

KORESH COMPETITION RULES

These competition rules of the koresh sport (hereinafter referred to as the “Rules”) are developed by the International Koresh Belt Wrestling Sports Federation (hereinafter referred to as the “IKBWSF”).

These rules are binding upon all organisations hosting official sports competitions in koresh (hereinafter referred to as the “Competitions”).

When performing the duties, officials (team representatives, coaches, competitors, referees and judges) taking part in the Competitions shall be governed by these Rules.

Section I. GENERAL PROVISIONS

Clause 1. Basic Definitions and Terms of the Koresh Sport

- 1.1. Koresh – a type of combat sports with the use of the belts, where a competitor’s aim is to “pin” the opponent by performing any of the permitted holds.
- 1.2. Wrestler – a competition participant (competitor) – an athlete competing in a koresh bout.
- 1.3. Bout – a fight on the mat in the koresh wrestling.
- 1.4. Hold – a wrestler’s focused technical (attacking) action from the standing position, when a wrestler disrupts the opponent’s balance, lifts him off the mat vertically (upwards, upwards and sideways) and by a controlled throw forces him to fall on the back (or close position on the back with unsupported feet).
Note: In koresh, only throws when the opponent is lifted off the mat are evaluated.
- 1.5. Hold failure (incomplete technical action) – an attacking wrestler’s action, when he disrupts the opponent’s balance, lifts him off the mat and losing control falls down, while he may get on the back in the lower position (or close position on the back, e.g. covered by the opponent).
- 1.6. Covering – an action of an attacked wrestler, pressing himself close to the opponent and fixing him on his back, while the attacker performs the action.
- 1.7. Grasp – a wrestler’s hold of the opponent’s belt, grasping it from the opponent’s back at the same distance from the backbone, the right arm is under opponent’s left arm, and left arm – above the right arm.
- 1.8. Standing position – a wrestlers’ starting position with the opponent’s belt grasped from above, bending forward, putting the head on the opponent’s right shoulder.
- 1.9. High standing position – a wrestlers’ starting position on the mat, when after they grasp the belts the wrestlers stand with straight legs and chests against each other.

1.10. Positions on the mat:

- a) on feet – a wrestler’s position touching the mat with feet (stands on his feet);
- b) on feet with support on hands or forearms – a wrestler’s position touching the mat with feet and hands or forearms;
- c) on knees – a wrestler’s kneeling position;
- d) on knees with support on hands or forearms – a wrestler’s position touching the mat with the two knees and hands or forearms;
- e) on stomach – a wrestler’s position taking prone lying position on the mat facedown;
- f) on back – a wrestler’s position lying flat on his back on the mat;
- g) on side – a wrestler’s position lying on the side and touching the mat with a shoulder or shoulder blade;
- h) sit – a wrestler’s position sitting on the mat (on hip);
- i) on bridge – a wrestler’s dorsal arching position with the support on the head and feet, back to the mat;
- j) out of the mat – a position when one or two wrestlers step beyond the mat field of play;

1.11. Mat field of play – an inside part of the circle or square indicated on the mat.

1.12. Attacking wrestler – a wrestler who performs the action towards the opponent during the bout.

1.13. Attacked wrestler – a wrestler being effected under the action during the bout.

1.14. Hook – element of a forbidden action, when a wrestler entwines (pulls, hooks) the opponent’s leg(s) with his leg(s), calf or foot preventing the opponent’s hold.

1.15. Change of grasp – element of a forbidden action, when during the hold a wrestler releases his hands out of the grasp and makes a hand or wrist lock behind the opponent’s back.

1.16. Knock down, knock over – actions performed by a wrestler without lifting the opponent off the mat.

1.17. Challenge – an object made of special light material of red or green color used by the cornerman to lodge the protest during the bout.

1.18. Release of the grasp – an action by the attacked wrestler, who releases his hands out of the grasp during the attacker’s hold preventing the opponent’s hold.

1.19. Grasp failure – an action by the attacker, who unintentionally releases his hands out of the grasp when performing a hold.

1.20. Technical point – a point for the performed hold.

1.21. Caution point – one point scored to the competitor, when an opponent performs a forbidden action.

1.22. Protest point – one point scored to the competitor for the opponent’s false protest.

Clause 2. Types of the Competitions

The nature of competitions is stipulated by the Competition Regulations (hereinafter referred to as the “Regulations”) in each individual case.

2.1. Individual events.

In individual events, only personal results and competitors' places in the weight categories are determined.

2.2. Individual and team events.

In individual and team events, the teams are placed according to the total sum of their competitors' personal results (in accordance with the Regulations):

- a) by the smallest sum of the places won;
- b) as per the order of points scoring (e.g. as in the Table 1).

Table 1

Place	Points
1	10
2	8
3	6
4	4
5	3
6	2
7,8 and lower	1

When determining the team standing at the competitions, if two or more teams have tied scores (subjects, Federal districts of the Russian Federation, etc.), advantage is given to the team with more first, then second and further places.

2.3. Team events.

In the team events, the teams compete with each other (wall-to-wall), and upon results the teams are placed.

Note. Individual events and team events may be held separately within one competition.

