



## 2017 Canada Summer Games Wrestling Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Technical Packages are developed by sport, not disciplines.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

NATIONAL PARTNERS / PARTENAIRES NATIONAUX



The LOOC Company



## Table of Contents

1. SPORT: WRESTLING .....	3
2. PARTICIPANTS: .....	3
2.1. Competitors:.....	3
2.2. Staff: .....	3
2.3. Additional Team Staff*:.....	3
3. CLASSIFICATION: .....	4
4. ELIGIBILITY .....	4
4.1. Coaches: .....	4
4.2. Competitors:.....	4
5. COMPETITION: .....	5
5.1. Weigh-In Procedures .....	5
5.2. Weight Categories: .....	6
5.3. Competitive Schedule: .....	6
5.4. Team Competition:.....	6
5.5. Individual Competition:.....	7
5.6. Pools .....	7
5.7. Dual Meet Results (Positive Points) .....	10
5.8. Team Competition Ranking (Dual Meet Points).....	10
5.9. Individual Ranking .....	10
6. SPORT SCORING: .....	11
6.1. Team Competition Points.....	11
6.2. Individual Points .....	12
7. PROVINCIAL/TERRITORIAL RANKING: .....	12
8. TIE BREAKING RULE – COMPETITION:.....	12
8.1. Within Pool .....	12
8.2. In the finals .....	13
9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:.....	13
10. MEDALS: .....	14
11. COMPETITIVE UNIFORM: .....	15
12. EQUIPMENT: .....	15
13. APPENDICES: .....	15
APPENDIX 1 – COMPETITOR ELIGIBILITY .....	16
APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS .....	18
APPENDIX 3 – PERFORMANCE GUIDELINES .....	19

**2017 Canada Summer Games  
Wrestling Technical Package**

---

**1. SPORT: WRESTLING**

---

**2. PARTICIPANTS:**

2.1. Competitors:

Male: 11

Female: 11

2.2. Staff:

1 Manager

2 Coaches for male team

2 Coaches for female team

- If female athletes are being sent, one of the coaches of the female team must be female.
- If male athletes are being sent, one of the coaches of the male team must be male.

\*Manager cannot act as coaches at the Canada Games wrestling event and are not permitted to sit in the athlete's corner during matches.

2.3. Additional Team Staff\*:

- Apprentice Coach
  - See [Women in Coaching Canada Games Apprenticeship Program](#)
  - See [Aboriginal Apprentice Coach Program](#)
  - Apprentice coaches have same access as competitors and team staff.
- Venue Pass Holder
  - See [Venue Pass Holder Policy](#):
  - Venue pass holders do not have access to the field of play
  - Venue Pass Holder's access
    - Front of House (Spectator areas)
    - Team Areas (athletes lounge, change rooms)

\* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Missions process. For information pertaining to the process in your P/T contact your Chef de Mission.

---

### 3. CLASSIFICATION:

15 to 18 as of December 31, 2017 (athletes born 1999, 2000, 2001 and 2002)

Wrestling Canada (WCL) includes a minimum age category for safety considerations due to the combative nature of the sport.

---

### 4. ELIGIBILITY

#### 4.1. Coaches:

The head coach on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) as Competition Development Coaches. These coaches must be so certified not later than 90 days before the opening of the Games (May 1<sup>st</sup>, 2017).

Assistant coaches on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) as Competition Development Coaches. (trained status). These coaches must be certified/trained not later than 90 days before the opening of the Games (May 1<sup>st</sup>, 2017).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be competition development certified, while the others must be at least competition development trained.

#### 4.2. Competitors:

Excluded from the Canada Games are:

- a) Senior National Team Athletes are not eligible for the Canada Games\*.
- b) Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become

National Senior Team members for the first time or are granted carding status after May 1<sup>st</sup>, 2017).

\*Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

---

## 5. COMPETITION:

Match rules are those detailed in the most current edition of the WCL Rule Book, including the protest/challenge procedures. The age grouping for the Canada Games covers two age divisions. In cases of conflicting rules, the Juvenile rule requirements will be in effect.

Each Province/Territory is allowed one wrestler in each weight category.

Competitors can compete in either the weight class determined by their weight or in one weight class above. The only exception is the 120 kg (male) category in which all competitors must weigh at least 98 kg (male).

