

2025/02/07

Dear Gauteng North Clubs

Hosting Bulletjie Wrestling tournaments aims to ensure mass participation informally, exposing young wrestlers and new parents to wrestling competitions without focusing on achievement or recognition.

Below are the dates and arrangements for the GNW Bulletjie tournaments for 2025 at the Gauteng North Wrestling Hall, 35, 26<sup>th</sup> Street, Menlo Park.

1. Friday – 11 April 2025 17h30-20h30
2. Friday – 16 May 2025 17h30-20h30
3. Friday – 13 June 2025 17h30-20h30
4. Friday – 8 August 2025 17h30-20h30

**\*Registrations: 17H30-18H00**

**BULLETJIE CHAMPIONSHIP – Open to other Provinces**

**\* Saturday – 30 August 2025**

**Weigh-in 08h00 to 08h30**

The goal is to have continuous participation at Bulletjie tournaments and through this the wrestlers will receive a unique Bulletjie medal which can be mounted on a customized shield.

Medals are handed to the club representative at every Bulletjie tournament to hand over to the wrestlers.

There are 4 Bulletjie tournaments in 2025 and the Bulletjie Shield has space for 4 medals plus space for 1 bigger medal earned at the Bulletjie Championship.

The Bulletjie Shield can be purchased for R550 from Laurika at the GN Sport Shop or contacted at 083 441 4038.



There is a Bulletjie Club floating trophy up for grabs every year and is presented annually at the GNW Merit ceremony. The Club which has the highest percentage of registered Bulletjie wrestlers entered for the year vs registered wrestlers. The calculation is done across all Bulletjie tournaments including the Bulletjie Championship.

We request that the Clubs use the Bulletjie tournaments as an opportunity to train new coaches, referees, and team Managers under the supervision of a club delegate at each tournaments. These tournaments provide the ideal opportunity to get parents involved to grow with their children in wrestling.

## ENTRIES

Clubs are required please ensure that the wrestlers are registered on eTMS and must enter their Bulletjie wrestlers on eTMS for each tournament. We entrust the clubs to communicate the LTPD rules and regulations to the parents to prevent unnecessary conflict at tournaments.

## **PARTICIPATION**

Only age 5 (2020) to 8 (2017) years are allowed to participate. Club coaches are held responsible for making sure that more advanced wrestlers participate in Provincial or club competitions and not at the Bulletjie tournaments.

Participation is per mat according to the age the wrestler turns in 2025:

- Mat 1: 5 Years old
- Mat 2: 6 Years old
- Mat 3: 7 Years old
- Mat 4: 8 Years old

## **ENTRY FEES**

No cash will be collected, and invoices will be sent electronically to clubs for payment. Friday Night Bulletjie tournaments are R130 per participant. The Bulletjie Championships is R230.00 per participant & R130.00 PDI (Previously Disadvantaged Individual) Every wrestler receives a unique Bulletjie medal.

## **WRESTLERS DRESS CODE**

Minimum Requirement:

- **Clothing:** Normal wrestling singlets or sports shorts and a T-shirt
- **Shoes:** Sports shoes without steel buckles.
- **A red or blue band around the leg is worn for colour identification.**
- **Wrestling singlets, shoes, knee-guards and other items are available from the GN Sport Shop. (Laurika 083 441 4038)**

## **WRESTLING RULES**

- **Matches are wrestled according to the LTPD (Long Term Participation Development) rules.**
- **Wrestlers are not permitted to pick up their opponents from the mat and throw them to the mat.**

President: Andy Patrick; Honorary President: Christo Reitz; Vice Honorary President: Fanie Vermaak; Vice President: Adell-Mari Wolmarans; Secretary General: Dalene Sandenbergh; Treasurer: Gert v Schalkwyk; Assistant Treasurer: Marius Venter; Chairperson Officials: Rudi Warner; Chairperson Coaches: Alfie Schutte; Chairperson HSSC: Richelle Pieterse; Chairperson Team Managers: Dalene Sandenbergh; Chairperson Tournament Admin: Alet Steenberg; Marketing & Media: Immie Bezuidenhout

✉ [Secretary@gnwrestling.co.za](mailto:Secretary@gnwrestling.co.za)

35 on 26<sup>th</sup> Street Menlopark

- There are only 1- and 2-point actions, and a pin is awarded 4 points.
- Each match at Friday night tournaments is a continuous 1 min 30 seconds and a 10-point lead or two pins by one wrestler end the bout.
- Both wrestler's hands are raised in the light after the match.
- The Bulletjie Championship is a formal event where two 1 min 30 second rounds are wrestled with a 30 second rest period between rounds. Wrestlers weigh in and are paired according to age group and weight brackets.
- The match is controlled by 1 referee, 1 (time & scoreboard), 1 Mat Chairman and two parents/coaches who coordinate the wrestlers between matches.

## REFEREES

Clubs are urged to provide at least one provincially or higher qualified Referee and have their coaches or parents assist with the timekeeping and pairing of wrestlers for every fifteen participants. Clubs are once again urged to inform the new parents in advance of the LTPD wrestling rules even though we try and give a demonstration at some Bulletjie tournaments.

## COACHES

One affiliated Coach/Team Manager per club with 1 Assistant Coach (parent) for every 8 participants.

At the tournament, the GNW Coaches Council may ask a club coach to warm up the wrestlers and assist with explaining the rules to the parents before the conclusion of the matches.

## PAIRING

Wrestlers are arranged from short to tall and numbers are assigned on their hands and matches follow with 1A vs 1B. 2A vs 2B and so forth with the attempt that each wrestler will have 3 matches depending on the time available.

## WEIGH-IN

Weigh-in is only done at the Bulletjie Championship with a formal draw in open brackets with 10% grace between the brackets per age group.



## INVOLVEMENT OF CLUBS

We request the cooperation of clubs to make the Bulletjie tournaments a success as this is the grass root level wrestlers that we need to motivate to choose wrestling as their long-term sport.

No parent should interfere during any matches and can instead encourage and support the wrestlers along the mat.

We are looking forward to seeing you at the next bulletjie tournament.



Yours faithfully,



**Dalene Sandenbergh**  
**GNWA SECRETARY**