the provisions that "participation" be restricted to "encouraging" and "directing" their own wrestlers. Should this rule be violated, the penalty shall be:
  1. 1st infraction in a match - warning
  2. 2nd infraction in a match - banishment for the remainder of that match
  3. Major infraction, Red Card - banishment from the building for the duration of the championship

The officiating team of the match in question, as well as the Head Referee of the Championship must be in agreement before a Red Card is issued to a coach.

- 6.4 Fluids may be consumed by the wrestler between rounds.

## 7. MEETINGS

### 7.1 COACHES TECHNICAL MEETING

A Technical meeting will be scheduled post the weigh-in period, but prior to the first match of the National Championship to review technical matters pertaining to the championship. The Coaches Annual meeting will immediately follow the technical meet. The meetings will begin at 15:00 to 19:00.

The Technical meeting agenda shall, at a minimum, include the following:

- \* Confirmation of seeding within each pool.
- \* Review of protest procedures and Committee members, in particular, Appointment / determination of Coaches designates.



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-7

- \* Review of U SPORTS rules that are different from CAWA.
- \* Confirmation of individual award criteria and selection.

7.2 COACHES ANNUAL MEETING

The U SPORTS Wrestling Coaches Annual General Meeting will be scheduled to begin immediately following the Technical meeting on Thursday. The agenda shall be prepared by the President of the Coaches Executive and circulated at least three days prior to the meeting.

7.3 COACHES CLINIC (N/A)

7.4 PRESS CONFERENCE (N/A)

8. OFFICIALS

8.1 FUNDED OFFICIALS

Thirteen (13) officials assigned by CAWA, no more than nine (9) from the host Regional Association and no less than three (3) from the other Regional Associations. The thirteenth official will be a local official who does not require any travel. CAWA will not have to select any officials from the furthest Regional Association participating in the championship.

8.2 ASSIGNMENT (N/A)

**A full-time provincial organization employee will not be allowed to officiate at the championship.**

8.3 NEUTRALITY (N/A)

8.4 QUALIFICATIONS

Minimum nationally "A" rated; usually internationally rated.

8.5 HOST RESPONSIBILITIES

To provide ground transportation, meals, accommodation (double occupancy) and official's fees. A list of the championship officials is to be circulated to all participating teams prior to the U SPORTS championship.

8.6 NSO'S RESPONSIBILITIES

Travel arrangements to and from the championship host site for all officials.

8.7 FEES

\$65/official/day.

8.8 STAND BY OFFICIAL (N/A)

8.9 SELECTION PROCESS



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-8

Based on ranking list and availability. CAWA shall forward to the Host the list of officials no later than 30 days prior to the championship.

8.10 ON SITE ASSIGNMENT (N/A)

9. SEASON AND CHAMPIONSHIP AWARDS

*\*PLEASE REFER TO POLICY 60.20 FOR MORE DETAILS RE STANDARD CHAMPIONSHIP AWARDS.*

9.1 ALL-CANADIANS (Male and Female)

9.1.1 The gold medalist in the men and women's events at the U SPORTS Championship will make up the 1st Team All-Canadians.

9.1.2 The silver medalist in the men and women's events at the U SPORTS Championship will make up the 2nd Team All-Canadians.

9.2 ROOKIE OF THE YEAR (Male and Female)

9.2.1 Selected by the coaches.

9.2.2 Nominated athletes must be 21 years of age or under as of September 1st in the academic year in question.

9.2.3 Selection is based on the athlete's performance at the U SPORTS Championship.

9.2.4 Scoring system: 5 points for first, 3 points for second and 1 point for third.

9.3 STUDENT-ATHLETE COMMUNITY SERVICE AWARD (Male and Female)

9.3.1 Selected by the coaches. **Nominations from the floor are accepted.**

9.3.2 Recipient who best exhibits outstanding achievements in three (3) areas: wrestling, academics and community involvement.

9.3.3 Selection process to be circulated at the start of the season.

9.4 COACH OF THE YEAR (For men and women's teams)

9.4.1 Selected by the coaches.

9.4.2 Coaches recognized as "Conference Coach of the Year" will be the nominees for the U SPORTS award.

9.4.3 Competing conferences recognized: Canada West, OUA, and the Atlantic/Quebec conference.

9.4.4 Conferences are to forward a list of their award winners to the Awards Chairperson prior to the U SPORTS Championship.

9.4.5 Each member of the U SPORTS Coaches Association will have a vote. Vote ballots will be distributed at the Coaches meeting and collected by the Championship Convener at the conclusion of the Championship matches.

9.4.6 Scoring system: 5 points for first, 3 points for second and 1 point for third.

9.4.7 Selection is based on the athletes/team's performance during the season including the National Championship.

9.4.8 Co-winners will be declared in the event of a tie score.





September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-9

- 9.5 CHAMPIONSHIP TROPHY AND U SPORTS PENNANT (Male and Female)  
Presented to the championship teams.
- 9.6 CHAMPIONSHIP MEDALS (Male and Female)  
Medals presented to the top three athletes in each weight category.
- 9.7 OUTSTANDING WRESTLERS OF THE YEAR
- 9.7.1 Selected by the coaches.
  - 9.7.2 Outstanding Wrestler will be selected by secret ballot by the membership of the U SPORTS Wrestling Coaches Association. Each member of the Conference will return his/her voting ballot to the Secretary/Treasurer of the Coaches Executive upon completion of the Championship Matches.
  - 9.7.3 Scoring system: 5 points for first, 3 points for second and 1 point for third.
  - 9.7.4 Regional Associations are to forward a list of their award winners to the Awards Chairperson prior to the U SPORTS Championship.
- 9.8 CHAMPIONSHIP FAIR PLAY AWARD (R.W. PUGH) (Male and Female)
- 9.8.1 Selected by Championship Management Committee in conjunction with Host.
  - 9.8.2 Selection criteria is circulated once yearly to all Coaches Executive.

## 10. COMMITTEES

### 10.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.

Composition of the Management Committee shall be:

1. Convener of Championship - non-voting chair;
2. U SPORTS Delegate;
3. Technical Delegate;
4. President of the Coaches Executive, or designate.

A quorum shall require all of the four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and



September 2019

Playing Regulations: Men's and Women's Wrestling

PR/15-10

uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 (see below), the U SPORTS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or Canadian Interuniversity Sport, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

#### 90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a U SPORTS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.
3. Identify the persons and institutions responsible for the incident; and
4. Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with Canadian Interuniversity Sport Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

10.2 JURY OF APPEAL (N/A)

10.3 DELEGATES (N/A)

## 11. APPENDICES

### TIE BREAKING: GROUP FINALS

In the event of a tie between two teams, the placing will be determined by using the following tie-breaking criteria. Each step shall be applied until the tie no longer exists.

- \* the team with the most 1st place finishes
- \* the team with the most 2nd place finishes
- \* the team with the most 3rd place finishes
- \* the team with the most 4th place finishes
- \* the team with the most 5th place finishes



**September 2019**

**Playing Regulations: Men's and Women's Wrestling**

**PR/15-11**

\* the team with the most 6th place finishes

If a tie still exists, it shall be recorded as such. In the event of a tie between more than two teams, use the tie-breaking criteria listed above until one place can be determined. Then continue using the criteria to break the remaining tie(s).