

22.1 **AIMS:**

22.1.1 To identify and prepare a national elite group comprising of the country's best senior, junior and cadet wrestlers for future international participation and achievement.

22.1.2 To establish medium and long-term programs to ensure desired results at international competitions.

22.1.3 To prepare the wrestlers in a scientific manner by implementing the most up to date coaching methods and resources available.

22.2 **NATIONAL ELITE GROUP:**

22.2.1 The SAWFCC identifies a group of approximately 60 senior, junior and cadet wrestlers in total countrywide from both wrestling styles for inclusion in the elite group.

22.2.2 Wrestlers are selected according to achievements gained at the annual SA grading championships and tournaments identified by the SAWFCC national training sessions and national camps, However, wrestlers who win first places do not automatically qualify for inclusion in the elite group as overall results are taken into consideration. This includes attendance at national camps and training sessions.

22.2.3 The composition of this group will be monitored and revised on a regular basis to accommodate new entrants, departures and removals of group members as required.

22.2.4 - The final selected group of 60 wrestlers may be given the opportunity of challenging each other in accordance with article 22.2.19, on specified dates on the SAWF annual calendar. The measurement for each weight category is the standard of wrestling on the continent, therefore it is not compulsory to choose wrestlers in each weight category.

22.2.5 Strict standards are set for participation and involvement. Wrestlers who do not adhere to the set regulations will be excluded from the elite group.

Reasons for exclusion:

- Absence at practice for three consecutive practice sessions or five practice sessions over a period without a valid excuse or reason.
- After a fourth verbal excuse for not attending practice sessions the wrestler will be required to submit a written explanation with reasons for not attending practice sessions.
- Wrestlers with injuries who submit written applications for exemption will be allowed six months recovery period to remain in the group. All necessary medical documentation must accompany the application.
- Wrestlers in the elite group must ensure that during a calendar year they attend at least (3) three "AA" tournaments or (6) six "AA" and "A" combined.

○ **AA – Tournaments**

- South African Championships
- South African Eliminations
- Eastern Gauteng (Sarel Bester)
- Mpumalanga Open
- Gauteng North (Johnnie Reitz)
- Central Gauteng Winter Open
- WP Open (Abraham Geldenhuys)
- North West Open
- Limpopo Open

○ **A Tournaments**

- Sedibeng Open
- Kwa Zulu Natal Open
- Northern Free State Open
- Southern Free State Open
- Northern Cape Open

22.2.6 The SAWFCC will hold personal interviews with each member of this group to establish, discuss and define his/her aims, goals and the planning of his/her wrestling career, as well as clarification of requirements, which must be adhered to. Members of the elite group are required to confirm in writing their commitment to these requirements.

22.2.7 Training sessions of the elite group are scheduled as determined by the SAWFCC. During these training sessions competition matches will be arranged frequently in a planned manner between members of the group to determine a broad ranking list and maintain continued involvement by the group.

22.2.8 Wrestlers who are not part of the elite group as well as wrestlers who have been excluded from the group for whatever reason, are allowed to attend practice sessions of the group. Such wrestlers will be monitored on a continual basis and will be considered for inclusion in the elite group, based on achievements during tournaments and participation and involvement with the group.

22.2.9 Regular nation training camps will be held.

22.2.10 Specific coaches will be assigned to the group and take responsibility for the training of the group during session.

22.2.11 A national co-coordinator will be responsible for administrative matters and record keeping.

22.2.12 Wrestlers will be issued with specific training programmes, power of fitness programmes, sport diets and other documentation.

22.2.13 Certain wrestlers will be expected to train and prepare in their own time and participate in provincial and club training sessions and local competitions. (see point 22.2.5)

22.2.14 A comprehensive database will be maintained of each wrestler inclusive of a monitoring system of attendance of training sessions, participation in competitions, progress with power and fitness levels, weight and psychological profile.

22.2.15 Wrestlers who are unable to attend national training due to geographical limitations must submit required information on a regular basis to the team co-ordinator, appointed as stipulated in 22.5. Certain wrestlers will be required to attend national training camps.

22.2.16 Members of the group will be compensated for expenditures, where possible.

22.2.17 Wrestlers will receive recognition in terms of colours, clothing and symbols.

22.2.18 International competitions will be planned and executed in accordance with the progress achieved in the group and the international calendar.

