

2026/02/04

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 2026 at the Gauteng North Wrestling Hall, 35, 26th Street, Menlo Park.

1. Friday – 20 March 2026
2. Friday – 24 April 2026
3. Friday – 12 June 2026
4. Friday - 24 July 2026

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

BULETJIE CHAMPIONSHIP – Open to other Provinces

* Saturday – 29 August 2026

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 2026 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 each year, 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 tournament. These tournaments provide the ideal opportunity to get parents involved to grow with their children in wrestling.

ENTRIES

Clubs are required to 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 children aged 4 (born in 2022) to 8 (born in 2018) are allowed to participate. Club coaches are responsible for ensuring that more advanced wrestlers compete in provincial or club competitions rather than in the Bulletjie tournaments

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

Mat 1: 4 & 5 Years old

Mat 2: 6 Years old

Mat 3: 7 Years old

Mat 4: 8 Years old

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✉ Secretary@gnwrestling.co.za

35 on 26th Street Menlopark

ENTRY FEES

No cash will be collected, and invoices will be sent electronically to clubs for payment.

Friday Night Bulletjie tournaments are R140.00 per participant.

The Bulletjie Championships is R250.00 per participant & R150.00 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 or wrestling shoes.
- The officials will put a red band on one wrestler to indicate his ankle or arm and a blue band on the other wrestler.
- Wrestling singlets, shoes, knee-guards and other items are available from the GN Sport Shop. (Laurika 083 441 4038)

WRESTLING RULES

Bout Duration:

- Wrestling will take place for 1 minute 30 seconds, stopping the time when the referee stops the bout. If a wrestler already surpasses the opponent by 15 points in the first period, the match will end.

Awarding of points:

- 1 Point action: Awarding of points according to existing UWW rules except for step-out, wrestling resumes in center
- 2 Point action: Awarding of points according to existing UWW rules.
- 4 Point action: All 4- and 5-point according to existing UWW rules.
- Fall: When a fall occurs, 0 points are awarded without ending the match, and wrestling is resumed in the center of the mat. If a wrestler leads a match with a 15-point difference, the match ends. If a wrestler obtains two falls in the match is automatically ended.
- Warnings/Brutality: If brutality occurs, the match will be stopped immediately, marking the end of the match. Referees are urged to take caution that these are young wrestlers and need to be sensitive to tone of voice used when warnings are given.
- Illegal holds: Illegal hold will be sanctioned according to UWW rules.

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- Injury Time: If there is an injury, the coach consulting with the medical officer will decide whether the wrestlers can continue to participate. Time limit 2 minutes per match.
- End of Bout: At the end of the bout both wrestlers' hands will be raised.
- NO CHALLENGES ALLOWED WITH LTDP

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.

REFEREES

The match is controlled by 1 referee, 1 (time & scoreboard), 1 Mat Chairman and two parents/coaches who coordinate the wrestlers between matches.

Clubs are urged to provide at least one provincially or higher qualified referee and to have their coaches or parents assist with timekeeping and pairing of wrestlers for every fifteen participants. Clubs are also strongly encouraged to inform new parents in advance about the LTDP wrestling rules.

LTDP Referees (13 to 17 years) will receive R200.00 for participating.

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 shortest to tallest, and numbers are assigned on their hands. Matches proceed with 1A vs 1B, 2A vs 2B, and so forth, with the aim that each wrestler will have three matches, depending on the time available

WEIGH-IN

Weigh-ins are only conducted at the Bulletjie Championship, with a formal draw in open brackets and a 10% weight allowance between brackets for each age group.

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INVOLVEMENT OF CLUBS

We request the cooperation of clubs to make the Bulletjie tournaments a success, as these are the grassroots-level wrestlers we need to motivate to choose wrestling as their long-term sport.

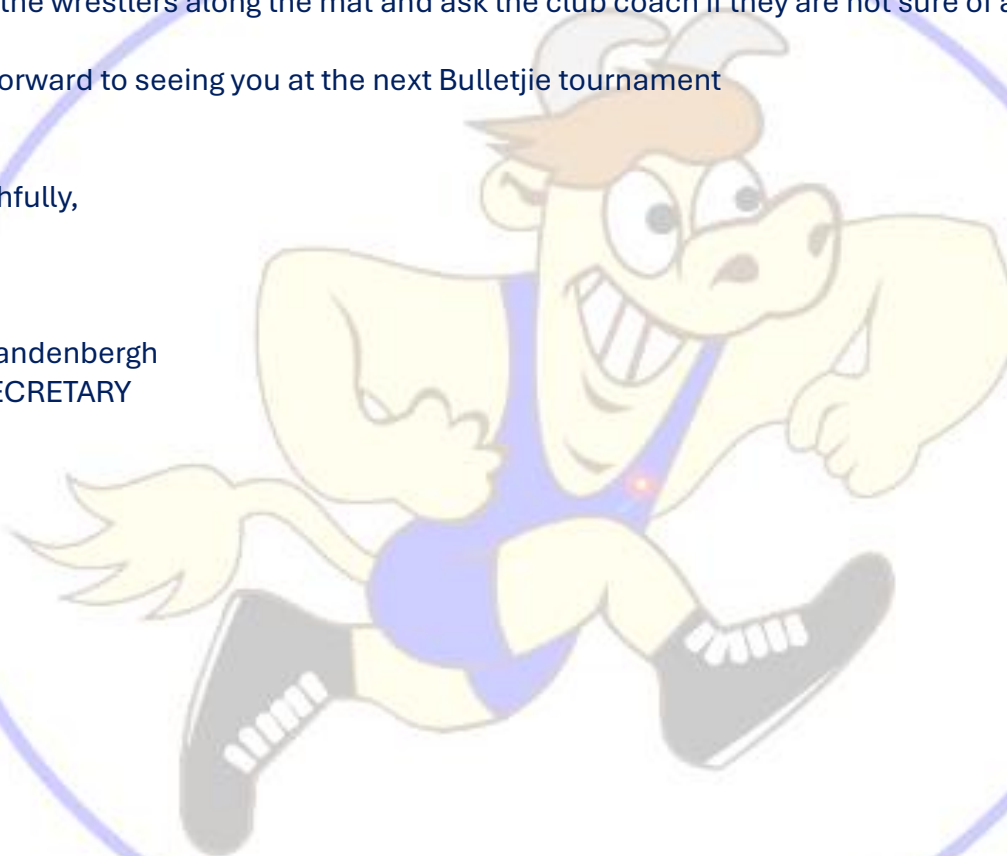
No parent should interfere during any matches; instead, parents are encouraged to support and cheer for the wrestlers along the mat and ask the club coach if they are not sure of any rules.

We look forward to seeing you at the next Bulletjie tournament

Yours faithfully,



Dalene Sandenbergh
GNWA SECRETARY



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