**2024 CSHSAA City Wrestling Championships**

**Hosted by Sir Winston Churchill High School**

**Friday March 1 & Saturday March 2, 2024**

**Sir Winston Churchill High School Expectations and General Information**

1. **All athletes, coaches, and spectators will enter the school through the main front doors throughout the competition.**
2. **UPON ARRIVAL** coaches, teams/athletes will check-in in the main foyer. Coaches must check in with hard copies of the athlete provincial confirmation form for all athletes.
3. After medical and weigh-ins athletes may proceed to the main gym and place their belongings together as a team in the large gym stands, trying to congregate their belongings together and in one place.
4. Athletes competing that day may only have 1 bag with them in the main gym. We will also operate a bag check throughout the tournament where unneeded bags and coats.
5. We will not be responsible for any belongings that are lost or damaged, therefore please do not bring valuables or plan to leave them unattended.
6. Coaching & Spectators decorum will be expected at all times especially when directed at the volunteers (score keepers, ticket sellers, referees, volunteers, etc.)
7. Please check out the Sir Winston Churchill High School website for directions and school information: https://school.cbe.ab.ca/school/ForestLawn/

Address: **5220 Northland Drive, NW**  Phone: **403-289-9241**

**I. Parking**

* School parking lot will be available on Friday after 2:00pm.
* School buses may park along Northland Drive in front of the school or along 52 Ave. **Do not block or impede the city bus stops.**
* School buses are also welcome at the back of the school parking lot.

**II. Spectator Admission**

* Admission costs will be as follows for each Spectator Pass:

**Adults: $5/day**

**Students & Seniors: $2/ day**

**Children under 6: Free**

* Sir Winston Churchill Administration and Staff will have final say as to the admissibility of any spectator into the building and reserves the right to remove any spectator based on behavior and non-compliance of event conduct requirements.

**III. PRE-REGISTRATION**

* 1. **Number of Entries**
* Each school may enter as many athletes as they wish in each weight class.
* Pre-registration forms follow the information in this package.
* The pre-registration is due by 4:00 pm on Friday February 23, 2024, by EMAIL ONLY to [aphutchinson@cbe.ab.ca](mailto:aphutchinson@cbe.ab.ca) and [aawofficials@gmail.com](file:///C:\Users\aphutchinson\Downloads\2023%20City%20Championships%20Forest%20Lawn)
* Only use the provided Excel spreadsheet to register your athletes.
* Pre-registration is MANDATORY in order for athletes to weigh-in. No Athlete will be entered in the championship if they are not pre-registered. Double check your list before sending.
* Coaches, please be as accurate as possible with your pre-registration weight class designation, as this greatly facilitates the posting of competition bouts.
  1. **Ranking of Athletes**
     + When submitting the pre-registration, coaches will rank each athlete according to the following scale:

**4 – Excellent**

**3 – Above average**

**2 – Average**

**1 – Below average**

* + - Coaches please be accurate with your rankings
    - **We invite coaches to indicate with an asterisk (\*) any athletes they have ranked with a 4 who they believe should be seeded in their weight class. Please note that only the top 2 wrestlers in each weight class will be seeded (as described in Section III below)**
  1. **Eligibility of Competitors**
     + As per the motion passed at the organizational meeting on October 22, 2007, all athletes must have competed at least four times throughout the season, with a minimum of two of those competitions being quad/dual meets. The other two competitions may be either quad/dual meets or tournaments. This information will be verified by the sport chairs.
     + All athletes must have been pre-registered in order to be able to weigh in.

