



10TH ANNUAL

COWICHAN VALLEY

Elementary Playdowns

HOSTED BY:



QUEEN
MARGARET'S
SCHOOL

SPONSORED BY:



Mid Island

TUESDAY, FEB. 24, 2026 - QUEEN MARGARET'S SCHOOL - DUNCAN, BC

DATE/TIMES

DATES: Tuesday, February 24th, 2026

PLACE: Queen Margaret's School - DBR Sports Hall
660 Brownsey Ave, Duncan, BC

TIMES: Registration - 8:30 to 9:00am
Wrestling Start - 9:30am
Wrestling Start - 2:00pm (Approximately)

***There will NOT be a lunch break*

FEES: **Entry fee:** \$10.00 per wrestler.

Payment Info: School or Team Cheques only, payable to
Cowichan Valley Wrestling Club to be paid AT THE
Tournament Registrar table

ENTRIES: Registration Link: <https://forms.office.com/r/Tn12dTreDt>



Deadlines: Friday, February 20 @ 4:00 p.m.

*ABSOLUTE DEADLINE for LATE ENTRIES or SCRATCHES:
MONDAY. FEB. 23 @3:00pm - (NO entries on tournament day)*

Ranking: We would like you to try and rank your wrestlers based on their ability. This will help the draw master create fair and equal matches.

NAME / M / F / GRADE / WEIGHT (Kg) / *RATING

**(1 = weak; 2 = average; 3 = strong; 4 = outstanding)*

When we make up the Draw, each wrestler is given an equitable number of matches. IF registered wrestlers don't show up, OR if they leave early, other kids are cheated out of matches. please advise wrestlers and parents that:

- Once registered, wrestlers **MUST SHOW UP**, and
- **NO ONE LEAVES** before their last match is done.

TECHNICAL INFORMATION

WEIGHTS:

NO formal weight classes. Within their age-groups, wrestlers are pooled according to weight (and coaches' rating) in Round-Robin squares of 3 – 5 athletes. (Therefore, each wrestler will have 2 – 4 matches).

GROUPS:

Wrestlers should be registered in one of the following grade groups:

- Grades 3-5 - Elementary Girls
- Grades 3-5 - Elementary Boys
- Grades 6-7 - Elementary Girls
- Grades 6-7 - Elementary Boys

Strong Gr. 5s may register in the Gr. 6 & 7 Division with coach's approval

AWARDS:

All Elementary wrestlers will receive medals (Gold, Silver, Bronze, Participation).

Team/school results will NOT be compiled.

SUPERVISION:

Cowichan Valley Wrestling Club abides by a strict code of conduct for all athletes, coaches, parents, and spectators, which can be found on our website, to ensure a safe and respectful environment we remind coaches that:

- A coach or teacher-sponsor must be present for each school / team.
- Supervision of YOUR athletes and YOUR parents is YOUR responsibility.
- Inappropriate cheering ("boeing"), negative comments toward officials, unsportsmanlike conduct or horseplay will not be tolerated!

TECHNICAL INFORMATION cont.

SCORING: Simplified points based on Wrestling Canada Lutte Free-style rules:

- **2 pt - Takedown with control** - from feet to belly or to hands-and-knees
- **2 pt - Exposure** – In the ‘down’ position, forcing the opponent’s back past 90 degrees to face the mat
- **1 pt - Reversal** – In the ‘down’ position, when a wrestler being controlled by his/her opponent escapes and immediately gains a control position
- **4 pt** - Takedown directly to exposure – feet to back
- **10 point** superiority in score results in a victory and ends the match.
- **Pin** ends the match, and results in a victory regardless of points scored.

No amplitude (5 point) throws are permitted in Age Group Wrestling.

MATCHES: One 2-minute round; *This may be revised based on final registration numbers*

OTHER INFO: Coaches, Please ensure the following:

