



ALBERTA WINTER GAMES TRIALS 2019

Sponsored by: Canada Cup of Wrestling Society



Date and Times:

Saturday, December 7, 2019

Alberta Winter Games Trials (Born 2005-2007)

Warm-up @ 8:00am

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

Mandatory Meeting for TOP 2 ATHLETES at 1pm or upon completion of awards

Novice (Born 2007-2008)

Warm-up @ 12:30pm

Competition @ 1:00pm - completion

Where:

Jack Simpson Gym, Kinesiology Complex, The University of Calgary, 2500 University Drive NW

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.

Weigh-in:

Novice tournament weights must be submitted to the Google Doc by coaches no later than

8pm on Thursday, December 5th at the following link:

<https://tinyurl.com/RegionalChampionships2019>

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.

Alberta Winter Games Trials Athletes

An **official weigh-in** will be conducted for this tournament on

Friday, December 6 for all Alberta Winter Games Trials athletes.

Location - Jack Simpson Gym

Date - Friday, December 6th, 2019

Time - 5:30pm-8:30pm

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

Tournament Fees:

\$20 / athlete

Make cheques payable to:
Elboya School

Eligibility:

Novice Athletes

- Boys and Girls born in 2007 or 2008

Alberta Winter Games Trials Athletes

- Boys and Girls born in 2005, 2006 or 2007

- **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**.

Alberta Winter Games Trials Weight Classes:

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

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

Below 34, 37, 40, 43, 47, 51, 55, 60, 65, 70, 76, 83, 95, *95+*

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

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

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

Note -Weight cutting is **not** permitted 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.

Tournament Director:

Craig Dubray

639-480-8899

Zone3Wrestling@gmail.com

Team Registration:

Please email the Tournament Director by Friday, November 29th with team name, estimated number of participants in each age category and number of coaches attending.

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.

Parking:

Lot 10 is \$8.00 for the day. You access this lot from 32nd Ave. NW

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

(Check the parking map for location)

Rules:

We will be using the 2019 Wrestling Canada Lutte Rulebook: Annex B: Rules Modifications & General Guidelines for Youth Wrestling in Canada – Kids Age Division Rules.

Please review the rulebook found at:

https://wrestling.ca/wp-content/uploads/2018/04/2019_Rulebook.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.