



UNITED WORLD  
**WRESTLING**

# INTERNATIONAL WRESTLING RULES

GRECO-ROMAN WRESTLING  
FREESTYLE WRESTLING  
WOMEN'S WRESTLING





## FOREWORD

Wrestling, like all other sports, obeys Rules that constitute the "Rules of the Game" and define its practice, the aim of which is to "pin" the opponent or to win on points.

Greco-Roman and Freestyle wrestling basically differ as follows:

In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the belt line, or to trip him or to use the legs actively on his opponent to perform any action.

In Freestyle Wrestling and in Women's Wrestling, however, it is permissible to grasp the legs of the opponent, to trip him/her and to use the legs actively to perform any action. Women's Wrestling follows the rules of Freestyle Wrestling, forbidding however the Double Nelsons.

Beach Wrestling, Pankration, Belt Wrestling, Grappling and Traditional Wrestling are subject to specific regulations.

Frequently modified and always subject to further modification, the Rules set forth herein must be known and accepted by all wrestlers, coaches, referees and leaders. They call upon those who practice the sport to fight totally and universally, with complete honesty and fair play for the pleasure of the spectators.



**TABLE OF CONTENTS**

**GENERAL RULES .....4**  
ARTICLE 1 – OBJECT .....4  
ARTICLE 2 – INTERPRETATION.....4  
ARTICLE 3 – APPLICATION .....4

**CHAPTER 1 – MATERIAL STRUCTURE .....4**  
ARTICLE 4 – THE MAT .....4  
ARTICLE 5 – THE UNIFORM .....6  
ARTICLE 6 – COMPETITOR’S LICENSE .....6  
ARTICLE 7 – AGE, WEIGHT AND COMPETITION CATEGORIES.....7

**CHAPTER 2 – COMPETITIONS AND PROGRAMMES.....9**  
ARTICLE 8 – COMPETITION SYSTEM.....9  
ARTICLE 9 – COMPETITION PROGRAMME .....13  
ARTICLE 10 – AWARD CEREMONIES .....13

**CHAPTER 3 – COMPETITION PROCEDURE ..... 14**  
ARTICLE 11– WEIGH-IN.....14  
ARTICLE 12 – DRAWING OF LOTS.....14  
ARTICLE 13 – STARTING LIST .....15  
ARTICLE 14 – PAIRING.....15  
ARTICLE 15 – ELIMINATION FROM THE COMPETITION .....16

**CHAPTER 4 – REFEREEING BODY ..... 17**  
ARTICLE 16– COMPOSITION .....17  
ARTICLE 17 – GENERAL DUTIES .....17  
ARTICLE 18 – REFEREE’S DRESS .....18  
ARTICLE 19 – THE REFEREE .....18  
ARTICLE 20 – THE JUDGE.....19  
ARTICLE 21 – THE MAT CHAIRMAN.....20  
ARTICLE 22 – PENALTIES AGAINST THE REFEREEING BODY.....20

**CHAPTER 5 – THE BOUT ..... 21**  
ARTICLE 23 – DURATION OF THE BOUT .....21  
ARTICLE 24 – CALL TO THE MAT.....21  
ARTICLE 25 – PRESENTATION OF WRESTLERS .....21  
ARTICLE 26 – START.....21  
ARTICLE 27 – INTERRUPTING THE BOUT .....22  
ARTICLE 28 – END OF THE BOUT.....22  
ARTICLE 29 – INTERRUPTING AND CONTINUING THE BOUT .....23  
ARTICLE 30 – TYPES OF VICTORIES.....23  
ARTICLE 31 – THE COACH .....24  
ARTICLE 32 – THE CHALLENGE .....24  
ARTICLE 33 – TEAM RANKING DURING INDIVIDUAL COMPETITIONS.....26  
ARTICLE 34 – RANKING SYSTEM DURING TEAM COMPETITIONS.....26

**CHAPTER 6 – POINTS FOR ACTIONS AND HOLDS ..... 27**  
ARTICLE 35 – EVALUATION OF THE IMPORTANCE OF THE ACTION OR HOLD .....27  
ARTICLE 36 – DANGER POSITION .....28



<u>ARTICLE 37 – RECORDING THE POINTS</u> .....	28
<u>ARTICLE 38 – GRAND AMPLITUDE THROW</u> .....	29
<u>ARTICLE 39 – VALUES ASSIGNED TO THE ACTIONS AND HOLDS</u> .....	29
<u>ARTICLE 40 – DECISION AND VOTE</u> .....	30
<u>ARTICLE 41 – DECISION TABLE</u> .....	31
<b><u>CHAPTER 7 – CLASSIFICATION POINTS AWARDED AFTER A BOUT</u></b> .....	<b>31</b>
<u>ARTICLE 42 – CLASSIFICATION POINTS</u> .....	31
<u>ARTICLE 43 – THE FALL</u> .....	32
<u>ARTICLE 44 – TECHNICAL SUPERIORITY</u> .....	32
<b><u>CHAPTER 8 – NEGATIVE WRESTLING</u></b> .....	<b>32</b>
<u>ARTICLE 45 – PAR TERRE POSITION DURING THE BOUT</u> .....	32
<u>ARTICLE 46 – PASSIVITY ZONE (ORANGE ZONE)</u> .....	33
<u>ARTICLE 47 – ENFORCEMENT OF PASSIVITY (FREESTYLE AND GRECO ROMAN)</u> .....	34
<b><u>CHAPTER 9 – PROHIBITIONS AND ILLEGAL HOLDS</u></b> .....	<b>36</b>
<u>ARTICLE 48 – GENERAL PROHIBITIONS</u> .....	36
<u>ARTICLE 49 – FLEEING A HOLD</u> .....	36
<u>ARTICLE 50 – FLEEING THE MAT</u> .....	37
<u>ARTICLE 51 – ILLEGAL HOLDS</u> .....	38
<u>ARTICLE 52 – SPECIAL PROHIBITIONS</u> .....	39
<u>ARTICLE 53 – CONSEQUENCES AFFECTING THE BOUT</u> .....	39
<b><u>CHAPTER 10 – THE PROTEST</u></b> .....	<b>39</b>
<u>ARTICLE 54 – THE PROTEST</u> .....	39
<b><u>CHAPTER 11 – MEDICAL</u></b> .....	<b>40</b>
<u>ARTICLE 55 – MEDICAL SERVICE</u> .....	40
<u>ARTICLE 56 – MEDICAL SERVICE INTERVENTIONS</u> .....	40
<u>ARTICLE 57 – DOPING</u> .....	41
<b><u>CHAPTER 12 – APPLICATION OF THE WRESTLING RULES</u></b> .....	<b>41</b>



## GENERAL RULES

### Article 1 - Object

Drawn up in compliance with the UWW Constitution, the Financial Regulations, the Disciplinary Regulations, the General Rules governing the organization of international competitions, and all the specific Regulations, the International Wrestling Rules have as their specific objectives to:

- Define and specify the practical and technical conditions under which bouts are to take place;
- Determine the competition system, methods of victory, defeat, classification, penalty, elimination of competitors, etc;
- Determine the values to be assigned to wrestling actions and holds;
- List situations and prohibitions;
- Determine the technical functions of the officials.

Being subject to modification in light of practical observations as to their application and research into their effectiveness, the international Rules set forth in the following document constitute the framework within which the sport of wrestling is conducted in all its styles.

### Article 2 - Interpretation

In the event of disagreement as to the interpretation of the provisions of any article in the following Rules, the Executive Committee of UWW is solely empowered to determine the exact meaning of the article(s) in question. The French text shall prevail.

### Article 3 - Application

Application of these Rules to the Olympic Games, Championships, and to all international competitions under the control of UWW is compulsory.

During international tournaments, a competition procedure that differs from that set out in the Rules may exceptionally be used, provided that permission has been granted by UWW and all participating countries.

## CHAPTER 1 - MATERIAL STRUCTURE

### Article 4 - The Mat

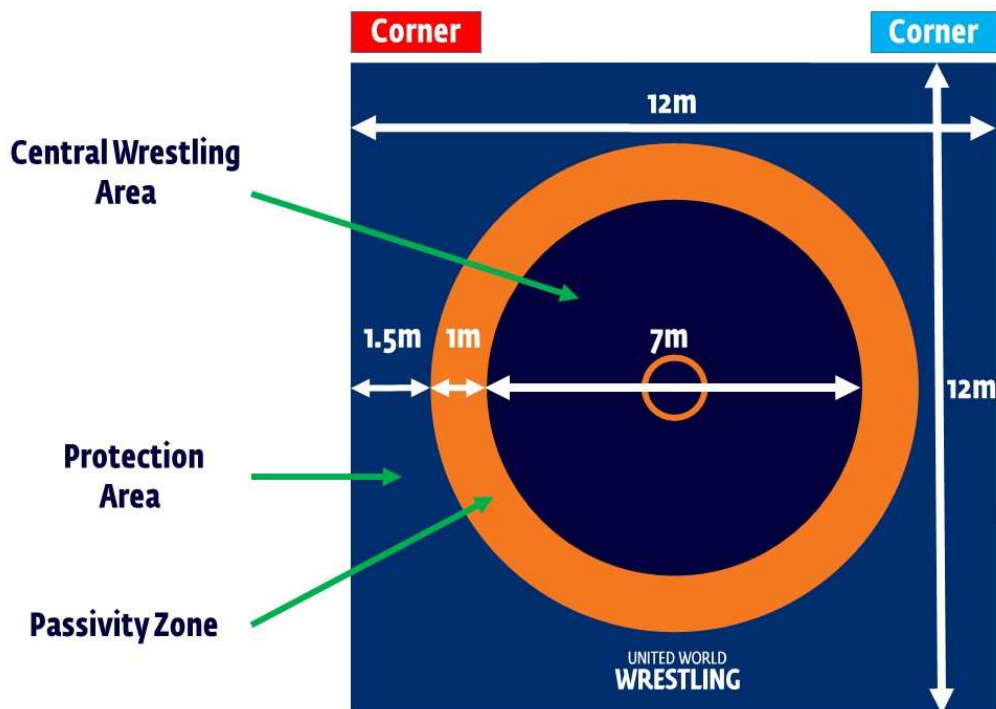
A new UWW approved mat, with a 9m diameter and surrounded by a 1.50m border of the same thickness is obligatory in the following contests: Olympic Games, Championships and Cups. For all other international competitions, mats must be homologated, but not necessarily new.

For the Olympic Games and World Championships, warm up and training mats must also be new and approved by UWW and be of the same quality as the competition mats.

An orange band of 1m wide and forming an integral part of the wrestling area is drawn along the circumference on the inside of the circle of 9m in diameter.



The following terms will be used to designate the various parts of the mat:



The central circle indicates the middle of the mat (1m of diameter). The inside part of the mat which is inside the orange circle is the central surface of wrestling (7m of diameter). The orange strip is 1m wide. The protection area is 1m50 wide.

For all Olympic Games, World and Continental Championships, the mat shall be installed on a platform not higher than 1m10 or lower than 0m80. The platform around each side of the mat must reach 2 meters. If more than one mat is used, 2 meters should separate each mat. In all cases, the color of the protection area will have to be different from the one of the mat. The wooden floor near the mat will have to be covered with a strongly well fixed soft cover. For safety reasons, the scoreboards should be placed on a separate platform, close to the mat(s).

To prevent contamination, the mat must be cleaned and disinfected before every wrestling session. When mats that have a smooth, uniform and non-abrasive surface are used (canvas included), the same hygienic measures must also be applied.

A circle must be traced in the middle of the mat with an inside diameter of one meter and a surrounding band 10 cm wide.

The coach of each athlete will be located in the same side of the mat. The red wrestler will be placed on the left and the blue wrestler on the right.

The mat should be installed so that it is surrounded by a wide open space in order to ensure that the competition proceeds normally.

