

SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
WRESTLING
PLAYING REGULATIONS
(Updated November 2025)

1. Season of Play

The SSSAA wrestling season will begin November 1st 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 second 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 9:00am 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, and 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.

Weigh-ins must be emailed into the site coordinator 24 hours prior to the Championship start time unless otherwise requested. Schools who fail to do so may be subject to penalties including fines and bout forfeitures.

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 their program, but if a coach chooses to do so, they 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

To compete in the SSSAA Novice Championships a student-athlete must meet all the criteria listed below:

- a. Be in Grade 9-10 only;
- b. Must not have placed 1st 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 OFSAA HUB system one day prior to a school competition. Additional student-athletes may be added to a team during the season by using the OFSAA HUB 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.