

SSNL GENERAL TECH STANDARD RULES AND REGULATIONS

The following regulations will apply to ALL tournaments under the jurisdiction of School Sports Newfoundland and Labrador (SSNL). Please consult the technical standards, which follow for specific sport rules.

1. All SSNL sports have some sport specific rules that differ from Provincial Sport Organization or National Governing body playing rules so make sure you and the Officials review these in the tech standards that follow. They **MUST** be followed.
2. No player will be permitted to play wearing a cast made of plaster, fibreglass or any other material considered dangerous by the official.
3. All schools **MUST** register their school online for all tournaments and in the case of the Provincials, their entire roster as well. Teams participating in Qualification, Junior Varsity, and Foundation tournaments can register their roster directly with the convenor. All players must be registered in the format above prior to their **FIRST GAME STARTING** in order to be eligible to play in an SSNL Tournament. Failure to comply will result in the defaulting of the games in question and awarding of points to the opposing teams.
4. SSNL has instituted a maximum point spread to be used in tie breaking situations and to promote SSNL ideals of sportsmanship. All games should be recorded on the SSNL tournament page website and at the playing venue(s) and reported to media using only the maximum point spread as set out in the technical standards of each sport. In the tie-breaking procedure, the goal/point spread must credit all the points for the losing team only (eg. If sport has a max 7-point reporting spread and score was 12-2 then report/post as 9-2, not 7-0).
5. There is a no fighting policy in all SSNL events. Any violation will result in an immediate expulsion from the tournament and a possible multi-year suspension from all SSNL activities.
6. Players and fans are not permitted to engage in behaviour where they are intentionally trying to distract players or impeding on the playing surface. Failure to comply could result in in-game penalties, expulsion from the playing venue, and further discipline from SSNL.
7. Teacher-sponsors must be on the bench at all times. Games do not start without the teacher-sponsor present. If the teacher-sponsor is not on the bench 10 minutes after the scheduled start time, the team without the essential personnel will lose the game by default.
8. Players who are not dressing for a game are permitted to still sit in the bench area, but are still subject to all rules governing appropriate team behaviour.

9. Team composition is at the discretion of the school coach as long as it complies with all other rules SSNL rules for that sport on team composition.
10. SSNL game referees are to be instructed to remain on the floor after the game to sign the score sheet and participate/oversee the shaking of hands by teams.
11. In-Game Protests: It is expected that all tournament game related protests be made in-game when the issue arises. Teams wishing to protest must do so in game by telling the Referee (or in sports where self-refereeing is used, stop and tell the convenor or other designated official) at the next available stoppage in play. The Tournament Protest Committee shall review and rule on the issue within a reasonable time before the game will re-commence. The SSNL Rep may be used to help with the ruling. You **CANNOT** protest discretionary calls by the referee. **Protests must still be accompanied in game by a \$50 protest fee or they will not be considered.** See "Protest, Disciplinary Infractions, and Appeals" section of this Convenor Manual for more details.
12. Coaches are not permitted to change any SSNL rules at the coaches meeting or at any other time by consensus vote. Any change in rules in this situation could result in a loss of points by infracting teams, potential school fines and sanctions, and/or the entire tournament being voided.
13. The use of unauthorized video replays is banned from SSNL events as a measure of officiating.
14. No cell phones or any person who is not a minor official are permitted at scorer's tables.
15. Game officials **MUST** provide written reports to the convenor for all major rule infractions.
16. At least one member of the coaching staff for each team **MUST** complete the free coach.ca "Making Headway" concussion course in order for their school's team to be eligible for SSNL tournaments.
17. SSNL philosophy values team accomplishments and sportsmanship. Aside from SSNL sports with an individual component, the Sportsmanship and MVP medals will be the only individual awards presented at SSNL tournaments (if applicable to the sport). There are to be no other individual awards (i.e. Player of the Game or All-Star Team) to be awarded at our tournaments. Failure to comply with this will result in a \$100 fine and possible further sanctions.
18. Schools who pull out of a Foundation Sport Tournament after registering may be subject to discipline if the reason is not deemed valid by the Varsity Council.