### 5.1. Weigh-In Procedures

- a. Two scales calibrated to the official scale must be accessible to the wrestlers from the opening day of the athletes' village until the official weigh-in is completed for each competition. These scales should be set up in private locations.
- b. A medical examination is to be scheduled during the weigh-ins. Physicians present at the medical control will eliminate from competition any wrestler with a contagious skin disorder or other ailment that would prevent them from competing at a minimum safe level.
- c. The weigh-in shall be the day before the competition starting between 4:00 p.m. and 8 p.m. The duration of the weigh-in is 1 hour in length and shall be integrated with the medical examination (i.e. a wrestler has one hour in total to have their medical completed and weigh-in for the tournament). There shall be one weigh in for the men and one weight in for the women.
- d. Wrestlers that are presenting themselves to be weighed in must be in their competition singlet, with bare feet. No weight allowance will be given for the singlet.

- e. Any wrestler who weighs in heavy (and cannot move up a weight class) will be eliminated from the competition; they will not be classified, and cannot score points for their Province/Territory.
- f. A sauna will not be available at the weigh-in, practice or competition sites.

5.2. Weight Categories:

Male:	1. 40-44 kg.	5. up to 60 kg.	9. up to 85 kg.
	2. up to 48 kg.	6. up to 65 kg.	10. up to 98 kg.
	3. up to 52 kg.	7. up to 70 kg.	11. 98-120 kg.
	4. up to 56 kg.	8. up to 76 kg.	
Female:	1. 38 to 40 kg.	5. up to 56 kg.	9. up to 74 kg.
	2. up to 44 kg.	6. up to 60 kg.	10. up to 79 kg.
	3. up to 48 kg.	7. up to 64 kg.	11. up to 84 kg.
	4. up to 52 kg.	8. up to 69 kg.	

5.3. Competitive Schedule:

The men’s and women’s competition will be held during the second week of the Games from August 6 - 13 with the weigh in and medical on the day before the competition starts.

The competitive format will be dual meets on the first two days with individual competitions on the third day. Both the team and individual competition will be considered separate events and count flag points in a separate fashion.

5.4. Team Competition:

For the team dual meet competitions, the teams will be divided in two pools (2 - male & 2 - female). The male and female seeding will be based on the results from the Team Competition of the 2013 Canada Games. Each pool of teams (Pool A and Pool B) will compete in a round robin tournament to determine the rankings in each pool. The team competition finals will be wrestled between corresponding ranked teams in each pool to determine 1st and 2nd team rankings, i.e., 1st team from pool A vs. 1st team from pool B, to determine overall 1st and 2nd team placing, etc.



5.5. Individual Competition:

The third day of the competition shall be reserved for individual competition. Individuals shall be ranked in each weight class in each pool according to section (6.4) of this technical package. On the 3rd day, the athletes in each weight class in each pool shall compete to determine their final placing in the tournament. The format will be as follows:



5.6. Pools

The teams will be divided into two pools (A and B) which are based upon the seeding criteria noted above.

Pool A: Male – ON (1), QC (4), AB (5), MB (8), NS (9), (12)

Female – ON (1), BC (4), NB (5), QC (8), PE (9), (12)

Pool B: Male – BC (2), SK (3), NB (6), NL (7), PE (10), NU (11)

Female – AB (2), SK (3), NL (6), MB (7), NS (10), **NU** (11)

Scheduling: Will be finalized once the numbers of participating teams are determined. The schedule below is based upon 12 Provinces/Territories participating.

Team Competition: 2 days, 5 mats.

### Day One

*Session One: (Red/Blue)*

	Mat A	Mat B	Mat C	Mat D	Mat E
09:00	M - 5 vs. 8	M - 4 vs. 9	F - 6 vs. 7	F - 2 vs. 11	F - 3 vs. 10
10:30	M - 2 vs. 11	M - 3 vs. 10	M - 6 vs. 7	F - 5 vs. 8	F - 4 vs. 9

*Session Two:*

	Mat A	Mat B	Mat C	Mat D	Mat E
14:00	M - 1 vs. 9	M - 4 vs. 8	F - 6 vs. 11	F - 2 vs. 10	F - 3 vs. 7
15:30	M - 2 vs. 10	M - 6 vs. 11	M - 3 vs. 7	F - 1 vs. 9	F - 4 vs. 8

*Session Three:*

	Mat A	Mat B	Mat C	Mat D	Mat E
19:00	M - 1 vs. 8	M - 4 vs. 5	F - 3 vs. 6	F - 2 vs. 7	F - 10 vs. 11
20:30	M - 2 vs. 7	M - 3 vs. 6	M - 10 vs. 11	F - 1 vs. 8	F - 4 vs. 5

