



SA *Wrestling Federation* *Stoeifederasie*

AFRIGTERS RAAD / COACHES COUNCIL

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To: Secretary/President – Wrestling Associations
Member of SA Executive Management

From: SAWFCC

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SAWCC CIRCULAR 05/2014

An integral part of LTPD is competition review and restructuring. During 2014 we will implement the last phase of competition restructuring for the age group 9, 10 and 11 years of age.

The implementation of a youth league is aimed at developing healthy meaning competition through team participation with a focus on team performance and not individual performance.

The following changes and addition were made to the current competition system.

1. Provincial Level

a. Open, Provincial and Club competitions

Ages 6, 7 & 8 years, Festival Wrestling with the following conditions

- i. No elimination
- ii. No formal weigh in (Group weight verification is allowed)
- iii. Simplified rules with the focus on mass participation and the development FUNDamental skills. (LTPD RULES)

Ages 9 and 10 years, with the following conditions

- i. No elimination
- ii. No formal weigh-in (Group weight verification is allowed)
- iii. Paring must be based on Nordic system with closed single bracket, preferably four (4) but not more than five (5) wrestlers in a bracket.
- iv. A winner may be declared in the match and paring group based only on technical points.
- v. Simplified adjusted rules with focus on mass participation and development of basic skills. (LTPD RULES)

- vi. One Provincial competition with normal FILA rules and normal weigh-in with focus on the development of basic skills and evaluating skills level for further competition in next level. (Trails for S.A. Regional Competition limited to one competition per one competition per year)
- vii. Recognition should be given to all participants in the group/ bracket and should be the same for all participants to avoid feelings of inferiority amongst children in the group with the exception of the competition mentioned in paragraph vi. where normal medals may be awarded.

Ages 11 years

- i. Normal SA Youth Competition system
- b. League Competitions, from Ages u/13 – u/20**

2. Competition at National Level:

- a. S.A. National Championships: (Girls and Boys)**
 - i. No formal individual National S.A. Championships up to and including 11 years of age
 - ii. S.A. Youth League Competition for 9, 10 and 11 years, based on four National regions for the S.A. Youth Competition
 - iii. S.A. Youth Competition for u/13 and u/15
 - iv. S.A. Presidents Competition from u/13 to 0/20
- b. Regional Competition**

Ages 6, 7 and 8 years, LTPD/Festival Wrestling with the following conditions

- i. No elimination
 - ii. No formal weigh in (Group weight verification is allowed)
 - iii. Simplified rules with the focus on mass participation and the development FUNdamental skills.
- c. Regional Competition**

Ages 9, 10 and 11 years with the following conditions

- i. Normal competition with normal FILA rules and normal weigh-in with focus on the development of basic skills (only once per year for 9 and 10 year group)

Regards

Nico Coetzee
Chairman SAWFCC