

# CISAA JR./SR. HIGH WRESTLING CHAMPIONSHIPS 2013

**Date and Time:** Thursday, December 12<sup>th</sup>, 2013 from 4:30 PM to completion

**Weigh-in:** Thursday, December 12<sup>th</sup>, 2013 between 3:00 PM and 4:00 PM

**Place:** Rundle Academy – 4330 16 Street SW

**Entry Fee:** Please make cheques payable to *Rundle Academy*.  
\$15.00 per wrestler in Elementary.  
\$20.00 per wrestler in Junior High and Senior High.

**Registration:** **NOTE:** Coaches **please** contact Stu Palmer at palmer@rundle.ab.ca with your intent to participate and **your approximate numbers by November 30<sup>th</sup>**.

We will weigh in all competitors on Thursday, December 12<sup>th</sup> at Rundle Academy from 3:00 - 4:00 pm. We will then line up athletes in order of weight and group them into weight categories for round robin competition, draw up the sheets, and then assign them to a mat to wrestle on. Our goal is to have wrestling begin at 4:30 pm.

**Divisions:** **BOYS Junior High:** Grade 7, 8, and 9  
**GIRLS Junior High:** Grade 7, 8, and 9

**BOYS Senior High:** Grade 10, 11, 12  
**GIRLS Senior High:** Grade 10, 11, 12

**BOYS Elementary:** Grades 4, 5, 6 - exhibition matches only.  
**GIRLS Elementary:** Grades 4, 5, 6 - exhibition matches only.  
There will be no CISAA medals awarded for this event.

**Awards:** Each Junior High and Senior High category will have gold, silver, and bronze medals and then ribbons for 4<sup>th</sup> and 5<sup>th</sup> place. There will be a team trophy and banner, as well as an Outstanding Male and Outstanding Female wrestler award.

**Rules:** FILA Junior Age rules for Junior High: no gabori, ¼ nelson, or back bending throws. New rule: two 2-minute rounds with cumulative scoring.

ASAA Senior High rules: no back bending throws. New rule: two 3-minute rounds with cumulative scoring.

**Tournament Contact:** Stu Palmer – Rundle Academy.  
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**CISAA Contact:** Neil Domstad - Rundle College Jr/Sr High School  
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