

COQUITLAM MIDDLE SCHOOL ATHLETIC ASSOCIATION



DISTRICT RULES and Points Scoring

- No point for controlling opponent out-of-bounds; wrestlers will be brought back to middle of ring, stand up position
- "No slapping, no clapping"
- No gabori
- Takedowns = 2 points
- Takedown opponent to back = 2 + 1 points
- Flash back to mat = 2 points
- Throw = 3 points
- Gaining back on ground = 1 point
- Passivity: if a wrestler is passive, 1 warning to engage will be given; then a point given to opponent
- 1 period: **2 min. running time for Girls and 6/7 Boys** divisions (stop time for injuries)
- 1 period: **3 min. running time for Grade 8 Boys** division (stop time for injuries)
- 10 point superiority in effect
- No repeated moves (gut wrench, cross-ankle, Gabori, etc.); must be interrupted by another move
- Extra point for position of control held for 5 seconds near fall
- Head-and-arm hip throws not allowed (except from knees); if used from standing, 1 point taken from thrower (or given to the thrown wrestler). If thrower uses it twice in one match, the thrower will be disqualified from that match.
- Other hip throws are allowed.
- If a match is tied at the end of regulation time, sudden victory in effect; first wrestler to score
- After 10-15 seconds with no action in the down position, wrestlers stand up
- Wrestlers should conform to all normal safety considerations including dress – jewelry, zippers, buttons, etc .
- In the interest of hygiene, wrestlers need to wear wrestling shoes.
- All other regular wrestling considerations should be observed (clean clothes, trimmed finger nails/hygiene, jewelry, clothing, etc)

Team Point System:

<u>Weight Class Group Size</u>	<u>16 wrestlers</u>	<u>10 wrestlers</u>	<u>8 wrestlers</u>	<u>5 or 4 wrestlers</u>
Points awarded	1 st place: 10 pts 2 nd place: 8 pts 3 rd place: 6 pts 4 th place: 4 pts 5 th place: 2 pts 6 th place: 1 pt	1 st place: 8 pts 2 nd place: 6 pts 3 rd place: 4 pts 4 th place: 2 pts 5 th place: 1 pts	1 st place: 6 pts 2 nd place: 4 pts 3 rd place: 2 pts 4 th place: 1 pt	1 st place: 2 2 nd place: 1