WRESTLING

EVENTS

Team champions will be declared in:

1. Boys
2. Girls

Individual champions will be declared in the following weight classes for males:

42kg 46 kg 50 kg 54 kg 58 kg 63 kg 69 kg
76 kg 85kg 100 kg 115 kg 130 kg

Individual champions will be declared in the following classes for females:

38 kg 40 kg 43 kg 46 kg 49 kg 52 kg 56 kg
60 kg 65 kg 70 kg 80 kg 90 kg

Wrestlers must compete in the weight class in which they weighed in at, during the official weigh-in. If there are no other wrestlers in that weight class, the wrestler will be permitted to move up one weight class. There must be a minimum of 2 wrestlers in a weight class in order for a weight class to proceed.

The total team points for the overall team championship is based on the points earned in the top ten weight classes for each school. In the event of a tie, CAWA tie breaking procedures will be followed.

TEAM COMPOSITION

1. A maximum of 18 wrestlers along with a coach and a manager can attend a competition.
2. A maximum of 3 wrestlers per team can enter a weight class, but only the top wrestler in a weight category can count for team classification points. An example for weight division final placing is given below:

Place	Wrestler	School	Points
1 st	Wrestler A	School W	5
2 nd	Wrestler B	School X	7
3 rd	Wrestler C	School W	-
4 th	Wrestler D	School Y	1

PLAY FACILITY AND EQUIPMENT

1. Minimum gym size recommended: 75 ft. x 120 ft.
2. 2 wrestling mats: 4' border around wrestling surface
3. 2 flip scoreboards
4. 2 time clocks, 2 stopwatches for injury time
5. 4 sets of scoring paddles
6. 4 pairs of anklets, blue and red
7. 4 scorers and judges tables
8. PA system
9. Rope stands for spectator control
10. Weigh scales
11. Nail clippers
12. Warm-up mats, 20' x 20' and warm up area
13. 4 corner buckets
14. 450 bout sheets
15. Complete first aid kit

SAFETY STANDARDS

1. Have medical personnel in attendance (St. John Ambulance).
2. First aid kit with ice packs
3. Have mat disinfected
4. Explanation and demonstration of illegal moves by chairman of the officials before first bout.
5. Participants should be free from contagious diseases.
6. Wrestler shall nails cut closely at weigh in
7. A spray bottle with a proper disinfectant for bodily fluids be available at each judging table.

WEIGH-IN

1. Wrestlers will be weighed in upon arrival at the venue on the day before competition at a time determine by the convenor.
2. The cut off time for making weight will be 0.5 hour after the final team arrives.
3. Convenors must make allowances for teams that have to travel long distances.
4. Wrestlers will have their nails checked during weigh in.
5. Wrestlers must weigh in bare foot wearing their wrestling apparel (single/shorts)
6. The use of sauna suits and plastic bags is forbidden at tournaments. If a wrestler is caught with one on in the venue he/she will be disqualified from competition.

SCHEDULING

1. Seeding shall be completed based on the past performance prior to the draw. The top four will be seeded, with #s 1 and 4 in Pool A and #2 and 3 in Pool B.
2. The seeding **must** take place during a coaches meeting immediately after the weigh in.
3. It is the responsibility of the coach to bring prior results to the tournament showing a wrestler's past performance.
4. All other placements in pools will be done randomly **at the coaches meeting** by drawing numbers from a hat.

OFFICIALS

1. Chairman officials
2. Drawmaster
3. Assistant drawmaster
4. 8 referees
5. Minor officials: 2 timers, 2 scorers, 2 runners, 1 announcer (trained by convenor)

PAIRING PHILOSOPHY & METHODS

1. The philosophy of pairing is to try to ensure that the first ranked wrestler does not meet the second ranked wrestler in a weight division until the gold medal match. As well the third and fourth ranked wrestlers should not meet until the bronze medal match. This can be accomplished by making sure the seeding is properly carried out before competition commences and also by scheduling the draw so there are true gold and bronze medal matches.
2. Wrestlers will compete in the following format:

Number of Wrestlers	Wrestling Format
2-5	Round robin
6-8	2 pool cross over. Round robin format in each pool. Wrestlers that meet in their own pool do not meet again in the final.
8+	Bracket draw (double elimination)

CONCRETE CORRECTIONS

1. The duration of a bout is 2, 3-minute halves with a 30 sec. break between halves
2. Injury time is 2 minutes, blood time is 3 minutes.
3. Illegal moves include the suplay, salto, full nelson from the front and side, west point ride and three quarter nelson. Side throw will be allowed.
4. The referee does not stop the bout when he is announcing a warning. When the referee wishes to announce a warning, he/she must:
 - a. Raise the hand wearing the color of the wrestler at fault.