All the details regarding the UWW logo and the mat manufacturer logo, should be addressed to United World Wrestling headquarters and be followed by the guidelines sent to the Mat Producers.



## Article 5 - The Uniform

To compete at United World Wrestling events, athletes of ALL age categories must comply with the UWW Uniform Guidelines. These Guidelines are intended to allow innovative design features in conformity with the rules and regulations for wrestling.

### Responsibility of compliance

At all UWW events, the National Federations are responsible; and at Olympic Games the National Olympic Committees are responsible for ensuring that the items worn or used by the members of their delegation comply with the terms of these rules.

### General Considerations

The singlet is the standard uniform which is used across all Olympic styles.

The wrestling singlet must be made up of a smooth fabric without any rough edges that does not present any danger of irritation, neither for the user nor for the opponent.

The singlet shall provide to each wrestler all possibilities, to execute their holds and technique.

For the specific information regarding Specific Considerations, Colors, Markings, Sponsor Placement, Ear Protectors and Shoes please refer to the UWW Uniform Guideline document.

### Violations

At the weigh-in, the referee must check that each competitor satisfies the requirements of this article. The wrestler must be warned at the weigh-in, if his appearance is non-compliant. If the wrestler fails to comply the wrestlers' federation will be fined at the conclusion of the competition. If the wrestler enters the mat with the incorrect designated for the match, officials will allow maximum one minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by forfeit.

It is prohibited to:

- Wear the emblem or abbreviation of another country.
- Apply any greasy or sticky substance to the body
- Arrive at the mat perspiring for the beginning of the match and for the beginning of each period.
- Wear bandages on fingers, wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.
- Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, piercing etc.
- Wear under-wired bras for Women's wrestlers

## Article 6 - Competitor's License

Any male or female cadet, junior and senior wrestler who competes in the Olympic Games, World Championships, World Cups, Continental Championships, Cups and Games, Regional Games and the World and Continental League, international tournaments registered in the UWW calendar must hold an international competitor's license, as defined by special Regulations.

Any veteran wrestler who competes in the World Championships and other international competitions must also hold an international competitor's license.

This license is also used as insurance for medical and hospital expenses in case of an accident taking place during the international competition the wrestler is participating in.

The license is only valid for the current year and must be renewed each year.



The license request must be sent at least 2 months before the competition that the concerned wrestler will take part. This timeline is fixed in order to let enough time to conclude the procedure and validate the license.

## **Article 7 - Age, Weight and Competition Categories**

### **Age categories**

The age categories are as follows:

Schoolboys	14-15 years (from 13 with medical and parental certificate)
Cadets	16-17 years (from 15 with medical and parental certificate)
Juniors	18-20 years (from 17 with medical and parental certificate)
Seniors U 23	19-23 years (from 18 with medical and parental certificate)
Seniors	20 years and older
Veterans	older than 35 years

Wrestlers in the junior age category are allowed to participate in the competitions for seniors. However, wrestlers aged 18 in the year concerned must provide a medical certificate and parental authorization. Wrestlers aged 17 in the year in question may not participate in senior competitions.

Age will be verified at all Championships and competitions during the accreditation.

For the Senior Under 23 years old Championships, the Senior rules and weight categories are used.

An honor certificate for each participant will be issued by the President of the National Federation attesting to the age of the wrestler; this certificate must be drawn up in accordance with the model supplied by UWW, on the National Federation's letterhead.

A wrestler may participate in a competition only under the nationality appearing on his license. If, at any time, it is determined by UWW that the statement was false and that fraud occurred, the disciplinary measures provided for to this end will be immediately applied against the National Federation, the wrestler and the person whose signature appears on the fraudulent certificate.

Wrestlers who wish to change their nationality must refer to the procedure described in the International Regulations for the change of nationality. Wrestlers can change their nationality only once. Once the procedure for the change of nationality is completed they are not entitled to compete for their former country anymore or for any other country in a UWW official competition.

Each licensed wrestler who participates in a competition automatically agrees to UWW to use his filmed or photographed image for the promotion of the competition or of competitions to come. If a wrestler refuses to agree to these conditions, he will have to make this clear at the entry stage and, may therefore be excluded from the competition.





## Weight categories

The weight categories for **Freestyle** and **Greco-Roman wrestling** are as follows (in kilograms):

### SENIORS, U23 AND JUNIORS

Freestyle	Greco-Roman
1. 57 kg	1. 55 kg
2. 61 kg	2. 60 kg
3. 65 kg	3. 63 kg
4. 70 kg	4. 67 kg
5. 74 kg	5. 72 kg
6. 79 kg	6. 77 kg
7. 86 kg	7. 82 kg
8. 92 kg	8. 87 kg
9. 97 kg	9. 97 kg
10. 125 kg	10. 130 kg

### OLYMPIC WEIGHT CATEGORIES\*

Freestyle	Greco-Roman
1. 57 kg	1. 60 kg
2. 65 kg	2. 67 kg
3. 74 kg	3. 77 kg
4. 86 kg	4. 87 kg
5. 97 kg	5. 97 kg
6. 125 kg	6. 130 kg

\* Including Olympic Games Qualifying tournaments

### SCHOOLBOYS

1. 34-38 kg
2. 41 kg
3. 44 kg
4. 48 kg
5. 52 kg
6. 57 kg
7. 62 kg
8. 68 kg
9. 75 kg
10. 85 kg

### CADETS

1. 41-45 kg
2. 48 kg
3. 51 kg
4. 55 kg
5. 60 kg
6. 65 kg
7. 71 kg
8. 80 kg
9. 92 kg
10. 110 kg

The weight categories for **Women's Wrestling** are as follows (in kilograms):

### SENIORS, U23 AND JUNIORS

1. 50 kg
2. 53 kg
3. 55 kg
4. 57 kg
5. 59 kg
6. 62 kg
7. 65 kg
8. 68 kg
9. 72 kg
10. 76 kg

### OLYMPIC WEIGHT CATEGORIES\*

1. 50 kg
2. 53 kg
3. 57 kg
4. 62 kg
5. 68 kg
6. 76 kg

\*including Olympic Games Qualifying Tournaments

### SCHOOLGIRLS

1. 29-33 kg
2. 36 kg
3. 39 kg
4. 42 kg
5. 46 kg
6. 50 kg
7. 54 kg
8. 58 kg
9. 62 kg
10. 66 kg

### CADETS

1. 36-40 kg
2. 43 kg
3. 46 kg
4. 49 kg
5. 53 kg
6. 57 kg
7. 61 kg
8. 65 kg
9. 69 kg
10. 73 kg



Each contestant deemed to be taking part of his/her own free will, and responsible for himself/herself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in. For categories in the senior age group, competitors may opt for the next higher category than their body weight, except for the heavy weight category, for which contestants must weigh over 97kg for Freestyle and for Greco Roman Wrestling and over 72 kg for Women’s Wrestling.

### Competitions

International competitions for the various age categories are as follows:

<b>Schoolboys 14-15 years</b>	International competitions	(bilateral and regional)
<b>Cadets 16-17 years</b>	International competitions Continental Championships World Championships	(each year) (each year)
<b>Juniors 18-20 years</b>	International competitions Continental Championships World Championships	(each year) (each year)
<b>Seniors U23 (19-23 years)</b>	Continental Championship World Championships	(each year) (each year)
<b>Seniors 20 and older</b>	International competitions Continental Championships Nations’ Continental Cups World Championships World Cups Challenge match Super Stars matches Olympic Games	(each year) (each year) (each year) (each year) (upon request) (upon request) (every four years)
<b>Veterans 35 and older</b>	Competitions according to the program (each year) Categories, and specific regulations	

## CHAPTER 2 - COMPETITIONS AND PROGRAMMES

### Article 8 - Competition System

The competitions take place by direct elimination system with an ideal number of wrestlers, i.e. 4, 8, 16, 32, 64, etc. If there is no ideal number of wrestlers in a category, qualification matches will take place.

Pairing is made in the order of the numbers drawn at random. All wrestlers who lost against both finalists will have repechage matches. There are two separated groups of repechage: one group of wrestlers who lost against the first finalist, and another group of wrestlers who lost against the second finalist. The repechage matches begin with wrestlers who lost in the first round including in matches to obtain the ideal number against one of the two finalists up to the losers in the semi-finals by direct elimination. The winners of the two repechage groups will receive each the bronze medal.

Each weight category is organized in two days. The draw takes place the day before the beginning of the category concerned at the latest.



The medical control and a first weigh-in will be held the morning of the concerned weight category. The qualified athletes for the finals and repechages will be weigh-in again the second morning of the concerned weight category. 2kg tolerance will be allowed for this second weigh-in.

For the competitions where less than 16 athletes are registered, the weight category can be organized in one day. If it is the case, the medical control and the weigh-in remain the morning of the competition and the draw could be organized during the weigh-in.

The competition takes place in the following manner:

First day:

- Qualification rounds
- Elimination rounds

Second day:

- Repechage rounds
- Finals

### Example of a competition by direct elimination

Let us take the example of a competition with 22 wrestlers in a weight category. The 22 wrestlers draw a number at random which defines the order of start.

In our example, we have 6 wrestlers with the ideal number of 16. The qualification matches will be disputed by 6 wrestlers who drew the highest numbers after 16, i.e. 17, 18, 19, 20, 21 and 22 and by 6 wrestlers drawing the numbers at random directly before 17, i.e. 16, 15, 14, 13, 12, 11. According to the pairing principle in the order of the numbers drawn at random, the matches take place in the following manner:

- Number 11 against number 12, match number 1
- Number 13 against number 14, match number 2
- Number 15 against number 16, match number 3
- Number 17 against number 18, match number 4
- Number 19 against number 20, match number 5
- Number 21 against number 22, match number 6

The winners of these 6 qualification matches are qualified for the elimination round by direct elimination.

We have the ideal number of 16 wrestlers after the qualification matches. The 16 wrestlers competing for the elimination round are the 10 wrestlers who drew the numbers from 1 to 10 and the 6 wrestlers who won the qualification matches, i.e. numbers 12, 13, 15, 17, 19 and 22 (to arrive at 16). According to the pairing principle in the order of the numbers drawn at random, the first elimination round takes place in the following manner:

- Number 1 against number 2, match number 1
- Number 3 against number 4, match number 2
- Number 5 against number 6, match number 3
- Number 7 against number 8, match number 4
- Number 9 against number 10, match number 5
- Number 12 against number 13, match number 6
- Number 15 against number 17, match number 7
- Number 19 against number 22, match number 8

As mentioned above, all the wrestlers losing against the two finalists will make up a repechage. The wrestlers losing against the finalist no 5 are as follows:

- Number 6 (1st round loser)
- Number 7 (2nd round loser)
- Number 3 (3rd round loser)



The wrestlers losing against the finalist no 15 are:

- Number 16 (qualification round loser)
- Number 17 (1st round loser)
- Number 19 (2nd round loser)
- Number 12 (3rd round loser)

## SECOND DAY

The repechage phase begins with the wrestlers who lost against the finalists at the lowest level of competition.\*

1st match: n° 6 (1st round loser) against n° 7 (2nd round loser)  
2nd match: n° 6 (1st match winner) against n° 3 (3rd round loser)

The wrestler n° 6 is the winner in the repechage group who lost against the n° 5 finalist.

The same system applies to the wrestlers losing against the n° 15 finalist.

1st match: n° 16 (qualification round loser) against n° 17 (1st round loser)  
2nd match: n° 16 (the winner of the 1st match) against n° 19 (2nd round loser)  
3rd match: n° 16 (2nd match winner) against n° 12 (3rd round loser)

The n° 16 wrestler is the winner of the repechage group who lost against the n° 15 finalist.