22.2.19 Structure – Top 60 (Refer to article 22 for diagram)

22.2.20 Wrestling season for Top20, Top40 and Top60 (Training sessions) : January – February, twice per month

March – July: Four times per month

August – December – Once per month

Refer to 22.2.5

22.3 GRECO ROMAN STYLE

Due to the limited numbers, separate groups for Freestyle and Greco Roman style will not be created.

Greco Roman wrestlers will be trained in the same manner as the freestyle wrestlers and training sessions will be adapted to emphasize specific training of Greco Roman techniques.

A SAWFCC member and a team co-ordinator, appointed as stipulated in 22.5, will be responsible for the advancement of Greco Roman wrestling in all age categories in SA.

Greco Roman wrestlers who would like to be included in the top 20 will have to challenge a weight category in the top 20. The challenger will have to win best out of three bouts. If the opponent is a freestyle wrestler, the bouts will take place with two bouts in Greco Roman and one bout in freestyle.

22.4 WRESTLERS LIVING ABROAD

The SAWFCC will endeavour to accommodate SA wrestlers where possible, who are abroad due to their studies or work commitments, with regard to SA wrestling.

Wrestlers abroad will be measured to the same standards as local wrestlers.

Wrestlers abroad must inform SAWFCC in January each year of their circumstances - e.g. name of university, college, club, name and contact details of coach/es; details of annual wrestling programme, weight, power and fitness programmes, etc.

SAWFCC will issue wrestlers who are abroad with the national training programme criteria, measuring and testing requirements.

These wrestlers must submit monthly feedback to the SAWFCC on progress obtained with SA tests, weight, power and fitness, as well as results achieved at competitions.

Wrestlers must compete in at least one (1) approved tournament in their wrestling style (Freestyle or Greco-Roman) per annum. Wrestlers must inform the SAWFCC in advance regarding participation in a tournament and also inform SAWFCC of the results obtained at the tournament.

Wrestlers who reside abroad must endeavour to participate in at least one (1) SA national championship or qualification tournament per year, where possible.

Wrestlers must make themselves available for national team selection to participate at international competitions.

22.5 CADET AND SCHOOLBOY GROUPS (FUTURE STARS)

SAWFCC identifies wrestlers with potential from the under 17 and under 15 year age groups for inclusion in this group. The top 60 coaches will be responsible for identifying potential wrestlers from the age of 14 years and the cadets for inclusion in this group.

National training camps will be held on a regular basis for this group.

Specific coaches will be appointed to present training programmes for power, fitness and techniques to the wrestlers.

A team co-ordinator will be appointed to liaise with these wrestlers with regard to communication and record keeping.

A comprehensive database for each wrestler will be maintained, which will determine his/her inclusion in the national elite group at a later stage.

Wrestlers who achieve outstanding results during the year may be considered for inclusion in this group.

Specific emphasis will be placed on participation of “previously disadvantaged community” wrestlers.

International participation in competitions, camps and clinics will be planned as part of the preparation of this group.

The rules and regulations pertaining to active participation, which apply to the elite group, will also apply to this group without exception.

22.6 FEMALE WRESTLING

Female wrestlers form part of the structure in article 22.2.19.

A member of SAWFCC and a team co-ordinator, appointed as stipulated in 22.5, will be appointed to oversee the progress of female wrestling on an ongoing basis. SAWFCC and the SA executive management committee will ensure feedback

22.7 WRESTLERS FROM PREVIOUSLY DISADVANTAGE COMMUNITIES (PDC)

Detailed efforts will be implemented to include PDC wrestlers into the elite as well as future stars groups.

SAWFCC will set realistic, achievable targets for these wrestlers each year for entry qualification requirements.

Wrestling associations and clubs must accept specific responsibility for the identification and fast tracking of PDC wrestlers.

Where the quality of PDC wrestlers is justified, international participation will be considered by way of a preferential selection system.

Comprehensive guidelines regarding the handling of PDC wrestlers will be compiled by the SAWF executive management with regard to the national policy and requirements.