- b. Glance at the judge or mat chairman for his approval
 - c. Announce the warning by touching slightly the shoulder of the wrestler at fault
 - d. WITHOUT STOPPING THE BOUT, announce loud red or blue passive.
5. Water will be allowed between halves.
 6. Boot laces have to taped before competition.
 7. Wrestlers must bring a clean handkerchief with them to each bout. The handkerchief must be tucked inside their single/shorts during the bout.

OFFICIALS RESPONSIBILITIES

Referee

1. The role of the referee is reduced to what is strictly necessary.
2. To announce the beginning and end of the bout, to stop the bout whenever necessary.
3. To award points.
4. To indicate passivity and to announce a warning, without stopping the bout.
5. To stop illegal holds.
6. To stop the bout whenever the wrestlers are fleeing the mat, and to announce the warning of fleeing the mat or zone, or for pushing.
7. To announce a fall.

Judge

1. To award points.
2. To indicate the passive wrestler.
3. To note the fall.
4. To co-operate with the referee.

Mat Chairman

1. If the referee and judge disagree, he/she must settle the question by raising his bat, or by using the **light signal** for determining the number of points.
2. To co-operate with the referee and judge whenever necessary (warning, fall).
3. To consult the referee (only when necessary).
4. To stop the bout by throwing a colored piece of plastic or towel (neither of which shall be blue) onto the mat.
5. To note positive points.
6. To indicate the color of the winner.

The Coach

1. The major role of the coach is to teach wrestlers how to wrestle actively. The wrestler also reflects the work done by the coach. The coach is the only person authorized to stand near the corner of the mat.
2. To accompany his/her wrestler to the mat.
3. To speak in a loud voice and to give instruction to his/her wrestler, to express his/her satisfaction or displeasure, but all from the place where he/she is standing.

- The coach is not allowed to indicate points, to bang his fist upon the mat, to talk to the referee or mat chairman and try to influence them.

Note: The mat chairman is responsible for sending away (abolish from the facility), the coach who is acting improperly. The coach at fault will not be replaced and he/she will be eliminated from the match. If the offence is repeated, he/she will be eliminated from the whole competition. If a coach is eliminated from competition, the manager must take over the role of coach. If a wrestler does not have a coach present in the facility, he/she will not be allowed to wrestle and must forfeit further matches.

SCORING TECHNICAL AND MATCH POINTS

- Scoring of technical points and match points follow the Canadian Amateur Wrestling Association Rule Book for the current year.
- All rules relating to conduct on the mat and the awarding of cautions and passivities will follow the CAWA Rule Book for the current year.

TEAM CLASSIFICATION POINTS

The points awarded to a team for each wrestler final standing would be as follows, and according to CAWA guidelines:

Final Place	6+ wrestlers in weight class	5 wrestlers in weight class	4 wrestlers in weight class	3 wrestlers in weight class	2 wrestlers in weight class
1st	10	9	7	5	4
2 nd	7	6	5	3	2
3 rd	5	4	3	2	-
4 th	3	2	1	-	-
5 th	2	1	-	-	-
6 th	1	-	-	-	-

AWARDS

The following awards are provided:

- Boys & Girls Team Championship Banners
- Gold and Silver Team medals
- Gold, Silver and Bronze Individual medals (per weight classification)
- 1 MVP & 1 Sportsmanship Medal per gender.

REGISTRATION FEES

A maximum of \$50 per team.

\$5 per athlete competing in the individual competition only.

Participation fee of \$3 for provincial tournaments and \$3 per athlete for qualification tournament.