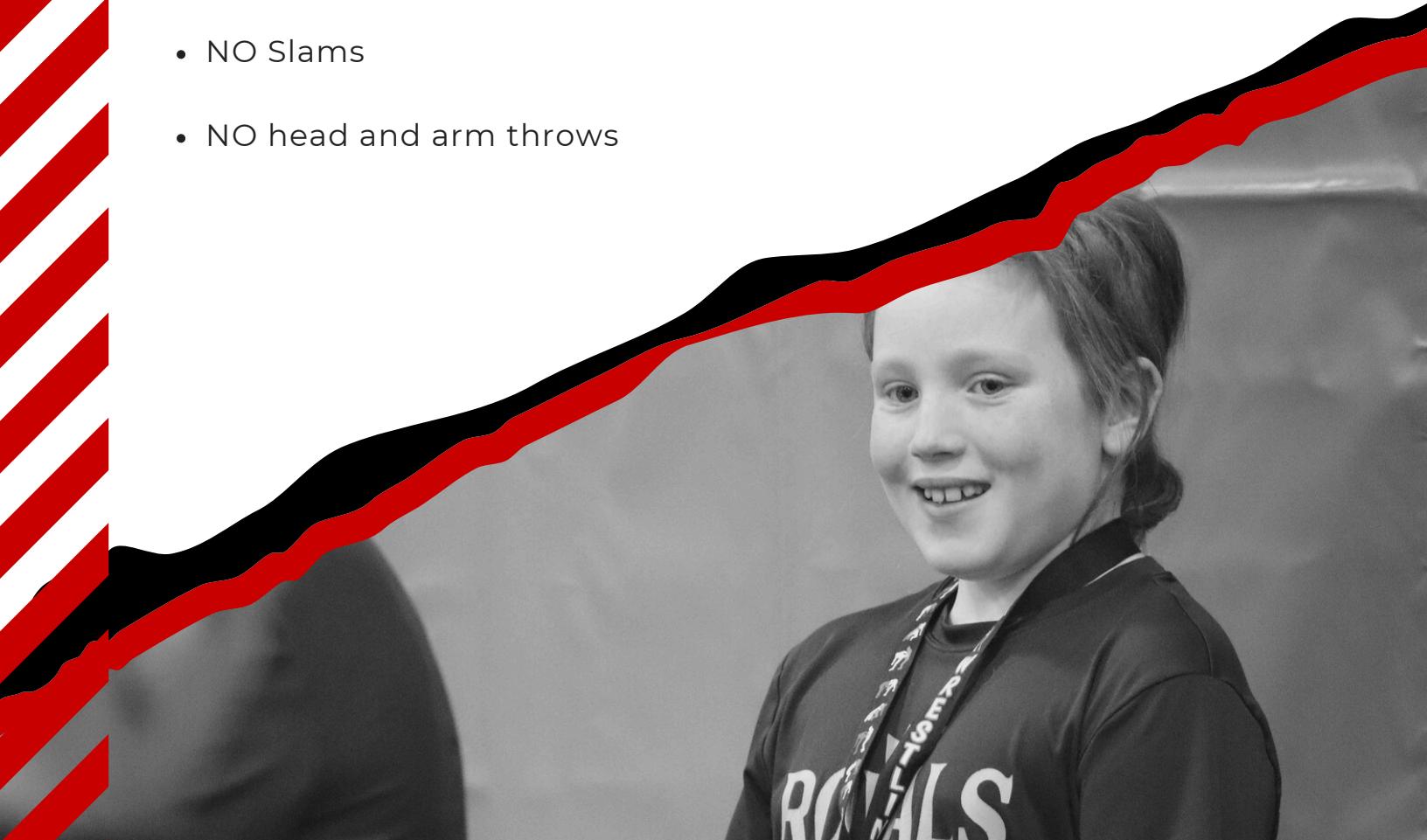
- **Fingernails:** MUST be cut short
- **Footwear:** Wrestling shoes OR clean running shoes; NO street shoes; NO bare feet.
- **Wrestling attire:** Singlet, OR body suit, OR shorts & snug short-sleeved T-shirt (tucked in) leggings are an option as well
- **Optional:** soft kneepads, headgear, mouth guards.

NOT Permitted: long pants, long sleeves, zippers, buttons, buckles, belts, pockets, belt loops, plastic or metal barrettes, jewelry of any kind (especially in piercings)

MODIFIED RULES

In Order to ensure athlete safety, this event will abide by the following rule modifications:

- NO back-bending throws (including side suplay and salto) and in turn the locking of the hands on a 20 double under hook
- NO Full nelson and 3/4 nelson
- NO hold on the legs where the offensive wrestler's leg or arm is in the crux of the knee of the opponent while attempting to collapse the knee (i.e. German Leg Ride)
- NO locking or placing of both hands on the opponent's neck
- NO gabori head and arm roll / gator roll (etc.) or similar rolling head and arm technique
- NO West point ride
- NO Slams
- NO head and arm throws



OTHER INFORMATION

CONCESSION: A small concession will be available throughout the tournament, but please, no food or drink (except water) in the gym. NO street shoes in the gym on the mats.

PARENT INQUIRY: Inquires to officials must be referred through the coach. Student officials will be used – please show patience and respect.

MEDAL CEREMONY: Medals will be presented after the last match ends. We will do our best to complete the Playday, including medal presentations, by 2:00, but we cannot guarantee this. Please arrange rides and make travel plans accordingly.

CONTACT: **Tournament Director - Ryan Smith**

- em. ryan.smith@cvwc.ca
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SPONSORS: We would like to acknowledge the Mid-Island Co-op for their dedicated sponsorship of the CVWC Elementary Wrestling Program



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