\*Repechage rounds starts following the number of the wrestlers in the upper and the lower bracket. Regarding the above example, the second repechage pool (lower bracket) has 4 wrestlers and first pool (upper bracket) has 3 wrestlers. Then the first repechage bout will start from second repechage pool. If both pools have same number of wrestlers repechage bouts will start from first repechage pool (upper bracket).

The two finalists in the elimination rounds, i.e. n° 5 and 15, take part in the match for the 1st and 2nd places. The two winners of the two last repechage matches (n° 6 and n° 16) receive each the bronze medal. The losers of both finals for the two bronze medals will be ranked 5th ex aequo.

### Classification criteria

From the 7th place, wrestlers of each category will be ranked depending on their classification points, retirement or forfeit, injury or disqualification.

In case of a ranking tie, they will be ranked by analyzing the following criteria successively:

- The most victories by “Fall”
- The most match won by superiority
- The most technical points scored in all the competition
- The fewest technical points given in all the competition

If the place of the wrestlers cannot be determined with the above mentioned criterion, they will be ranked ex aequo.

The wrestlers taking part in the repechage phase will also be ranked according to the classification points earned during the competition, including qualification matches and repechage.

### Competition with less than 8 athletes (Nordic Tournament)

If less than 6 wrestlers are registered in one weight category, one group will be established and all wrestlers will compete against each other. In a two days competition format, the last round will be organized the second day.



## Ranking criteria for the Nordic tournament

In the Nordic tournament, the wrestler with the highest number of victories will be ranked first.

If two wrestlers have an equal number of victories, their direct match will determine the ranking.

If more than two wrestlers have an equal number of victories, the ranking will be determined following these criteria:

- The highest classification points between the ex-aequo athletes
- The highest victories by « Fall » between the ex-aequo athletes
- The highest match victories by superiority between the ex-aequo athletes
- The highest technical points scored in the whole competition
- The fewest technical points given in the whole competition
- The lowest draw number

Direct match comparison between the two last ex-aequo will not be used if more than 2 wrestlers have an equal number of victories.

If there are 6 or 7 athletes in one weight category, the competition starts with a pool phase with two groups.

## Procedure for the draw

The wrestler who picks the lowest draw number will be in group A, then the second lowest draw number will be in group B and so on.

Example:

Countries	Numbers drawn
FRA	20
SUI	12
RUS	08
GUA	45
AUS	88
TUN	02

GROUP A	GROUP B
TUN (02)	RUS (08)
SUI (12)	FRA (20)
GUA (45)	AUS (88)

As mentioned above, all wrestler from each group will compete against all the other wrestlers of their group (the Nordic tournament system is used as the ranking criterion within each group). Ranking within the groups is used to determine the pairings for the semi-finals.

The semi-final matches will consist with:

- the first ranked in the group A against the second ranked in the group B
- the second ranked in the group A against the first ranked in the group B

The gold medal match will be between the winners of the semi-finals and the bronze medal match will be between the losers of the semi-finals.

Only one bronze medal will be awarded for this scenario.



## Article 9 - Competition Programme

The duration of Olympic Games is 7 days on 3 mats.

The duration of the senior World Championships is 9 days on 4 mats and the duration of the junior World Championships is 7 days on 3 mats. However, depending on the number of entries received, one mat can be added or withdrawn for all competition types with UWW's agreement.

In principle, for all competition types, the sessions shall not last longer than three hours.

Except the competitions televised by United World Wrestling, all the matches for the 1st and 2nd must take place on one mat. The matches for the 3<sup>rd</sup> and 5<sup>th</sup> place may take place on two mats.

For the competitions televised by United World Wrestling, all the finals (gold, bronze and bronze) must take place on one mat in order that all the bouts are broadcasted.

## Article 10 - Award Ceremonies

The first four wrestlers in each weight category shall take part in the awards ceremony, and shall receive a medal and a diploma, according to their ranking.

1st	Gold + diploma
2nd	Silver + diploma
The two 3rd	Bronze + diploma

At the World Championships, each Champion will receive the World Championship Belt.

Only one bronze medal will be awarded in the weight categories where the Nordic System is used.

In order to run the finals smoothly and let the athletes wear the proper clothes, the award ceremonies will be organized following this system:

Category 1	Bronze medal match 1
Category 1	Bronze medal match 2
Category 1	Gold medal match

Category 2	Bronze medal match 1
Category 2	Bronze medal match 2
Category 2	Gold medal match

Category 1	Award Ceremony
------------	----------------

Category 3	Bronze medal match 1
Category 3	Bronze medal match 2
Category 3	Gold medal match

Category 2	Award Ceremony
Category 3	Award Ceremony

For exceptional cases, this order can be modified by United World Wrestling.



## CHAPTER 3 - COMPETITION PROCEDURE

### Article 11- Weigh-In

If changes are done in the final entries compared to the entries in Athena, the updated athletes' entry list must be submitted to the organizer by the team leader, without fail, at least at 12h00 the day before the competition day of the concerned weight category. No changes will be accepted after this time.

For all competitions, the weigh-in is organized each morning of the concerned weight-category. The first morning, the weigh-in is organized during the medical control and lasts 30 minutes.

The second morning of the concerned weight category only the wrestlers who participate in the repechages and finals have to come for the weigh-in. A 2 kilos tolerance will be allowed for this second weigh-in.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination. Wrestlers must appear at the medical examination and the weigh-in with their license and accreditation.

The contestants will be weighed with only their singlet, after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. No weight tolerance will be allowed for the singlet.

Contestants must be in perfect physical condition, with their fingernails cut very short.

Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish.

The referees responsible for the weigh-in must check that all wrestlers are of the weight corresponding to the category in which they are entered for the competition, that they fulfil all the requirements of Article 5 and to inform any wrestler of the risk he runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh a wrestler who is not dressed correctly.

The referees responsible for the weigh-in will receive the results of the draw and will be allowed to control only the athletes who are on this list.

### Article 12 - Drawing of Lots

Participants shall be paired off for each round according to the numerical order determined by the drawing of lots made the day before the competition day of the concerned weight category, at the latest. The drawing of lots must be open to the medias. The UWW competition management system shall be used for the draw and management of all international competitions entered in the UWW calendar.

If the UWW competition management system cannot be used, numbered tokens corresponding to the number of entered wrestlers must be enclosed in an urn, a bag or any other similar object. If a different system is used, it must be clear.

The team leader (or his substitute) shall draw a number for his athlete on the basis of which he shall be paired off. If the team leader (or his substitute) can't attend the draw because of exceptional reason, he must inform the organizer. The organizer will have the responsibility to communicate it to the UWW results' team and the number of his wrestler will be drawn by the Technical Delegate or the responsible person of the draw.

**Important:** When the person responsible for the weigh-in and drawing of lots observes an error in the regulation procedure as outlined above, the drawing of lots for the category in question is to be cancelled. Drawing of lots for this category will then be repeated with the agreement of the technical delegate.

The technical delegate or the responsible person of the draw is responsible to sign and date the draw/weigh-in list which will rule in case of any protest.



## **Position of the top seed athletes in the bracket**

- N° 1: He will be paired at the first position of the bracket (top of the upper part)
- N° 2: He will be paired at the last position of the bracket (bottom of the lower part)
- N° 3: He will be paired at the top of the lower part of the bracket
- N° 4: He will be paired at the bottom of the upper part of the bracket

If we have a qualification round, the top seed athletes will be paired the last ones. If the number of athletes oblige the top seeds to participate in the qualification round, the top seed N° 4 will be paired first. Then we will pair the top seed N° 3 and at the end the top seed N° 2. If we have to also pair the top seed N° 1, it will be only with a perfect number of athletes (08-16-32).

### Example of a bracket with 17 to 32 athletes:

If the number of registered athletes is between 17 and 28, the top seeds athletes won't have a qualification round. The bouts of the qualification round will be paired from the bottom to the top of the bracket, avoiding the top 4 seeds.

If 29 athletes are registered, the top seed N° 4 will participate in the qualification round.

If 30 athletes are registered, the top seed N° 4 and N° 3 will participate in the qualification round.

If 31 athletes are registered, the top seeds N° 4, N° 3 and N° 2 will participate in the qualification round.

If 32 athletes are registered, we will have the perfect number and the competition will start from the 1/16 of finals for all the athletes.

This system will be also followed for the bracket with 9 to 16 athletes. Similarly, the top 4 seeds will be protected from a qualification round in the event the number of entries is greater than 32.

If one or several top seeds athlete(s) is not entered (replaced or not registered), the next top seed will take his place. No other athlete will be able to replace a top seed.

### Example of a bracket without a top seed:

If the N° 1 seed withdraws, the N° 2 seed will take his position. Then the N° 3 seed will take the position of the N° 2 seed and the N° 4 seed will take the position of the N° 3 seed. No other athlete will take the place of the N° 4 seed. To summarize, if a top seed is not registered, the next top seeds will move up. If the N° 4 seed is not there, his place will be free and will be draw.

No seeds will be determined in a Nordic Tournament (less than 8 athletes).

### Pairing:

Wrestlers shall be paired off in the order of the numbers they drew.

When an event will have top seeds athletes (2 or 4), the selection of these top seeds will be explained in a circular and sent to all National Wrestling Federations.

## **Article 13 - Starting List**

If one or more wrestlers do not attend the weigh-in or are too heavy, their opponent(s) will win the bout by forfeit. NO pairing will be made again the day of the competition.

## **Article 14 - Pairing**

Wrestlers shall be paired off in the order of the numbers they drew. A document establishing the correct procedure and time schedule of the bouts must be drawn up, and it must provide all the relevant information concerning the manner in which the competition is to be conducted.





The pairing for each round, as well as the results, are recorded on a board for use by the competitors, who must be able to consult it at all times. See table enclosed with these rules.

The morning of the second day of the concerned weight category, the qualified athletes for the repechages and finals will be weigh-in again (2kg tolerance).

If both finalists didn't make the weight, they will be replaced by the wrestlers who lost against them in semi-final. The repechage will remain the same (just one round less).

If one of the finalists didn't make the weight, he will be replaced by the wrestler who lost against him in semi-final. This wrestler will compete for the gold medal. The repechage will remain the same (just one round less in their part of the bracket).

The wrestlers who does not attend the weigh-in or are too heavy the second day will be ranked following their points earned the first day.

## **Article 15 - Elimination from the Competition**

The loser is eliminated and ranked according to the classification points marked, except wrestlers who lost against one of the finalists as they take part in the repechage for the 3rd or 5th places.

After the weigh-in, in case a wrestler, without medical advice signed by the UWW doctor or the competition's doctor and without advising the competition secretariat, does not present himself to his opponent when his name is called, he will lose his bout by forfeit, will be eliminated and ranked whitout rank. His opponent will win the match.

If the UWW doctors can prove that a wrestler simulates an injury for political reasons to avoid competing against his opponent, he will be disqualified, placed last in the ranking, whitout any rank and the note "Dsq" near to his name.

If a wrestler commits an obvious offence against fair play within the spirit and concept of total and universal wrestling enunciated by UWW, and openly cheats, commits a serious error or engages in brutality, he will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, he will be placed last in the ranking, whiteout any rank and the note "Dsq" near to his name.

If two wrestlers are disqualified for brutality during the same match, they will be eliminated as above. The pairing for the following round will not be modified. The wrestler supposed to meet one of the disqualified wrestlers wins the match.

If two semi-finalists are disqualified for brutality during same match, they will be eliminated and their losers in quarter-final will compete in semi-final and repechage group will be modified regarding result of this semi-final match.

If this qualification perturbs the ranking in a final match, the following wrestlers will move up the table to establish the final classification.

If the two finalists are disqualified, then it will be necessary to make the bout between the two bronze medalists to determine the 1st and the 2nd place. All others participants will go up in the ranking, the two in 5th position will become 3rd.

### **Ranking in the event of doping violations**

In case of positive doping control, the wrestler will be disqualified, and he will automatically be placed last in the ranking, without any rank and the note "DSQ" near to his name.

