

ASAA Rural Wrestling Championships Alberta High Schools - 2023

- Information Package -

St. Joseph Catholic School
Grande Prairie



“A Tradition of Excellence”

DATES: Friday, February 24th 2023
Saturday, February 25th 2023

LOCATION: St. Joseph Catholic High School
10520-68th ave
Grande Prairie Alberta
T8W 2P1

Phone: 780-532-7779
Email: robertlevy@gpcsd.ca

CHAIRPERSON: Adam Link
Cell: (780) 897-8825
Work Ph: (780) 832-0279
Email: adam@silverttechcontracting.com

SCHOOL CONTACT: Robert Levy
Cell: 780-402-9292
Work Ph: (780) 532-7779
Email: robertlevy@gpcsd.ca

Tournament Website:

<https://www.asaa.ca/championships/site/2023-asaa-rural-wrestling-provincials>

SCHEDULE

Wednesday, February 22th, 2023

Registration deadline – all registrations must be received by **NOON**

Friday, February 24th 2023

11:30 am - 12:00 pm Fee Payment in Main Foyer

12:00 pm - 1:00 pm Medical (Skin Check) and Weigh-in

Located in room 181 (black box)

Note: Any wrestler failing to make weight may move up to the next category. A fee of \$10 will be charged.

12:00 pm - 1:30 pm Lunch will be served to athletes and coaches in the main cafeteria.

3:00 pm – 3:50 pm **Coaches meeting** – Music Room 178

This is a mandatory meeting for all coaches

4:00 pm - 4:40 pm Opening Ceremonies in Main Gym RM 160

4:40 pm - 5:00 pm Warm-up

5:00 pm - 9:00 pm Wrestling Preliminary round

Last match will be called approx 8:50pm

Saturday, February 25th 2023

9:00 a.m. - 12:00 pm Complete Preliminary Round

12:00 pm - 12:30 pm Semifinal cross-overs

12:30 pm - 1:00 pm Lunch Break

1:00 pm - 1:20 pm 5th/6th 7th/8th cross-over matches

1:20 pm – 1:40 pm Bronze medal matches

1:40 pm – 2:00 pm Introduction to Finalists

2:00 pm - 3:00 pm Gold medal matches

3:00 pm - 3:45 pm Medal Presentations & Team Awards

Presentations will proceed at the conclusion of all Gold matches. Pictures for the individual & team winners will be taken at the Podium.

Registration Information:

Registration fee is **\$51.00 per wrestler**. (\$1.00 Loonie Fee for Pay Forward)

Follow the link below to fill out the registration form for your Student Athletes.

https://docs.google.com/spreadsheets/d/1Oh3mD5FczSy29Vdp6Re0_Tx_zFnNEtJ1Z9ytt3Of4NY/edit#gid=0

Follow the instructions for registering your athletes with their appropriate weight class.

Registrations must be received by **NOON** on **Wednesday, February 22th 2023**.

COACHES

please fill out the following google form to provide contact information.

<https://docs.google.com/forms/d/1DwGK-1bH9yW3hq0jgqf3xjRDhhRfqKU4YzMEu0Vt9Ao/edi>

If you have trouble with the online registration contact Robert Levy
robertlevy@gpcsd.ca

Online Coaches Meeting is canceled.

*******Will occur on Friday February 24th at 3:00pm in RM 178 the Music Room/Coaches room.*******

For further information contact

Adam Link : (780) 897-8825

Email: adam@silverttechcontracting.com

For Payment please provide a cheque at check in written out to Grande Prairie Catholic School District. Att Provincial wrestling.

Please provide your school logo by adding it to the following google doc.

https://drive.google.com/drive/folders/1_uBH8GxIPgfds2R-iv1MiDNyDvtnETpN

Team Rooms/Change Rooms/Shower Facilities:

Individual Team Rooms will NOT be available.

Shower facilities and change rooms are located in the gymnasium. Please note that the Grande Prairie School District is not responsible for lost or stolen articles. Please ensure valuables are safely stored.

Coaches & Officials Room:

A hospitality room (Music room RM 178) located directly adjacent to the gymnasium . It will be available to coaches and officials throughout the tournament.

First Aid and Physiotherapist:

- Teams must bring their own medical supplies and plan to do their own taping. Ice will be provided and is located in the gymnasium office.
- An AED is located in the Main gathering area directly outside the main entrance of the gymnasium.
- Epip Pens will also be available if required at the first aid station
- We will have trained first responders (students) available during the matches located in the gymnasium.
- **Kinesis Physical Therapy Corp** will also be providing a Physiotherapist during this tournament as well if required by the student athlete's.

