



UNITED WORLD  
**WRESTLING**

# BELT WRESTLING ALYSH

International Rules & Regulations

2025





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## INTRODUCTION

Alysh is the wrestling in the standing position. Athletes wear white trousers, green/blue jackets and red belts, and must hold on to their opponents' belts at all times. Their objective is to throw their opponents with their back onto the mat.

Alysh is national belt wrestling of the Kyrgyz people with the fixed capture for a belt. Both men and women take part in the struggle. In Alysh there is division in the freestyle (technical actions with feet are permitted) and classic style (technical actions with feet are prohibited).

Historical roots of "Alysh" belt wrestling go back into much further past. This kind of wrestling is considered to be one of the ancient sports games of Kyrgyz people.

Wrestlers wear special either a blue or a green jackets, white trousers and red belts. In starting point, the head of the wrestler is on the opponent's scapulae, at the same time he/she follows the movements of the opponent's legs under his/her arms. Wrestlers hold each other's belt by bending forward in his own lap section of the belt and left hand over the opponent's right hand. The task of every wrestler is to try to pin the opponent down, by holding his/her belt.

### Classic style

In this style 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, with the exception of the use of a leg, when the opponent is in the air.

### Freestyle

In this style is permissible to grasp the legs of the opponent, to trip him/her and to use the legs actively to perform any action.

## 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 English text shall prevail.

### Article 3 - Application

Application of these rules to all international competitions under the control of UWW is compulsory.



## UNITED WORLD WRESTLING

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

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

For the 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 World and Continental Championships, the mat shall be installed on a platform not higher than 1m10 or lower than 0m50. If the mat lays on a podium and that the protection margin (covering and free space around the mat) does not reach 2 meters, the sides of the podium will have to be covered with 45° inclined panels. 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.

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.

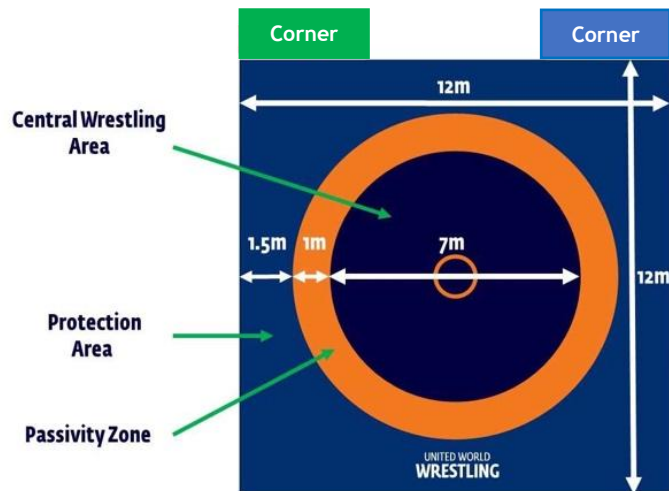
The coach of each athlete will be located in the same side of the mat. The green wrestler will be placed on the left and the blue wrestler on the right.

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 rules for the style.