Clause 3. Systems of the Competitions (Winners' Determination)

3.1. System by elimination (as per the Olympic system):

- a) with a reduction to an ideal number, and repechage bouts in the finals;
- b) with a reduction to an ideal number, without repechage bouts;
- c) without a reduction to an ideal number;

3.2. Round robin:

- a) all competitors of a certain weight category compete among each other;
- b) with elimination after two defeats.

Note. Competition regulations define the type and systems in each individual case (at the Cup competitions combined (mixed) systems may be applied).

Clause 4. Types of Sports Sanctions

It is forbidden to have unlawful influence on the results of sports competitions, listed in the regulations for the official inter-regional and All-Russian sports competitions.

~~It is forbidden to play gambling games in bookmaker's offices and totalizator by means of placing bets for the official sports competitions in compliance with the requirements~~

~~stipulated by the cl. 3 part 4 article 26.2 of the Federal Law dated December 4, 2007 No. 329-FZ “On physical culture and sport in the Russian Federation”.~~

The following sanctions are provided for the athletes, coaches, judges and referees, heads of sports teams for the unlawful influence on the competitions results:

- a) primary violation leads to the suspension from the competition;
- b) repeated violation leads to the sports disqualification;
- c) in accordance with the Anti-doping rules, a disqualified competitor is not eligible to participate in the sports competitions during the disqualification term.

Clause 5. Anti-Doping Control

- 5.1. All koresh competitors shall follow ethical standards and fair play rules in sport. They shall observe All-Russian Anti-Doping Rules of the All-Russian Anti-Doping Organisation (hereinafter referred to as “RUSADA”), the World Anti-Doping Code and the International Standards of the World Anti-Doping Agency (hereinafter referred to as “WADA”). Doping control procedure is stipulated in accordance with the WADA/RUSADA rules (<https://www.wada-ama.org/>, <http://rusada.ru/>).
- 5.2. The coach, competitor and athlete’s medical staff shall examine the documents regulating the anti-doping activities, such as: World Anti-Doping Code, Prohibited List, International Standard for Therapeutic Use Exemptions, International Standard for Testing. The coach, athlete and medical staff shall know the anti-doping rules and the consequences of their violation; know which substances and methods are prohibited in the competition and out-of-competition periods; have information about the use of dietary supplements in sport and about the dangers associated with their use. Competition control is carried out during the competition, and out-of-competition control can be carried out at any time and in any place.

Clause 6. Medical Services

- 6.1. The Competition doctor provides medical control and medical care. Each competitor shall undergo a medical examination in their subject three days prior to their departure for the competition. The competition organiser undertakes to provide medical services, including medical control before weigh-in and assistance during the bouts. In addition, it should help to identify potential doping individuals.
- 6.2. Organising Committee appoints a doctor that manages the medical service throughout all competitions. Before the competitors’ weigh-in, the doctor examines each competitor and concludes their state of health. If it is found that the competitor is not feeling well or his health condition is dangerous for him or his opponent, he will be withdrawn from the competitions. During the competitions, the medical personnel shall be ready to interfere and assist in the event of an accident and to determine, whether a competitor can continue the bout. The team representative may be present when the doctor assists the injured.

~~6.3. Emergency medical services are provided in accordance with the order of the Ministry of Health and Social Development of the Russian Federation dated 09.08.2010, No. 613N “On approval of the procedure for healthcare delivery during physical culture and sports competitions”.~~

6.4. Functions of the Competition doctor:

- a) verifies the entry forms, whether they have the doctor's permission for the competitors admission to the competition;
- b) attends the weigh-in;
- c) with the approval of the chief referee forbids (permits) ill or injured competitors continue the bout;
- d) gives first aid to the competitor in case of an injury;
- e) monitors the compliance with sanitary and hygienic requirements during the competitions;
- f) upon conclusion of the Competitions, reports to the chief referee on the medical provision during the Competitions indicating the cases of injuries and illnesses;
- g) is a member of the committee for the Competition venue acceptance.

6.5. Doctor’s rights and obligations.

Competition doctor has the right to stop the bout, if the competitor’s injury is evident or there is bleeding. The doctor shall debride a wound, and decide, whether an injured wrestler can continue the bout. After the medical care is provided, the bout may resume.

Section II. COMPETITORS

Clause 7. Competitors’ Age Groups and Weight Categories

7.1. Competitions are held in the events (hereinafter referred to as the “Weight categories”) in accordance with the IKBWKSF Rules among the male competitors (Table 2):

No.	Age groups	Age categories (kg)
1	Novices (13-14 y.o.)	36, 40, 45, 50, 55, 60, 65, 70, 75
2	Schoolboys (15-16 y.o.)	45, 50, 55, 60, 65, 70, 75, 80, 100
3	Cadets (17-18 y.o.)	55, 60, 65, 70, 75, 80, 85, 90, 110
4	Juniors (19-21 y.o.)	60, 65, 70, 75, 80, 85, 90, 100, 120
5	Juniors (17-25 y.o.)*	60, 65, 70, 75, 80, 85, 90, 100, 130, 130+
6	Seniors (19 y.o. and over)	60, 65, 70, 75, 80, 85, 90, 100, 130, 130+, AC

*in this age group, competitions are held only among students

7.2. Competitor’s sports qualification should correspond to the level of qualification specified in the Competition Regulations.

7.3. To participate in the sports competitions, an athlete should attain a specified age in the calendar year of the sports competitions.

