

## AGE GROUP

13 - 15 years of age (as of December 31, 2026)  
Year of Birth: 2011-2013



## ZONE TEAM COMPOSITION

The maximum team size shall be:

<u>20</u> athletes per Zone	(# of females <u>8</u> # of males <u>12</u> )
<u>4</u> coaches or chaperones per Zone*	(# of females <u>2</u> # of males <u>2</u> ) *each zone must minimally have 1 certified coach

## FILL POLICY

A sport fill policy will be in effect whereby:

1. The first opportunity to fill in is provided to the Host Community.
2. The second opportunity is provided to the Host Zone.

If neither Host Community nor the Host Zone is able to provide the fills, the other Zones will be given the opportunity.

3. The first "fill" spot will be given to the Zone with the greatest number of participants in the Zone playoffs.
4. Each subsequent "fill" spot will follow as per the next highest number of participants in the Zone playoff.
5. If after the first round of fills there are still available spots, the Zone with the greatest number of participants in the playoff will start the process again filling a second "fill" spot from that Zone, and so on until all spots have been filled.

Fill athletes will receive Zone ID for the Zone to which they are assigned. Fill athlete results count toward team points for Zone they are filling for as well as their individual points.

Fill athletes will stay in the Village accommodations with the Zone to which they are assigned.

*Fills must be submitted for approval to the Multisport Games Unit by **January 13, 2026**.*

## ELIGIBILITY

For Alberta Games Eligibility Policy information please visit [www.albertawintergames.ca](http://www.albertawintergames.ca).

### Athletes

- All athletes of the correct age and weight may participate.
- Athletes who have won a National Championship are ineligible.
- Athletes may compete in their Zone of residence or a Zone where they are a club member, however, they must declare Zone of choice prior to playoffs.
- If an athlete fails to make weight, they may still be entered into the tournament if it is safe to do so, participating strictly in exhibition matches. They will not collect team points and will not be eligible for a team or individual medal.

Coaches/Chaperones

*All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.*

- **NCCP Certification** - A minimum of one (1) member per Zone of the staff registered as coaches must be fully certified under the National Coaching Certification Program (NCCP) to at least Competition Introduction. All other coaches must be minimally Trained at the Wrestling Competition Introduction level OR be Trained at the Community Sport – Kids Wrestling level and have completed at least three (3) out of the six (6) NCCP multi-sport modules under the Competition Introduction pathway:
  - Make Ethical Decision (training and evaluation mandatory)
  - Teaching and Learning
  - Basic Mental Skills
  - Emergency Action Plan eLearning
  - Making Headway eLearning
  - Sport Nutrition eLearning
- **Safe Sport** - SafeSport Requirements for all coaches and chaperones must be submitted to the Provincial Sport Coordinator by the time a team is named:
  - Must have a clear criminal records and vulnerable sector check from within the last three (3) years, or less if required by your organization's policies.
  - Must have completed the CAC Safe Sport Training and/or Respect In Sport for Activity Leaders.

*Note: Where a coach or chaperone has been substituted after the registration deadline leading into the Games, they must have the above completed and verified with Mission Staff no later than 48 hours prior to the start of the Alberta Games.*

## **AFFILIATION**

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Affiliation with the AAWA is required by all coaches and athletes. For more information, visit: [www.aawa.ca](http://www.aawa.ca).

Benefits of affiliation include access to provincial programs and insurance.

## **ENTRY AND ZONE SELECTION PROCEDURES**

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The Zone Sport Representatives will decide team selection procedures for each Zone.

To determine the date and location of Zone playoffs/selection please visit [www.aawa.ca](http://www.aawa.ca) or <https://albertawintergames.ca>

## **ALBERTA GAMES REGISTRATION FEE AND DEADLINE**

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All Zone team athletes, who qualify to compete at the 2024 Alberta Winter Games (excluding coaches and chaperones), are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. *Information on the collection of this fee(s) will be updated no later than the fall of 2025.*

Please note the registration deadline for Wrestling is **December 15, 2025**.

## EVENTS

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- All males of the correct age may compete in the following weight categories:
  - 34-37kg, 40kg, 43kg, 47kg, 51kg, 55kg, 60kg, 65kg, 70kg, 76kg, 83kg, 83+kg (95kg maximum).
  - There will be a one (1) kg weight allowance at the Games.
- All females of the correct age may compete in the following weight categories:
  - 39 – 42kg, 46kg, 51kg, 56kg, 60kg, 65kg, 72kg, 80kg
  - There will be a one (1) kg weight allowance at the Games.
- Round Robin Dual Meet (2 pools)
- Matches will be 2 Rounds of 2 minutes, as per Wrestling Canada Lutte U17 rules
- Fill athletes will contribute to Zone team medal standings
- Athlete weigh-in will occur the evening before competition.
- Medical staff will be present at the weigh in to check each athlete and are obligated to eliminate any wrestler who has or appears to have any contagious skin disorder or any ailment that would prevent them from competing at a minimum safe level.

Competition governed by Wrestling Canada Lutte U17 rules.

Seeding will be done from the results of the 2024 Alberta Winter Games.

## PROTEST PROCEDURES

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Mat side video review will be used in all matches. A foam brick shall be thrown onto the mat by the coach wishing to challenge a call. The call will be video reviewed following first break in action. If the call is overturned, the correct points are awarded, and the coach is returned the brick for potentially another protest. If the call is not overturned, the coach loses the brick, and the other wrestler is awarded an additional point.

## EQUIPMENT SPECIFICATIONS

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Athletes must wear the Zone appointed singlet, if applicable, along with wrestling shoes OR clean indoor running shoes.

## PROVINCIAL SPORT COORDINATOR

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Aleah Nickel  
Alberta Amateur Wrestling Association  
11759 Groat Road NW  
Edmonton, Alberta T5M 3K6  
Telephone: (780) 415-0140 (b) (306) 741-7531 (c)  
E-mail: [technical@aawa.ca](mailto:technical@aawa.ca) Website: <http://www.aawa.ca/>

## ZONE SPORT REPRESENTATIVE

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Each of the eight (8) Zones has a designated Wrestling representative. The list of Wrestling Zone Sport Representatives named to date is shown below. Others will be confirmed by the final technical package.

**SPORT TECHNICAL PACKAGE  
WRESTLING**

Zone 1		Phone: Email:
Zone 2		Phone: Email:
Zone 3		Phone: Email:
Zone 4		Phone: Email:
Zone 5	Amardeep Dhothar	Phone: 780-916-6344 Email: <a href="mailto:dhothar10@gmail.com">dhothar10@gmail.com</a>
Zone 6		Phone: Email:
Zone 7	Ryland Coventry	Phone: 780-881-3347 Email: <a href="mailto:ryland_cov@hotmail.com">ryland_cov@hotmail.com</a>
Zone 8		Phone: Email: