

# International rules of judgement of the Turkmen national wrestling “Goresh”

## Turkmen national wrestling “Goresh”

Turkmen national wrestling “Goresh” is one of the kinds of the belt wrestling which has roots in deep ancient times. In historical sources information that among ancestors of not only turkmen men but also women can use the actions of wrestling was found.

The most famous wrestlers took care of pupils, which were more gifted, and prepared from them masters of wrestling – **palvans** who gave their accumulated experience to their pupils. Through centuries, safely passing from generation to generation - Turkmen national wrestling “Goresh” had come us in primordial aspect.

For millennia, all family and social celebrations of the Turkmen people were not without the competitions of local palvans. Legends, poems and songs were folded about the best of them. From mouth to mouth passed the stories about the battles, where sometimes the prize was not material rewards, it was immortality in the memory of posterity.

Today Goresh is one of the most popular kind of sport in country. In the gyms of towns and villages, on the nature of the Kopetdag’s foothills and of the Central Karakum desert, on the shores of the Caspian Sea and Jeytun on holiday and weekdays, according to the tradition coming from the depth of centuries, Turkmen dzhigits gather to try their strength on each other. Many sport fans and guests become witnesses of interesting competitions of strong and brave dzhigits, of their fierce fights on the improvised arena. But if these competitions were in honor of the great national or local holiday, wedding ceremony or birth of a child, the winner of each battle will receive own prize – bayrak. And more wins bring more expensive rewards.

In Turkmenistan annually held national championship in the national wrestling Goresh, involving the best wrestlers from all corners of the country.

**International competitions by turkmen national wrestling  
“Goresh”:**

World championship c. Ashgabat 2014 y.

World championship c. Orenburg 2015 y.

World championship c. Naberezhnye Chelny 2016 y.

Asian championship c. Ashgabat 2016 y.

World nomad games c. Cholpon Ata 2016 y.

European championship c. Novi Sad 2017 y.

African championship c. Cape Town 2017 y.



**The uniform of wrestlers:** white pants, sport green and red shirts, blue belt.  
The first to the carpet is called the wrestler in the green uniform, the second is in red.



1



2



**“Declaration of the first wrestler”:**

wrestler in a green uniform steps on own corner and waits next command

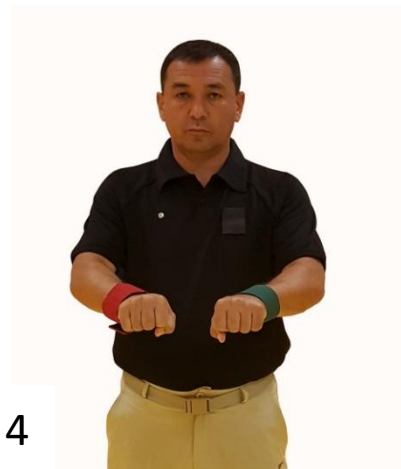
**“Declaration of the second wrestler”:**

wrestler in a red uniform steps on own corner and waits next command

3



4

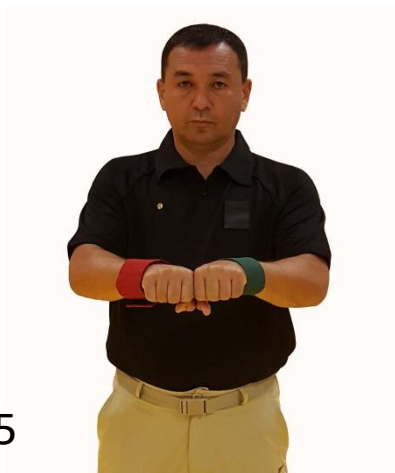


**“Take the starting position”:**

rivals stand in starting position – one hand is turning under the belt, the second hand is in free grip.