**IV. WEIGH-INS & MEDICALS**

1. **Date, Time & Location**

**All athletes and teams are asked to arrive NO EARLIER than 2:00 P.M.**

* Weigh-ins will be held on **Friday, March 01, 2024** as follows:
* 3:00 – 4:00 pm Skin Checks All Athletes
* 3:30pm - 4:30 pm Weigh-Ins All Athletes
* Athletes must be pre-registered in order to weigh in.
* Athletes must be wearing their competition uniform only for skin checks & weigh-ins
* Any athlete who competes with arms, legs and head covered for religious reasons will complete a skin check in private with medical staff of the appropriate gender.
* Nails must be trimmed before skin checks.
* After these times, no further competitors will be allowed to weigh in for the tournament.
* A check scale will be made available from 2:30 – 3:30 pm

1. **Skin Checks**

* Medical Personnel & Tournament Organizers will be on site to conduct skin checks commencing at 3:00 pm.
* ALL athletes must have a skin check prior to officially weighing in.
* Any athlete who is found to have a contagious skin disease will not be permitted to compete in the tournament.
* If you have an athlete with a skin condition (eczema, psoriasis, etc.) that may be questioned, it is best practice to have your athlete present a doctor’s note at skin checks so that he/she will be permitted to compete.

1. **Weight Classes**

* High School Boys’ Weight Classes (in kilograms):

44, 47, 50, 53, 56, 59, 62, 65, 68, 72, 76, 82, 90, 98, 108, 120, 120+

* High School Girls’ Weight Classes (in kilograms):

44, 47, 50, 53, 57, 61, 65, 70, 75, 82, 90, 90+

* **THERE WILL BE NO WEIGHT ALLOWANCE.**

1. **Proper Attire**

* Athletes must be dressed in their competition uniform only, for both skin checks and weigh-ins.
* No club, provincial, modified singlets

1. **COMPETITION**
2. **Seeding**

* As per the motion approved at the November 18, 1986 meeting, the seeding committee will consist of the Tournament Director, Drawmaster, and Chairperson(s).
* Only the top two competitors in each weight class will be seeded, as per the motion approved at the November 18, 1986 meeting.
* The Drawmaster will be responsible for ensuring the separation of athletes from the same school, as well as for ensuring the equal distribution of similarly-ranked athletes.

1. **Location**

* Competition will take place at Sir Winston Churchill High School
* Please note access to the **school parking lot is available from 2:00pm onward.**
* There will be NO ACCESS to the competition mats until 3:00pm.

1. **Dates and Times**

The City Championship Tournament will be broken up into three sessions. Session 1 & 2 are preliminary bouts and session 3 are the final placement bouts.

Friday, March 01, 2024,

* **4:45pm Coaches meeting**
* **5:15pm Opening ceremonies**

**SESSION 1: FRIDAY EVENING WEIGHT CLASSES:**

**Male: 47, 53, 59, 65, 72, 82, 98, 120.**

**Female: 44, 50, 57, 65, 75, 90**

* Friday, March 03, 2023, from 4:00 – completion
  + - 4:00 Athletes may commence warming up
    - 5:15 Opening Ceremonies
    - 5:30 Wrestling begins
    - Wrestling will conclude when top 6 matchups have been established.
    - *Mandatory Coaches meeting preceding Friday competition to discuss provincial championships. Any coach wishing to attend the ASAA Provincials March 7-9, 2024 must attend the meeting. Each team must have 1 school staff attend the meeting.*

**SESSION 2: SATURDAY MORNING WEIGHT CLASSES:**

**Male: 44, 50, 56, 62, 68, 76, 90, 108, 120+**

**Female: 47, 53, 61, 70, 82, 90+**

* + - 8:15am Athletes may commence warming up
    - 9:00am Wrestling begins
    - Wrestling will conclude when top 6 matchups have been established.

**SESSION 3: SATURDAY AFTERNOON CHAMPIONSHIP SESSION:**

* All Weight Classes 5/6TH, BRONZE AND GOLD MEDAL MATCHES
* **1:00pm** start time- dependent on finish of previous session.
* Conclusion approximately 3:30pm dependent on matches.

1. **Number of Mats**

* Competition will take place on (4-6) mats for the first two main sessions of the tournament. 3 mats in the Main Gym, 1 Mat to the Auxiliary Gym, 2 Mats in the cafeteria (upstairs).
* Finals session will take place on three mats in the main gym. A separate start list will be available just prior to the finals.