If the 1st or 2nd ranked wrestler is disqualified for doping, the bronze medalist who lost by elimination from the repechage group of that particular finalist shall move up to second place.



The loser of the repechage group from the finalist disqualified shall move up and will receive the bronze medal. In this particular case, only one wrestler will be ranked in the 5<sup>th</sup> place in the ranking. For the rest of the ranking, the other wrestlers will move up in placing according to the ranking system.

In case of positive doping control during a team event, the country from the athlete in fault will be disqualified and be placed last in the ranking, without any rank and the note “DSQ” near to his flag.

## **CHAPTER 4 - REFEREEING BODY**

### **Article 16- Composition**

In all competitions, the refereeing body for each bout shall consist of the following:

- 1 mat chairman
- 1 referee
- 1 judge

The appointment procedures of these three officials are set in the Regulations for the International Refereeing Body. Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed. In no case may the refereeing body be composed of two officials of the same nationality. Furthermore, it is strictly forbidden for an official to officiate in bouts involving compatriot wrestlers.

The refereeing body shall make all decisions unanimously or by majority (two out of three) except in fall situations where the mat chairman’s approval must be obtained.

### **Article 17 - General Duties**

a) Officials shall perform all the duties set forth in the Regulations governing wrestling competitions and in any special provisions which might be established for the organization of particular competitions.

b) It is the duty of officials to follow each bout very carefully and to evaluate the actions of the wrestlers so that the results shown on the judge’s and mat chairman’s score sheet accurately reflect the specific nature of said bout.

c) The mat chairman, referee and judge shall evaluate the holds individually in order to arrive at a final decision. The referee and judge must work together under the direction of the mat chairman, who co-ordinates the work of the officials.

d) It is the duty of the officials to assume all of the functions of refereeing and judging, to award points and to impose the penalties stipulated in the Rules.

e) The score sheets of the judge and mat chairman are used to tally all the holds executed by the two opponents. The points, cautions (0) must be recorded with the greatest accuracy, in the order corresponding to the various phases of the bout. These score sheets must be signed by the judge and mat chairman, respectively.

f) If a bout does not end in a “fall”, the decision shall be made by the mat chairman. It shall be based on an evaluation of all the actions of each competitor, recorded from beginning to end on the judge’s and mat chairman’s score sheets.

g) All the points awarded by the judge must be announced to the public as soon as they are determined, either by means of bats or by an electric scoreboard.



h) Officials are required to use the basic UWW vocabulary that is appropriate to their respective roles when conducting the bouts. However, they are forbidden to speak to anybody during the bout, except, of course, amongst themselves when the occasion requires them to do so for consultation and to perform their tasks properly.

i) When a challenge is requested by a coach and confirmed by the wrestler, the refereeing delegate (or his substitute) and the mat chairman must watch the video evidence on the large screen. After a discussion together, the refereeing delegate (or his substitute) renders its decision solely without consultation with the refereeing body.

## **Article 18 - Referee's Dress**

The refereeing body (instructors, referees, judges, mat chairmen, and jury members) must be dressed with the UWW homologated Uniform.

The dress must be a model homologated by UWW. The refereeing body may not wear the name of a sponsor. However, the number on his jacket may include the name of a UWW sponsor.

## **Article 19 - The Referee**

a) The referee is responsible for the orderly conduct of the bout on the mat, which he must direct according to the Rules.

b) He must command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he must conduct the bout without tolerating any irregular and untimely outside interventions.

c) He shall work in close co-operation with the judge and must carry out his duties in supervising the bout while refraining from any impulsive or untimely interference. His whistle shall begin, interrupt and end the bout.

d) The referee shall order the return of the wrestlers to the mat after they have left it, or the continuation of the bout in the standing or "parterre" position (on the mat), with the approval of the judge, or failing that, with the approval of the mat chairman.

e) The referee is required to wear a red wristband on his left wrist, and a blue wristband on his right wrist. He shall indicate with his fingers the points corresponding to the value of a hold after its execution (if it is valid, if it has been executed within the limits of the mat, and if a wrestler has been put in a danger position, etc.) by raising the arm corresponding to the wrestler who scored.

f) The referee must never hesitate to:

- Interrupt the bout at exactly the right time, neither too soon nor too late.
- Indicate whether a hold executed at the edge of the mat is valid.
- Signal and announce TOUCHE (fall) after seeking the agreement of the judge, or if this is not possible, of the mat chairman. In order to determine whether a wrestler has actually been pinned to the mat by both shoulders at the same time, the referee must say the word TOUCHE (fall), raise his hand to secure the agreement of mat chairman, strike the mat with his hand and then blow the whistle.

g) The referee must:

- Rapidly and clearly order the position in which wrestling must be resumed, when he sends the wrestlers back to the center of the mat (their feet must be in the central circle).
- Not stand so close to the wrestlers that he obstructs the view of the judges and the mat chairman, particularly if a fall appears imminent.



- Ensure that the wrestlers do not rest during the bout on the pretense of wiping their bodies, blowing their noses, pretending to be injured, etc. In this case, he must stop the bout and ask for a caution (0) to the wrestler at fault and 1 point to his opponent.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto his stomach to obtain a better view of an imminent fall.
- Be able to stimulate a passive wrestler without interrupting the bout, by standing in such a way as to prevent the wrestler from leaving the mat.
- Be ready to whistle if the wrestlers come too close to the edge of the mat.
- Not interrupt the bout in a danger position situation except if it is an illegal hold.
- Strictly prevent the wrestler from grasping or interlocking fingers.

h) The referee is also required to:

- Pay special attention to the wrestlers' legs in Greco-Roman wrestling.
- Require the wrestlers to remain on the mat until the result of the bout is announced.
- In all cases where agreement is necessary, first ask the opinion of the judge at the edge of the mat facing the mat chairman.
- Proclaim the winner after agreement with the mat chairman at the end of the bout.

i) The referee requests penalties for violation of the Rules or for brutality.

j) The referee, if the mat chairman intervenes, must interrupt the bout and proclaim victory by technical superiority when the wrestlers' scores are 8 points difference in Greco Roman wrestling and 10 points difference in Men's Freestyle and Women's Freestyle. In this situation, he must wait for the action - either an attack or a counter attack - to be complete.

## Article 20 - The Judge

a) The judge is responsible for all the duties stipulated in the general Rules of wrestling.

b) He must follow the course of the bout very closely without allowing himself to be distracted in any way; he must award points for each action, and mark them on his score sheet, in agreement with the referee or mat chairman. He must give his opinion in all situations.

c) Following each action, and on the basis of the referee's indications (which he compares with his own evaluation) or, failing this, on the basis of the mat chairman's indications, he records the number of points awarded to the action in question, and enters the results on a scoreboard placed beside him. This scoreboard must be visible to both the spectators and wrestlers.

d) The judge verifies and signals the fall (TOUCHE) to the referee.

e) If, during the bout, the judge notices something that he feels he should bring to the referee's attention because the latter was not able to see it or did not notice it (a fall, illegal hold, passive position, etc.), the judge is obliged to do so by raising the bat of the same color as the singlet of the wrestler in question, even if the referee has not asked for his opinion. In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or in the conduct of the wrestlers.

f) The judge must, moreover, sign the score sheet handed to him upon receipt, and at the end of the bout, must clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser and writing in the name and country of the winner.

g) The decisions of the referee and judge are valid and enforceable without the intervention of the mat chairman if they are in agreement - except for proclamation of victory by technical superiority, in which case the mat chairman is required to give his opinion and in case of consultation or challenge.

h) The judge's score sheet must accurately indicate the time at which a bout ends in the case of victory by a fall, technical superiority, etc.



- i) To make it easier for the judge to supervise the bout, particularly in a delicate position, he is authorized to change positions, but only along the edge of the mat over which he has control.
- j) He must also indicate by underlining, the last action scored which can determine the winner of the bout.
- k) Cautions for fleeing the mat, illegal holds, or brutality will be noted by an 'O' in the column of the wrestler at fault.
- l) The Passivity that bring the Activity Time will be noted by an 'P' in the column of the wrestler at fault. The verbal warning by a 'V'.

## **Article 21 - The Mat Chairman**

- a) The mat chairman, whose functions are very important, shall assume all the duties provided for in the Wrestling Rules.
- b) He shall co-ordinate the work of the referee and the judge.
- c) He is obliged to follow the course of the bouts very carefully, without allowing himself to be distracted in any way, and to evaluate the behavior and action of the other officials according to the Rules.
- d) In the event of any disagreement between the referee and judge, his task is to settle the issue in order to determine the result, the number of points and the falls.
- e) In no case may the mat chairman be the first to give an opinion. He must wait for the opinion of the referee and judge. He is not entitled to influence the decision.
- f) The mat chairman's approval must absolutely be sought before granting a fall.
- g) The mat chairman may decide to interrupt the bout in case of a serious mistake made by the referee.
- h) He may also interrupt the bout if a serious scoring mistake is made by the referee and/or the judge. In such case, he must ask for a consultation. The mat chairman has the right to review the video evidence with the referee and the judge. If the mat chairman does not obtain majority during the consultation, he must stand for either the referee or the judge. This consultation does not alter the wrestler's right to the challenge.
- i) During a bout, when the coach considers that a blatant refereeing mistake has been made against his wrestler and calls for a challenge, the mat chairman must wait for the action to go to neutral and stop the match. The refereeing delegate (or his substitute) and the mat chairman must review the video evidence. If the refereeing delegate (or his substitute) agrees that the refereeing body was right, the mat chairman must make sure that no other challenge will be granted to the wrestler in question during the remaining of the match.

After the review of the video evidence, the refereeing delegate (or his substitute) solely renders its decision. Its decision is final and cannot be challenged.

## **Article 22 - Penalties against the Refereeing Body**

The UWW Bureau, which constitutes the supreme jury, shall collectively have the right to take the following disciplinary measures against the member(s) of the refereeing body technically at fault, upon report by the competitions' delegates:

- Give the official(s) concerned a warning
- Suspension from competition for one or more session
- Withdraw the official(s) from the competition
- Demote the official(s) to a lower category
- Order a temporary suspension
- Order a final dismissal



## CHAPTER 5 - THE BOUT

### Article 23 - Duration of the Bout

For schoolboys and cadets: two periods of 2 minutes with a 30-second break.

For Juniors and Seniors: two periods of 3 minutes with a 30-second break.

For all the competitions, the timing displayed on the scoreboards will start from 6 to 0 minute (from 4 to 0 minute for schoolboys and cadets).

The winner is declared by the addition of the points in both periods at the end of the regular time. Evident technical superiority of 8 points for Greco Roman wrestling and 10 points for Freestyle Wrestling and Women's Wrestling automatically leads to victory and to the end of the bout.

The fall stops automatically the match whatever the period.

Freestyle and Women's Wrestling: The duration of a period is 3 minutes. If, after 2 minutes in the first period, no wrestler has scored then the referee must obligatorily designate the passive wrestler.

### Article 24 - Call to the Mat

The contestants are called in a loud and clear voice to present themselves on the mat. A contestant cannot be called to compete in a new bout until he has had a rest period of twenty (20) minutes from the time his preceding bout ended.

A delay is granted to any wrestler who does not reply to the first request in the following manner: The competitors must be called three times at 30-second intervals. These calls are made in both French and English. If the wrestler does not come forward after the third call, he will be disqualified and will not be placed. His opponent will win the bout by forfeit.

### Article 25 - Presentation of Wrestlers

The following ceremony takes place for each weight category in the finals for first and second places: The finalists are presented and the speaker announces their achievements when they are coming on the mat.

### Article 26 - Start

Before the bout begins, each opponent answers when his name is called and takes his place at the corner of the mat assigned to him. The corner is the same color as the singlet he has been assigned to wear.