7.4. Admission of the competitors who have not reached the age of majority (as of the

admission commission date) is carried out only upon presenting the Application confirming the consent of the parents or legal representatives for their child to participate in the koresh competitions.

- 7.5. Competitions in the absolute weight category may be conducted in the Juniors and Seniors age groups without the division into the weight categories. Competitors' minimum weight is stipulated by the Regulations.

Clause 8. Competitors' Admission

- 8.1. Competitor's admission for the competitions, qualification and the list of the documents submitted to the admission commission are governed by the Regulations.
- 8.2. Organisations' entries for the teams' or competitors' participation shall be made as per the set form and be stamped and signed by the head of the organisation, coach and doctor verifying the necessary competitors' preparedness.
- 8.3. Deadline for the pre-entry forms are set forth in the Regulations. Final entry form for the competition is submitted during the admission commission, but no later than 2 hours prior to the weigh-in.
- 8.4. Competitors' admission is carried out by the admission commission composed by the representative of the host organisation, chief referee or the deputy, chief secretary, competition doctor and commission members who check the entries and documents to comply with the Regulations.
- 8.5. The host organisation representative is responsible for the competitors' admission.

Note. The doctor's admission is valid for a week from the date the entry form is filled out. Competitors infected with the HIV virus (other viral diseases) are prohibited from participating in koresh competitions. Medical personnel infected with the same virus are prohibited from participating in medical events related to the competition services.

Clause 9. Entry Fee Amount and Deadlines

Competition organiser may stipulate the entry fee:

- 1) entry fee amount and deadlines are determined by the Competition organiser and set forth in the Competition Regulations, ~~and may not exceed RUB 500 per one athlete at the competition;~~
- 2) entry fee is non-refundable;
- 3) entry fees are accepted from the team representative ~~(subject of the Russian Federation or sports club)~~ at the time of the admission commission procedure.

Clause 10. Terms and Conditions of the Competitors' Insurance

~~Competitors' insurance may be performed at the expense of both budgetary and non-budgetary funds in accordance with the legislation of the Russian Federation and subjects of the Russian Federation.~~

Competitors' insurance may be paid for by the sending organisation or from their own funds.

Clause 11. Competitors' Weigh-in and Draw

- 11.1. Weigh-in procedure determines whether the competitor's weight corresponds to the limits of one of the weight categories.
- 11.2. The order and time of competitors' weigh-in are specified in the Competition Regulations. A competitor who is late or has not appeared for weigh-in in the allotted time is not admitted for the competition.
- 11.3. Within one hour prior to the beginning of weigh-in, the competitors are given the right for preliminary weigh-in (non-official weigh-in).
- 11.4. The competitor has the right to officially stand on the scales only once.
- 11.5. Competitors of the same weight category should be weighed on the same scales, wearing briefs or underwear (underweight is stipulated in the Regulations).
- 11.6. Weigh-in is carried out by the admission commission members, appointed by the Competition chief referee. Doctor's presence is necessarily required for the visual analysis and medical assistance.
- 11.7. At the weigh-in the competitor should present the identity document along with other documents mentioned in the Regulations.
- 11.8. Weigh-in results protocols are confirmed by the admission commission.
- 11.9. The order of meets and bouts among the competitors and teams in each weight category are determined by the draw.
- 11.10. In team events among seniors (except for the novices, schoolboys, cadets, and juniors) it is allowed to perform in the right or next weight categories.
- 11.11. Weigh-in is carried out once on the first competition day or the day before and lasts one hour. ~~If the weigh-in is carried out on the day of the competition, it begins two hours before the start of the competition at the latest.~~

Clause 12. Requirements for the Competitor's Uniform

- 12.1. Competitors should keep the uniform in proper condition (clean and free of any damages). The uniform should fit the competitor's size (it should be loose enough, not hindering the movements) (Pic. 2)
- 12.2. Green or red T-shirt made of cotton or similar fabric.
- 12.3. White sweatpants made of cotton or similar fabric.
- 12.4. The belt should be tied in a knot at the waist level, tightly fixing the T-shirt and match its colour (Pic. 2,3)
Red or green belt made of cotton or similar (thick) fabric. Belt sizes:
 - for seniors – length – 180-220, width – 40-50 cm;
 - for juniors – length – 150-180 cm, width – 40-50 cm.
- 12.5. Special wrestling shoes.



Pic.1 Competitors' Uniform



Pic.2 Competitors' Uniform



Pic.3 Tied belt

12.6. Protection materials (bandage, wraps and tapes) are used at the discretion of the competitors and should not threaten the competitors' health.

12.7. Allowed marks on the competitor's uniform:

- a) Federation's emblem (logo) is placed on the left side of the T-shirt on the chest, maximum size is 100 cm²;
- b) Emblem of the competitions or host organisation on the right side of the T-shirt on the chest, maximum size is 100 cm²;
- c) Competitor's country name (country's abbreviated code), surname and name on the back (no lower than 5 cm from the T-shirt collar).

Note. It is forbidden to wear any adornments during the bout (watches, bracelets, rings, necklaces, etc.) The wrestler is not allowed to compete without the uniforms.