### Day Two

*Session Four:*

	Mat A	Mat B	Mat C	Mat D	Mat E
09:00	M - 1 vs. 5	M - 8 vs. 9	F - 3 vs. 11	F - 2 vs. 6	F - 7 vs. 10
10:30	M - 2 vs. 6	M - 3 vs. 11	M - 7 vs. 10	F - 1 vs. 5	F - 8 vs. 9

*Session Five:*

	Mat A	Mat B	Mat C	Mat D	Mat E
13:00	M - 1 vs. 4	M - 5 vs. 9	F - 6 vs. 10	F - 2 vs. 3	F - 7 vs. 11
14:30	M - 7 vs. 11	M - 6 vs. 10	M - 2 vs. 3	F - 1 vs. 4	F - 5 vs. 9



Session Six (finals):

	Mat A	Mat B	Mat C	Mat D	Mat E
17:00	M - 5A vs. 5B (9 <sup>th</sup> /10 <sup>th</sup> )	M - 4A vs. 4B (7 <sup>th</sup> /8 <sup>th</sup> )	F - 3A vs. 3B (5 <sup>th</sup> /6 <sup>th</sup> )	F - 5A vs. 5B (9 <sup>th</sup> /10 <sup>th</sup> )	F - 4A vs. 4B (7 <sup>th</sup> /8 <sup>th</sup> )
19:00	M - 2A vs. 2B (3 <sup>rd</sup> /4 <sup>th</sup> )	M - 1A vs. 1B (1 <sup>st</sup> /2 <sup>nd</sup> )	M - 3A vs. 3B (5 <sup>th</sup> /6 <sup>th</sup> )	F - 2A vs. 2B (3 <sup>rd</sup> /4 <sup>th</sup> )	F - 1A vs. 1B (1 <sup>st</sup> /2 <sup>nd</sup> )

[6<sup>th</sup> ranked team in Pool B will receive a final team placing / rank of 11<sup>th</sup>.](#)

Award Ceremonies for team placings 1-3.

**Individual Competition**

**Day Three**

Session Seven:

40 – 120 kg. (male) and 40 - 84 kg. (female) (All weight classes) - Cross over matches (1-4) and place matches (5-13)

	Mat A	Mat B	Mat C	Mat D	Mat E
10:00	M - 1A vs. 2B (semi)	M - 2A vs. 1B (semi)	M - 3A vs. 3B (5 <sup>th</sup> /6 <sup>th</sup> )	F - 1A vs. 2B (semi)	F - 2A vs. 2B (semi)
11:30	M - 4A vs. 4B (7 <sup>th</sup> /8 <sup>th</sup> )	M - 5A vs. 5B (9 <sup>th</sup> /10 <sup>th</sup> )	F - 3A vs. 3B (5 <sup>th</sup> /6 <sup>th</sup> )	F - 4A vs. 4B (7 <sup>th</sup> /8 <sup>th</sup> )	F - 5A vs. 5B (9 <sup>th</sup> /10 <sup>th</sup> )

Competitor **6B** will be ranked **11<sup>th</sup>**.

*Session Eight:* Finals to determine individual 1st - 4th places; 24 matches on two mats per gender.

	Mat A	Mat B	Mat C	Mat D	Mat E
19:30	Gold/Silver (M)	Bronze/4 <sup>th</sup> (M)	Gold/Silver (F)	Bronze/4 <sup>th</sup> (F)	

Individual Award Ceremonies after each set of matches as outlined below;

Female:	Matches	40, 44, 48, 52	Awards for	40, 44, 48, 52
	Matches	56, 60, 64, 69	Awards for	56, 60, 64, 69
	Matches	74, 79, 84	Awards for	74, 79, 84
Male:	Matches	44, 48, 52, 56	Awards for	44, 48, 52, 56
	Matches	60, 65, 70, 76	Awards for	60, 65, 70, 76
	Matches	85, 98, 120	Awards for	85, 98, 120

#### 5.7. Dual Meet Results (Positive Points)

Dual meet results will be determined according to the UWW positive point system in effect at the time of the Games.

#### 5.8. Team Competition Ranking (Dual Meet Points)

Team rankings are based upon the dual meet results amongst the teams in the pool. A dual meet victory for a team is worth two points, a tie is worth one point and a loss is worth no points.

#### 5.9. Individual Ranking

The individual wrestlers will be ranked in their pools according to the total number of victories accumulated during the round robin competition in the Team Competition pools.