**“Wrestlers to the centre”:**

wrestlers come to the centre of mat



**“Short grip”:**

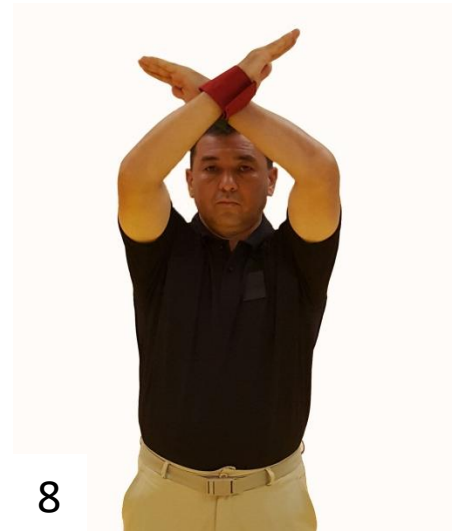
rivals stand in starting position – both hands are turning under the belt and they must touch each other.

by this gesture,  
wrestlers sink lower  
and stretch.

7



8



**“Beginning of engagement”:**

engagement begins with the arbiter’s whistle (with the quick and short signal). Arbiter makes one-step back.



**“End of engagement”:**

engagement ends with the arbiter’s long whistle.



**“Abolition of mistake mark”:**

arbiter with first arm shows mistake mark, with second arm makes waving. Then he/she shows right mark.

## “Rising”:

wrestlers must rise after any action or throw.



## “One point” is awarded for:

a throw, dumping, twisting the opponent on the stomach, chest, buttocks, thigh, head, shoulder, knee (knees), side;  
 an own touch any part of the body except the feet.

## “A draw” is awarded:

for a throw, dumping, twisting a simultaneous touch of the mat for both wrestlers.



**“Pure victory”** is awarded for:

a throw, dumping, twisting the opponent to his back (blades), and alternately touch the blades without shutting down;  
a controlled covering of the opponent on his back (blades) with an obvious fixation.



15

**“Block”**:

in the fight, one of the wrestlers does not let the opponent fight with pushing fists into his rib, side or stomach.



16

**“Предуп**

объявляе

повторн

умышлен

или лиш

в захват;

разговоры, во время схватки;

приемы вне ковра;

дожимание соперника после

проведения броска;

роспуск захвата, во время

схватки

conversations during the

fight;

techniques out of the mat;

boosting opponent after

holding throw;

dissolution of grip during the

fight.

intentional dissolution of grip

or deprivation of

opportunities to take a grip,

re-observation;

“Warning” is declared for.

**“The remark”** is declared for:

the maintenance of a passive wrestling;  
taking a low protective stand;  
deliberate out of mat;  
the slow taking of starting position;  
blocking;  
balking with head to the face, shoulder or chest of an opponent;  
interfering with taking short-throw.



**“Out the mat”:**

is declared for an exit of a wrestler (wrestlers) outside of the mat.



**“Action out the mat”** is declared for:

the implementation of the techniques outside of the mat;  
the continuation of technique outside of the mat.

-

**“Timeout”** is declared for:

receiving trauma;  
the need for medical care;  
correcting appearance of sport form.





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**“Unaccepted technique”** – if the technique was made outside of the mat or before the whistle of arbiter about beginning (continuation) of fight or after the whistle of arbiter about the concession of point, this technique does not accepted



22



23

**“The dissolution of grip”** – the attacked wrestler to avoid falling dissolve the grip, letting go of his hand. In this case, he is awarded remark/warning.



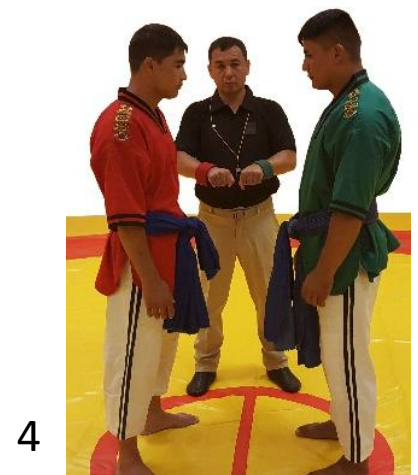
1



2

**Tying of a belt.** When the belt is tying one arm of the wrestler must be between the belt and stomach (pic. 1, 2).

**The starting position.** Wrestlers get in the centre of the circle and shake hands (pic. 3). The arbiter check the form of wrestlers for the presence of prohibited items. With the gesture of arbiter, wrestlers assume the starting position (pic.4).



Arms of wrestlers slightly bent in elbows, one hand pokes under the belt, the second hand in in free grip, and head is on the shoulder or

forearm (pic. 5). With the command of the arbiter, wrestlers down below (pic. 6, 7).