Clause 13. Competitors' Rights and Obligations

13.1. The competitor shall:

- a) strictly observe the Rules;
- b) fulfill the judges' and referees' requirements;
- c) timely appear in the bout start zone upon the refereeing body's call;
- d) timely come up to the relevant mat corner after the bout is announced (beyond the mat field of play);

- e) come to the mat centre for the bout upon the arbiter's order;
- f) be correct towards the competitors, judges and referees, and spectators;
- g) have neat and tidy appearance (nails cut short, long hair tied up not to cause inconvenience to the opponent, head not covered except for the band for medical purposes).

13.2. The Competitor is entitled to:

- a) timely get necessary information on the competitions (regulations, schedule, competition progress) via the team representative;
- b) check the weight before the weigh-in starts;
- c) address the arbiter to stop the bout if needed.

Note. A competitor may leave the mat only in the event of injury requiring medical intervention. In this case, the arbiter shall stop the bout and immediately call a doctor for medical assistance. The time allotted for the medical care shall not exceed 3 minutes in total during the entire bout period. In case the time is exceeded, a competitor is scored the defeat.

Clause 14. Team Officials' Rights and Obligations

14.1. The team representative is the team official (coach, team captain may fulfill the representative's obligations).

14.2. Team representatives are located in specially designated places for them.

14.3. Team representative performs the following functions:

- a) takes part in the draw;
- b) takes part in the competition refereeing body meetings;
- c) bear responsibility for the team competitors' discipline and provides for their timely appearance at the competition.

Note. Team representative may be withdrawn from executing their obligations in case of a severe Regulations violation.

Clause 15. Cornermen's Rights and Obligations

15.1. A cornerman is the competitor's representative right during the bout.

15.2. Prior to and during the bout a cornerman is situated in a specially designated place (in the relevant mat corner).

15.3. During the bout a cornerman should keep silent and may advise (give instructions) the competitor only during the breaks not interfering with the referees' work.

15.4. During the bout a cornerman may lodge the protest by throwing a "challenge" of the colour matching the competitor's uniform.

15.5. For the first violation of the rules of conduct, a cornerman is given a caution (yellow card), in case of a repeated violation – second caution (red card).

Note. After a cornerman gets a red card, he is disqualified from the competitions.

Section III. ORGANISING COMMITTEE.
Clause 16. Competition Organisers' Rights and Obligations

- 16.1. The organisers are entitled to refuse to hold the competition, having notified the head of the Federation of their decision (in a due form) no later than 3 months before the start of the planned event.
- 16.2. Organisers have the right to use sponsors' promotional materials (slogans and logos) associated with the competition organisation.
- 16.3. Competition organisers shall:
- a) provide a sports venue for the competition, no later than 2 hours before the competitions start;
 - at least 3 wrestling mats for the World championship and the Cup, and at least 2 wrestling mats for ~~all-Russian~~ international competitions;
 - information scoreboard;
 - video replay systems (for each competition mat, screen, video camera, printer / multifunction device)
 - tables and chairs;
 - central display board;
 - award ceremonies podium.
 - b) provide the required number of changing rooms, bathrooms and service premises at the competition venue.
 - c) provide equipped premises for:
 - refereeing body;
 - medical team;
 - doping control service.
 - d) arrange a hot-food area;
 - e) conduct the competitions at the venue that meets the requirements of fire, counter-terrorism and environmental safety.

Note. The organisers shall inform the competitors about the compliance with the fire, counter-terrorism and environmental safety rules.

Clause 17. Requirements for the Competition Programme (Regulations)
Developed by the Organisers

17.1. The regulations are drawn up separately for each official inter-regional and ~~all-Russian~~ international sports competition and are the fundamental document, which the organising committee, refereeing body and competitors are guided by. The regulations should contain the following sections and subsections:

- a) "General Provisions":
 - reason to stage the sports competition – decision of the sports competition

- organiser(s); goals and objectives of staging the sports competition;
 - venue (name of the subject of the Russian Federation, location);
 - dates (day, month, year), including the day of competitors' arrival and departure;
- b) "Sports Competition Organisers":
- full names (including the legal form) of the sports competition organisers – legal entities;
 - allocation of rights and obligations between the organisers in relation to the sports competition;
 - composition of the sports competition organising committee or the procedure and timeline for its formation.
- c) "Requirements for the competitors and terms and conditions for their admission":
- conditions determining the admission of competitors, and (or) teams to participate in a sports competition;
 - competitors' and (or) teams' quantitative compositions formed to participate in a sports competition, with indication of the number of coaches, specialists, sports judges and referees, and managers.
- d) "Sports Competition Programme":
- daily run sheet, indicating arrival and departure days;
 - conditions and system of conducting "koresh" competitions.
- e) "Conditions of summing up the results":
- conditions (principles and criteria) of determining the winners and medallists in personal and (or) team events;
 - conditions of summing up the results of a team event – if the team standing is based on the results of a sports competition.
- f) "Awarding":
- conditions for awarding the winners and medallists in individual events;
 - conditions for awarding winners and medallists in team events;
 - conditions for awarding winners and medallists in overall team standing.
- g) "Financing conditions":
- data about the sources and conditions for financial support of a sports competition, including financing from the federal budget.
- h) "Ensuring the safety of competitors and spectators": measures and conditions connected with the safety of competitors and spectators during a sports competition.
- i) "Competitors' Insurance": conditions of the competitors' life and health insurance against accidents.
- j) "Submission of entry forms":
- terms and conditions of submitting entry forms for a sports competition, the requirements for their formation;
 - a list of the competitors' documents submitted to the admission commission;
 - mailing address and other necessary details of the sports competition organisers

to send entry forms to (email address, phone / fax).

k) “Entry fee”:

- amount of the entry fee from each competitor in each sports discipline is indicated.