The referee, standing in the central circle in the middle of the mat, calls the two wrestlers to his side. He then shakes hands with them and examines their dress, checks that they are not covered with any greasy or sticky substance, verifies that they are not perspiring, verifies that their hands are bare and that they have a handkerchief.

The wrestlers greet each other, shake hands and, when the referee blows his whistle, they start the bout.



## **Article 27 - Interrupting the Bout**

- a) If a contestant finds himself forced to interrupt the period because of an injury or because of any other acceptable incident beyond his control, the referee may stop the bout. During such an interruption, the wrestler(s) must stand in their corner. They can cover their shoulders with a towel or their dressing gown and receive advice from their coach.
- b) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the wrestler involved and the mat chairman; the latter then orders that the bout be stopped. The decision rendered by the competition's doctor may not be reversed.
- c) Under no circumstances may a contestant take the initiative to interrupt the action himself, by deciding to wrestle in the standing or "parterre" position, or by pulling his opponent back from the edge of the mat to the center.
- d) If an action must be stopped due to one wrestler deliberately injuring his opponent, the wrestler at fault will be disqualified.
- e) If a wrestler interrupts the bout without any blood or visible injury as determined by the competition doctor, 1 point will be awarded to the opponent. The bout shall resume immediately.
- f) In case of bleeding of one of the wrestlers, the referee shall interrupt the bout to stop the bleeding. A chronometer will start as soon as the doctor steps on the mat. In case the accumulated time of interruptions to treat the bleeding exceeds 4 minutes over the entire duration of the bout, the mat chairman shall order the end of the bout. In that case, the concerned wrestler loses the match and the opponent wins the match on injury. If the bout is wrestled until the end, the chronometer will be reset for the next round.
- g) After the medical treatment, the bout resumes in the same position than before the interruption.

## **Article 28 - End of the Bout**

The bout ends either when a fall, a disqualification by injury of one of the opponents are declared, or at the end of the regular time.

A match ends by technical superiority (8 points difference in Greco Roman wrestling and 10 points difference in Freestyle wrestling).

When a wrestler scores 8 points more than his opponent in Greco-Roman Wrestling and 10 point more in Freestyle and Women's Wrestling, he wins the match by superiority. In any case, the referee must wait for the end of the action: attack, counter-attack or takedown where the wrestler is in a position that may lead to a fall.

If the referee has not heard the gong, the mat chairman must intervene and stop the bout by throwing a soft object on the mat, in order to attract the referee's attention. Any action begun at the time when the gong sounds is not validated and no action performed between the sounds of the gong and the referee's whistle is valid.

When the bout has ended, the referee stands in the center of the mat facing the mat chairman's table. The wrestlers shake hands, stand on either side of the referee and await the decision. They are forbidden to lower the shoulder straps of their singlet before leaving the competition hall. Immediately after the decision is announced, the wrestlers shake hands with the referee.

Each wrestler must then shake hands with his opponent's coach. If the above provisions are not observed, the wrestler at fault will be penalized in accordance with the Disciplinary Regulations.





## Article 29 - Interrupting and Continuing the Bout

When the wrestling has been stopped in standing or “parterre” position, it will recommence standing. Wrestling must be stopped and resumed at the center of the mat in the standing position if:

- One foot entirely touches the protection area and no action is executed.
- The wrestlers in a hold go into the passivity zone with three or four feet without executing the hold and stay there.
- If the bottom wrestler’s head entirely touches the protection zone.

In all illegal actions such as fleeing the hold, fleeing the mat, faults committed by the attacking wrestler or injuries in “parterre” wrestling, the bout shall continue in “parterre” position.

In all illegal actions such as fleeing the hold, fleeing the mat, faults or injuries in standing position, the bout shall continue in standing position.

To save attacking wrestler, if he/she lifts his/her opponent from the ground during “parterre” wrestling and the attacked wrestler prevents the attack through an illegal action, the referee will penalize the wrestler at fault by caution 1 point regardless attacking wrestler has succeeded or not in his hold and bout will continue in “parterre”. If the attacking wrestler will succeed his hold, he will also score the deserved points.

When a challenge is requested by a coach, the mat chairman interrupts the bout when the action is back to neutral. If the wrestler disagrees with the coach’s decision, he must reject the challenge directly and the match continues.

## Article 30 - Types of Victories

A bout may be won:

- by "fall"
- by injury,
- by 3 cautions given to the opponent during a bout
- by technical superiority
- following a forfeit
- by a disqualification
- by points (winning by 1 point more at minimum after addition of the two periods)

*\* refer to the Article 42 for the details of each victory*

In case of tie by points, the winner will be declared by successively considering:

- the highest value of holds;
- the least amount of cautions;
- the last technical point(s) scored

Example:

Red	Blue	Comment	Result
1 1 1	1 1 <u>1</u>	Last technical point scored by the blue wrestler.	Blue winner
1 2	1 1 <u>1</u>	Last technical point scored by the blue wrestler but the red wrestler scored a 2-point hold.	Red winner





0 0 1 1 1 <u>1</u>	1 1 1 0	Last technical point scored by the red wrestler, but he has two cautions and the blue wrestler has only one.	Blue winner
1 1 1	1 <u>2</u> 0	The blue wrestler scored a 2-point hold which is the highest value hold	Blue winner
1 1 <u>1</u> 0	1 2 0	The red wrestler scored the last technical point; but the blue wrestler scored a 2-point hold. Each of the wrestlers has one caution.	Blue winner
1 1 1 0 0	0 0 1 1 <u>1</u>	Each of the wrestlers has two cautions. The blue wrestlers scored the last technical point.	Blue winner

A wrestler receiving 3 cautions during a match lost the bout. 3<sup>rd</sup> caution must be given unanimously by the refereeing body. Challenge request should be accepted for all kinds of cautions.

**Article 31 - The Coach**

The coach may remain at the foot of the platform or at least two meters from the edge of the mat during the bout. If the UWW doctor (or the competition doctor) allows him, he is authorized to assist the injury treatment of his wrestler. Except during this situation and during the break, it is strictly forbidden to the coach to step on the mat. In that case he can be sanctioned by the referee.

The coach is strictly forbidden to influence decisions or to insult the referee or judge. He may only speak to the wrestler. The coach has the right to give water to his wrestler only during the break. It is prohibited for the wrestler to spit the water out. No other substance may be given during the pause or during the match.

It is the duty of the coach to wipe his wrestler during the break. At the end of the break, his/her wrestler might not sweat any more.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a ‘Yellow’ card (caution); if he persists, the mat chairman will present him with a ‘Red’ card (elimination). The mat chairman may also present the YELLOW or RED card on his own initiative.

As soon as the red card is given, the mat chairman reports to the competition director and the coach shall be eliminated from the competition and may no longer continue his duties. These facts also need to be reported on the scoresheet of the concerned bout. However, the wrestling team involved shall have the right to obtain the services of another coach. The National Federation of the eliminated coach will be penalized following the dispositions of the Disciplinary and Financial Regulations.

A maximum of two accompanying people is authorized to enter on the Field of Play with the wrestler. If a National Wrestling Federation has a doctor in its team, they may use the second place if they want to intervene in case of injury.

**Article 32 - The Challenge**

The challenge is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the refereeing delegate (or his substitute) and the mat chairman to watch the video evidence in case of a disagreement with the call. This possibility only exists during competitions in which the video control is formally established by UWW and the Organizing Committee.



The coach must request the challenge by pushing a button provided to him immediately after the refereeing body has awarded or failed to award points to the contested situation. If the wrestler disagrees with the coach's decision, he must reject the challenge directly and the match continues.

If during a competition, the system with buttons (for the challenges) are not provided for the coaches, the organizer will have to provide a sponge that will be used to ask the challenge.

The organizers also have the obligation to use the UWW competition management system and to project the video on a big screen (1 per mat minimum) that must be visible from the entire venue. This screen can be either a plasma screen or a white board used with a projector.

In case of a major technical problem which would not allow the review of the contested action, the refereeing body's initial decision will be enforced and the coach will keep his challenge.

### Specific points

Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the refereeing delegate (or his substitute) modifies the decision in favor of the wrestler who requested for challenge, then the challenge can be used again during the match by the concerned wrestler.

If the refereeing delegate (or his substitute) confirms the decision by the refereeing body, the wrestler loses the challenge and his opponent will receive one (1) technical point.

The mat chairman shall demand to stop the match to review the challenge as soon as the situation on the mat becomes neutral.

In case of dispute between the refereeing body and the coach, the refereeing body is allowed to refuse a challenge only after the approval of the refereeing delegate (or his substitute). The mat chairman and/or the referee cannot decline a challenge by them self.

No challenge can be requested for penalties given as a result of passive wrestling or in the event of a fall, being understood that the fall must be confirmed by the mat chairman further to the decision of either the referee or the judge (challenge request for illegal attacks or counter - attacks, action just between the last seconds and the end of the time, before the fall should be accepted). If there are less than 30 seconds remaining in a Freestyle bout and the refereeing body agrees unanimously that one of the wrestlers is passive, they may issue 2 points for fleeing-the-hold. Should this point determine the winner of the match, the other wrestler may request a challenge.

No challenge can be requested after the end of the regular time of a period, except when the points are added to the scoreboard after the referee's whistle or in case action occurred just before the time is over. The coach has 5 seconds from the time the questioned score is posted on the official scoreboard to request a challenge.

The coach requesting the challenge must do so from his seat, without stepping on the mat or approaching the judge's or the mat chairman's table. Furthermore, the coach is not allowed to indicate his challenge request by throwing items on the mat.

After having reviewed the action, the refereeing delegate (or his substitute), after a consultation with the mat chairman, renders its decision. He intervenes and renders its decision in all cases. His decision will be final and may not be discussed.

It is not possible to request a "counter challenge" once a final decision has been made.



**Article 33 - Team Ranking during Individual Competitions**

The team ranking is determined by the first 10 wrestlers who are classified at the competition.

Rank in the weight category	Points	Rank in the weight category	Points
1 <sup>st</sup>	25	7 <sup>th</sup>	8
2 <sup>nd</sup>	20	8 <sup>th</sup>	6
3 <sup>rd</sup> - 3 <sup>rd</sup>	15	9 <sup>th</sup>	4
5 <sup>th</sup> - 5 <sup>th</sup>	10	10 <sup>th</sup>	2

The application of the above-mentioned table remains invariable, whatever the number of wrestlers in each category is.\*

*\*In case an athlete is disqualified and the final ranking has only one wrestler in the 5<sup>th</sup> place, the athlete ranked in the 6<sup>th</sup> place will receive 9 points.*

In case a weight category used the Nordic system, the above-mentioned table will be also used. The athlete ranked in the 4<sup>th</sup> place will receive 12 points and if an athlete is ranked in the 6<sup>th</sup> place, he will get 9 points.

If several teams have an equal amount of points, these teams will be ranked following this criteria:

1. most first places
2. most second places
3. most third places
4. etc.

**Article 34 - Ranking System during Team Competitions**

In principle, a team competition takes place according to UWW official weight categories that is 10 categories. Each team may change the wrestlers for each session, as long as they were weighed-in.

If a home-away session takes place in one day, one winner must be declared at the end of the home bout, and one at the end of the away bout. The victory obtained by a wrestler in a match gives 1 point to his team, with no regard to the way the victory has been obtained.

**If a competition involves only two teams**

If it is a one-day home-away session between two teams (dual meet), and each team wins a match, they are two ranking possibilities to be determined before the beginning of the match.

- a) Having a third match to determine the winning team.
- b) Determine the winning team by assessing the following criteria:
  - The most victories by adding the points of the 2 matches
  - Total of classification points after 2 matches (home-away matches)
  - The most victories by fall, forfeit, or disqualification
  - The most match victories by technical superiority
  - The most technical points obtained in all the competition
  - The fewest technical points given in all the competition
  - The outcome of the last match competed

**If a competition involves more than two teams**

The same system will apply to determine the winner of the match. The winning team will receive 1 team point and the losing one 0 team point.

