

## WRESTLING (18.16)

The UWW (United World Wrestling) rules with WCL (Wrestling Canada Lutte) modifications will be used unless special playing rules are put forth by the NBIAA, in this case the NBIAA rules will take precedence over any other rules.

### Special Provisions:

1. Headgear is permissible and recommended provided the surface is not abrasive and it is not used deliberately against an opponent's head.
2. No amplitude points will be awarded and a caution will be given with +1 awarded to the opposite wrestler.
3. Double disqualification is possible for misconduct.

### Rules and Regulations:

1. Competition will be in two categories – Boys and Girls and all games will be of the same duration.
2. The following weight categories will be used for the Provincial Championship Meet:  
Girls: 47 kg., 51, 55, 60, 66, 70, 74, 83, 91, HWT  
Boys: 47 kg., 50, 54, 57, 61, 65, 70, 75, 82, 90, 105, 125, HWT
3. A school is allowed unlimited entries in each weight category.
4. When only two wrestlers are in a weight class, a best two out of three will determine the winner.
5. The 'one second pin' rule will be used.
6. Each athlete must participate in two (2) Open NBIAA Tournaments to qualify for the NBIAA Championship.
7. There will be an official team weight-in for each wrestler at their first competition of the season. If a player decides to move down a weight class they must reweigh in at that tournament.
8. Competitions throughout the season will have a weigh-in allowance of 5% of the NBIAA weights and will follow the red dot rule. All athletes will weigh in at the first tournament of the year and a list will be created with each wrestler and an assigned number. New athletes can be weighed in once they attend their first tournament and they will be added to the list and assigned the next number. Five random numbers will be generated at each tournament and those athletes will be red dot weighed. Any athlete who is over 5% of their weight class will not be able to compete in that weight class and the whole team will be weighed. The athlete still has the opportunity to be weighed in again at the next tournament to try to make the lower weight class.
9. Medical: Coaches who had athletes participate in only one (1) tournament because of injury, may apply to the NBIAA two weeks prior to the Provincials for permission to have the athlete (now healthy) declared eligible to participate. It is recommended that medical personnel be available on site for all NBIAA sanctioned events. If a team chooses to not participate in two open NBIAA sanctioned tournaments during the season, then they cannot have an athlete use the injury provision.
10. Weather / transportation provision: Schools may apply to the NBIAA two weeks prior to the Provincials for special consideration if the weather prevents athletes from participating in two (2) Open NBIAA Tournaments. If a team chooses to not participate in two open NBIAA tournaments during the season, then they cannot have an athlete use the weather provision.
11. The NBIAA Championships will be held on Saturday, the second full weekend before March Break. The start time of the Provincial Championships is 11:00 A.M.
12. Tournament Structure and Procedure:
  - a) The NBIAA Championships will be run in a bracket style format in weight classes that have 6 or more competitors. Five or less competitors will be run in a round robin format.

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- b) Weigh-ins shall be conducted at 8:00 A.M. Flexible weigh-in time, based on location, will be allowed. A minimum of 2 digital scales must be provided for the weigh-ins.
- c) It is recommended that four mats be used for the championship, but it is possible to use as few as three.
- d) The start order for team's weigh in will be conducted through a random draw by the head official and the order will proceed alphabetically based on the schools present.
- e) Weigh in sheets are to be forwarded to the NBIAA Wrestling Coaches' Chair at the conclusion of the draw.
- f) Tournament hosts must send an accompanying no show roster report with the weigh-in sheets to the NBIAA Wrestling Chair at the conclusion of the tournament.
- g) All NBIAA event results must be forwarded to the NBIAA Chair within 48 hours and they will be released to media outlets via the chair within 24 hours.

### 13. Officials

The officials for the tournament shall be secured by the convener in consultation with the Head Official for New Brunswick. One to four officials may conduct a wrestling match.

### 14. Scoring

Team scoring shall be as follows: Place Points 10-7-5- 3-2-1 for the first six places. There will be a correction factor. (as set out by the WCL)

ARTICLE 34 of the WCL rule correction factor;

5 = 9-6-4-2-1

4 = 7-5-3-1

3 = 5-3-2

2 = 4-2

1 = 3

### 15. Seeding

Boys and Girls should be seeded in the following order:

- a.) Champion – if two or more returning champions – winner from the heaviest weight class is seeded above lighter champions in order.
  - b.) Returning silver medalists – if two or more returning medalists – the medalist from the heaviest weight class is seeded above lighter medalists in order.
  - c.) Returning bronze medalists – if two or more returning medalists – the medalist from the heaviest weight class is seeded above lighter medalists in order.
16. Clothing - Wrestlers dress shall consist of two options – a UWN style wrestling singlet or shorts and a t-shirt, with the t-shirt tucked in. Athletes must change in designated changing room.
  17. The Entry Fee, set by the NBIAA (see O.R. 5.1) shall be charged to cover the cost of the officials and equipment if needed, for the NBIAA Championships.
  18. All other NBIAA rules and regulations pertaining to Provincial Championships will be followed.
  19. Digital scales and visible score clocks must be used for Provincial Championships.
  20. Weight Loss Policy:

The NBIAA opposes excessive weight loss. Excessive weight loss places athletics at risk both physically and from the standpoint of enjoyment of participation. For the purposes of weight loss, the coach is deemed to be responsible for the weight loss practices of his/her athletes. Coaches are asked to monitor their athletes' weight and overall physical condition on a regular basis.

Extreme measures of weight loss include:

- i. The use of diuretics and other medications.

- ii. The use of saunas.
- iii The use of rubber suits or other vapour impermeable clothing, as well as the use of excessive clothing.

**Enforcement is the responsibility of the event convenor. Violation will result in disqualification from the event.**

**Ejections**

All names of players and coaches ejected must be reported to school principal. Players and coaches ejected from a game shall be suspended from the remainder of the game and the next scheduled game (exhibition, conference, regional or provincial). If the ejection takes place during a semi-final regional or provincial event, the player(s) or coach(es) is suspended from the next scheduled game, excluding exhibition games.