17.2. Requirements for the competition venue:

- a) the coefficient of natural lighting of the hall should be at least 1:6, artificial lighting – at least 100 lux. The mat should be lit from above by the fixtures of reflected or scattered light with a protective grid;
- b) during the indoor competitions, the temperature should be from +15 to +25 C⁰, air humidity no lower than 60%. Ventilation should provide a triple exchange of air per hour;
- c) when conducting competitions in the open air, the temperature should be from +15 to +25 C⁰. The mat should be protected from direct sunlight.

17.3. The regulations are submitted to the Federation no later than a month before the sports competition.

Clause 18. Equipment for the Koresh Competitions

18.1. A mat sized 12x12m consists of a minimum 5 cm thick foundation (mats of special soft material) and a cover (surface of tent fabric with marking). When lying the mats, they should make up one-level, crevice-free surface. The mat corners are coloured accordingly (Pic. 4).

18.2. Spectators should be located at a safe distance from the field of play.

18.3. The chief referee, doctor and representative of the host organisation verify the competition venue and equipment readiness.

18.4. Tables for:

- a) mat chairman;
- b) judge;
- c) appeal commission.

18.5. Chairs for:

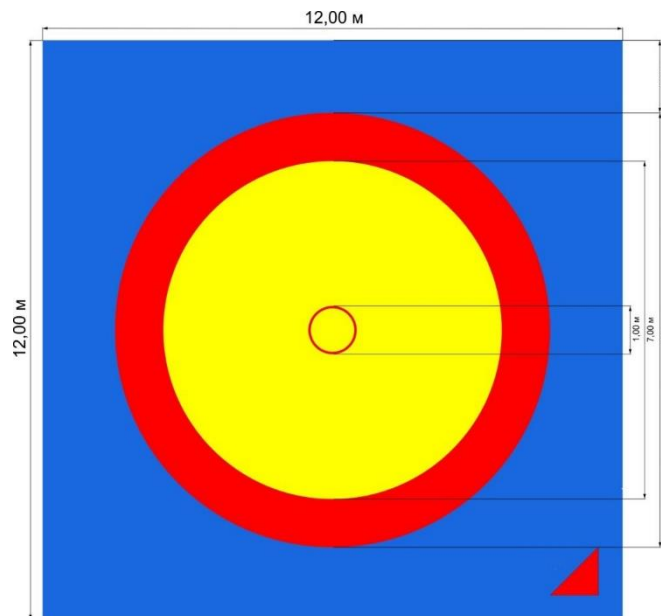
- a) mat chairman;
- b) timekeeper;
- c) judge;
- d) appeal commission;
- e) cornerman (green corner);
- f) cornerman (red corner);

18.6. Rugs (2 pcs) to wipe the competitors’ shoes.

18.7. Equipment for the sound signal (gong, etc.)

18.8. Information scoreboard (for scoring)

18.9. Video replays system (video cameras, screens)



Pic 4. Koresh mat

Clause 19. Support Services

19.1. Competition supervisor's functions.

Competition supervisor is in charge of:

- a) timely preparation and furnishing of the competition sites;
- b) security;
- c) accommodation and providing services for the competitors and spectators;
- d) installation of broadcasting system;
- e) cleanliness control and order maintenance during the competitions;
- f) preparation and serviceability of special equipment and inventory intended for the competitions according to these Regulations;
- g) executing all necessary actions as instructed by the chief referee.

19.2. Technical support:

- a) information scoreboard and video cameras operators;
- b) IT specialists.

Section IV. SECURITY

Clause 20. Security Provision of the Competitors and Spectators during the Competitions

- 20.1. Competitions are held at sports venues, sports grounds that comply with the IKBWSF requirements and of the relevant regulatory legal acts applicable on the territory of the host country in terms of ensuring public order and the safety of competitors and spectators, provided that there are certificates of a physical culture or sports venue readiness for the events, which are approved in due manner.
- 20.2. Participation in the competitions is carried out only upon presenting the life and health insurance contract against incidents, which is to be submitted to the admission commission per each competitor.
- 20.3. Compulsory doping control at the competitions can be carried out in compliance with the requirements of the international standard for testing the competitors defined by an international organisation that fights against doping recognized by the International

Olympic Committee and the World Anti-Doping Association.

- 20.4. Responsibility for the organisation and conduct of koresh competitions is born by the representatives of the executive authority in the field of physical culture and sport, and the country's sports federation accredited in "koresh", on which territory the competitions are held.
- 20.5. Requirements of this section are available in more details in the Competitions Regulations and Provisions.

Section V. REFEREEING BODY AND ITS FUNCTIONS

Clause 21. Refereeing Body Composition

21.1. Refereeing body composition is approved by the IKBWSF, country's sports organisation accredited in "koresh" or by the host organisation. It is required to compose the following refereeing body for the competition:

- a) chief referee,
- b) deputy chief referee,
- c) chief secretary
- d) secretary,
- e) mat chairman,
- f) arbiter,
- g) judge,
- h) timekeeper,
- i) announcer,
- j) competitors' judge,
- k) appeal commission.