If two teams have an equal number of team points, their direct match will determine the ranking.



If more than two teams have an equal number of team points, the ranking will be determined following these criteria:

- The highest classification points between the ex-aequo teams
- The highest victories by fall, forfeit, disqualification between the ex-aequo teams
- The highest match victories by superiority between the ex-aequo teams
- The highest technical points obtained in all the competition
- The fewest technical points given in all the competition
- The lowest draw number

No more direct match between the two last ex-aequo teams will be used if more than 2 teams have an equal number of team points.

In case of a tied match (same number of victory like 5-5) between two teams in a team competition, the winner will be determined by successively reviewing the following criteria:

- The total of classification points
- The most victories by fall, forfeit, or disqualification
- The most match victories by technical superiority
- The most technical points obtained during the match
- The fewest technical points given during the match
- The outcome of the last bout competed

## CHAPTER 6 - POINTS FOR ACTIONS AND HOLDS

### Article 35 - Evaluation of the Importance of the Action or Hold

In order to encourage risk-taking during bouts, when a wrestler tries unsuccessfully to execute a hold and finds himself underneath in a "parterre" position without a move by his opponent, the wrestler above will not be awarded a technical point and both wrestlers will be brought back to their feet immediately. However, if, during a hold, the defending wrestler executes a counterattack and is able to bring his opponent to the ground, he will be awarded the point(s) that correspond to the action.

If the attacking wrestler executes a hold on his own bridge, holds this position for a certain amount of time, and then completes his action by placing his opponent in the bridge position as well, he will not be penalized. Only the attacking wrestler will be awarded the points, as he will have completed the action in a hold that involved risks. However, if the offensive wrestler is blocked under control in the bridge position or by a counteraction by his opponent, it is clear that points will be awarded to the latter wrestler.

The same hold executed in standing position has always more value as if executed in parterre position. The value of a hold is always determined by the position of the attacked wrestler. If the attacked wrestler has at least one knee on the mat, his position will be assumed to be a "parterre" wrestling position. The position of the attacking wrestler is not be relevant when evaluating a hold.

Furthermore, the wrestler on whom a hold was initiated may only be awarded points if, by his own action, he has:

- a) Brought the offensive wrestler to the ground.
- b) Conducted the action on a continuous basis.



- c) Succeeded in controlling the offensive wrestler by blocking him in a bridge position, that is, in a position considered completed.
- d) The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler.
- e) In cases where the wrestlers' actions lead them to change from one position to another, the points for all the actions are awarded according to their value.
- f) The instantaneous fall, "both shoulders of the wrestler touching simultaneously and instantaneously the mat", is not considered as a fall (totally controlled by the opponent) (article 43). If the wrestler falls instantly from a standing position following a move by his opponent, the attacker receives four points provided he demonstrates control and his opponent shall not be awarded by 1 point for instantaneous fall.
- g) Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be only one action.
- h) A hold must not be considered to be a new action until the competitors return to the initial position.
- i) The referee will indicate the points. If the judge agrees, he will raise the bat bearing the color and value in question (1, 2, 4 or 5 points). In the event of any disagreement between the referee and the judge, the mat chairman must make a decision in favor of one or the other of the wrestlers; he is not allowed to give a different opinion, except if he calls for a consultation and obtains majority.
- j) In the event of a fall that occurs at the end of regulation time, only the sound of the gong (and not the referee's whistle) is valid.
- k) At the end of a period, any hold is valid if it was completed before the gong sounded. In no event may a hold finished after the sound of the gong be counted.

## **Article 36 - Danger Position**

A wrestler shall be considered in the 'danger position' when the line of his back (or the line of his shoulders) vertically or in parallel with the mat, forms an angle of less than 90 degrees to the mat and when he resists with the upper part of his body to avoid a 'fall'. (See definition of 'fall'). The danger position occurs when:

- The defending wrestler assumes the bridge position to avoid being pinned.
- The defending wrestler, with his back toward the mat, supports himself on one or both elbows to avoid having his shoulders forced onto the mat.
- The wrestler has one shoulder in contact with the mat and at the same time exceeds the 90 degree vertical line with the other shoulder (acute angle).
- The wrestler rolls on his shoulders.

The 'danger position' no longer exists when the wrestler exceeds the 90-degree vertical line with his chest and stomach facing the mat.

If the mat and the competitor's back form a 90-degree angle only, this cannot yet be considered a 'danger position' (the neutral point).

## **Article 37 - Recording the Points**

The judge marks the points obtained for the actions and holds executed by the wrestlers on a score sheet, as each action is performed during the bout.

The points of the action bringing about a fall are to be noted on the score sheet by a circle.



The caution for fleeing the mat, fleeing a hold, refusal to start, illegal hold and brutality shall be noted by (O). After each caution (O) the opponent will automatically receive one point.

In case of a tie in points, the last technical point scored shall be underlined.

## Article 38 - Grand Amplitude Throw

Any action or hold by a wrestler in the standing position that causes his opponent to lose all contact with the ground, controls him, makes him describe a broadly sweeping curve in the air, and brings him to the ground in a direct and immediate danger position shall be considered a "Grand Amplitude" throw.

In the "parterre" position, any complete lift from the ground executed by the attacking wrestler, whether the attacked wrestler lands in neutral position (4 points) or in a danger position (5 points), is also considered a grand amplitude throw.

## Article 39 - Values assigned to the Actions and Holds

### 1 point

- To the wrestler whose opponent goes in the protection zone with one entire foot (in standing position) without executing a hold.

### **Clarification for stepping out in standing wrestling for both style:**

- When the attacking wrestler is the first to step into the protection area in the commission of a hold, the following may occur:

- . If the wrestler completes the hold successfully in a continuous action, he shall be awarded the requisite points--1, 2, 4 or 5 points.
- . If the wrestler is unable to complete the hold successfully, after stopping the action the referee shall award his opponent 1 point.
- . If the wrestler lifts and controls his opponent and he is unable to complete the hold in a continuous action, the referee shall stop the bout but not award his opponent 1 point.

NB: When a wrestler deliberately pushes his opponent into the protection area with no meaningful action, he shall no longer be awarded 1 point. If he does it second time he will be penalized caution (O) and 1 point to opponent.

- All the stops of bout by injury without bleeding or any visible injury are penalized by 1 point to the opponent.
- To the wrestler whose opponent requested a challenge if initial decision is confirmed.
- To the opponent of a wrestler designated as passive who fails to score points during a 30 second activity period in Freestyle wrestling.
- Reversal (counter attack by dominated wrestler in parterre position and passing behind)
- To the attacking wrestler whose opponent flees the hold, the mat, refuses to start, commits illegal actions or acts of brutality.
- To the attacking wrestler whose opponent flees the hold out-of-bounds and lands in a position of danger.
- To the attacking wrestler whose opponent commits an illegal hold that hinders the execution of an engaged hold or a fall
- To the wrestler whose opponent, either top or bottom wrestler, refuses correct "parterre" position.
- To the wrestler who is prevented from completing a hold because his opponent is maintaining an irregular hold, but who finally succeeds in completing the hold.
- To the wrestler whose opponent is called for a passivity in Greco-Roman wrestling.



## 2 points

- To the wrestler who overcomes and then controls his opponent by passing behind (three points of contact: two arms and one knee or two knees and one arm or head).
- To the wrestler who applies a correct and complete throw that brings his opponent into a prone position or lateral position or a position with three points of contact. The defensive wrestler must lose control during the throw.
- To the wrestler who executes a hold that places his opponent's back at an angle of less than 90 degrees, including when his opponent is on one or two outstretched arms.
- To the attacking wrestler whose opponent rolls onto his shoulders.
- To the wrestler who blocks his opponent in the execution of a hold from the standing position, in a position of danger.

## 4 points

- To the wrestler performing a hold in a standing position, which brings his opponent into a danger position in a continuous et fluid manner.
- For any hold executed by raising a wrestler from the ground, over a short amplitude, even if one or both of the attacking wrestler's knees are on the ground.
- To the wrestler who executes a grand amplitude hold which does not place the opponent in a direct and immediate danger position.

NB. If, in performing a hold, the defending wrestler maintains contact with the mat with one of his hands, but is immediately placed in a danger position, the attacking wrestler will receive 4 points.

## 5 points

- All grand amplitude throws executed in a standing position which bring the defending wrestler to a direct and immediate danger position.
- The hold executed by a wrestler in the "parterre" position who completely lifts his opponent off the ground with the execution of a high amplitude throw which projects the opponent into a direct and immediate danger position

## **Article 40 - Decision and Vote**

The referee shall indicate his decision by raising his arm and clearly showing the points with his fingers. If the referee and judge agree, the decision is announced. The mat chairman is not entitled to influence or change a decision if the referee and judge are in agreement except if he calls for a consultation or after a challenge.

If a vote is taken, the judge and mat chairman must indicate their votes using paddles or an electric score board. There are 11 paddles in Greco Roman and in Freestyle Wrestling. They are painted in different colors: blue, red and white.

One white, five red, four of which are numbered 1, 2, 4, 5 to indicate the points and one of which is an unmarked paddle intended for cautions and to attract attention to the wrestler concerned; five blue paddles, four of which are numbered like the red paddles, with one paddle unmarked.

They must be kept within easy reach of those who are to use them. Under no circumstances may the judge abstain from voting. He must express his decision clearly, leaving no room for ambiguity.

In case of a disagreement, the mat chairman makes the decision. This decision, in which he must decide between the opposing opinions of the referee and judge, obliges the mat chairman to vote in all cases for one or the other of the views given.

If the match lasts until the end of the allotted time, the mat chairman's score sheet will be taken into consideration when designating the winner. The public scoreboard must conform to the mat chairman's score sheet at all times during the bout. If there is a difference of 1 or more points between the judge's and mat chairman's score sheets, only the score on the mat chairman's score sheet will be considered.





## Article 41 - Decision Table

When observing a wrestling action, the referee and judge award the points, cautions, indicated below which, in each of the cases put forward, provides the following result:

R: Red wrestler - B: Blue wrestler - 0: Zero point

Referee	Judge	Mat Chairman	Official Result	Observations
1R	1R	-	1R	In these examples the judge and referee being in agreement, the mat chairman does not intervene except for serious fault
2B	2B	-	2B	
4R	4R	-	4R	
5R	5R	-	5R	
1R	0	0	0	In these examples the judge and the referee being in disagreement, the mat chairman intervenes and the principle of majority applies
1B	1R	1R	1R	
2R	1R	2R	2R	
2B	0	2B	2B	
4R	2R	2R	2R	
2B	1R	2B	2B	

In the event of any flagrant violation of the Rules, the mat chairman must call for a consultation.

## CHAPTER 7 - CLASSIFICATION POINTS AWARDED AFTER A BOUT

### Article 42 - Classification Points

The classification points awarded to a wrestler shall determine his final ranking.

5 points for the winner and 0 for the loser:

- Victory by fall (with or without technical point for the loser) (VFA 5:0)
- Injury (VIN 5:0)
  - o If an athlete is injured before or during a bout and the injury is certified by the UWW Doctor
- 3 cautions during the bout (VCA 5:0)
- Forfeit (VFO 5:0) - refer to article 15
  - o If an athlete doesn't show up on the mat
- Disqualification (DSQ 5:0) - refer to article 15
  - o If an athlete is disqualified before or during the bout in case of unfair behavior

4 points for the winner and 0 for the loser (VSU 4:0):

- Victory by technical superiority (8 points difference in Greco-Roman style and 10 points in Freestyle during one of the two periods), with the loser scoring no technical points

4 points for the winner and 1 point for the loser (VSU1 4:1):

- Victory by technical superiority during one of the two periods with loser scoring technical points.