Concession:

A concession will be available during the tournament. The concession is located by the main entrance of the school.

Apparel

Elite Apparel is the official apparel supplier of the ASAA. Due to low sales from past Rural Wrestling events, apparel will only be available through online orders. A minimum of 10 orders overall need to be placed for orders to be satisfied. If 10 orders overall are not placed, Elite will contact each person who placed the order to let them know about the order cancellation.

Apparel Order Information:

<https://www.asaa.ca/championships/site/2023-asaa-rural-wrestling-provincials/championship-apparel>

All orders to be sent to: Harvey@elitepromomarketing.com

Parking:

located on 68th ave and Knowledge way

Friday February 24th

School is in session from 8:40am to 3:30pm.

Parking is available directly in front of the school and also on the east side of the school.

Saturday February 25th both parking lots will be open for public use.



INFORMATION CONTINUES ON THE NEXT PAGE

EMERGENCY ACTION PLAN

St. Joseph Catholic School (10520 68th ave)

Emergency Equipment & Locations

- Fire extinguishers – throughout School
- First Aid Kits
 1. Will be provided at the scores table
 2. Located in the gymnasium office

AED in main gathering area in the school behind the coffee shop)

- Epi-pens
 1. At the First responders table by Phys Ed Office
 2. Coaches / Refs Room

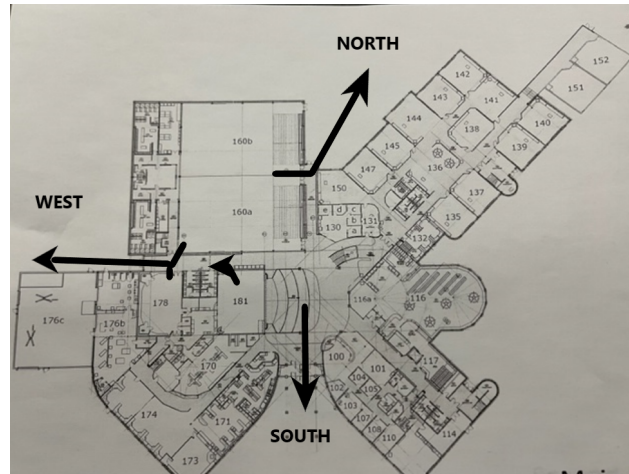
Alarms & Communications

- Fire alarms – throughout School
- Cell Phones
- Emergency Number 911
- Fire Department Edgar station +1(780) 538-0393
- Police (780) 830-5701
- Hospital (825)412-4000

EMERGENCY ACTION PLAN TO BE REVIEWED WITH ALL COACHES

- **EVACUATION** – Building fire alarm being pulled
- **FIRST AID** – as notified by official or Coach

Evacuating the Site



A. Building fire alarm sounds to alert athletes and spectators of an evacuation. Personnel will proceed to the Muster Point. (North and West exit meet at the Front of the school across knowledge way Drive by the parking lot). North exit muster point is the Tennis courts.

B. The Tournament Director and appointees (fire department) will “sweep” the school to ensure no one is left in the building and meet with everyone at the Muster Point.

DO NOT RETURN INTO THE SCHOOL OR LEAVE THE MUSTER POINT UNTIL YOU HAVE BEEN INSTRUCTED BY YOUR COACH OR TOURNAMENT OFFICIAL

The “sign-in” (registration sheet) will be used to account for all athletes at the Muster Point. Each coach is to account for their athletes and advise that everyone is safe or if anyone is missing.

Injured Athletes or Spectators

In the event that an athlete or spectator has been injured, a designated Standard First Aider and the athlete coach or spectator will remain at the scene until emergency personnel arrive. One tournament official is to be designated to meet emergency crews at the entrance to the school and instruct them on how to get to the scene of the incident.

First Aid Provisions

Designated personnel trained in First Aid are to respond to an incident. Coaches, athletes, and spectators are to provide first aid treatment within their scope of training. EMS and fire departments are used for medical/rescue treatment.

Fire

In case of fire:

One tournament official will locate the nearest fire extinguisher while another tournament official alerts others. (If unable to contain fire, pull the fire alarm, and evacuate the school)

Emergency Response Training

All tournament officials are trained in the Emergency Action Plan at time of coaches meeting.

Designated Rescue/Evacuation

- Every coach is responsible to account for their own team of athletes.
- Tournament Director and Designates to ensure emergency communication.

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ASAA WRESTLING POLICY

 [ASAA Policy Handbook 2022-23](#) PDF page 51-52 ASAA Booklet Page 100-104

1. Rules

The rules shall be those of the Wrestling Canada Lutte (WCL) with the exceptions being those specifically adopted by the ASAA:

- A. All wrestlers competing in an ASAA sanctioned event have the option of wearing a mouth guard or not. If during competition the mouth guard comes out, it may be replaced at an appropriate time at the official's discretion.
- B. Wrestlers are required to wear a red or blue singlet for ASAA rural championship and provincial championship events as per the requirements in the WCL rulebook for a national championship. As exceptions to this rule, the ASAA allows a school team to wear a singlet of school colour(s) which may or may not display a school logo and/or name. Also, the ASAA will allow the new two-piece uniform, which may or may not include a United World Wrestling (UWW) logo or emblem or in particular situations, competitors may wear athletic short or leggings of matching colour over the singlet or close-fitting long-sleeve shirt and leggings of matching colour or black under the singlet. Also athletes are permitted to wear a sport hijab also black or matching colour. All permitted items must be free of metal or plastic fastenings and free of pockets. Aside from these exceptions, the ASAA does not allow any club logos or colours, provincial and/or national logos and/or emblems on singlets or warm-ups to be worn.

C. Illegal Moves

The following are illegal moves in ASAA Wrestling and are not permitted:

I. Full Nelson

II.

West Point Ride
(T-Bar)

III. Full Suplay, Front Suplay, Front Salto, Standing Firemans' Carry and throws initiated by a back bending motion where grand amplitude points are awarded.

The penalty for performing illegal moves in (i-iii.) shall be disqualification from the match and tournament.

D. One person, in addition to the coach, may be in the corner up to a maximum of two people during competition.

These may comprise any combination of coach, trainer, photographer or videographer. For purposes of challenges coach in the chair will be deemed "head coach" to throw in signal and explain point of challenge.

Note: Coaching includes shouting at or calling encouragement to the athletes. Coach apparel should be neat and tidy in appearance. Any team apparel must represent high school teams or zones not clubs.

E.

A list of the rule deviations adopted by the ASAA shall be given to the head official in advance of the meet.

Protests

Protest procedures and resultant consequences will follow the WCL on mat protocol. An iPad (or similiar device) will be used to review any on mat protest. The AAWOA will provide the technology and tripod, as necessary, to host venues for the wrestling rural and provincial finals events.

2. Provincial Affiliation

Each athlete and/or coach registered through the ASAA process will also receive discounted access to Alberta. Amateur Wrestling (AAWA) membership. A nominal event fee per athlete and/or coach will apply to all AAWA- sanctioned tournaments, camps and clinics. This fee will not apply to any athlete and/or coach whom is already a current AAWA member through club programming. AAWA membership grants access to AAWA programming. AAWA membership

allows ASAA members to access the AAWA officials for coverage at ASAA events. ASAA members do not gain access to any non-ASAA event (i.e., Alberta Junior Olympics, Alberta Open, Alberta Winter Games, Arctic Winter Games, Camps, etc.) and/or AAWA programming (Including AAWA funded programs) without purchase of specific AAWA membership at additional cost. In order to facilitate this process, the ASAA will provide demographic information with many include names, genders, age/birthdates, school location/residence (i.e. team and location) as required by the AAWA for insurance purposes and/or AAWA funding requirements.

3. Season of **Play**

The season of play for wrestling shall be October 22 to the conclusion of the ASAA provincial championship. The season of play is not intended to include July and August. See SECTION V ACTIVITIES, Item 3, for more.

4. **Representation to Rurals and Provincials**

A. The rural provincials shall be an open competition for all rural high school wrestlers.

At provincials, Calgary, Edmonton and rural zones may each enter five male and female wrestlers per weight class who attended the qualifying tournament **at** that weight class. In the event that any zone cannot send five athletes per weight class to the provincial tournament, an attempt will be made to fill those vacancies from the other zones. Preference for filling single vacancies will be offered first to the host zone. In situations where there is more than one vacancy in a weight class, preference for filling weight classes will follow the provincial tournament host rotation with the host zone having first opportunity to fill and will alternate with the remaining zones. Athletes filling vacancies in this manner will not count towards team points. Team rosters must be submitted to the host chairs for rural and provincial meets at least 48 hours prior to the commencement of the competition.

