

# General Guidelines for Youth Wrestling in Saskatchewan

Updated: January 22, 2024

## GOALS OF YOUTH WRESTLING

- Fun
- Good Sportsmanship (coaches, parents included)
- Basic skill development
- Introduction of the sport in a safe and controlled manner
- Participation

## AGE DIVISIONS

SaskWrestling recommends that before the age of five (5), youth wrestling should take part at the local club level only. Children of these ages do not need the pressure or stress of provincial/territorial or national level competition.

- U9 (turning 7/8 years of age during the last calendar year of the season)
- U11 (turning 9/10 years of age during the last calendar year of the season)
- U13 (turning 11/12 years of age during the last calendar year of the season)
- U15 (turning 13/14 years of age during the last calendar year of the season)

## WEIGHT DIVISIONS

The exact system of pooling (i.e. round robin, bracket draw, etc.) should be determined based on the level of competition. U9, U11, U13, and U15 wrestling should use a round-robin pool format with a maximum of five wrestlers in an age/weight class. This assures wrestlers of a maximum number of bouts per tournament. Athletes should only compete in their own age group and should not compete in more than one age group at the same tournament.

Pools of athletes should be comprised of athletes that fall within 10% body weight of one another.

U9 and U11 competitions will not be separated by gender unless otherwise organized by the competition hosts.

U13 and U15 age groups will compete in the gender in which they identify and are registered with their PTSO.

*Note: The use of plastic bags, saunas, or any form of artificial weight loss is strictly prohibited at the youth age divisions. The penalty for non-compliance for athletes is immediate elimination*

*from the tournament without placement. Coaches who assist or promote this type of weight loss will be barred from the competition site for the remainder of the event with a discipline hearing to be scheduled by the appropriate provincial/territorial authorities at a later date if deemed necessary.*

## MAT ATTIRE

The minimum expectations for mat attire are ABOVE KNEE SHORTS with no belt loops, zippers, or pockets and a snugly fitting T-shirt. Singlets may be worn but are not mandatory. A female wrestler cannot wear a male singlet. Wrestling shoes and clean, indoor running shoes are both acceptable.

## SAFETY

Safety will continue to be the primary consideration. The official is always to err on the side of caution and protect the athlete(s). Any situation that the official feels is potentially dangerous or has the potential to be dangerous is to be stopped. Even if the action is not explicitly illegal, the official(s) will stop the action and wrestling will resume in the standing position. Such a decision is to be considered a discretionary call and therefore cannot be protested and should not be questioned by the coach.

## RULE MODIFICATIONS – U9, U11, U13, & U15

Rules of the CURRENT WCL Rulebook will be used at Age Group events with the following exceptions:

The following techniques are illegal in youth wrestling:

**\*\*No high amplitude throws are permitted in Age Group Wrestling\*\***

- Illegal/dangerous holds as per the current WCL rule book
- All back bending throws (including side suplay and salto) and in turn the locking of the hands on a double under hook (the set-up for chest to chest throwing techniques) at U9, U11, and U13
- Full nelson and 3/4 nelson
- Any hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride)
- No locking or placing of both hands on the opponent's neck.
- West Point ride
- Slam

## U9, U11, & U13

- Bout times: 2 x 2-minute periods with 30 second rest between periods
  - Local modifications are allowed to facilitate tournament timelines
- Tournaments may modify the mat space used for individual matches based on need.

- Saskatchewan Modified Hip Toss Rule will be in effect
  - Each wrestler will be allowed a maximum of 1 hip toss per round
  - The referee will blow the whistle to stop the action and award points
  - Action will resume from the standing position
  - The head and arm throw is permitted if the action is from a "scramble" situation wherein both athletes have both knees on the mat. This technique is considered a tilt.
- No Gabori head and arm roll/ gator roll (etc.) or similar rolling head and arm technique
- 10-point decision by evident technical superiority
- A fall will be one full second.
- If a wrestler calls out while in a pinning situation, it will result in a forfeit, and the referee's decision to end the match will be final.
- A repetition of rule violations will bring about a caution to the offending wrestler and one point awarded to the opponent.

## U15

- The Saskatchewan Modified Hip Toss Rule will not be in effect for the U15 age group
- All other rules are the same as U9, U11, U13

## OFFICIALS

If there is any doubt about the safety of a situation involving young wrestlers, even if it is not illegal, the referee should stop the action immediately. Safety must be a key goal of youth wrestling.

## AWARDS

Medals for top three placings are optional. Other award options include ribbons, crests, pennants, or certificates.