

WRESTLING

Section 1 – Weights

a) Weigh-in

The weigh-in for all Valley tournaments, including the BCSS Zone Championships, should be conducted in a manner like the BCSS Wrestling Championships.

b) Weight Classes

As in BCSS Wrestling Championships (kilos) With a .2kg weight allowance.

Boys: 38 (34 min), 41, 45, 48, 51, 54, 57, 60, 63, 66, 70, 74, 78, 84, 90, 110, 110+ (130 max)

Girls: 40 (34min), 43, 47, 51, 54, 57, 60, 64, 69, 75, 90, 90+ (110 max)

c) Any wrestler qualifying for the Provincial Championships in a certain weight class through a Zone Championship must wrestle in that weight class in the Provincial Championships. If he/she fails to make their weight at weigh-in, they are eliminated.

d) The top three boys in each weight class at OVSAA Zones Championships qualify for the BCSS Wrestling Championships. All girls that weigh-in at the OVSAA Zones Championships qualify for the BCSS Wrestling Championships.

e) A coach may present a petition at the OVSAA Zone championship for a wrestler that can not wrestle the day of the Zone Championships but wishes to compete at the BCSS Championships. The wrestlers should weigh-in at the OVSAA Zone Championships.

Section 2 – Team Points

16 – 12 – 9 – 6 – 3 – 1 for each weight class. If there are fewer than 6 competitors in a weight class, team points will be adjusted as per BCSS Handbook.

Section 3 – Thompson Okanagan Zone Championships

Certified officials should be used at the tournament if possible.

Section 4 – Registration

All Thompson Okanagan wrestlers and coaches must be registered with BCSS to participate in the Thompson Okanagan Zone Championships.

Section 5 - Exhibition Matches

Exhibition matches for wrestlers should be arranged by the wrestlers BCSS registered coaches.