5. **Weigh Ins**

A. Weight classifications for ASAA wrestling shall be as follows:

I.

Male competitors:

44 kg, 47 kg 56 kg 65 kg 76 kg 98 kg 120+ kg*

50 kg 59 kg 68 kg 82 kg 108 kg

53 kg 62 kg 72 kg 90 kg 120 kg

**In order to compete in the 120+kg category, the wrestler must weigh over 120kg.*

Note: Each weight listed represents the upper limit of the weight class. In addition

provisional weight classes above 120+ male and 90+ female are eligible when required. The first increment will be 135kg male and 100kg female with additional increments in 15kg steps male and 10kg steps female. zone hosts are responsible to notify tournament organizers and creation of these weight classes shall be approved by committee as structured in section 6. B. vii.

II.

Female competitors:

44 kg 53 kg 65 kg 80 kg

47 kg 57 kg 70 kg 90 kg

50 kg 61 kg 75 kg 90+ kg*

*In order to compete in the 90+ category, the wrestler must *weight over 90kg*.

Note: Each weight listed represents the upper limit of the weight class.

B. Scales

1. The weigh-ins for both the rural and provincial competitions shall be held on the first day of the competition. It will be the only weigh-in of the competition.

II.

The ASAA will follow the weigh-in procedures as outlined in the WCL rulebook.

III. See the WCL rulebook regarding weight loss by an athlete and the discipline for athletes and coaches involved in

such behaviour. The ASAA does not tolerate inappropriate methods of weight loss.

IV. All athletes must have their arms and shoulders exposed for the skin check.

6. Events

There shall be one wrestling competition for boys and one for girls at each of the rural and provincial competitions.

A. Rural Championships

1. The rotation for rural championship host sites will be as follows:

2022 North (NW/NC/NE)

2023 South/South Central

2024 Central

Should no school or zone within the region bid to host the championship, the next region in the rotation will have first right of refusal to submit a bid to host the championship.

II.

The rural championships shall be a two-day competition held two weeks prior to the provincial championship. On the first day, no matches will be called after 8:40 p.m.

III. Any weight class with six or fewer competitors at the rural championship will use a single pool round robin format. Upon the completion of the round robin the top two placements in the pool will wrestle in the finals with the winner getting the gold medal. Any weight class with between seven and fourteen competitors will use a double pool round robin format. When the number of competitors in any weight class reaches fifteen or more, that category shall be wrestled as a bracket draw according to the WCL rulebook with the exceptions of a cross-over wrestle back semifinal and a re-wrestle for the bronze medal. Ideally, athletes shall not re-wrestle a previous competitor during the cross-over wrestle back. To determine cross-over pairings, the first criteria shall be straight across, the second criteria shall be top-right versus bottom-left and also top-left versus bottom-right. Should both criteria produce a pairing where athletes have previously met during the rural provincial championship, then the first criteria will be used and a re-wrestle during the cross-over will occur.

IV. The ASAA will follow the rules for match lengths, etc. as per the WCL rulebook.

B. Provincial Championships

I.

The rotation for provincial championship host sites will be:

2022 Calgary	2023 Rural
2024 Edmonton	2025 Calgary
2026 Rural	2027 Edmonton

Should no school or zone within the region bid to host the championship, the next region in the rotation will have first right of refusal to submit a bid to host the championship.

The provincial championships shall be a two day competition, beginning on the second weekend in March on the Friday. On the first day, no matches will be called after 8:40 p.m.

III. The seeding of weight classes for ASAA provincial wrestling championships shall be based upon the following

system, where the results of the rural provincial championships, Edmonton city championships and Calgary city championships determine seeding for the Provincial Championships. If an athlete who placed in any of these events does not compete in the provincial championships, the next athlete from that area will be moved up based upon

the area results. When a zone is not represented at provincials, the pairing master will have the flexibility to seed the first seeded zone wrestlers, out rotation, so you will have a top seeded wrestler from each of the other two zones in opposite brackets.

