

## 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 grand amplitude back-bending throws 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: 44kg., 47, 51, 55, 60, 66, 72, 78, 84, 90, 97, HWT  
Boys: 44kg., 47, 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 and must be registered with the NBIAA one month prior to Provincials in order to qualify for the NBIAA Provincial Championship.
7. A minimum of five (5) tournaments must be scheduled throughout the season.
8. There will be an official team weigh-in for each wrestler at their first competition of the season. There will be no weight allowance given at this time. If the wrestler decides to move down a weight class, they must reweigh in at that competition, with no weight allowance.
9. Competitions throughout the season will have a weight allowance in KG's of the NBIAA weights and will follow the red dot rule. The Head Official of each competition will choose which 5 athletes will be chosen to be red dotted. Girls Kg allowance will be 1kg for weight classes below 72kg and 2kg for 72kg/higher weight classes. Boys Kg allowance will be 1kg for weight classes below 70kg and 2kg for 70kg/higher weight classes. 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. Any athlete weighing-in over the weight allowance when red dotted, the whole team will be weighed at that competition.
10. 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 an athlete/team chooses to not participate in two open NBIAA tournaments during the season, then they cannot use the injury provision.  
Athletes who wish to use the medical provision must be registered before the initial deadline of Dec 15th/ Sports deadline registration.

11. 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 an athlete/team chooses to not participate in two open NBIAA tournaments during the season, then they cannot use the weather provision.

Athletes who wish to use the Weather/Transportation provision must be registered before the initial deadline of Dec 15th/ Sports deadline registration

12. The NBIAA Championships will be held on Saturday, the third full weekend before March Break. The start time of the Provincial Championships is 11:00 A.M.

13. 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.
- b) Team registrations are to be sent in on Friday night by 7:00pm, the day before Provincials. Weigh-ins shall be conducted at 10:00 A.M. After 10:00 A.M. flexible weigh-in time (s) when Head Official is present, based on location, will be allowed. A minimum of 2 digital scales must be provided for the weigh-ins. Head coaches will be present for weigh-in's and will hand-in the Team registration prior to weigh-in's.
- c) The number of mat surfaces to be used at the NBIAA Championships will reflect the number of participants.
- 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. (When each athlete weigh's-in they will select a card/token that has a number which will randomize the placement of athletes within the draw/brackets. The numbers identified for each athlete will be recorded and sent with all other documents proceeding the competition.)
- 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. (via the NBIAA within 24 hours)

14. Officials

- a) The officials for the tournament shall be secured by the convener in consultation with the Head Official for New Brunswick.
- b) The standard number of officials for a NBIAA Tournament should be equal to the number of mats used plus one extra official. Under exceptional circumstances, a tournament (excluding Provincials) may be run with the number of officials equaling the number of mats.
- c) There shall always be a head official of the rating Provincial A or higher in the building when a NBIAA tournament is being run.
- d) Officials of the rating Provincial A & B officials may run a mat by themselves at any time. Officials of the rating C must be accompanied by a Provincial A official or higher at all times.

15. 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

## 16. 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) Champion – if two or more returning champions – winner from the heaviest weight class is seeded above lighter champions in order.
- c) Returning silver medalists – if two or more returning medalists – the medalist from the heaviest weight class is seeded above lighter medalists in order.
- d) Returning bronze medalists – if two or more returning medalists – the medalist from the heaviest weight class is seeded above lighter medalists in order.

17. 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. Apparel/equipment can include tights/spandex, jogging/sweatpants (no pockets), jewelry out, braces must be safe to use in performance setting. All other loose/extra apparel must not be used/worn during performance/competitions. Athletes/teams can be subject to fines if instances are re-occurring.

## 18. 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.

## 19. All other NBIAA rules and regulations pertaining to Provincial Championships will be followed.

## 20. Digital scales and visible score clocks must be used for Provincial Championships.

## 21. 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.