

**1. SEASON OF PLAY**

Girls = Winter Season

Boys = Winter Season

**2. LEVELS OF COMPETITION**Seventeen (17) weight classes will be conducted for the **BOYS**:

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

**NOTE:** In order to compete in the 130 Kilograms class, a competitor must weigh in over 95 Kilograms and in order to compete in the highest weight class, a competitor must weigh in over 130 kilograms.

Seventeen (17) weight classes will be conducted for the **GIRLS**:

38	Kilograms	57.5	Kilograms	83	Kilograms
41	Kilograms	61	Kilograms	89	Kilograms
44	Kilograms	64	Kilograms	95	Kilograms
47.5	Kilograms	67.5	Kilograms	115	Kilograms
51	Kilograms	72	Kilograms	115+	Kilograms
54	Kilograms	77	Kilograms		

**NOTE:** In order to compete in the 115 Kilograms class, a competitor must weigh in over 95 Kilograms And in order to compete in the highest weight class, a competitor must weigh in over 115 kilograms.

**3. ELIGIBILITY**

No A, AA, AAA classifications;

Schools are to designate fifteen (15) boys and thirteen (13) girls for team scoring.

The athlete's birth certificate indicates that he/she has not reached his/her 19<sup>th</sup> birthday by January 1<sup>st</sup> 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 compete in two (2) meets and 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.

**4. ELIGIBILITY SHEETS**

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

**5. START TIME**

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

**6. UNIFORM**

All wrestlers must compete in a wrestling singlet. If there is a question regarding this policy, the SOSSA Convener 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 (i.e. tape, bandages, etc.) for their 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](http://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.