

**SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION**  
**WRESTLING**  
**PLAYING REGULATIONS**  
*(Updated November 2014)*

**1. Season of Play**

The SSSAA wrestling season will begin November 1<sup>st</sup> and will end after the OFSAA Championship.

**2. Championship Dates**

The SSSAA wrestling season will begin approximately the third week in November and will conclude by the third week in February.

**3. Season Format**

The season will typically begin with a Takedown Tournament and will include two Match-up Tournaments, a Dual Meet, a Christmas Tournament, the NWO Championship, the SSSAA Championship and the NWOSSAA Championship.

All events will typically begin at 3:00pm with the exception of the Christmas Tournament, the SSSAA Championship and the NWOSSAA Championship.

Schools may set-up dual meets with other schools, at their own expense.

**4. Rules of Play**

The Canadian Amateur Wrestling Association rule book will be in effect with OFSAA amendments.

There is no limit to the number of wrestlers a school may enter per weight class. Each wrestler may enter only one tournament per date.

Scoring at the SSSAA Championship will be 10, 7, 4, 2 in each weight class. Only one wrestler per school may earn points in each weight class even if more than one wrestler from that school places in the top four positions.

A jury of appeal shall consist of the site coordinator, one school coach not involved in the appeal, and the head referee or a designate. Members of the jury of appeal should declare any conflicts of interest and appoint a designate prior to dealing with any situations. The jury shall consider competition disputes not in the jurisdiction of the officials.

Weigh-ins must be emailed into the site coordinator the night prior to the Championship unless otherwise requested.

***Wrestlers must compete wearing an official uniform which includes SSSAA approved team apparel or a singlet/doublet. Any exceptions must be made in writing to the Activities Director two days in advance of the competition. No bare feet, stocking feet***

*or running shoes with metal eyes are to be worn. If a t-shirt is worn and the shirt is down then the athlete is considered pinned.*

## **5. Additional Information**

Schools without a wrestling coach may have students participate at another school that has a coach, but wrestlers must represent their own school in all sanctioned competitions. No coach is obligated to accept students from another school into his program, but if a coach chooses to do so, he must assume full responsibility for those students.

Coaches must accompany their team on the bus if this form of transportation is used. Coaches must also be present at each wrestling event in its entirety to supervise their wrestlers, unless alternate arrangements have been made.

Coaches shall not administer, recommend, or condone the use of any substance that may artificially enhance performance or contribute to artificial weight loss.

The host of the next scheduled event is responsible for picking up the score clocks from the previous site.

## **6. Novice Eligibility**

In order to compete in the SSSAA Novice Championships a student-athlete must meet all of the criteria listed below:

- a. Be in Grade 9-10 only;
- b. Must not have placed 1<sup>st</sup> in any open tournament in any year. Exception: If the gold(s) won occurred when they were the only entry in their weight class, the student-athlete remains eligible for the Novice Championship;
- c. Have never won the Novice Championship in the past.

## **7. Roster & Eligibility Forms**

Eligibility must be submitted through the AELS system and emailed to David Pineau at [dpineau@lakeheadschoools.ca](mailto:dpineau@lakeheadschoools.ca) one day prior to a school's competition. Additional student-athletes may be added to a team during the season by using the AELS system and by notifying SSSAA of the addition.

A student-athlete must compete in one (1) regular season events (includes dual matches) in order to qualify to compete in the SSSAA Championship.

## **8. Awards**

The SSSAA Championship trophy will be awarded to the winning teams in boys, girls, overall and novice combined categories. The convenor may recruit sponsors in order to provide medals to the top finishers.