Rotation 12021/22*

Bracket One	Bracket Two
1. Edmonton A	1. Rural A
2. Rural B	2. Edmonton B
3. Calgary A	3. Calgary B

Rotation 22022/23*

Bracket One	Bracket two
1. Rural A	1. Calgary A
2. CalgaryB	2. Rural B
3. Edmonton A	3. Edmonton B

**Rotation 3 -
2023/24***

Bracket One	Bracket Two
1. Calgary A	1. Edmonton A
2. Edmonton B	2. Calgary B
3. Rural A	3. Rural B

**Repeat Rotation*

2022 Boys

Rotation 2	53 kg	62 kg	72 kg	90 kg	120 kg	
Rotation 3	44 kg	47 kg	56 kg	65 kg	76 kg	98 kg
Rotation 1	50 kg	59 kg	68 kg	82 kg	108 kg	120+ kg

C. Coaches Meeting

A meeting shall be held for all coaches during the first day of competition; the time and place to be decided by the competition Chairman.

7. Officials

There shall be a minimum of two nationally ranked officials per competition surface. From the cross-over wrestle- back portion of the event until the completion of each weight class there

shall be a minimum of three officials assigned to each mat surface. All officials must be assigned through the Alberta Amateur Wrestling Officials' Association.

8. Scoring

A. Boys and girls school team champions will be awarded at both rurals and provincials in three categories:

I 1A/2A schools .

II 3A schools .

III. 4A schools

B. Each school team will select its 10 highest finishing wrestlers and combine placement points to determine the

top school in each category. The team points awarded shall be proportional to the number of participants in each weight class and shall be weighted in the following manner:

# of comp.	6+	5	4	3	2	1
Gold	10	9	7	5	4	3
Silver	7	6	5	3	2	
Bronze	5	4	3	2		
4th	3	2	1			

Grievance Committee

There are two key functions of the Grievance/Discipline Committee at ASAA provincials. The first function is to deal with matters that occur during competition, typically discipline/conduct issues, and appeals that may arise from ejections. The second function is to handle any other matters that arise that require dispute resolution.

Committee members:

- Robert Levy- Athletic director St. Joseph Catholic School
- Adam Link - Head Coach Grande Prairie Wrestling Club
- Keith Daye - Wrestling representative ASAA
- Coach attending Rural Provincials

Individual Sports: Individuals Failing to Show (p. 65, Policy Handbook)

In wrestling, participating schools will submit a cheque for all athletes confirmed by the entry deadline. In the event an athlete(s) fails to show, the offending athlete's school will be penalized an additional \$50 per no show to a maximum of \$250. The Executive will have the sole discretion to impose the penalty based on the rationale provided by the school for the late withdrawal.

Note: any school that has outstanding fees resulting from either the team or individual failing to show policy will be ineligible to participate in an ASAA provincial championship in any sport until those fees have been paid to the ASAA.

Appeals

If an athlete or coach wishes to appeal an ejection, it is the responsibility of the Grievance/Discipline Committee to address the appeal as soon as possible, and before the next scheduled game, match etc. To handle appeals of an ejection, ASAA Policy (page 26) states:

All ASAA provincial championship hosts will convene a discipline appeal committee. This committee will have the authority to address issues of a serious nature that may occur before, during or after a provincial championship match, or to hear appeals of the automatic suspension resulting from an ejection. The committee may include, but is not limited to, the tournament chairperson, an official and two coaches not in conflict with the issue.

Ejections

Any unsportsmanlike or violent behavior (e.g. fighting) that results in an ejection of an athlete or coach from play in an ASAA provincial competition shall result in a suspension from the next scheduled match of the current season, where match is understood to mean game, match, round, bout, etc. as appropriate for the sport (page 27 in ASAA policy handbook).

Conflict of Interest

Anyone who is on this committee who is perceived to be in conflict of interest to the appeal by the tournament chair should be excluded from the committee. Better to err on the side of caution in this regard. Replacements can be sought, if necessary from individuals who are not in conflict of interest to the teams or issues.

Protests/complaints regarding other issues

During the course of a provincial competition, other things may occur that give rise to a protest or complaint. Unless there is a sport specific policy to deal with such matters, the grievance/discipline committee should handle such matters. Examples include but may not be limited to:

1. Team(s) delayed due to weather. Committee needs to weigh what is in the best interests of both the team that had no control over being delayed and all other teams in the competition, with the goal being what is right through compromise.
2. Lockdowns and relocation of games
3. Location of courts
4. Banquet complaints (not enough food...)
5. Abusive spectators/coaches

These are just a few examples of issues that may arise, just remember that the grievance/discipline committee should act reasonably to address any of these issues, keeping the competition in mind and the impact on those involved. Please note that the national/international rules of competition govern each sport and most do not allow protests of final scores.