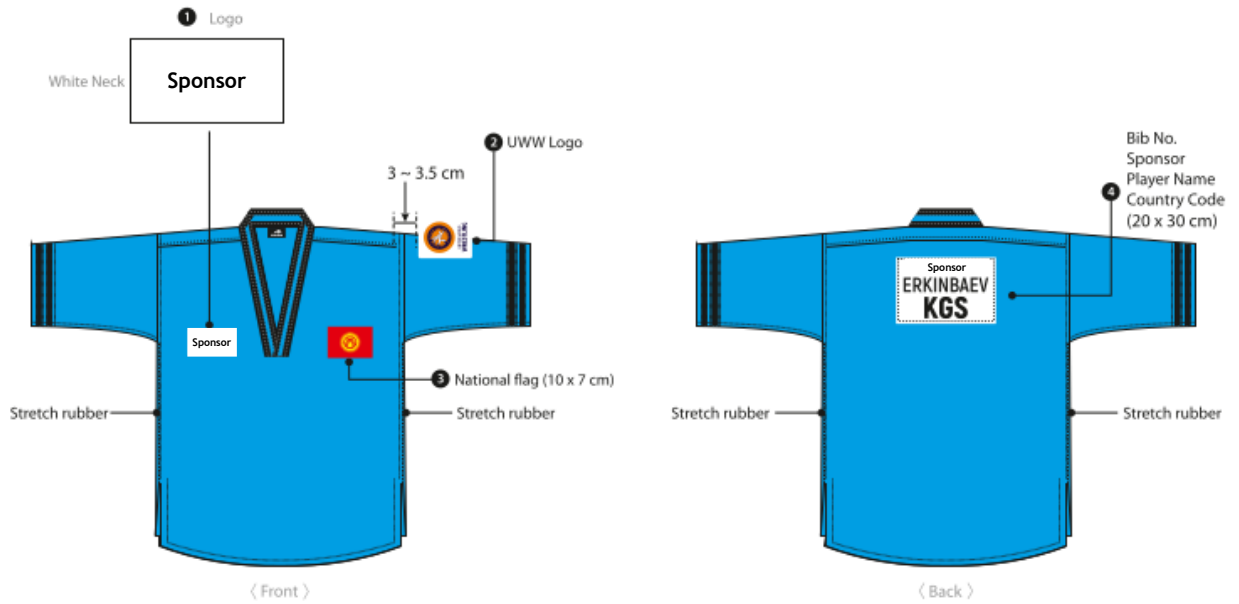




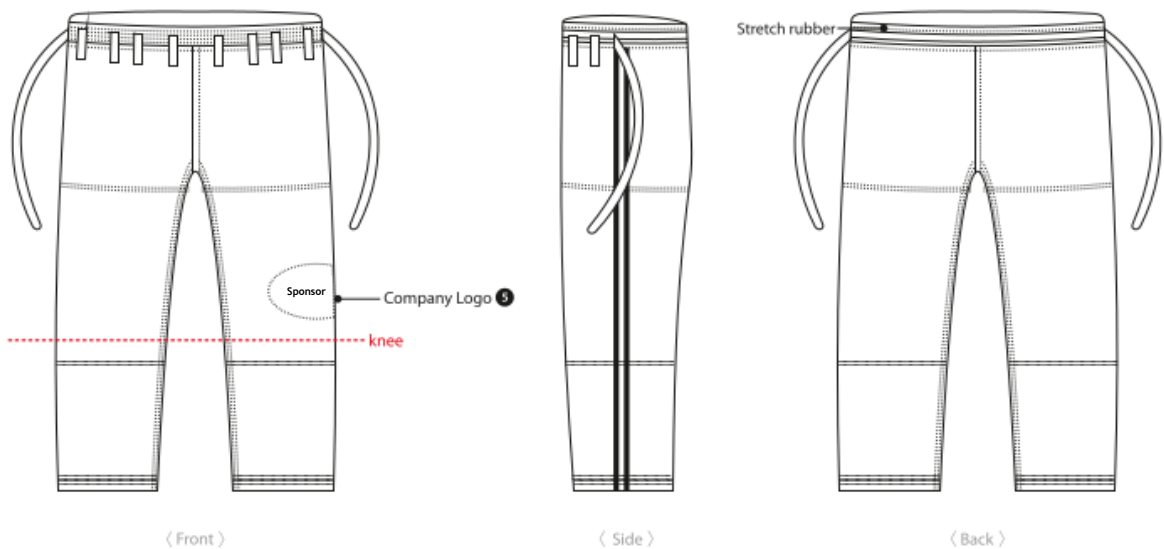
# UNITED WORLD WRESTLING

The Competitor's Uniform for belt wrestling athletes consists of white pants, special sports shirts of green color and sports shirts of blue color: Their country's emblem on the chest. The abbreviation of the country's name on the back of the shirt and the last name in Latin letters above the country's abbreviation. A belt 110-150 cm long of red color, for teenagers and boys, and 150-180 cm for adult athletes. The width of the belt shall be 4-7 cm. The participants must wear the wrestling shoes.

## UNIFORM TOP

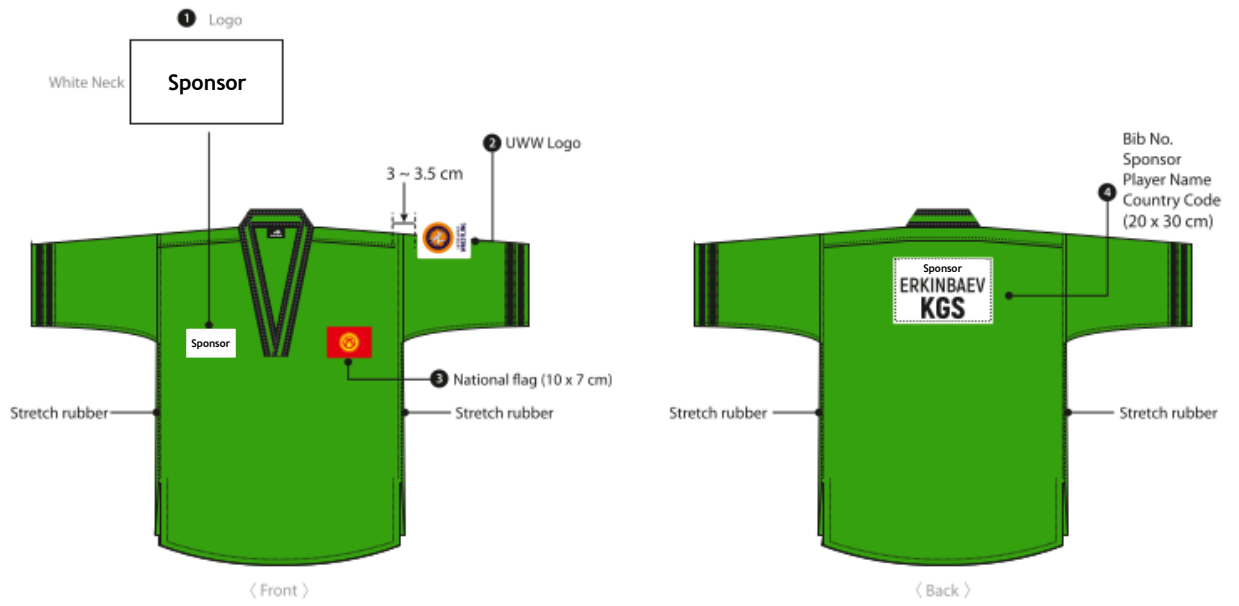


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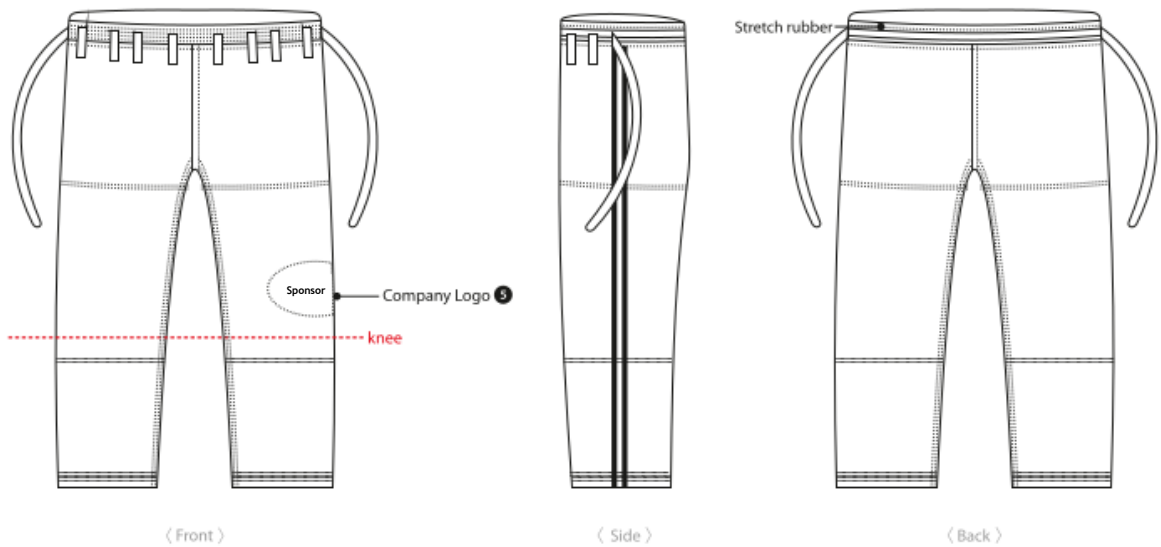


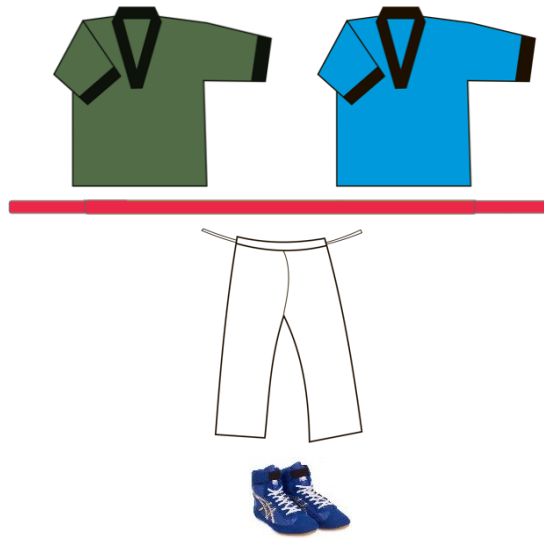


## UNIFORM TOP



## UNIFORM BOTTOM





## Hygiene of the participant

The participant must be neat, the nails must be trimmed, they must have short hair or if the hair is long it should be tied. The participant is not allowed to have on him any sharp or edged objects like watches, bracelets, rings, chains, glasses. Protective gear should be soft without metal or plastic parts. An athlete with visual impairment may use contact lenses.

Note: If a competitor loses the contact lenses during a bout and cannot immediately put them in place, he cannot continue the bout.

## Responsibility of compliance

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

## 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.
- 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:

- U 15                    14-15 years (from 13 with medical and parental certificate)
- U 17                    16-17 years (from 15 with medical and parental certificate)
- U 20                    18-19 years (from 17 with medical and parental certificate)
- U 23                    20-23 years (from 18 with medical and parental certificate)
- Seniors                20 years and older (from 18 with medical and parental certificate)
- 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.

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 **UWW ALYSH Men's Freestyle** and **Classic** style are as follows (in kilograms):

### **SENIORS (20 years and older)**

- -60; -70; -80; -90; -100; +100 kg.

### **U 20 (18-20 years)**

- -60; -65; -70; -80; -90; -100; +100 kg.

### **U 17 (16-17 years)**

- -55; -60; 65; -70; -75; -80; 90; +90 kg.

### **U 15 (14-15 years)**

- -50; -55; -60; -65; -70; -75; -80; -90; +90 kg.

The weight categories for **UWW's ALYSH Women's Freestyle** and **Classic** style are as follows (in kilograms):

### **SENIORS (20 years and older)**

- -55; -60; -65; -70; -75; +75 kg.

### **U 20 (18-20 years)**

- -50; -55; -60; -65; -70; -75; +75 kg.

### **U 17 (16-17 years)**

- -45; -50; -55; -60; -65; -70; +70 kg.

### **U 15 (14-15 years)**

- -40; -45; -50; -55; -60; -65; -70; +70 kg.

## 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. The losers in the semi-finals will automatically get bronze medals.

Each weight category begins and ends in a day. Each category weigh-in and medical control take place on the same day as category concerned. Each category draw takes place the day before the beginning of the category concerned.

The competition takes place in the following manner:

- Qualification rounds
- Elimination rounds
- Finals



If there are less than 6 wrestlers in a weigh-in category, the Nordic round will take place (each wrestler against each wrestler).

### *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 after 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

The two finalists in the elimination rounds take part in the match for the 1st and 2nd places (gold medal match).

### *Classification criteria*

From the 5<sup>th</sup> 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.



## 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 last of the ex-aequo group will be determined following these criteria until only two wrestlers remain:

- The fewest classification points
- The fewest victories by «Fall»
- The fewest match victories by superiority
- The fewest technical points scored in the whole competition
- The most technical points given in the whole competition

## Article 9 - Competition Program

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 3rd and 4th may take place on two mats.

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

## Article 10 - Award Ceremonies

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

1 <sup>st</sup> place	Gold medal + diploma
2 <sup>nd</sup> place	Silver medal + diploma
The two 3 <sup>rd</sup>	Bronze + diploma

At the World Championships, the winner will receive the World Championship Belt (see Rules governing distinctions and awards).

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

Note: Athletes cannot bring their National Flag to the podium.

