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# NCAA BOYS’AND GIRLS’ WRESTLING

**2019-2020**

**1.** **SEASON OF PLAY**

 Girls =Winter Season Boys = Winter Season

## 2. LEVELS OF COMPETITION

Sixteen (16) weight classes will be contested for the **boys:**

38 41 44 47.5 51 54 57.5 61 64 67.5 72 77 83 89 95 130

 Note: An athlete must weigh in a maximum of one weight class below competition weight with the exception of the 130 class, a wrestler must weigh in at a minimum of 95 Kilograms.

 Twelve (13) weight classes will be contested for the **girls:**

41 44 47.5 51 54 57.5 61 64 67.5 72 77 83 115

 Note: An athlete must weigh in a maximum of one weight class below competition weight with the exception of the 115 class, a wrestler must weigh in at a minimum of 83 Kilograms.

## 3. ELIGIBILITY

No A, AA, AAA classifications;

Schools are to designate 15 boys and 13 girls for team scoring.

The athlete’s birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st. prior to the start of the school year in which the competition is held.

Any wrestler participating in an OFSAA Championship or OFSAA qualifying event, must have participated as a member of a bona fide high school wrestling program consisting of a minimum of twenty (20) practices during the current wrestling season, November to OFSAA entry deadline, under the supervision of a teacher-coach as certified by the school principal.

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## 4. ELIGIBILITY SHEETS

All teams competing at the NCAA Zone championship are required to submit an eligibility list of all possible team members to the assigned Wrestling Zone convenor 5 school days before the tournament date.

**5. START TIME**

Tournament starting times will be determined after the organization meeting held by the Convenor.

## 6. UNIFORM

All wrestlers must compete in a wrestling singlet. If there is a question regarding this policy, the convenor of the Meet will have final say on what is appropriate or not.

## 7. RULE AND OFFICIALS

The SOSSA Playing Regulations and the OFSAA Wrestling Rule Book shall govern competition at all championships.

## 8. MEDICAL

Every attempt to have qualified first aid personnel and equipment available at the championship site must be made. Coaches shall provide all consumable medical supplies (ie tape, bandages, etc.) for the athletes.

## 9. TOURNAMENT (MEET) STRUCTURE, PROCEDURE AND CHAMPIONSHIP FORMAT

As of SOSSA AGM 2019, wrestling will no longer be conducted at the Zone level. The format for the SOSSA championship will be found on the www.sossa.on.ca website.

**10. SOSSA BOYS’ AND GIRLS’ WRESTLING**

The SOSSA Championship will be held on the Thursday, the same week as Family Day, unless extraordinary circumstances dictate a change. The weigh-ins will take place on the Wednesday prior from 4:30 – 6:30 pm

**The NCAA Constitution will govern all NCAA sports.**