Руки борцов слегка согнуты в локтях, кисть одной руки просовывается под пояс, а вторая рука в свободном захвате, голова на плече или предплечье (рис. 5). По команде арбитра борцы опускаются ниже. (рис. 6, 7)

7



**Çysga tutluşyk** – bu tutluşykda piňňetmeler ellerini garşydaşyň guşagyň aşagyndan geçirip penjeler biri-birine deger ýaly guşagy tutmaly (sur. 8, 9). Tutluşyk başlanandan soň penjeleriň aralygy ulalyp biler (sur. 10, 11).

**The short grip** – is a grip, in which the wrestlers have to push hands under the belt of the opponent, so that hands are touching (pic. 8, 9).

After the start of the fight, the distance between the hands can be increased (pic. 10, 11).

**Короткий захват** – это захват, при котором борцы должны просунуть кисти рук под пояс соперника так, чтобы они соприкасались (рис. 8, 9). После начала схватки борцы могут увеличить расстояние между кистями рук (рис. 10,11).



10



11



12



13

Tutluşygyň dowamynda pälwanlara bir eli beýleki el bilen tutmagy rugsat berilýär (sur. 12). Eger pälwan (pälwanlar) matanyň çägindeň çykan bolsa (bolsalar), onda arbitr “**matanyň çägindeň çykyş**” diýip bildirýär we duýduryş ýa-da käýinç berýär (sur. 13). Eger pälwan (pälwanlar) matanyň çägindeň daşynda hereket eden bolsa (bolsalar),

onda arbitr “**matanyň daşynda hereket**” diýip bildirýär we duýduryş ýa-da käýinç berýär (sur. 14).

During the fight, the wrestlers are permitted to hold one hand with another (pic. 12). If wrestler (wrestlers) went out the carpet, arbiter declares “**out the mat**” and awards remark or warning (pic. 13). If wrestler (wrestlers) had made action out the mat, arbiter declares “**action out the mat**” and awards remark or warning (pic. 14).

Во время схватки борцам разрешается держать одну руку другой (рис. 12). Если борец (борцы) вышел (вышли) за пределы ковра, арбитр объявляет «**выход за ковёр**» и присуждает замечание или предупреждение (рис. 13). Если борец (борцы) выполнил (выполнили) действие за пределами ковра, арбитр объявляет «**действие за ковром**» и присуждает замечание или предупреждение (рис. 14).



14



15



16

“**Bir bal**” aşakdakylar üçin berilýär:

- garşydaşynyň garnyna, döşüne, otyrýerine, budyna, kellesine, egnine, dyzyna (dyzlaryna), gapdalyna zyňylmagyna, ýykylmagyna, aýlanylmagyna (sur. 15, 16, 17, 18);
- aýaklaryň dabanyndan başga öz bedeniniň islendik böleginiň degmekligine (sur.17, 19, 20).

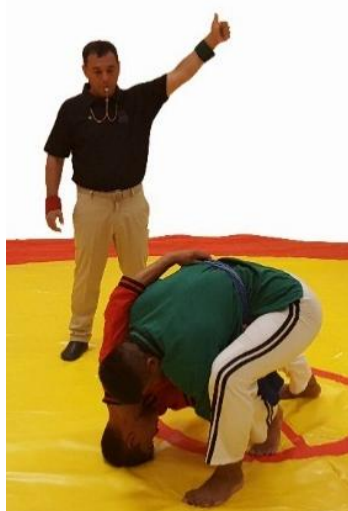
“**One point**” is awarded for:

- a throw, dumping, twisting the opponent on the stomach, chest, buttocks, thigh, head, shoulder, knee (knees), side (pic. 15, 16, 17, 18);
- an own touch any part of the body except the feet (pic. 17, 19, 20).

«**Один балл**» присуждается за:

- бросок, сваливание, скручивание соперника на живот, грудь, ягодицы, бедро, голову, плечо, колено (колени), бок (рис. 15, 16, 17, 18);
- собственное касание любой части тела кроме ступней ног (рис. 17, 19, 20).

17



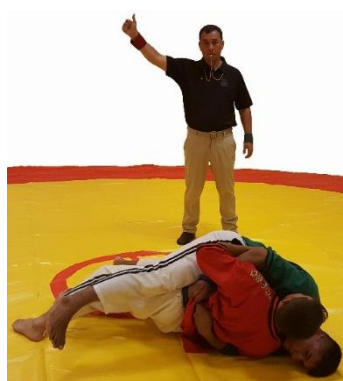
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19



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21



Hüjüm edýän ýa-da hüjüm edilýän pälwan dürli ýol bilen öz endamynyň islän bölegi bilen mata degirmejek bolmaly (sur. 17, 19, 20). Matanyň çäginde başlanan we onuň çäginde daşynda gutaran tehniki hereketler bir bal bilen bahalandyrylýar, eger-de pälwanlaryň haýsy hem biriniň endamynyň islän bölegi matanyň çäginde bolsa (sur. 21).

The attacker or the attacked wrestler must avoid own touching of any parts of body to the mat (pic. 17, 19, 20). Initiated on the mat and finished beyond it technical actions are estimated with one point, if any part of the body of any of the wrestlers is within the mat (pic. 21).

Атакующий или атакуемый борец должен всячески избегать собственного касания любой части тела о ковёр (рис.17, 19, 20). Технические действия, начатые на ковре и законченные за его пределами, оцениваются в один балл, если какая-либо часть тела любого из борцов находится в его пределах (рис.21).



**Duýduryş we bal.** Eger-de hüjüm edilýän pälwan ýykylmajak bolup eline daýansa ýa-da ýykylyp hüjümi bozsa, onda oňa duýduryş berilýär, onuň garşydaşyna bolsa bal berilýär (sur. 22, 23).

**Arassa ýeňiş.** “Arassa ýeňiş” bahasy garşydaşy arkasyna (pilçelerine) zyňylan, ýykylan, aýlanylan, şunuň ýaly-da pilçeleriň saklanman yzygiderli degilen ýagdaýda; garşydaşy arkasyna (pilçelerine) aç-açan fiksirlemegi bilen gözegçilikli ýapylan ýagdaýda berilýär (sur.24).

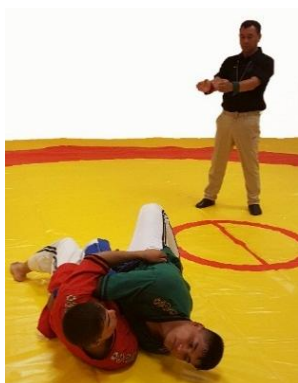
**Remark and point.** If the attacked wrestler to avoid falling relied at the hand or disrupted the attack with falling, he gets remark, and his opponent gets point (pic. 22, 23).

**Pure victory.** The mark “Pure victory” is awarded for a throw, dumping, twisting the opponent to his back (blades), and alternately touch the blades without shutting down and for a controlled covering of the opponent on his back (blades) with an obvious fixation (pic. 24).

**Предупреждение и балл.** Если атакуемый борец во избежание падения опирается на руку или срывает атаку, падая, то он получает предупреждение, а его соперник получает балл (рис. 22, 23).

**Чистая победа.** Оценка «Чистая победа» присуждается за бросок, сваливание, скручивание соперника в сторону спины (на лопатки), а также за касание ковра поочерёдно лопатками без остановки; за контролируемое накрывание соперника на спину (на лопатки) с явной фиксацией (рис.24).

25



26



“**Ara-çäre**” zyňylanda, ýykylanda, aýlananda iki pälwanyň bir wagtda deň düşekçä degmeginde berilýär (sur. 25). Eger hüjüm edilýän pälwan ýykylmajak bolup, tutluşygy göýberse we munuň bilen hüjümi bozsa, onda oňa duçduryş/käýinç berilýär (sur. 26). Eger hüjüm edilýän pälwan hüjüm edýän pälwana elleri bilen hereketlerine ýol bermeýän bolsa, onda oňa duýduryş/käýinç berilýär (sur. 27, 28).

“**A draw**” is awarded for a throw, dumping, twisting a simultaneous touch of the carpet for both wrestlers (pic. 25). If the attacked wrestler with the aim of avoid falling dissolved the grip and rip with it the attack, remark/warning is awarded him (pic. 26). If the attacked wrestler prevented the attacker by blocking his actions with hands, remark/warning is awarded to the attacked wrestler (pic. 27, 28).

За бросок, сваливание, скручивание одновременным касанием ковра обоих борцов присуждается «**НИЧЬЯ**» (рис. 25). Если атакуемый борец во избежание падения, отпускает хват и этим срывает атаку, то ему присуждается замечание/предупреждение (рис. 26). Если

атакуемый борец мешает атакующему, блокируя его действия руками, то атакуемый получает замечание/предупреждение (рис. 27, 28).



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31

Eger-de tutluşygyň dowamynda pälwanlaryň biri bilkastlaýyn matanyň çäginde çykýan bolsa, onda oňa duýduryş/käýinç berilýär (sur. 29, 30).

Tutluşyk aşakdaky ýagdaýlarda gutarýar:

- pälwanlaryň birine arrasa ýeňiş berilse;
- aç-açan tehniki üstünlik bolsa (pälwan 2 bal toplasa);
- bir ýa-da iki pälwanyň aýyrylmagy ýa-da diskwalifikasiýa bolmagy;
- tutluşygyň wagty gutaranda.

Tutluşygyň wagty gutaranlygy ses signaly (gong) bilen habar edilýär. Mundan soň arbitr tutluşygy jürlewük (ýiti dowamly signal) bilen duruzýar. Tutluşyk gutarandan soň pälwanlaryň her haýsysy arbitryň öň tarabyndan barýarlar, we arbitr netijeler yglan edilen wagtynda ýeňijiniň elini galdyrýar (sur. 31).

If during the fight one of the wrestlers intentionally went out the carpet, remark/warning is awarded him (pic. 29, 30).

The fight finishes:

- in the awarding of the pure victory to one of the wrestlers;
- in clear technical advantage (the wrestler gains 2 points);
- in removal or disqualification one or two wrestlers;
- in the ending of set time of fight.

The ending of set time of fight notifies with the sound signal (gong), and then the arbiter stops the fight with the whistle (sharp long signal). After the finishing of the fight both wrestlers come to the arbiter by their own side, and with the announcement of the results the referee raises the winner's arm (pic. 31).

Если во время схватки один из борцов умышленно выходит за пределы ковра, то ему присуждается замечание/предупреждение (рис. 29, 30).

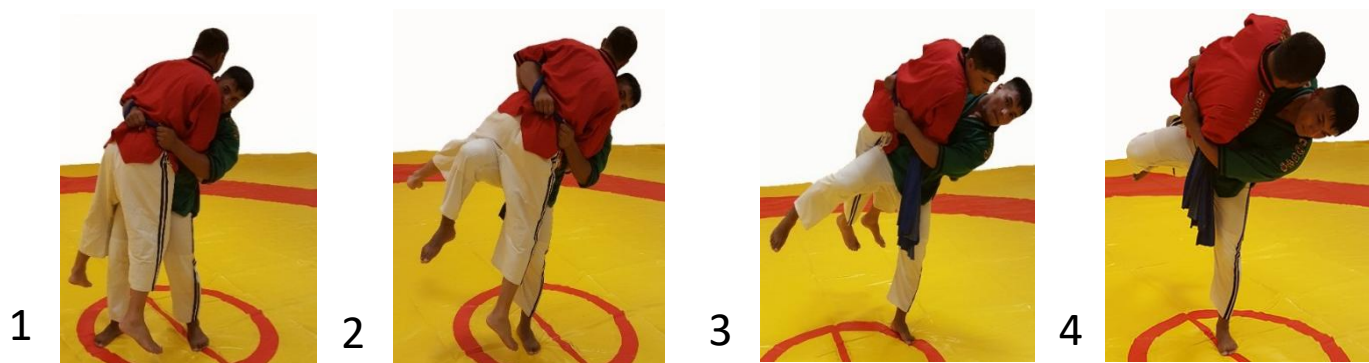
Схватка заканчивается:

- при присуждении чистой победы одному из борцов;
- при явном техническом преимуществе (борец набирает 2 балла);
- снятии или дисквалификации одного или обоих борцов;
- при окончании установленного времени схватки.