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	Gold medal match
Category 2	Gold medal match
Category 1	Award Ceremony`
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

The final list of contestants must be submitted to the organizer by the team leader, without fail, at least at 12h00 the day of the draw (one day before weigh-in). No changes will be accepted after this time.

For all competitions, a single weigh-in by weight category shall take place. The weigh-in for each category always takes place on the same day of the competition concerned and lasts 30 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination within the time period stipulated in the Regulations governing the competition in question. Medical examinations are always carried out 1 hour before the weigh-in. A period of fifteen (15) minutes between the medical examination and the weigh-in must obligatorily be followed. Wrestlers must appear at the medical examination and the weigh-in with their license and accreditation.

The contestants will be weighed with Alysh uniform (white pants, shirts of green/blue colour, red belt and wrestling shoes), after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. Weight tolerance for uniform is 2 kg.

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 - The uniform - 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.

### Article 12 - Drawing of Lots

Participants shall be paired off for each round according to the numerical order determined by the drawing of lots during the weigh-in. The drawing of lots must be conducted in public. The UWW competition management system shall be used for the weigh-in 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 wrestlers who underwent a medical examination must be enclosed in an urn, a bag or any other similar object. If a different system is used, it must be clear.

The wrestler shall be weighed, and, as he leaves the scales, shall draw his number, on the basis of which he shall be paired off. This number must be immediately entered on a notice board visible to the public, as well as on the starting and weigh-in list.

**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 referees are responsible for writing down the figures drawn by the wrestlers and sign and date the weigh-in form which will rule in case of any protest.



## **Article 13 - Starting List**

If one or more wrestlers do not attend the weigh-in or are too heavy, after the weigh-in, wrestlers are regrouped in a precise classification order from the lowest to the highest number.

## **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.

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

The loser is eliminated and ranked according to the classification points marked, except for the medal winners.

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 without 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, without 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, without 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.

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

If two finalists are disqualified, then wrestlers who took the 3rd and the 4th places will take the 1st and the 2nd places accordingly. All others participants will go up in the ranking.

## **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 ranked wrestler is disqualified for doping, 2nd ranked wrestler shall move up to the first place and the bronze medalist shall move up to the second place.

The loser of the bronze medal match shall move up and will receive the bronze medal. For the rest of the ranking, the other wrestlers will move up in placing according to the ranking system.

## **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 United World Wrestling Belt 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 (O) 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, supervisors, 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, with the approval of the judge, or failing that, with the approval of the mat chairman.
- e) The referee is required to wear a green 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 "TAZA" 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 raise his hand to secure the agreement of mat chairman and say the word "TAZA".
- 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 (O) to the wrestler at fault.
  - Be able to change his position from one moment to the next, on the mat or around it.
  - 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.
- h) The referee is also required to:
  - Pay special attention to the wrestlers' legs in Classic style.
  - 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. 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 United World Wrestling International Alysh Rules.
- 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 "TAZA" 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 violation will be noted 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 United World Wrestling International Alysh 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.
- i) After the review of the video evidence, the refereeing delegate (or his substitute) solely renders its decision. Its decision is final.

## **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: one period of 2 minutes.

For Juniors, Seniors and Veterans: one period of 3 minutes.

For all the competitions, the timing displayed on the table will start from 0 to 3 minutes (from 0 to 2 minutes for schoolboys and cadets).

The winner is declared by the addition of the points at the end of the regular time.

The fall stops automatically the match whatever the time.

The bout must be stopped before the end of regular time regardless of the score when there are 6 points of difference (technical superiority).

### 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.

The wrestler called on bout the first, puts on a green jacket, and the second wrestler - blue.

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 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 gear 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 and verifies that their hands are bare.

The wrestlers greet each other, shake hands and get into position, when the referee announces "ALYSH", they start the bout. In any another cases, the referee blows his whistle.



## **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 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.
- 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, he will get caution and 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.

## **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 when a wrestler gathers 6 points more than his opponent. The wrestler wins the match by technical superiority.

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 take off their gear 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 it will continue in the standing position.

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.



## 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 (6 points of difference)
- following a forfeit
- by a disqualification
- by points (winning by 1 point more at minimum)

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

- The highest valued action.
- Lowest number of cautions.
- Last wrestler to score.

Example:

Green	Blue	Comment	Result
1 2	1 1 1	Green wrestler scored a 2-point hold.	Green winner
1 1 1	1 2 0	The blue wrestler scored a 2-point hold which is the highest value hold	Blue winner
0 0 1 1 1 <u>1</u>	1 1 1 0	Last technical point scored by the green wrestler, but he has two cautions and the blue wrestler has only one.	Blue winner

A wrestler receiving 3 cautions during a match loses the bout. 3<sup>rd</sup> caution must be given unanimously by the refereeing body.

## 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 referee delegate and the coach shall be eliminated from the competition and may no longer continue his duties. These facts also need to be report on the score sheet 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.

## **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).

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
1 <sup>st</sup>	10
2 <sup>nd</sup>	9
3 <sup>rd</sup>	8
4 <sup>th</sup>	7
5 <sup>th</sup>	6
6 <sup>th</sup>	5
7 <sup>th</sup>	4
8 <sup>th</sup>	3
9 <sup>th</sup>	2
10 <sup>th</sup>	1

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

In case a weight category used the Nordic system, the team ranking is determined following this table:

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

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 Alys official weight categories that is 6 categories men and 6 categories women. 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

Rank in the weight category	Points	Rank in the weight category	Points
1st	10	6th	5
2nd	9	7th	4
3rd	8	8th	3
4th	7	9th	2
5th	6	10th	1

Place in the weight category	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6

### 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 last of the ex-aequo group will be determined following these criteria until only two teams remain:

- The fewest classification points
- The fewest victories by fall, forfeit, disqualification
- The fewest match victories by superiority



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- The fewest technical points obtained in all the competition
- The most technical points given in all the competition
- The highest draw number

The two remaining teams will be ranked according to the result of their direct match. In case of a tied match (same number of victory like 4-4) 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 - 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.
- 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 36 - 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".

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

#### **Article 37 - Values assigned to the Actions and Holds**

**Pure victory** (called "TAZA" and recorded in the Score Sheet as "5") is awarded for:

- throwing an opponent on the back (scapula).
- a counter-action, during which the opponent falls on his back.

If above mentioned holds were started in the central wrestling area or in the passivity zone and finished in the protection area, the hold will be awarded with two points.



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**Two points** (recorded in the Score Sheet as “2”) are awarded for:

- in the case of an opponent's throw to the side, in a danger position.
- if the attacker touches the mat first during the execution with one or both knees without stopping and the defender fall in a danger position.
- for a roll on the side less than 90° (abdomen, pelvis).
- to the wrestler whose opponent falls on the buttocks on the ground and supports on one or both elbows to avoid having the shoulders onto the mat.

If above mentioned holds were started in the central wrestling area or in the passivity zone and finished in the protection area, the hold will be awarded with one point.

**One point** (recorded in the Score Sheet as “1”) is awarded for:

- a roll on two knees regardless of the place where it happens (wrestling area, passivity zone or protection area).
- to the wrestler whose opponent requested a challenge if initial decision is confirmed.
- to the wrestler whose opponent is called for a passivity.
- in the case of blocking an opponent on his side, in a danger position;
- to the wrestler whose opponent falls on the buttocks on the ground, including when the opponent is on one or two outstretched arms;
- to the wrestler whose opponent, after verbal warning, doesn't allow (blocking) to take the belt;
- to the wrestler whose opponent, doesn't have a belt of the correct size (size of one fist).

**No evaluation**

- If during the move by the attacking wrestler, he falls on his own back or rolls over the mat with his shoulder blades, and then the attacked wrestler falls without blocking him in danger position, then this technical action is not evaluated;
- TAZA in the protection area is not valid.
- If both wrestlers simultaneously fall on their sides in a neutral position, then this technical action is not evaluated.
- TAZA in the case of blocking of the opponent in a danger position is not valid.
- If during the action the defending wrestler falls on the stomach on the ground.
- If during the action the defending wrestler falls on the buttocks on the ground.

**Verbal warning** (recorded in the Score Sheet as “V”):

- In the classic style a verbal warning is given to the wrestler who tries for the first time to make a technical action using his leg, while they are standing on the mat with their feet.

**Clarification for using the legs in the standing position in the classic style:**

It is allowed for the attacking athlete to use a leg, when the opponent is lifted in the air.

