



**CALGARY REGIONAL  
CHAMPIONSHIPS  
2018**

Sponsored by: Canada Cup of Wrestling Society

**Date and Times:**

Saturday, December 8, 2018

Senior (Born 2004-2006)

Warm-up @ 8:00am

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

Novice (Born 2006-2007)

Warm-up @ 12:30pm

Competition @ 1:00pm - completion

**Tournament Fees:**

**\$20 / athlete**

Make cheques payable to:  
**Elboya School**

**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.

**Parking:**

Lot 10 is \$7.00 for the day. You access this lot from 32<sup>nd</sup> 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](mailto:Zone3Wrestling@gmail.com)

**Tournament Format:**

Double elimination bracket draw for Senior weight classes with 7 or more athletes.

Pools for novice weight classes and Senior weight classes with 1 to 6 athletes.

**Please email the Tournament Director to express your intent to compete in this tournament, along with your Team Name, Coach's Evening Phone Number and an Approximate Number of Athletes by Nov. 30<sup>th</sup>. Thanks.**

### **Weigh-in:**

All weights must be submitted to the Google Doc by coaches at the following link no later than 7pm on Thursday, December 6th:

<http://tinyurl.com/CalgaryChampionships2018>

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.

Male weight classes for Seniors (all weights in KG):

Below 37, 40, 43, 47, 51, 55, 60, 65, 70, 76, 83, 95, Above 95

Female weight classes for Seniors (all weights in KG):

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

### **Rules:**

We will be using WCL Kids rules as found in Appendix B, starting on page 54, of the WCL rulebook located at:

[http://wrestling.ca/wp-content/uploads/2016/03/2015\\_2016\\_Rulebook\\_v3.pdf](http://wrestling.ca/wp-content/uploads/2016/03/2015_2016_Rulebook_v3.pdf)

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.

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.