Clause 23. Bout Start

- 23.1. The bout is conducted within the field of play.
- 23.2. Bout duration is 3 minutes (actual time) for juniors and seniors, and 2 minutes (actual time) for novices, schoolboys, and cadets.
- 23.3. The break between the two bouts of one competitor should be at least 20 minutes for juniors and seniors, and at least 30 minutes – novices, schoolboys, and cadets.
- 23.4. Starting time signal is made by the arbiter (whistle).

Clause 24. Actions Completion during a Bout

- 24.1. Competitor's action is finished right after the performed hold, there is no ground (mat) wrestling.
- 24.2. When the rules are violated by the attacked wrestler during the hold, the bout is not suspended unless there is an injury threat to the competitors. Meanwhile the attacker is given an opportunity to finish the hold, and the wrestler who breached the rule is

punished with a caution.

Clause 25. Actions Evaluation

25.1. Technical action is scored if performed during the allotted bout time.

25.2. A throw should start when both competitors are inside the field of play.

25.3. Victory by “fall”.

A victory by “fall” is awarded in the following circumstances:

- a) for the hold with a high range, as a result of which the opponent finds himself on his back or on “bridge”
- b) for the hold with a high range, as a result of which the wrestler rolls over his back non-stop;
- c) for the technical superiority with 5 or more points (clear advantage).
- d) for the opponent’s failure to appear on the mat within two minutes after the call;
- e) for when the opponent gets three cautions;
- f) for when the opponent is disqualified from the competitions.

25.4. Victory by points.

The holds that didn’t result in victory are evaluated by points. Victory by points is awarded:

- a) to the competitor who has superiority by the number of points at the end of the bout;
- b) in case of a ranking tie, to the competitor having a technical point or more technical points;
- c) in case of a technical ranking tie, to the competitor having performed the hold scored 2 points or more holds scored 2 points (victory by the points quality);
- d) in case of a technical ranking tie and quality, to the competitor who got the technical point last (victory by the last technical point)

25.5. Actions evaluation by points.

- a) two points are scored to the competitor for the hold with a high range that resulted in the opponent’s position on side, touching the mat with one shoulder blade and the angle between the competitor’s back and mat surface is less than 90 degrees;
- b) one point is scored to the competitor:
 - who has performed the hold that resulted in the opponent’s position on stomach, on side (on hip), on knees, on knees with support on hands or

- forearms;
- for the false protest from the opponent's side;
- for the caution given to the opponent.

Note. A caution point and a point for a false protest are equivalent.

Clause 26. Hold Failure

In order to reward the risk during the bout, a hold failure is not evaluated.

Clause 27. Footwork

During a throw execution it is allowed to follow the opponent in the flight phase with the lifted leg (e.g., a sit hold, during a back arch throw)

It is forbidden to make grapevines, hooks, foot sweeps, and trips.

Clause 28. Knock Down, Knock Over, Landing

28.1. Knock downs, knock overs of the opponent are not technical actions and not evaluated.

28.2. After the landing performance or another situation, when the attacked wrestler is in a prone position, the attacker (provided that he is standing on his feet) can perform a throw evaluated according to these Rules. When the attacked competitor falls down on the mat, the arbiter counts 3 seconds (showing the fingers bending) for the attacker to make the throw. Upon the expiration of the allotted time, the arbiter stops the bout and returns the competitors to their starting position, while the attacked wrestler may get a caution for falling onto his back unless his action is evaluated as a hold failure.

28.3. In case when the attacker (e.g., when landing) touches the mat with the knees, the arbiter shall stop the bout and get them back to the stand, whereas the attacker is not punished.

Clause 29. Bout Stop

Arbiter shall stop the bout in the following circumstances:

- a) when the competitor steps out of the mat area (with one or both feet);
- b) for the execution of the forbidden actions mentioned herein;
- c) in case of an injury;
- d) to fix the uniform (cl.12);
- e) for the execution of actions not complying with the koresh techniques;
- f) to announce the competitors' actions score;
- g) right after the competitor's performed action;
- h) after the end of the time allotted for the hold after the attacked wrestler has fallen;
- i) when there is a threat to the competitors, for security and safety reasons.

Note. Arbiter cannot stop the bout for the competitors to rest. When an attacker touches the

mat with one knee, the bout is not stopped, neither is he punished.

Clause 30. High Stand

High stand is used when:

- a) after the mutual caution is announced, if the scores are equivalent or there are no scored actions, the bout goes on in a high stand until the first evaluated action, then the bout continues in a starting position;
- b) if the competitors have two cautions and the scores are equal, the meet continues in a high stand until the first evaluated action, then the competitors continue the bout in a starting position;
- c) if after the end of the meet time the winner is not determined, the bout continues in a high stand until the first evaluated action.

Clause 31. Bout End

31.1. The bout ends with the victory of one competitor and defeat of another in the following circumstances:

- a) when a victory by fall is scored;
- b) after the end of the bout and when there is a score difference;
- c) upon a competitor's (competitors') disqualification;
- d) when a competitor cannot continue the bout because of the injury.

31.2. Signal about the bout time over is done with the gong or another sound signal and shall surpass the spectators' noise.

Clause 32. Bout until the First Evaluated Action

In case of a ranking tie (when the main time is over and there are no technical points), the bout continues until the first evaluated action. Criteria of the bout until the first evaluated action:

- a) starts without a break after the end of the main meet time;
- b) is held in a high stand;
- c) is not limited in time, all scores and punishments of the previous bout remain on the scoreboard;
- d) the bout ends as soon as one of the competitors is scored.

Clause 33. Non-appearance or refuse from the bout

33.1. A competitor that has not appeared on the mat on time after the bout is announced:

- a) is given an oral warning after 30 seconds (invited to the bout again);
- b) is given a caution after 1 minute;
- c) is given a defeat after 2 minutes, and a competitor is disqualified from these competitions (further participation in the competitions is defined by the chief referee until the protocol of the next circle meets is ready, after the competitor

has addressed the refereeing body).

33.2 If for any reason a competitor gives up the bout, the victory goes to the opponent (arbiter invites the present competitor to the mat centre and announces him the winner of this bout).

Note. Information scoreboard shows the time allotted for the competitors to get to the bout.

Clause 34. Prohibited Actions and Impact Measures

34.1. Depending on the degree of the competition rules violation, prohibited actions are subdivided into minor – oral warnings, and major – cautions and disqualification.

34.2. In case of the competition rules violation, the arbiter stops the bout, with a gesture shows the competitor and the mat chairman the type of violation and announces a caution (cl. 51).

34.3. An oral warning is announced to the competitor who commits the following violations:

- a) talks during the bout, wrangles with referees and opponent;
- b) flees the bout:
 - hampering an opponent's grasp or failure to perform a "grasp";
 - absence of the competitor's actions during the opponent's two consequent actions evaluated with technical points;
 - deliberate walking out of the mat field of play;
 - deliberate pushing the opponent out of the mat field of play;
 - kneeling (when the body weight is on the knees, a knee);
 - during the bout, taking solely defensive stand (leaning against ilium (huckle bone), pushing (leaning) against the opponent's face, head, shoulder, chest in order to block the opponent's actions; pressing down the opponent's arms with the head or body);
- c) hampering the work of the officiating body;
- d) deliberately stepping onto the opponent's feet;
- e) pressing down the opponent's stomach and side with the hands or thumbs.

Note. In case of a repeated violation for the prohibited actions mentioned in paragraphs a-e, a warning is announced

34.4. A caution is announced to the competitor who commits the following violations:

- a) absence of the attacking actions within 30 seconds;
- b) leaves the field of play without arbiter's permission (incl. for the medical assistance);
- c) makes a change of grasp;
- d) releases the hands out of the grasp during the attacker's hold (grasp release) in order to hamper the hold;
- e) deliberately makes the uniforms of improper condition, unties or ties up again

- the belt, make other actions in order to stall for time;
- f) performs action after the bout stop;
- g) leans against the opponent's face (with the palm);
- h) hits, bites the opponent;
- i) knocks down the opponent's hand or arm with a knee in order to release a grasp;
- j) makes hooks, grapevines, foot sweeps, trips;
- k) lies down on the back (without a lift), sits down on the mat;
- l) uses other objects that leads to the opponent's injury and poses health risk to the opponent;

34.5. Disqualification is announced to the competitor that commits the following violations:

- a) gross violation of these rules;
- b) performs technical actions that leads to the opponent's injury and poses health risk to the opponent;
- c) prior agreement on the bout results (fixed wrestling);
- d) for the expressions or actions of insulting nature during the competitions (unsportsmanlike behaviour);
- e) for alcoholic or narcotic intoxication during the competitions.

Disqualified competitor does not get classification points.

Note. In case of a competition rules violation, a competitor can be announced a violation after the end of the bout time.

For the gross behaviour of several competitors or teams (mass fight), they get disqualified.

Clause 35. Announcement of the Bout Results



To announce the result of the bout, both competitors are called to the mat centre, get to the right and left sides of the arbiter facing the spectators in accordance with the uniform color. The arbiter raises the winner's hand up, the announcer (if absent, mat chairman) declares:




- a) in case of a victory by "fall" (or victory with clear superiority):
"For ... minutes ... seconds a victory by "fall" (victory with clear superiority) is awarded to the wrestler in red (green) uniform..." (wrestler's surname and team name);
- b) in case of a victory by points:
"A victory by points is awarded to the wrestler in red (green) uniform ..."
(wrestler's surname and team name);
- c) in case the opponent's non-appearance or disqualification from the bout:
"Due to the opponent's non-appearance (disqualification from the bout) the victory is awarded to the wrestler in red (green) uniform ..."
(wrestler's surname and team name).

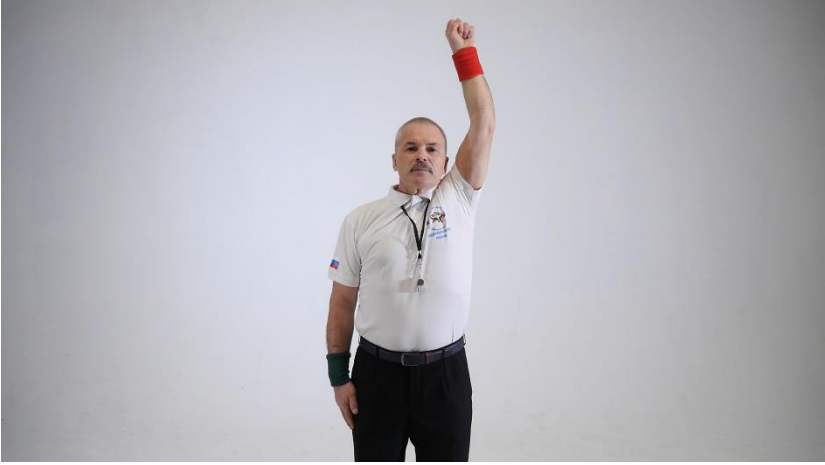


Clause 36. Situations not mentioned in the Regulations




During the competitions, in case of a situation not stipulated in the Rules and Regulations, the decision is made by the main refereeing body.