Окончание установленного времени схватки извещается звуковым сигналом (гонгом), после чего арбитр останавливает схватку свистком (резкий продолжительный сигнал). После окончания схватки оба борца

подходят к арбитру со своей стороны, и при оглашении результатов арбитр поднимает руку победителя (рис. 31).

**Türkmen milli Göreşiniň klassiki stili.**  
**The classical style of the turkmen national wrestling “Goresh”.**  
**Классический стиль туркменской национальной борьбы**  
**«Гореш».**



Klassiki stilinde hüjüm edýän pälwan hüjümi diňe garşydaşyny galdyrandan soň (garşydaşynyň aýaklary mata degmeli däldir) (sur. 1) dyzyny içinden (sur. 2) ýa-da daşyndan (sur. 3, 4) galdyryp edip bilýär.

In classical style the attacking wrestler may make an attack with the raising of the knee inside (pic. 2) or outside (pic. 3, 4) only after he lifts his opponent (the opponent should touch the carpet no foot) (pic. 1).

В классическом стиле атакующий борец может совершить атаку с поднятием колена изнутри (рис. 2) или снаружи (рис. 3, 4) только после того, как он поднимет соперника (соперник не должен касаться ковра ни одной ступнёй) (рис. 1).



Garşydaşyňy galdyrman hüjüm ediş emelleri ulanmagy **gadagandyr** (sur. 5, 6, 7, 8); eger-de emel edilen bolsa, onda pälwana duýduryş/käýinç berilýär.

It is **prohibited** to use methods of attack without a raising the opponent (pic. 5, 6, 7, 8); if so attack had done, remark/warning is awarded to the attacker.

**Запрещается** использовать приёмы атаки, не поднимая при этом соперника (рис.5, 6, 7, 8); если же приём был совершён, борцу присуждается замечание/предупреждение.

**Tutluşygyň wagty:** 3 minut.

**Ara-çäre** (1:1 ýa-da 0:0) bolan ýagdaýda gysga tutluşykly 1 minut berilýär we tutluşyk birinji bahalandyrylan tehnik herekete çenli dowam edýär.

**Bellik:** eger-de gysga tutluşykdan soň ara-çäre hem bolsa, onda pälwanlaryň gaýtadan agramlary ölçelýär, we haýsy pälwanyň agramy garşydaşyndan ýeňil bolsa, şol ýeňiji diýip hasap edilýär (3:1).

**“Arassa ýeňiş”** aşakdaky ýagdaýlarda berilýär:

- garşydaşyňyň arkasyna (pilçelerine) zyňylmagyna, ýykylmagyna, aýlanylmagyna, şunuň ýaly-da pilçeleriň saklanman yzygiderli degmegine;
- garşydaşyňyň arkasyna (pilçelerine) aç-açan fiksirlemegi bilen gözegçilikli ýapmagyna (5:0).

Bu baha ýaryşyň protokolyňa “**A**” (‘Arassa ýeňiş’) bilen ýazylýar, tabloda bolsa “**2**” bilen aňladylýar.

**Arassa ýeňişe** aşakdakylar deňlenilýär:

- garşydaş aýrylanda ýa-da diskwalifikasiya gazananda (5:0);
- garşydaş mata çykmadyk ýagdaýynda (5:0);
- garşydaş tutluşykdan ret etmeklik sebäpli, kesel sebäpli ýa-da şikes ýetmek sebäpli (5:0).

**Aç-açan üstünlikli ýeňiş** – pälwan 2 bal toplaýar (4:0), eger-de garşydaşynda tehniki ballary bar bolsa 2:1 (4:1).

**Bal boýunça ýeňiş** – tutluşyk 1:0 (3:0) bilen gutaran bolsa.

**Iki taraplaýyn diskwalifikasiya**(0:0).

**Time of the fight:** 3 minutes.

In case of a **draw** (1:1 or 0:0) is given 1 minute of wrestling with a short grip, and the fight continues until the first evaluated technical action.

**Note:** after the short grip in case of a draw re-weigh of wrestlers is happened, and the wrestler wins, if his weight is less than his opponent's (3:1).

