

NSSAF WRESTLING PLAN

REGISTRATION

1. All schools will declare their intent to have a team to NSSAF by November 14th.
2. All teams will send a list of their athletes to ns.pairing@gmail.com by December 1st. The list must include school, athlete name, date of birth, and actual weight.
3. The tournament dates declared so far are:
 - a. Kings Edgehill January 16th
 - b. Sackville High February 13th
 - c. Hants East – date TBA
 - d. Regionals at Hants East February 27th
 - e. Provincials at Hants East March 6th

TOURNAMENTS

4. The tournaments will be run in dual meet format. Each wrestler will be guaranteed three matches. Each school may only send one wrestler in each weight category.
5. The drawmasters will organize the draw in bubbles that meet the Public Health Guidelines (currently 50 persons).
6. It is at the discretion of each hosting school whether the other bubble(s) will be permitted in the venue as participants.
7. Each bubble will not be able to socialize with persons in other bubbles. Athletes are either seated in the stands, or wrestling in duals.
8. Only athletes that are wrestling in the bubbles will be permitted in the venue. Whole teams are not permitted to attend.
9. Every attempt will be made for smaller teams to be in the same bubble.
10. There will be no spectators. The bubble that is not wrestling will be counted as spectator numbers.
11. There will be no wall charts. The draw will be on Track wrestling.
12. It is important that each team have one person designated in each bubble that is competent in retrieving information off Track wrestling. This does not have to be a coach; it can be an assistant/runner.
13. The coach and the designated Track wrestling person both need to be registered with the team.
14. There will be training available the days before each tournament for any coaches/designated track wrestling person who are not comfortable with Track Wrestling.
15. There will be no contact between the drawmasters and the bubble.
16. There will be a mandatory coaches' meeting via zoom on Friday night before the tournament. The Head PM and the Head Referee must be in attendance to answer questions. The format of the tournament and logistical questions will be answered then.
17. There will be a mandatory officials' meeting via zoom on Tuesday or Wednesday night before the tournament.

18. All participants must wear a mask at all times, unless they are on the mat, or actively eating or drinking.
19. There will be no physical contact between athletes and coaches from other teams. No shaking hands with the coach of the opposing team.
20. Bubbles that are not competing at that time will be given a designated spot in the stands to watch the bubbles that are competing. There will be no socializing between bubbles. They must stay in their designated areas, unless to use the bathroom facilities.
21. The referees will not touch the athletes. A masked referee will conduct a visual inspection of each athlete.
22. The standing referee will not wear a mask during the competition due to the need to use a whistle, but will attempt to maintain six feet at all times when possible. The sitting referees and the minor officials running the clocks will be wearing masks.
23. When possible, the area behind the head tables will only be accessible to officials.
24. There will be a maximum of three, and minimum of two, rotating mats. Each mat will be sanitized by the referees between the matches in a wetjet style. One mat will be unused at all times in cases of injuries or drying times.
25. Between each bubble, all equipment used at the mat, including the mat, will be “bombed” with sanitizer. This sanitizer is not harmful to humans.
26. There will be no on-site canteens, food venues, beverages, or water fountains. All teams must bring their own food.

REGIONALS

27. The drawmasters will arrange Regionals in weight category bubbles. Each bubble will compete until they are done.
28. There will be no spectators. All other rules followed in the regular tournaments will be the same for Regionals.
29. Banners will be awarded.
30. There will be two Regions – East and West. Depending on the numbers of athletes, east could be one bubble and west the other, one in the morning, one in the afternoon. If there are more athletes than the Public Health Guidelines allow (currently 50), then more bubbles will be created.

PROVINCIALS

31. The top two in each weight group in each region will advance to Provincials. If there is only one in one region, the other can send three. This format allows for a round robin format and each weight group will be bubbled.
32. Each weight group bubble will wrestle to completion and the mat cleaned before the next bubble comes forward to compete.
33. No banners will be awarded.
34. There will be no opening ceremony “march-in”.