3 points for the winner and 0 for the loser (VPO 3:0):

- When the wrestler wins at the end of the two periods by 1 to 7 points in Greco Roman style and 1 to 9 points in Freestyle with the loser scoring no point.





3 points for the winner and 1 point for the loser (VPO1 3:1):

- When the bout ends by a victory by points at the end of the regular time and the loser scoring one or several technical points.

0 point for the red wrestler and 0 point for the blue wrestler (2DSQ 0:0):

- In case both wrestlers have been disqualified due to infraction to the rules.

## **Article 43 - The Fall**

When the defensive wrestler is held by his opponent with his two shoulders against the mat for a sufficient time to allow the referee to observe the total control of the fall, the resulting hold is considered to be a fall. For a fall at the edge of the mat to be recognized, the competitor's shoulders must be completely in the orange zone and the head must not touch the protection area. A fall in the protection area is not valid.

If the wrestler is pinned on both shoulders as a consequence of a rule infringement or an illegal hold for which he is responsible, the fall will be considered valid for his opponent.

The fall observed by the referee will be valid if confirmed by the mat chairman. If the referee does not indicate the fall, and if the fall is valid, it may be announced with the consent of the judge and mat chairman.

Consequently, to be observed and recognized, the fall must be clearly maintained. The two shoulders of the wrestler in question must be simultaneously touching the mat during the short period of stoppage specified in the first paragraph, even in the case of a standing rear body lock and lift. In all cases, the referee will strike the mat only after he has obtained confirmation from the judge or, failing this, from the mat chairman. The referee will then blow his whistle in order to end the bout.

It will not be possible to request any challenge in case of a fall, being understood that the fall must be validated by the mat chairman following the judge or the referee's decision.

## **Article 44 - Technical Superiority**

Except from the fall and the disqualification, the bout must be stopped before the end of regular time regardless of the score when:

- There are 8 points difference in Greco Roman style and 10 points difference in Freestyle between the wrestlers

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (see article 28).

The mat chairman signals the referee when the 8 or 10 points difference has been attained. The referee shall declare the winner after consulting with members of the officiating team for the match.

## **CHAPTER 8 - NEGATIVE WRESTLING**

### **Article 45 - Par Terre Position during the Bout**

If one of the wrestlers brings his opponent to the ground during the match, wrestling continues in the "parterre" position and the wrestler underneath may counter his opponent's efforts, stand up or carry out counter-attacks of his choice. If a wrestler brings his opponent to the ground and owing to good defensive



action by the attacked wrestler is unable to initiate an action, the referee stops the bout after a reasonable period of time and has the wrestlers resume the bout in a standing position.

While defending attacks and holds from the top wrestler in Greco Roman, the bottom wrestler is not allowed to place more than one of his hands on the opponent's upper body (torso or any part of the opponent arms). Furthermore, the bottom wrestler must not defend with closed arm or block off with elbows and knees.

The attacking wrestler is forbidden to resume the bout by jumping on his opponent. If he does so, the referee must warn him first; in case of repeated offence, the referee gives him a caution, 1 point and the bout restarts in standing position.

The wrestler on top has no right to interrupt the bout nor to request that wrestling resume in a standing position.

### Ordering of parterre position

The initial position of wrestlers in parterre position before the referee blows the whistle is as follows: The bottom wrestler must lie on his stomach in the center of the mat. Arms shall be stretched out to the front and legs shall be stretched out to the back. Arms and/or legs can't be crossed. Hands and feet of the bottom wrestler must touch the mat. Bottom wrestler is not allowed to block the top wrestler. The top wrestler is placed sideways of his opponent, placing both of his hands on the back of his opponent **without any hesitation** after the parterre position is ordered. He must have two knees on the mat.

After the referee blows the whistle, the wrestler underneath is allowed to defend himself according to the Rulebook. It's especially forbidden to jump or flee from the attacker, to defend with closed arms or blocking off with elbows and knees as well as to use actively any leg while defending. Nevertheless, the wrestler underneath is allowed to stand up after the referee has blown the whistle.

## **Article 46 - Passivity Zone (Orange zone)**

The passivity zone that is orange colored, is provided for the purpose of detecting the passive wrestler; it is also intended to help eliminate systematic wrestling on the edge of the mat and any departures from the wrestling area.

Any hold or action begun on the central wrestling area and ending within that zone are valid including position of danger, counterattack and fall.

Any hold or counter attack begun in the standing position on the central wrestling area of the mat (apart from the passivity zone) is good, regardless of the place where it finishes (wrestling area, passivity zone or protection area). However, if it ends in the protection area, the bout is stopped and the wrestlers are returned to the center of the mat. In the standing position, points will be awarded according to the value of the hold.

A fall in the protection area is not valid. The bout must be interrupted and the wrestlers returned in standing position to the center of the mat because the hold ended off the mat.

An action, which is not evaluated with points in the wrestling area, can also not be evaluated with points in the protection area. Only 1 point for going out of bound will be given to one of the wrestlers.

As a general rule for going-out-of-bounds without executing a successful hold, the wrestler who stepped out first will lose 1 point (meaning that his opponent will be awarded with 1 point). If both wrestlers go out of bounds together, the referee will have to determine which wrestler touched to protection area first and award his opponent with one point.

In case a wrestler executes a hold with no success and finds himself underneath in the protection area and in neutral position controlled by his opponent (his opponent doesn't do any move to reach that position), he will lose 1 point because going out of bound from standing position first. In the case he lands on his back on the protection area with a control from his opponent, he will lose 2 points.



In the execution of their started holds and actions, and which have begun on the central surface of the mat, the wrestlers can enter the passivity zone with three or four feet and continue their actions or holds in all directions, provided that nothing interrupt the execution of their hold (pushing, blocking, pulling).

An action or a hold may not be commenced in a standing position in the passivity zone, except under the strict condition that the wrestlers engaged in the hold have only two feet in the zone. In this case, the referee will tolerate the situation for a limited period of time, waiting for the hold to be developed.

If the wrestlers interrupt their action in the passivity zone and stay there or if without any action they place two, three or four feet there, the referee interrupts the bout and brings the wrestlers back to the center, the bout resumes in standing position.

In all cases, in standing position, if one of the attacking wrestler's foot is in the protection area, which is outside the passivity zone, the referee will not interrupt the bout and will wait for action to be completed.

When the defending wrestler's foot is in the protection area, but the attacking wrestler carries out a hold without interruption, the hold is good. If the attacking wrestler does not carry out the hold, the referee interrupts the bout.

When the defending wrestler places one of his foot in the passivity zone, the referee must call 'ZONE' in a loud voice. Upon hearing this word, the wrestlers must endeavor to return towards the center of the mat without interrupting their action.

In wrestling in "parterre" position, any action, hold or counterattack executed from or in the passivity zone is good, even if it ends in the protection area.

The referee and judge will award points for all actions initiated in "parterre" position in the passivity zone and executed in the protection area. However, the bout will be interrupted and the wrestlers returned to the center in a standing position.

In wrestling in "parterre" position, the attacking wrestler may continue his action if he moves out of the zone while executing the hold, provided that the shoulders and head of his opponent are within the zone. In this case, even four legs may be off the mat.

## **Article 47 -Enforcement of Passivity (Freestyle and Greco Roman)**

### **Procedure for enforcement of penalties for inactivity in Freestyle wrestling**

The role of the referees, among other vital duties, should be to evaluate and distinguish what is real action versus a feigned attempt to waste time.

- a. Anytime the refereeing body agrees a wrestler is blocking, interlocking fingers, thwarting his opponent and/or generally avoiding wrestling: the mat referee signals to the wrestler "*Caution blue or red*". First offence, the action is stopped briefly to give a verbal warning: "*Attention*". Second offence: the action is stopped briefly to designate the guilty wrestler and a 30-second mandatory-score period begins. The referee on the mat shall not interrupt the bout in the midst of a viable action to either start or finish an activity period. A light corresponding to the wrestler at fault is lighted. This notifies the wrestlers, coaches and spectators an "activity period" has begun. Should either wrestler score in the 30 seconds penalty session, no penalty point is awarded, only the corresponding technical point or points. If neither wrestlers scores, the opponent of the designated passive-wrestler is awarded a technical point without stopping the bout.
- b. If after 2:00 minutes into the first period neither wrestler has scored, the referees must mandatory designate one of the wrestler as inactive (the same procedure described above is administered).



## UNITED WORLD WRESTLING

- c. When there is less than 30 seconds remaining in either period, if all three of the refereeing body agree a wrestler is evading and/or blocking his opponent, then his/her opponent is awarded two points (i.e. fleeing the hold). This situation can be challenged.
- d. If a wrestler initiates his action some seconds before minute 2:00 with a 0:0 score, the referee will not interrupt the bout and will allow the wrestler to finish the action. If the action ends with points, the bout will continue without any interruption. If the action doesn't end with points, the referee will stop the bout and will apply the activity time.

### Procedure for enforcement of penalties for inactivity in Greco-Roman wrestling

Active Wrestling is defined by seeking contact with the opponent, hooking each other and trying to set up an attack. Both wrestlers are always encouraged to perform Active Wrestling.

If only one wrestler is performing Active Wrestling, he will be rewarded. In such cases, his opponent who is blocking and preventing Active Wrestling will be determined as passive and the appropriate passivity procedure takes place.

The following procedure will be enforced:

- **1<sup>st</sup> passivity in a match (regardless which wrestler)**, active wrestler receives 1 point and can choose between standing or parterre wrestling. 1<sup>st</sup> passivity of a match can't be called before 2:00 minutes.
- **2<sup>nd</sup> passivity in a match (regardless which wrestler)**, active wrestler receives 1 point and can choose between standing or parterre wrestling. 2<sup>nd</sup> passivity of a match can't be called before 4:30 minutes.
- **3<sup>rd</sup> and any further passivity in a match (regardless which wrestler)**, active wrestler receives 1 point without stopping the bout.

Due to the shortened bout duration for school boys and cadets, the passivity is called according to necessity. In case of 0-0 the 1st passivity must be called at 2:30 minutes at the latest.

There are three scenarios in which the refereeing team needs to stimulate a match with a passivity call:

- a) Score is 0:0 after 2:00 minutes
- b) Score is tied and one wrestler is clearly more active
- c) One wrestler has the lead and his opponent acts too defensively

A wrestler who has scored points by executing holds in standing wrestling should not be punished with a passivity. However, if this wrestler is inactive for a certain amount of time and his opponent scored points or is clearly more active, he can receive a passivity.

Criteria to consider a wrestler as passive:

- Evading attacks without counterattacks
- Grapping opponent wrists without starting an attack
- Attacking without any direct contact with the opponent
- Regaining initial position right after beginning an attack
- Fake attacks
- Evading into and maintaining in the orange zone
- Not able to control the center
- Fixing his opponent in the orange zone
- No hooking despite good position
- Defensive wrestling



## Clarification

Any passivity has to be confirmed by the mat chairman. If in applying the passivity procedure a serious mistake is made by the referee and the judge, the mat chairman must intervene.

If a wrestler is blocking, keeping his head down on his opponent chest, interlocking fingers, or in general avoiding open wrestling in standing position (refusing to come back on a straighter upper body position), the referee will determine this wrestler as being negative.

Negative Wrestling describes every action which is potentially dangerous to the opponent or contrary to the basic principle to provide an offensive and spectacular way of wrestling (e.g. interlocking fingers, avoiding contact).

Negative Wrestling must be stated by the referee upon the first clear sign of it (e.g. "Red, no fingers!") and needs to be confirmed by the mat chairman.

Once confirmed, Negative Wrestling will be declared immediately and a caution (0) and 1 point is awarded to the opponent.

Negative Wrestling as defined above and in Articles 48-51 must not be penalized with Passivity Call or a Total Passivity. In any case, Negative Wrestling results in a caution and 1 point.