**“Pure victory”** is awarded for:

- a throw, dumping, twisting the opponent to his back (blades), and alternately touch the blades without shutting down;
- a controlled covering of the opponent on his back (blades) with an obvious fixation (5:0). The mark is written into the protocol of the

competitions with the uppercase letter “A” (‘Arassa ýeňiş’), and on the scoreboard is written digit “2”.

To the **pure victory** equates:

- victory in removal or disqualification of the opponent (5:0);
- victory in view of absence of the opponent on a mat (5:0);
- victory in view of failure, disease or trauma of the opponent (5:0).

**Victory with a clear technical advantage** – a wrestler gains 2 points (4:0), if the loser had the technical points 2:1 (4:1).

**Victory on points** – the fight ends 1:0 (3:0).

**Mutual disqualification** (0:0).

**Время схватки:** 3 минуты.

В случае **ничьи** (1:1 или 0:0) даётся 1 минута борьбы с коротким захватом, и схватка продолжается до первого оценённого технического действия.

**Примечание:** в случае ничьи после короткого захвата происходит повторное взвешивание борцов, и побеждает борец, вес которого меньше, чем у его соперника (3:1).

«**Чистая победа**» присуждается:

- За бросок, сваливание, скручивание соперника в сторону спины (на лопатки), а также за касание поочередно лопатками без остановки.
- За контролируемое накрывание соперника на спину (на лопатки) с явной фиксацией (5:0). Оценка пишется в протокол хода соревнований большой буквой «A» (‘Arassa ýeňiş’), а на табло - цифра «2».

К **чистой победе** приравнивается:

- победа при снятии или дисквалификации соперника (5:0);
- победа ввиду неявки соперника на ковёр (5:0);
- победа ввиду отказа, болезни или травмы соперника (5:0).

**Победа с явным техническим преимуществом** – боец набирает 2 балла (4:0), если у проигравшего есть технические баллы 2:1 (4:1).

**Победа по баллам** – схватка заканчивается 1:0 (3:0).

**Обоюдная дисквалификация** (0:0).

**Türkmen milli Göreşi boýunça ýaryşlar aşakdaky ulgamlar boýunça geçirilmegi mümkin:**

- göni çykmagy bilen Olimpik ulgamy boýunça. Ýarym finallarda utulan pälwanlar üçünji ýerlere eýe bolýarlar.
- Halka ulgamy boýunça, haçan-da agram kategoriýasynda gatnaşyjylaryň sany **bäşden** köp bolmasa. Bu ýagdaýda diňe bir sany **üçünji** ýer bolup biler.

**GARŞYLYK:** Sekundantlarda porolondan ýaşyl we gyzyk kubiklar, “çelenžlar”, dawaly ýagdaýda bellenen tehniki hereketi boýunça tutluşygy gyssagly duruzmak üçin bolýar. Eger-de sudýalaryň brigadasynyň maslahatlaşmasyndan soň tehniki hereketiň bahasy üýtgedilmedik bolsa, onda bu sekundanta degişli pälwan **duýduryş** alýar we “çelenž” alynýar.

**The competitions by Turkmen national wrestling “Goresh” can be performed on:**

- Olympic system with a direct shootout. Wrestlers who lost in the semifinals will receive third places.

- Circular system, when in the weight category no more than **five** participants. In this case is only one **third** place.

**PROTEST:** The seconds have the green and red cubes from foam rubber “**challenge**” for an emergency stopping the fight in a controversial situation exactly in this technical action. If after judging panel’s discussion the mark of technical action had not changed, second’s ward automatically obtains **warning** and “challenge” is taken.

### **Соревнования по туркменской национальной борьбе «Гореш» могут проводиться по:**

- Олимпийской системе с прямым выбыванием. Борцы, проигравшие в полуфиналах, получают третьи места.
- По круговой системе, когда в весовой категории не более **пяти** участников. В этом случае определяется только одно **третье** место.

**ПРОТЕСТ:** Секунданты имеют в наличии зелёные и красные кубики из поролона «челенж» для экстренной остановки схватки в спорной ситуации, именно по данному техническому действию. Если после обсуждения судейской бригадой оценка технического действия осталась без изменения, то подопечный секунданта автоматически получает **предупреждение** и «челенж» забирается.