Tie-breaking rule for the individual ranking:

If two people are tied, the tie shall be broken as follows:

- 1) result of the match between the two wrestlers
- 2) greatest number of positive points accumulated during the entire team competition

- 3) greatest number of victories by fall
- 4) greatest number of victories by technical superiority
- 5) greatest number of victories by decision
- 6) greatest technical point differential (fall and technical superiority = 6 points, forfeit = 0 point)
- 7) greatest number of technical points
- 8) most 5 point moves
- 9) most 3 point moves
- 10) most 2 point moves
- 11) least number of cautions

If they are still tied, they will be considered tied.

NOTE: Technical Point Differential = total number of points for minus total number of points against

If three or more wrestlers are tied, if one wrestler had defeated the other two, they shall be ranked highest; similarly, if one wrestler has lost to the other two, they shall be ranked lowest. If this is not the case when three or more wrestlers are tied, the ties shall be broken by applying in order, criteria 2 to 11 listed above.

## 6. SPORT SCORING:

### 6.1. Team Competition Points

Teams will receive points in the wrestling competition according to their final ranking in the team competition. Male and Female shall be ranked separately. The distribution of these team competition points will be as follows:

Position	Pts
1st place	150
2nd place	140
3rd place	130
4th place	120
5th place	110

Position	Pts
6th place	100
7th place	90
8th place	80
9th place	70
10th place	60

Position	Pts
11th place	50
12th place	40
13th place	30

## 6.2. Individual Points

Individuals in each weight class will earn points for their teams in the wrestling competition according to the following schedule:

Position	Pts
1st place	100
2nd place	97
3rd place	94
4th place	91
5th place	88

Position	Pts
6th place	85
7th place	83
8th place	81
9th place	79
10th place	77

Position	Pts
11th place	75
12th place	74
13th place	73

---

## 7. PROVINCIAL/TERRITORIAL RANKING:

The final overall Provincial/Territorial standing shall be calculated based upon the total accumulation of team competition points and the individual points. Points for the Games Flag will be awarded to each Province/Territory as follows (male and female shall be ranked separately):

Position	Pts
1st place	10
2nd place	9
3rd place	8
4th place	7
5th place	6

Position	Pts
6th place	5
7th place	4
8th place	3
9th place	2 ½
10th place	2

Position	Pts
11th place	1 ½
12th place	1
13th place	½

---

## 8. TIE BREAKING RULE – COMPETITION:

### 8.1. Within Pool

If two or more teams are tied, the following criteria will be used to break the tie:

8.1.1. Individual dual meet results between the teams (if three teams or more are tied, if one team has beaten the other two, it will be ranked highest; similarly, if one team has lost to the other two, it will be ranked lowest).

8.1.2. Most accumulated positive points (i.e., total score of dual meets) in the team competition.

8.1.3. Greatest number of match victories

8.1.4. Greatest number of victories by fall or technical superiority

8.1.5. Greatest number of victories by decision

8.1.6. Greatest technical point differential in the entire team competition (fall or technical superiority = 6 points, forfeit = 0 point)

8.1.7. Greatest number of technical points

8.2. In the finals

If two teams are tied in the final, the tie shall be broken as follows:

8.2.1. Greatest number of victories in the dual meet final

8.2.2. Greatest number of victories by fall

8.2.3. Greatest number of victories by technical superiority

8.2.4. Greatest number of victories by decision

8.2.5. Greatest technical point differential in dual meet final (fall and technical superiority = 6 points, forfeit = 0 point)

8.2.6. Most team 5 point moves

8.2.7. Most team 3 point moves

8.2.8. Most team 2 point moves

8.2.9. Least number of cautions in the dual meet final

---

**9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:**

If a tie exists in the overall Provincial/Territorial standing, the higher standing will be awarded to the team with the most weight class gold medals, and if the tie still exists, the most weight class silver medals, and so on.

---

## 10. MEDALS:

Total:            Gold: 44            Silver: 44            Bronze: 44

(One for each weight class and one for each member of the team that wins the team competition)

(22 Individual Medals, 22 Athlete Team Medals)

\*An athlete must win a match in order to receive a medal, regardless of the number of athletes entered in the event.

---

### 11. COMPETITIVE UNIFORM:

Red or blue singlet, socks and wrestling shoes. Provincial/Territorial team coloured singlets will be allowed at the Canada Games. Provinces/Territories are encouraged to have the crest of the Province/Territory on the front of the singlet and the two letter acronym on the back (i.e., NB for New Brunswick).