Clause 38. Referee's Gestures

Term	Arbiter's gesture	Judge's gesture
Competitors' presentation	<p>After the wrestlers are called to the mat, facing spectators and standing symmetrically towards the wrestlers, points to each wrestler in sequence with the hand (palm downwards) with the wristband on it, whose colour matches the wrestler's kushak</p> 	No actions
“Wrestlers, to the centre”	<p>Whistles and points to the mat centre with the straight arms, palms inwards, fingers joined</p> 	No actions
Start of the bout	<p>At the beginning of the bout (or when it is resumed from the centre), after the grasp or taking a starting position, whistles and stepping back takes a place to better watch the wrestler's actions</p>	No actions

<p>Victory by “fall”</p>	<p>Raises the hand with the open palm. Wristband on the hand matches the colour of the winner’s kushak</p> 	<p>The same action</p>
<p>“Two points”</p>	<p>Raises the hand up and diagonally, thumb and index fingers are straightened. Wristband on the hand matches the kushak colour of the wrestler who has performed the hold</p> 	<p>The same action</p>
<p>“One point”</p>	<p>Raises the hand up and diagonally, thumb is straightened. Wristband on the hand matches the kushak colour of the wrestler who has performed the hold</p> 	<p>The same action</p>

<p>Caution</p>	<p>Facing the mat chairman's table, raises up the hand in fist. Wristband on the hand matches the kushak colour of the wrestler who has broken the rule</p> 	<p>The same action</p>
<p>Mutual caution</p>	<p>Raises up both hands in fists facing the mat chairman's table</p>	<p>The same action</p>
<p>Hold not scored</p>	<p>Stretches out the straightened arms to the sides with the palms downwards</p> 	<p>The same action</p>
<p>Change of grasp</p>	<p>Arms forward, right hand in fist, left fingers grasp the right wrist</p> 	

<p>Hook</p>	<p>Standing on the left leg, right leg is bent, right fingers touch right calf</p> 	
<p>“Keep time!”</p>	<p>To bend the left hand with the palm downwards, right hand fingers are attached to left right hand palm from underneath</p> 	<p>The same action</p>
<p>“Wrestlers to the corners”</p>	<p>Whistles and points to the corresponding corners with the arms straightened and palm open</p> 	<p>The same action</p>

End of the bout	Arms forward, forearms crossed 	The same action
-----------------	--	-----------------

Clause 39. Protest

In koreh there are two types of protest:

12.1. Challenge.

During the bout the cornerman lodging the protest, disagreement with the referee's decision, may throw a challenge onto the mat centre from his place. The referee shall stop the bout and invite the members of jury of appeal to the mat chairman's table.

Jury of appeal examines the protest (watching the video record, discussing with the referees) and announces its decision.

If the jury has satisfied the demand of the representative, the challenge is returned to the representative, if not, the challenge remains with the referees and this cornerman, in the continuation of this bout, has no right to express disagreement, protest to the decision of the referee.

In case of disagreement of the athlete with his cornerman about lodging the protest, the appeal is not considered and the challenge is returned to the cornerman.

Referees' decisions cannot be challenged after the allotted time ends, except when points appear on the scoreboard after the arbiter's whistle. The cornerman has 10 seconds to challenge the situation, after the score has appeared on the scoreboard.

While watching the video record, the talks between the refereeing body members are prohibited.

18.10. Written protest

The protest is lodged to the chief referee by a official team representative or a wrestler (in the absence of a team representative) in writing immediately after the end of the bout.

The protest is considered by the jury of appeal before pairing of the next round in the presence of the chief referee, mat chairman, arbiter and judge who officiated this bout. The decision of the jury of appeal is final.

ENTRY FORM

for the participation in the koresh wrestling competition

 from the team _____

No.	Full name	Date of Birth	Weight category	Residential address	Athletic title and category	Coach's full name	Doctor's signature, stamp
1.							
2.							

Head of the sports organisation _____ / _____ /

(Signature)

(Full name)

(Place of sport organisation's seal)

A total of _____ people are eligible Doctor _____ / _____ /

(Place of medical institution's seal)

(Signature) (Full name)

Team representative _____

(Signature)

(Full name)

Date of entry form: _____ 20..

Competitor's Application Form

Koresh Wrestling Competitions

Venue _____

Team _____

Full name _____

Athletic title and category _____

Date of birth _____

Residential address _____

Contact phone number _____

Where do you practice koresh wrestling? _____

Name of sports school, club _____

Address of the sports school, club _____

Passport (number, series, issued by and when) _____

Individual taxpayer number (INN) _____

Insurance individual account number (SNILS) _____

Coach's full name _____

Coach's contact phone number _____

Competitor's sports background _____

Signature _____

Date of entry form _____