22.8

GRADING

Wrestlers in both the elite and future stars groups are divided into three categories according to their performances:

- Triple A (“AAA”)
- Double A (“AA”)
- A

22.9

TRIPLE A (“AAA”) WRESTLERS MUST IN THE PRECEDING 12 MONTHS:-

- Win a SA National competition
- Win a National elimination tournament
- Obtain a first place at no less than Four (4) “AA” tournaments or at least six (6) “AA” and “A” tournaments combined.
- Achieve at least 75 percent attendance of group practices and/or camps.
- Possess exceptional merit in the view of the SAWFCC
- Maintain or improve upon the stipulated fitness standard as set by the SAWFCC

22.10

DOUBLE A (“AA”) WRESTLERS MUST HAVE ACHIEVED 5 OF THE 6 FOLLOWING REQUIREMENTS IN THE PRECEDING 12 MONTHS PERIOD

- Won at least two matches in a International competition
- Won a national elimination tournament
- Be a medal winner of at least Four (4) “AA” tournaments or six (6) “AA” and “A” tournaments combined.
- Achieved at least 75 percent attendance of national practices and camps.
- Possess exceptional merit in the view of the SAWFCC

22.11

“A” WRESTLERS MUST HAVE ACHIEVED 5 OF THE 6 FOLLOWING REQUIREMENTS IN THE PRECEDING 12 MONTHS PERIOD

- Won at least one match in a international competition
- Obtained a first place at a SA championship or national elimination tournament
- Be a medal winner of at least three “AA” tournaments or Six “AA” and “A” tournaments combined.
- At least 75 percent attendance of national practices and camps
- Maintain or improve upon the stipulated fitness standard as set by the SAWFCC
- As approved by the SAWFCC

22.12

RANKINGS

Once the grading system has been established in SA Wrestling, the SAWFCC will publish the following information every three months:

- Names of wrestlers who are currently in the elite group as well as new additions
- Names of wrestlers eliminated from the elite group
- Grading of wrestlers according to “AAA”, “AA” and “A” categories
- Ranking of wrestlers in each style and within each category

The criteria for inclusion in the elite group and selection in categories will be reviewed and published by the SAWFCC on a quarterly basis.

22.13

INTERNATIONAL PARTICIPATION

Participation at international championships, tournaments, clinics and camps will be considered depending upon the preparation of the national group and the FILA calendar

Teams will be selected according to merit and form, based on performance over a period of time. Achievements at trials, national championships and other “AA” tournaments will be considered as criteria for inclusion groups and national teams.

It will not be obligatory to select a wrestler for every style and weight category. It is possible that more than one wrestler is selected per weight category, or that no wrestler is selected in a certain weight category, dependent upon the quality of wrestlers in that group.

In the interim, preference will be given for attendance of international camps and clinics. Only quality wrestlers will be sent to the larger tournaments and championships.

Emphasis will be placed on participation against countries of equal status and within the commonwealth countries, in the interim.

Participation at international competitions is a privilege and not a right. Every effort will be made to select wrestlers from PDC backgrounds with the relevant experience and track record.

The SAWFCC will, in consultation with the executive management of the SAWF, be responsible for the planning of international participation, identification of tournaments, selection of teams, etc.

22.14 SUPPORT

In the preparation of training groups the SAWFCC will utilize expert advice, planning and guidance in the aspects of modern coaching techniques, physical preparation (strength and fitness) physiological support, medical assistance, treatment of injuries, diets etc.

Efforts will be made to involve skilled competent people with the groups on an ongoing basis to ensure continuity in working with the training groups over a period of time as a team of experts.

Team managers will be responsible for the co-ordination of these activities and the upkeep of individual details, statistics and a database of the wrestlers.

Where required parents and/or wrestler representatives will be appointed to assist the team managers.

Specific committees will be appointed to deal with finances, marketing, sponsorships, etc.

22.15 COLOURS

The SAWFCC shall request the executive management of the SAWF to re-evaluate the method of awarding national colours in consideration of the national requirement and coaching plan as detailed above.

Each training group will determine its own colours, clothing, logo's and emblems, in consultation with team managers, the SAWFCC and the executive management of the SAWF. Final choices are subject to the approval of the SAWFCC and the executive management of the SAWF. .

Compiled by the coaches council, recommended by the legal advisory committee and approved by the executive management on 8th May 2004, and 13th September 2008.

Original document signed and kept on file by the secretary-general.

Signed:
DAVE VAN DER MERWE
PRESIDENT

13th SEPTEMBER 2008

MANIE VAN DEN BERG
SECRETARY-GENERAL