---

### 12. EQUIPMENT:

**Head gear is permissible and recommended for this competition.** Wrestlers must tape their shoe laces or have shoes that do not contain laces that may come undone during a match.

---

### 13. APPENDICES:

The attached appendices are an integral part of this technical package.

---

## APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
  - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season  
  
- AND –
  - ii) Having represented that Province or Territory at an international, national or regional championship,  
  
- AND –
  - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.  
  
- OR
  - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out



for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

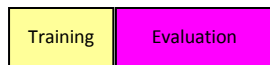
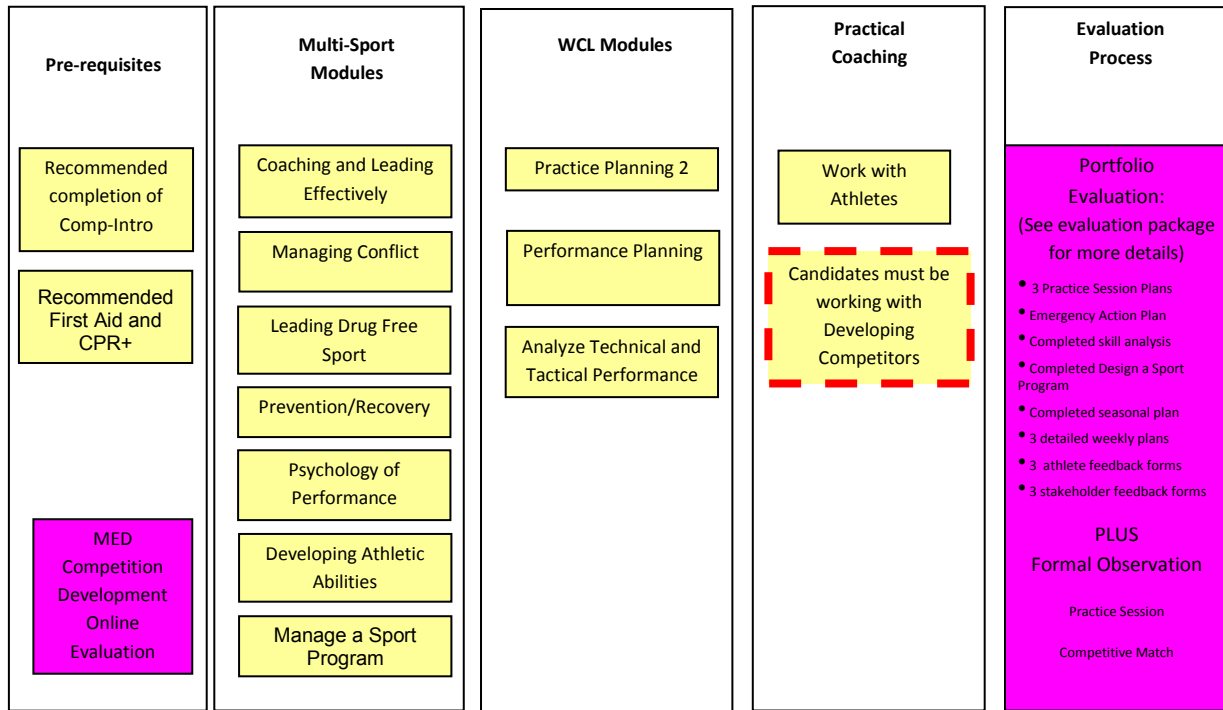
#### Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

## APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

All Coaches are required to be NCCP Competition Development Certified. Wrestling Canada is currently in the process of attaining final approval for their NCCP Competition Development context and it is projected that approval will be attained by the end of 2015, giving all coaches the opportunity to attain their Competition Development Certification prior to the Canada Games.

The coach pathway for full certification as a Competition Development Coach is outlined in the diagram below:



In addition to the above, all coaches will need to complete the Making Head Way in Sport multi-sport module.

Please note that once WCL receives approval for the Competition Development Context, all current Level 3 certified coaches will be transitioned into the Competition Development Context based on their current Level 3 certification status. For further details on the transition, please contact Wrestling Canada Lutte. Please note that all Level 3 coaches in transition will at a minimum need to complete the MED-Competition Development Evaluation and the Making Head Way in Sport multi-sport module.

### APPENDIX 3 – PERFORMANCE GUIDELINES

*The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.*

To be confirmed by Wrestling Canada Lutte.