Passivity and Negative Wrestling have to be distinguished from each other. It is not possible to penalize Passivity with a Negative Wrestling call or vice versa. Passivity and Negative Wrestling are distinctly different.

Note: the procedures for the enforcement of passivity for the Freestyle and Greco-Roman disciplines are distinctly different.

## CHAPTER 9 - PROHIBITIONS AND ILLEGAL HOLDS

### Article 48 - General Prohibitions

Wrestlers are forbidden to:

- Pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw.
- Kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth.
- Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet.
- Cling to or grasp the mat.
- Talk during the bout.
- Seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- Agree with the match result between themselves.
- Grasping or interlocking fingers to block the opponent and prevent Active Wrestling.

### Article 49 - Fleeing a Hold

Fleeing a hold occurs when the defending wrestler openly refuses contact in order to prevent his opponent from executing or initiating a hold. These situations arise in both the standing and "parterre" positions. They



may occur in the central wrestling area or from the central wrestling area to the orange zone. Fleeing a hold shall be penalized in the same way as fleeing the mat, that is:

## **Fleeing the hold in “parterre” wrestling:**

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent
- Restart in “parterre” position

## **Fleeing the hold in standing wrestling:**

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent
- Restart in standing position

## **Fleeing a hold in ground position in Greco-Roman**

When a wrestler is on the ground following an action by his opponent and he then jumps forward to prevent his being caught for a hold, he puts his opponent in the position of committing an illegal hold - holding the thighs of the “escaping” wrestler, will be considered as a fleeing of a hold. The referee must not allow this situation which is a fleeing the hold offence by the fleeing wrestler. He must therefore be very clear and precise in the manner in which he deals with this offence. He must also place himself in front of the wrestlers in a way to prevent the flee from taking place.

- The first time that the wrestler on the ground jumps forward to avoid being caught by his opponent, the referee must warn aloud “attention, no jump”.
- The second time, the referee must request a caution and 1 point for fleeing the hold, stop the match following agreement by the judge and the match chairman, make the wrestlers stand up, signal the offence and restart the match in “parterre” position.

This method is valid for penalizing fleeing the hold when the wrestler jumps forward. However, the defense of moving laterally to avoid a hold is authorized and should not be sanctioned.

The wrestler who is dominated on the ground in Greco-Roman does not have the right to bend or raise either or both of his legs to prevent a hold being executed.

If a dominated wrestler on the ground uses his legs as a defense, he will receive a caution and his opponent 1 point.

## **Article 50 - Fleeing the Mat**

When a wrestler flees the mat, from either a standing or “parterre” position, a caution shall immediately be issued against the wrestler at fault. The following points shall be awarded to the attacking wrestler:

### **Fleeing the mat in “parterre” wrestling:**

- 1 point + 1 caution against the opponent
- Restart in “parterre” position

### **Fleeing the mat in a danger position:**

- 1 point + 1 caution against the opponent
- Restart in “parterre” position

### **Fleeing the mat in standing position:**

- 1 point + 1 caution against the opponent
- Restart in standing position



When one of the wrestlers steps on the orange zone of the mat for the first time the referee is obliged to warn them (orange / blue zone). Wrestlers are obligated to return to the center of the mat. If wrestlers do not obey this command and step on the mat with 3 feet in the orange zone, the referee must stop the bout and bring back the wrestlers in the center of the mat. If it's an attacking move, the points will be given to the attacking wrestler for the action, even if legs of both wrestlers are in the orange zone or if one or both legs of the defending wrestler are on the protection area. No counter action performed on the protective area will be admitted and awarded.

The standing position consisting of voluntarily maintain the opponent to a distance or to break contact will penalize the faulty wrestler of 1 caution and 1 point will be attributed to his opponent, just like for the hold escape.

## **Article 51 - Illegal Holds**

The following holds and actions are illegal and strictly prohibited:

- Throat hold
- Twisting of arms more than 90 degrees
- Arm lock applied to the forearm
- Holding the head or neck with two hands, as well as all situations and positions of strangulation
- Double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body
- Bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle
- Executing a hold by stretching the opponent's spinal column
- Chancery hold with one or two hands in any direction whatsoever
- The only holds allowed are with the head and one arm
- In standing, holds executed from behind when the opponent is head down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header)
- In executing a hold, only one arm may be used to hold the opponent's head or neck
- Lifting the opponent who is in a bridge position and then to throw him onto the mat (severe impact on the ground); that is, the bridge must be forced down
- Breaking the bridge by pushing in the direction of the head
- Generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and on the first offence, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats his violation, he will be punished by a caution and 1 point.
- If a defending wrestler, by an illegal action, prevents his opponent from developing his hold, the defending wrestler will be cautioned. His opponent will receive one point.

### **Prohibited holds for Women's wrestling**

All double Nelsons holds in the "parterre" or standing position are forbidden in Women's wrestling.

### **Prohibited holds for schoolboys and cadets**

To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:

- Double Nelson from both the front and side
- In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

### **Referee's duty towards the competitor committing a violation**

If the attacking wrestler can carry out the action in spite of an illegal hold of the defending wrestler:

- Stop the violation





- Give the value corresponding to the hold to his opponent
- Ask for a caution
- Give 1 point to the opponent
- Stop the match
- Resume wrestling in the position where the infraction occurred

If the attacking wrestler cannot carry out his action because of an illegal hold of the defending wrestler

- Stop the match and ask for a caution
- Give 1 point to the opponent
- Resume wrestling in the position where the infraction occurred

## **Article 52 - Special Prohibitions**

In Greco-Roman wrestling, it is forbidden to grasp the opponent below the hips and to squeeze him with the legs. All pushing, pressing or 'lifting' by means of contact with the legs on any part of the body of the opponent is also strictly forbidden.

In Greco-Roman, unlike in Free Style Wrestling, it is necessary to accompany the opponent to the ground and to stay in contact with him in order for a hold to be valid.

In freestyle, a scissor-lock with the feet crossed on the head, neck or body is forbidden.

## **Article 53 - Consequences affecting the Bout**

The illegal hold of the attacked wrestler shall be stopped by the referee without interrupting the hold if possible. If there is no danger, the referee allows the development of the hold and waits for the result. He then stops the match, gives the points and a caution to the wrestler at fault.

If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction, then the match should be stopped and wrestling should be made to continue in a standing position with the attacking wrestler receiving an amicable caution. If the wrestler attacks again with an illegal hold, the referee will stop the match, give a caution (0) to the wrestler at fault and one point-to his opponent.

In all cases, in the event of any willful butting with the head or any other brutality, the wrestler at fault may be eliminated immediately from the bout by a unanimous decision of the officiating team, or disqualified from the competition and placed last with a comment "eliminated for brutality".

## **CHAPTER 10 - THE PROTEST**

### **Article 54 - The Protest**

No protest may be lodged at the end of a match. Under no circumstances may the result of a match be modified after victory has been declared on the mat.

If the UWW President or the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the video and, with the agreement of the UWW Bureau, sanction those responsible as laid down in the provisions of the Regulations for International Refereeing Body.





## CHAPTER 11 - MEDICAL

### Article 55 - Medical Service

The organizer of the competition in question is obliged to provide a medical service responsible for conducting medical examinations prior to the weigh-in and give medical control during the bouts. The medical service, which is required to operate throughout the competition, is under the authority of the UWW doctor in charge. The medical requirements are described in ad hoc rules.

Before the competitors weigh in, the doctors shall examine the athletes and evaluate their state of health. If a competitor is considered to be in poor health or in a condition that is dangerous to himself or to his opponent, he shall be excluded from participating in the competition.

Throughout the competitions, and at any time, the medical service must be prepared to intervene in case of an accident and to decide whether a wrestler is fit to continue the contest. Doctors from the participating teams are fully authorized to treat their injured wrestlers, but only the coach or a team officer may be present while treatment is being administered by the doctor. In no case may UWW be held responsible for an injury, disability, or death of a wrestler.

### Article 56 - Medical Service Interventions

a) The UWW doctor in charge has the right and duty to stop a bout at any time through the mat chairman, whenever he considers that either competitor is in danger. At first the injury treatment shall be provided by the UWW doctor only. In case he needs support, he can allow the doctor of the wrestlers' team or the wrestler's coach to come.

b) He may also stop a bout immediately by declaring one of the wrestlers unfit to continue. The wrestler must never leave the mat, except in the event of a serious injury requiring his immediate removal. In case of a wrestler being injured, the referee must immediately ask the doctor to intervene; in case no injury is reported by the competition doctor, the referee must request a sanction to the judge or the mat chairman.

c) If a wrestler has a visible injury, the doctor will have the time necessary to treat the injury and will decide if the wrestler can carry on the match or not.

d) A maximum of four minutes will be allocated for each wrestler for the entire duration of the bout to be treated for a bleeding injury. The consequences of overrunning this allocated time are described under article 27.

e) In the case of any medical dispute, the doctor for the team of the wrestler in question has the right to intervene in any treatment required, or to give his advice on an intervention or decision made by the medical service. Only the UWW Medical Commission delegate may propose to the officials that the bout be stopped.

f) In international competitions where the UWW Medical Commission is not represented, the decision to interrupt the bout will be taken by the competition doctor in consultation with the UWW delegate or the UWW nominated referee and the injured wrestler's team doctor.

g) In all cases, the doctor making the decision to prohibit the wrestler from continuing the bout shall be of a nationality other than that of the wrestler in question or the opponent, and the doctor must not be involved in the weight class concerned. In case this situation occurs, the decision will be delegated to another doctor as designated by the delegate referee.

h) All the first aid injuries (not requiring hospitalization) occurring in UWW international competitions are at the organizer's costs. The injuries requiring hospitalization are covered by the UWW license, provided the case has been announced to the insurance company (at the number appearing at the back of the card) the same day.



## Article 57 - Doping

Pursuant to the provisions of the Constitution, and in order to fight against doping, which is formally prohibited, UWW reserves the right to require that wrestlers undergo examinations or tests in all competitions in the official calendar. This provision must be applied at Continental and World Championships, according to UWW Regulations, and at the Olympic and Continental Games, according to IOC Rules.

In no case competitors or officers may oppose this verification without incurring sanctions provided in UWW's Anti-doping Rules. The UWW Medical Commission will decide the time, the number or frequency of these examinations, which will be carried out by any means it deems useful. Suitable samples will be taken by a doctor certified by UWW, in the presence of an officer for the wrestler to be tested.

The setting up and financial implications of the anti-doping controls are paid for by the host country and the National Federations.

In case of a positive result, the sanction provided in the UWW Anti-doping Regulations will be applied. The UWW, being subject to the convention fighting drug use signed with the IOC and applied by the World Anti-Doping Agency (WADA), all its Regulations, procedures and sanctions are applicable by the UWW.

The appeal body in the event of a doping sanction made by UWW against a wrestler is the Court of Arbitration for Sport (CAS) in Lausanne (Switzerland) after all appeal provisions provided by UWW's Anti-doping rules have been exhausted if applicable.

## CHAPTER 12 - APPLICATION OF THE WRESTLING RULES

These Rules supersede all former editions.

The UWW Executive Bureau is the sole decision-making authority concerning any modifications to the above provisions that are deemed desirable with a view to improving the technical Rules of wrestling.

These Rules have been drawn up bearing in mind all the circulars and information distributed by the UWW. They contain all the suggestions put forward by the auxiliary bodies and the Bureau which were accepted by the UWW Congress.

These Rules are the only valid document of their type until the following Congress which will be asked to rule on all the possible modifications or interpretations decided by the Executive Bureau.

In the event of a trial, only the French text is valid.

The National Federations must translate this document into their official language.

Every referee at a competition must have copy of these Rules in his language and in one of the UWW's official languages (French or English).



UNITED WORLD  
**WRESTLING**