



2026 MANITOBA WINTER GAMES

Wrestling Technical Package

Technical Packages are a critical element of the Manitoba Games. They guide the selection of teams by detailing age and eligibility requirements, govern competition by outlining tournament formats and scoring procedures, and identify the minimum/maximum number of participants permitted by region.

Technical Packages are developed 12–18 months prior to the Games by the relevant Provincial Sport Organization (PSO) following the standards set in place by Sport Manitoba.

After publication, any changes to the Technical Packages must be approved by Sport Manitoba – requests should first be sent to the PSO for consideration. Adjustments to age groups, eligibility requirements, team sizes, or competition formats will not be considered within six months of the start of Games.

1. SPORT: WRESTLING

2. PARTICIPANTS

2.1. Athletes

Up to 1 athlete per weight category (gender-specific), per regional team.

Weight classes may be adjusted upon consensus of all regional team coaches with a maximum of 10 athletes (7 male, 3 female) per regional team.

2.2. Coaches and Managers

Up to 2 coaches (1 Head Coach, 1 Assistant Coach) and 1 manager per regional team.

Each regional team must have at least 1 male and 1 female on their staff.

2.3. Regional Teams

Region	Number of Teams
North	0
East	0
South	1
West	1
Winnipeg Blue	1
Winnipeg Gold	1
Total	4

3. CLASSIFICATION

Bantam and Cadet: Open to athletes born in the years 2010–2013.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility requirements identified in the Manitoba Games [Eligibility Policy](#).

All athletes must be members in good standing with Manitoba Amateur Wrestling Association (MAWA).

Athletes who have competed at the Canada Games are ineligible to participate.

4.2. Coaches and Managers

4.2.1. Sport Manitoba Requirements

All coaches and managers participating in the Games must have completed:

- Criminal Record Check
- [Respect in Sport](#)
- [Understanding the Rule of Two eLearning Module](#)

4.2.2. Sport-Specific Requirements

All coaches and managers must be at least 18 years of age as of March 1, 2026.

Head coaches must be minimum NCCP Competition-Introduction Certified.

Assistant coaches must be minimum NCCP Community Sport Coach Certified.

5. COMPETITION

5.1. Competition Format

Type of competition: Freestyle

Events

- Day 1 and 2: Team Dual Competition
- Day 3: Individual Competition

Playoff Format

- TBD

Seeding

Team Dual Competition, two pools with team seeding based on 2018 Manitoba Games results.

Pool A	Pool B
1 st Seed	2 nd Seed
4 th Seed	3 rd Seed
5 th Seed	6 th Seed

Weight Categories

Males	Females
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46kg	45kg-52kg
52kg	57kg
57kg	
63kg	
69kg	
76kg	
85kg	

Medical and Weigh-In Procedures

1. Two scales calibrated to the official scales (one for males and one for females) will be available from opening day to the actual weigh-in.
2. The weigh-in shall take place as per WCL rules. Medicals only shall be an hour long and will commence between 6:00pm and 7:00pm the night before the competition. The physicians present shall eliminate from the competition any wrestler with a contagious skin disorder or ailment that would prevent them from competing at a minimum safe level.
3. Weigh-ins 7:30am-8:30am every morning of competition. There will be no weight allowance.
4. Wrestlers that are presenting themselves to be weighed in must be in their competition singlet, with bare feet. No weight allowance will be given for the singlet.
5. Any athlete who weighs in heavy will be eliminated from the event; they will not be classified and will not score team points.
6. As per WCL Cadet Rules, no sauna will be available, and the use of plastics, sauna suits, or any artificial form of weight loss is prohibited. The penalty for non-compliance is the immediate elimination of an athlete from the event, and they cannot score any team points. Coaches/Managers that assist or promote this type of weight loss will be barred from the event for the remainder of the tournament and may face disciplinary actions from MAWA.

Results and Scoring Procedures

Team Dual Placing, team scoring will be as follows:

- 1st = 9 points
- 2nd = 8 points
- 3rd = 7 points
- 4th = 6 points
- 5th = 5 points
- 6th = 4 points

Individual Placing, individuals in each weight class will score points for their team as per the following:

- 1st = 6 points

- 2nd = 5 points
- 3rd = 4 points
- 4th = 3 points
- 5th = 2 points
- 6th = 1 point

Team Dual Placing, team scoring will be as follows:

- 1st = 50 points
- 2nd = 40 points
- 3rd = 30 points
- 4th = 20 points
- 5th = 10 points
- 6th = 5 points

Individual Placing, individuals in each weight class will score points for their team as per the following:

- 1st = 10 points
- 2nd = 8 points
- 3rd = 6 points
- 4th = 4 points
- 5th = 3 points
- 6th = 2 points

5.2. Competition Rules

The most current official rules of Wrestling Canada Lutte will govern the competition.

6. MEDALS

Individual gold, silver, and bronze medals will be presented for the first, second, and third place competitors respectively in each weight category.

Team gold, silver, and bronze medals will be presented to the teams who place first, second, and third and third respectively in the team event.

7. EQUIPMENT AND UNIFORMS

7.1. Regional Team Uniforms

Competitive uniforms will be supplied by the Provincial Sport Organization in the following colours as per the Manitoba Games Competitive Uniform Policy.

Region	Primary Colour	Secondary Colour
North	Black	Orange
East	Grey	Purple
South	Red	Maroon
West	Dark Green	Light Green
Winnipeg Blue	Light Blue	Dark Blue
Winnipeg Gold	Yellow	Gold

7.2. Equipment Standards and Restrictions

Headgear is permitted and shoes must be worn.

It is the preference to have wrestling shoes, but running/gym shoes will be permitted provided they are secure and do not pose any hazard to the athletes or the mat.

8. PROTESTS AND APPEALS

8.1. Guiding Rules

- 8.1.1. Appeals will only be considered for sport-specific, technical issues affect the field of play and competition structure.
- 8.1.2. Appeals are only considered when submitted by a regional team's coaching staff.
- 8.1.3. All appeals must be made in writing within one hour of the end of competition or the time of the initial decision being rendered. Extensions may be considered due to logistical challenges.
- 8.1.4. Sport Appeal Committees will be led/chaired by the PSO Technical Representative (Tech Rep) and include the Sport Committee Chair(s), Head Official of the game/competition in question (if applicable), and a representative of Sport Manitoba.
- 8.1.5. Decisions of the Sport Appeal Committee will be final.

8.2. Procedure

- Participants protesting the result of a competition decision must request an appeal form from the Sport Committee Chair(s).
- Upon completion, the form must be submitted to the Sport Committee Chair(s).

- The Sport Committee Chair(s) will contact the PSO Tech Rep and request they convene a Sport Appeal Committee.
- The Sport Appeal Committee will review the submission, request additional information and/or meetings if desired, and make their decision within an hour of the time the protest was submitted.
- Relevant parties will be notified of the Sport Appeal Committee's decision.

9. ATHLETE FILL POLICY

9.1. Sport Manitoba Requirements

Regional teams may utilize athletes from outside of their region's boundaries to fill out rosters in accordance with the Manitoba Games Regional Team Policy.

Regional teams outside of Winnipeg may only use a maximum of two athletes from Winnipeg to fill out their rosters.