



ALBERTA WINTER GAMES TRIALS 2017

**Date and Times:**

Saturday, December 9, 2017

Alberta Winter Games Trials (Born 2003-2005)

Warm-up @ 8:00am

Competition @ 9:00am – completion (approximately noon)

Novice (Born 2005-2006)

Warm-up @ 12:30pm

Competition @ 1:00pm - completion

Where:

Jack Simpson Gym,

Kinesiology Complex,

The University of Calgary,

2500 University Drive NW, Calgary

Map link: <http://www.ucalgary.ca/map/>

(Convocation map shows Jack Simpson gym in red)

Gym is located near the Olympic Oval.

Please enter the gymnasium on the lower level.

Tournament Fees:

\$20 / athlete

Make cheques payable to:
Calgary Amateur Wrestling
Association

Parking:

Lot 10 is \$7.00 for the day. You access this lot from 32nd Ave. NW

Map link: <http://www.ucalgary.ca/map/>

(Check the parking map for location)

Tournament Director :

Craig Dubray

639-480-8899

Zone3Wrestling@gmail.com

Please email the Tournament Director to express your intent to compete in this tournament, along with your team name and an approximate number of athletes by Dec. 1st. Thanks.

Eligibility:

Novice Athletes

- Boys and Girls born in 2005 or 2006

Alberta Winter Games Trials Athletes

- Boys and Girls born in 2003, 2004 or 2005

- **Live** in Calgary or **Train** with a Calgary-based wrestling club

Athletes are only allowed to compete in **one age category and one weight class**.

Tournament Format:

Double elimination bracket draw for Alberta Winter Games Trials weight classes with 7 or more athletes. A True Second will be determined: If the Bronze medalist has not wrestled the Silver medalist, the two athletes will have a match to determine the first alternate.

Pools for novice weight classes and Alberta Winter Games Trials weight classes with 1 to 6 athletes.

Wrestle-off Provision: Male athletes competing in the Calgary Catholic Junior High City Championships on December 9th will be able to challenge for the Zone 3 representative and alternate spots if they win their pool in the City Championships. Wrestle-offs will take place Sunday, December 17th at Peter Lougheed School Thunder Camp. Challengers will first wrestle the Bronze medalist from the Trials. If they win, they will wrestle the Silver medalist. If they win, they will wrestle the Gold medalist and must beat the Gold medalist twice to take the Zone 3 Representative spot. The defending Gold medalist will only have to beat the challenger once to maintain their spot. All medalists and challengers will have the opportunity to train with the Zone 3 Team and will be considered as fills for the other zones.

Weigh-in:

Please pre-register your team by emailing the tournament director by December 1.

Novice Tournament

Novice weights must be submitted to the Google Doc by coaches at the following link:

<http://tinyurl.com/RegionalOlympics2017>

Novice Wrestlers will be placed in **pools** of up to 6 athletes. All wrestlers in a pool must be within 10% of the others' weights. Please submit weights to the nearest tenth of a kilogram.

Please email the Tournament Director to express your intent to compete in this tournament, along with your team name and an approximate number of athletes by Dec. 1st. Thanks.

Alberta Winter Games Trials

An **official weigh-in** will be conducted for this tournament on **Friday, December 8** for all Alberta Winter Games Trials athletes.

Note: Please come prepared with nails cut and wearing your competition clothes (singlet or shorts and t-shirt).

*Weight cutting is **not** encouraged for this event and age level. Athletes who make the Alberta Winter Games team will need to be able to reach the same weight again in February. Given that this is a growth stage for most athletes, wrestling at their natural weight is a benefit for maintaining their place on the team.

All athletes who plan on competing in the Trials must weigh-in with officials at one of the following times and locations:

Location 1:

Jack Simpson Gym – University of Calgary
2500 University Dr NW
Calgary, AB T2N 1N4

7:30pm to 8:30pm

Location 2:

Mountain Park School
312 Mt. Douglas Close SE
Calgary, AB T2Z 4Y1

5:00pm to 6:00pm

Location 3:

*For those competing in Catholic Jr. High City Championship
Notre Dame High School
11900 Country Village Link NE
Calgary, AB, T3K 0A2

5:00pm to 6:00pm

Male weight classes for AWG Trials (all weights in KG):

Below 37, 37 - 40, 43, 47, 51, 55, 60, 65, 70, 76, 83, 83+

Female weight classes for AWG Trials (all weights in KG):

Below 39, 39 - 42, 46, 51, 56, 60, 65, 72, 80, *Above 80*

(Non-Games weights may be created to accommodate athletes who do not safely fit into the listed weigh classes.)

*** Indicates a non-games weight class, winners in these weight classes will not be eligible for the Alberta Winter Games team.**

Please email the Tournament Director to express your intent to compete in this tournament, along with your team name and an approximate number of athletes by Dec. 1st. Thanks.

Rules:

We will be using the WCL Rulebook 2015-2016: Annex B: Rules Modifications & General Guidelines for Youth Wrestling in Canada – Kids Age Division Rules.

Please review the rulebook found at:

http://1umxx21xcbmi5khaw2dgpw52iz-wpengine.netdna-ssl.com/wp-content/uploads/2016/03/2015_2016_Rulebook_v3.pdf

Key Points and Rule Modifications:

- Two periods, 2 minutes in duration separated by a 30 second break.
- No throws with amplitude (5 point moves)
- No back bending throws
- No German Leg Ride or like move that will put undue pressure on the knee joints
- No West Point
- No Gabori or like moves that will put undue pressure on the neck
- No Head and Arm Throw or Double Under hooks with hands locked
- ALL moves must be completed IN CONTROL
- Ground techniques can be repeated once, however, a third attempt will result in wrestlers returning to a standing position in the center of the mat.

Ties:

In the off case that, at the end of the second round and if the score is still tied 0-0, the referee will immediately call the wrestlers to the center and toss a coloured disc (Red & Blue). In the absence of a coloured disc, a coin will be used, Heads for red and Tails for Blue. Wrestling will resume in the STANDING POSITION. The wrestler who wins the toss must score within 30 seconds or the opponent will be awarded ONE point and the match.

Safety is our primary guiding principle. Therefore, any on mat official has the right to stop the match and have athletes return to a neutral, standing position if they deem a position to be dangerous.

Please email the Tournament Director to express your intent to compete in this tournament, along with your team name and an approximate number of athletes by Dec. 1st. Thanks.