

# START OF BELT WRESTLING

## **\*\*“Gushtini Kamarbandi”\*\***

1. Participants of **\*\*Gushtini Kamarbandi\*\*** must wear uniforms in **\*\*red and green colors\*\***, with **\*\*white trousers\*\*** and a **\*\*red belt\*\***.
2. Wrestlers enter the mat wearing **\*\*red and green uniforms\*\*** and compete in **\*\*wrestling shoes\*\***, **\*\*white trousers\*\***, and **\*\*red belts\*\***. The wrestler in the **\*\*blue uniform\*\*** first grips the opponent's belt strictly from the sides. After that, the wrestler in the **\*\*red uniform\*\*** takes the belt grip. Only after both grips are secured and the referee gives the signal by touching the backs of both wrestlers with his hands, the wrestlers begin moving their hands along the belt to find a comfortable position.
3. The belt size, when tied, must be adjusted so that **\*\*there is a space equal to one fist between the chest and the belt\*\***.
4. The wrestler grips the opponent's belt by **\*\*arching slightly backward at the waist\*\***, placing the **\*\*right arm under the opponent's arm\*\*** and the **\*\*left arm over the opponent's right arm\*\***. In the starting position, the wrestler's **\*\*head rests on the opponent's shoulder\*\***, while observing the movement of the opponent's legs from under his arms.

## **COMMANDS USED BY REFEREES**

### **1. **\*\*KAPED\*\*** – Belt grip.**

After this command, the wrestlers hold the belt **\*\*equally from the left and right sides\*\***. It is strictly prohibited to hold the belt **\*\*pressing it against the sides or gripping it from behind\*\***. If the wrestlers do not comply with the referee's instructions within **\*\*15 seconds\*\***, they will be penalized according to the **\*\*Gushtini Kamarbandi rules\*\***.

### **2. **\*\*GIRED\*\*** – Command to **\*\*start the bout\*\***.**

**3. **\*\*ISTED\*\*** – Command to **\*\*stop the bout\*\***, given after a throw or when a **\*\*prohibited technique\*\*** is performed.**

### **4. **\*\*BADAN\*\*** – Initial score.**

This score is awarded when a wrestler **\*\*throws the opponent onto the knee or buttock\*\***.

\* If both wrestlers receive several **\*\*BADAN\*\*** scores, the victory is awarded to the wrestler who has **\*\*the greater number of **BADAN** scores\*\***.

\* If a wrestler **\*\*lifts the opponent off the mat and places him on his knees or buttocks\*\***, a score is awarded.

### **5. **\*\*\*\*** – Half victory**

This score is awarded when a wrestler performs a **\*\*strong, sharp and technically beautiful throw onto the opponent's side\*\***.

\* If during the technique the wrestler **\*\*falls onto his back himself and pins the opponent on the shoulders without lifting him off the mat\*\***, the action is counted accordingly.

\* **\*\*Three “BADAN” scores are not equal to one “PAKHLU”;** the “PAKHLU” score has priority.\*\*

## **6. \*\*KHALOL\*\* – Clear victory**

This score is awarded when a wrestler performs a **clean and precise throw onto the opponent's back with a clear lift from the mat**.

\* If a wrestler performs a **chest throw and touches the mat with his shoulder**, the technique **is not counted**.

\* If a wrestler performs a **chest throw and falls onto both shoulder blades**, he is considered **the loser**.

\* **Two throws scored as "PAKHLU" equal a "KHALOL" victory.**

\* If a wrestler **puts the opponent on the back twice without lifting**, a victory may be awarded.

\* If the opponent receives **three penalties ("TANBEH")**, victory is awarded.

\* If a wrestler **does not come to the mat within 2 minutes**, the opponent is declared the winner.

\* A throw scored as **"PAKHLU"** has an advantage over three **"BADAN"** scores.

\* If **medical assistance exceeds 3 minutes**, the opponent may be declared the winner.

\* If a wrestler performs **four throws scored as "BADAN"**, four **BADAN** scores **exceed one PAKHLU score**.

\* When a wrestler receives a **"KHALOL" score**, the referee **raises the hand of the winning wrestler**.

## **7. \*\*DURANG\*\* – Additional bout (tie-break)**

This is applied when the match **ends in a draw**: when neither wrestler has scores or when the warnings and penalties are equal.

In this case, a **"golden throw"** with a **short belt grip** is assigned.

At the referee's command **"GIRED"**, the wrestler who **first performs a throw** is declared the winner.

The loser is the wrestler who is **first thrown onto the shoulder blades, side, knees, or buttocks**.

A wrestler also loses if he **first releases the belt grip, breaks the grip, or lowers his arm**.

## **8. \*\*TANBEH\*\* – Violation of the rules**

Penalty given for **violations of the Gushtini Kamarbandi rules and prohibited techniques**.

If a wrestler performs a **leg sweep with the right or left leg from the side**, he receives a **warning**.

If a wrestler **pushes the opponent with the right or left knee from the side**, he receives a **warning**.

If a wrestler **does not execute the command “KAPED” within 10–15 seconds**, he receives a warning.

If a wrestler **leans on the opponent’s arm and prevents him from performing techniques**, or **releases his hand from the belt during the bout**, he receives a warning.

If a wrestler **presses his hands against the opponent’s stomach for more than 20 seconds**, he receives a warning.

If a wrestler **uses trips from the front, side, or back, hooks, or leg entanglements**, he receives a warning.

If wrestlers **do not attempt techniques for more than 25 seconds** or **do not begin wrestling after the command “GIRED”**, a warning may be given.

If a wrestler **performs a technique after releasing one hand from the belt**, he receives a warning.

If a wrestler **intentionally pushes the opponent out of the mat** or **runs into the danger zone of the mat**, he receives a warning.

If a wrestler **does not obey the referee’s commands, talks, or shouts offensive or inappropriate words toward the refereeing panel**, he receives a warning.

A wrestler who receives **three “TANBEH” (penalties)** is considered **the loser**.

If a wrestler **intentionally injures the opponent**, he is **disqualified**.

## **9. BEKOR**

This command is used to **declare a throw invalid or not counted**.

## **10. PROHIBITED ACTIONS**

\* Trips from the **front, side, or back**, hooks, or **leg entanglements**\*

\* Performing techniques **after releasing one hand from the belt**\*

\* **Constantly pushing hands against the opponent’s stomach**\*

\* **Releasing the belt grip during the bout**\*

\* **Applying painful or submission techniques**\*

\* Using **dangerous technical actions that may cause serious injury to the wrestlers**\*

## **11. DURATION OF BOUTS**

\* **Men** – 5 minutes of effective time

\* **Women, children, and participants over 56 years old** – 3 minutes

\* **Teenagers and participants over 35 years old** – 4 minutes

## **12. DUTIES OF COMPETITION PARTICIPANTS**

\* Participants must **greet each other with a bow before the start and at the end of the bout**.

\* Participants must **follow the instructions of the referee and judges and strictly comply with the rules of “Gushtini Kamarbandi.”**

\* Participants must **behave properly during the competition**.