The opponent must first be lifted in the air and then the attacking athlete can use his leg to make an action (for example the technique “KAYTARMA” can be used when the opponent is in the air).

**Caution** (recorded in the Score Sheet as “O”)

- in the case of repeated passive action of the match;
- if the attacker repeatedly violates rules and breaks the hold during the action;
- in case of repeated actions escaping the mat;
- in the classic style if the attacker repeatedly makes a throw using his legs and/or feet (in the standing position on the mat).

After each caution (O) the opponent will automatically receive 1 point.



## Article 38 - Decision and Vote

The referee shall indicate his decision by raising his arm and clearly showing the points with his fingers. If the mat chairman 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.

If a vote is taken, the judge and mat chairman must indicate their votes using paddles or an electric score board.

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 39 - 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:

- G: Green wrestler
- B: Blue wrestler
- 0: Zero point

Referee	Judge	Mat Chairman	Official Result	Observations
1G	1G	-	1G	In these examples the judge and referee being in agreement, the mat chairman does not intervene except for serious fault
2B	2B	-	2B	
5G	5G	-	5G	
1G	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	1G	1G	1G	
2G	1G	2G	2G	
2B	0	2B	2B	
5G	2G	2G	2G	
2B	1G	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 40 - Classification Points

#### **5 points to the winner and 0 for the loser:**

- Victory by fall (with or without technical point for the loser);
- Injury;
- Withdrawal;
- Default;
- Disqualification of the opponent.

#### **4 points to the winner and 0 for the loser:**

- Victory, when one of the athletes has 6 technical points, and his opponent did not score any technical points.

#### **4 points to the winner and 1 for the loser:**

- Victory, when one of the wrestlers has 6 technical points more than his opponent, who scored at least 1 technical point.

#### **3 points to the winner and 0 for the loser:**

- When the bout ends by a victory by points at the end of the regular time and the loser scoring no points.

#### **3 classification points to the winner and 1 to the loser:**

- 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 points for the green wrestler and 0 points for the blue wrestler (2DSQ 0:0):**

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

### Article 41 - The Fall

When the wrestler threw his opponent on his shoulders, the action 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 was thrown 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.

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 42 - 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:

- One of the wrestlers scores 6 points more than his opponent.



## **CHAPTER 8 - NEGATIVE WRESTLING**

### **Article 43 - 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 counterattack and fall.

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 interrupts 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.

### **Article 44 - Determination of Passivity**

- The athlete who is closer to the center of the carpet is considered more active;
- The athlete who is in the passivity zone is considered passive;
- The athlete is considered passive in the case that he leans against on his side with his fist (which is a violation of the rules);
- The athlete is considered passive in the case that he blocks the actions of the attacker;
- The athlete is considered passive if he backs away;
- The athlete is considered passive if the athlete tilts the body and lowers his head;
- The athlete is considered passive in the case that he flees the mat.



## **CHAPTER 9 - PROHIBITIONS AND ILLEGAL HOLDS**

### **Article 45 - 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.
- Cling to or grasp the mat.
- Talk during the bout.
- Agree with the match result between themselves.
- Wrapping a leg around the opponent's leg (in both styles).

### **Article 46 - Illegal Holds**

The following holds and actions are illegal and strictly prohibited:

- Breaking of the hold - The wrestler is forbidden to disengage the hold during the entire time of the match. Breaking the hold during the throw can lead to injury to both the attacker and the defender;
- Stop with the fist in the opponent's side - In case the wrestler stretches the grip and, without releasing the grip, lean against his fist in the side or in the iliac hollow of the opponent. This can lead to injury to the opponent, and also prevents the attacker from holding the move;
- Lean the head to the opponent's chest - In the case that the wrestler lean his head against the chest of the opponent, this prevents the attacker from carrying out any technical action and, also, can lead to injury to the opponent during the technical action;
- Passivity - It's the inactive conduct of a match, which the athlete only trying to prevent technical actions of his opponent.

### **Article 47 - 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 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 48 - 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 49 - 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 50 - 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 51 - 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 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 Associated Styles Committee is the sole decision-making authority concerning any modifications to the above provisions that are deemed desirable with a view to improving the United World Wrestling International Alysh Rules.

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 English 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).



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