

RULES MODIFICATIONS & GENERAL GUIDELINES FOR YOUTH WRESTLING IN ALBERTA

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GOALS OF YOUTH WRESTLING

- Fun
- Good Sportsmanship (coaches, parents included)
- Basic skill development
- Introduction of the sport in a safe and controlled manner
- Participation

AGE DIVISIONS

The AAWA recommends that prior to the age of five (5), youth wrestling should take part at the local club level only. Children of these ages do not need the pressure or stress of provincial/territorial or national level competition.

- Tyke Primary (turning 5/6 years of age during the last calendar year of the season)
- Tyke Elementary (turning 7/8 years of age during the last calendar year of the season)
- Novice (turning 9/10 years of age during the last calendar year of the season)
- Kids (turning 11/12 years of age during the last calendar year of the season)

WEIGHT DIVISIONS

The exact system of pooling (i.e. round robin, bracket draw, etc.) should be determined based upon the level of competition. Tyke Primary, Tyke Elementary, Novice and Kids Youth wrestling should use a round robin pool format with a maximum of five wrestlers in an age/weight class. This assures wrestlers of a maximum number of bouts per tournament. Athletes should only compete in their own age group and should not compete in more than one age group at the same tournament.

Pools of athletes should comprise athletes that fall within 10% body weight of one another.

Athletes will compete in the gender in which they identify and are registered as with their PTSO.

Note: The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited at the youth age divisions. The penalty for non-compliance for athletes is immediate elimination from the tournament without placement. Coaches who assist or promote this type of weight loss will be barred from the competition site for the remainder of the event with a discipline hearing to be scheduled by the appropriate provincial/territorial authorities at a later date, if deemed necessary.

MAT ATTIRE

The minimum expectations for mat attire are ABOVE KNEE SHORTS with no belt loops, zippers or pockets and a snugly fitting T-shirt. Singlets may be worn but are not mandatory. A female wrestler cannot wear a male singlet. Wrestling shoes and clean, indoor running shoes are both acceptable, but all shoes without a lace cover must be taped.

SAFETY

Safety will continue to be the primary consideration. The official is always to err on the side of caution and protect the athlete(s). Any situation which the official feels is potentially dangerous or has the potential to be dangerous is to be stopped. Even if the action is not explicitly illegal, the official(s) will stop the action and wrestling will resume in the standing position. Such a decision is to be considered a discretionary call and therefore cannot be protested and should not be questioned by the coach.

RULE MODIFICATIONS – TYKE, NOVICE, & KIDS

Rules of the CURRENT WCL Rulebook will be used at Age Group events with the following exceptions:

The following techniques are illegal in youth wrestling:

****No amplitude (5 point) throws are permitted in Age Group Wrestling*****

- Illegal/dangerous holds as per current WCL rule book
- All back bending throws (including side suplay and salto) and in turn the locking of the hands on a double under hook (the set-up for chest to chest throwing techniques) at Tyke, Novice and Kids
- Full nelson and 3/4 nelson
- Any hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride)
- No locking or placing of both hands on the opponent's neck.
- West point ride
- Slam

TYKE

- Bout times: 1 x 2-minute period
- No activity periods.
- No step out points awarded.
- No head and arm throw
- No gabori head and arm roll/ gator roll (etc.) or similar rolling head and arm technique
- No consecutive repetitions of any legal tilt. The defensive wrestler must return to a fully defendable position and offensive wrestler must modify his / her grip before a technique is repeated.
- When a wrestler is in any potential pinning situation, the offensive wrestler will have 5 seconds to execute pinning techniques, after which the action will be halted and wrestling will resume from the standing position. The referee will draw attention to the action by visibly counting to 5 using a sweeping motion of their hand.
- No falls will be called, athletes will be stood up after the 5 seconds in a pinning position.
- If the score is 0-0 at the end of the 2-minute period, a sudden victory period will resume, with the first

points being scored determining the winner.

- During wrestling, in standing or par-terre, as soon as an attempt at a head and arm throw or hold is apparent as evidenced by a hip tossing action or a rotation of the hips, the referee will stop the action and warn the offending wrestler.
- This includes the situation wherein the action starts from standing and goes to the knees and continues in a throwing action to circumvent the intent of the rule.
- Tournaments may modify the mat space used for individual matches based on need.

NOVICE

- Bout times: 2 x 2-minute periods with 30 second rest between periods
- No activity periods.
- No head and arm throw
- No gabori head and arm roll/ gator roll (etc.) or similar rolling head and arm technique
- No consecutive repetitions of any legal tilt. The defensive wrestler must return to a fully defendable position and offensive wrestler must modify his / her grip before a technique is repeated.
- 10-point decision by evident technical superiority
- A fall will be one full second.
- When a wrestler is in any potential pinning situation, the offensive wrestler must complete the pin within 15 seconds, or the action will be halted, and wrestling will resume from the standing position. The referee will draw attention to the action by visibly counting to 15 using a sweeping motion of their hand.
- Any wrestler, when in any pinning situation, who calls out will be taken as a making a forfeit and the referee's decision to end the match will be final. Similarly, if the coach yells for his/her athlete to be let off their back it will also be taken as a forfeit and the referee's decision to end the match will also be final.
- During wrestling, as soon as an attempt at a head and arm throw is apparent as evidenced by a hip tossing action or a rotation of the hips, the referee will stop the action and warn the offending wrestler.
- A repetition of this rule violation will bring about a caution to the offending wrestler and one point awarded to the opponent.
- Action will resume from the standing position.
- This includes the situation wherein the action starts from standing and goes to the knees and continues in a throwing action to circumvent the intent of the rule.
- The head and arm is permitted if the action is from a "scramble" situation wherein both athletes have both knees on the mat. This technique is considered a tilt.

KIDS

- Bout times: 2 x 2-minute periods with 30 second rest between periods
- All rules are the same as novice minus the 15-second pin rule
- Two repetitions of any technique will be permitted. If a third repetition is commenced, the referee will stop the action and wrestling will resume in the standing position.

OFFICIALS

If there is any doubt about the safety of a situation involving young wrestlers, even if it is not illegal in nature, the referee should stop the action immediately. Safety must be a key goal of youth wrestling.

AWARDS

Medals for top three placing are optional. Other award options include ribbons, crests, pennants, or certificates.