1. **Draw**

* The draw will be done through Track Wrestling. Athletes, coaches, and parents can access the draw using their mobile device.
* Competitors will be corralled between 2 mats for the duration of the preliminary competition.
* Double-elimination bracket draws will be in effect for weight classes with six or greater competitors.
* Weight classes with five or less will have a round robin with one of the bouts being run during the Gold medal rounds. During the seeding meeting, we will attempt to arrange for the two top competitors for the last round.
* Finals on Saturday afternoon will take place in the main gym.

1. **Rules of Competition**

* Scoring, length of bouts, illegal moves, etc. will be as per ASAA rules.
* It is the responsibility of the coaches to ensure their athletes are familiar with all current rules.

1. **Proper Coaching & Athlete Attire During Competition**

* Athletes and coaches are not permitted to wear any clothing, warm-up apparel, or singlets denoting any club, provincial, or national team organization.
* Athletes are to keep their singlets straps up in the competition area at all times.
* Athletes must be prepared to wrestle upon being called to the mat. This includes:
  + 1. Singlet – either school colors or plain red or blue. A shirt or shorts may be worn under the singlet, at the athlete’s own discretion.
    2. Singlet straps must remain on when in the competition area.
    3. Laces must be taped.
    4. Fingernails must be cut.

1. **Supervision by School Personnel**

* All competitors must be under the supervision of an ATA-certificated teacher from your school at all times as long as they are competing for their school.
* Competitors cannot be entered in the championships if school personnel are not going to be in attendance.
* Any coaches in the corners MUST be registered in the SRS system as a coach.
  1. **Awards**
     + 1. Individual
* For each weight class, medals will be presented for first, second, and third placing’s; certificates will be presented for fourth, fifth, and sixth placing’s.
* Medal presentations will take place at the conclusion of the finals session on Saturday afternoon.
* Athletes must be dressed in proper school attire in order to receive their award.
  + - 1. Team
* A male and female team championship will be presented to the team scoring the greatest number of individual placement points.
* Points will be awarded on a 10, 7, 5, 3, 2, 1 basis; a correction factor will be used in weight classes with less than 6 competitors.
* Every individual that places will score team points for their school.
* The number of individuals who weigh in for a weight class will be the number of competitors in that weight class. Should an individual not show up for the championships after weighing in, they will not score points for their team, but will count in the overall tally of the number of competitors in the weight class.

1. **Changing Facilities**

* There is both a male and female change room located outside the gyms. Gender neutral change room/washroom will be available.
* We ask that athletes leave valuable personal items at home, at their school or on their bus.

1. **Athletic Therapy**

* Medics from Absolute Athletic Therapy will be on-site for the duration of the competition.
* Athletes requiring preventative therapy / taping must supply their own tape.

1. **Hospitality Room**

* There will be a coaches/officials hospitality room throughout the events wrestling sessions. All schools are required to send a list of their coaches for planning purposes. There will be a cost per coach of $20 for the event to help cover costs. Athletes, persons not registered as coaches are not permitted to access the hospitality room.

1. **Concession**

* We will be offering a concession throughout the tournament. Cash Only

**VI. PROVINCIAL CHAMPIONSHIPS**

* Top (5) finishers in each weight class will qualify to represent their school and the Calgary Zone at the Provincial Championships held on Friday, March 8 and Saturday, March 9, 2024, at McNally High School in Edmonton, Alberta
* Weight category fill-ins for the top (5) finishers are available within the Calgary Zone and within other zones based on previously established rotation in ASAA Wrestling By-laws.
* All qualifiers will receive a letter with the Itinerary and their respective district forms with the presentation of their medals or certificates. It will be the coach’s responsibility to pick up these forms for any athlete unable to attend the medal presentations.
* More information regarding the Provincial Championships will follow from the wrestling chairperson(s).