



UNITED WORLD
WRESTLING

INTERNATIONAL WRESTLING RULES

GRECO-ROMAN WRESTLING

FREESTYLE WRESTLING

WOMEN'S WRESTLING





FOREWORD

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

Greco-Roman and Freestyle wrestling basically differ as follows:

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

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

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

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



TABLE OF CONTENTS

GENERAL RULES.....	4
ARTICLE 1 - OBJECT	4
ARTICLE 2 - INTERPRETATION	4
ARTICLE 3 - APPLICATION	4
 CHAPTER 1 - MATERIAL STRUCTURE	4
ARTICLE 4 - THE MAT	4
ARTICLE 5 - THE UNIFORM	6
ARTICLE 6 - COMPETITOR'S LICENSE	6
ARTICLE 7 - AGE, WEIGHT AND COMPETITION CATEGORIES.....	7
 CHAPTER 2 - COMPETITIONS AND PROGRAMMES.....	9
ARTICLE 8 - COMPETITION SYSTEM	9
ARTICLE 9 - COMPETITION PROGRAMME	11
ARTICLE 10 - AWARD CEREMONIES	11
 CHAPTER 3 - COMPETITION PROCEDURE	12
ARTICLE 11- WEIGH-IN	12
ARTICLE 12 - DRAW AND PAIRING	12
ARTICLE 13 - STARTING LIST	13
ARTICLE 14 - ELIMINATION FROM THE COMPETITION	13
 CHAPTER 4 - REFEREEING BODY	15
ARTICLE 15- COMPOSITION.....	15
ARTICLE 16 - GENERAL DUTIES.....	15
ARTICLE 17 - REFEREE'S UNIFORM	16
ARTICLE 18 - THE REFEREE	16
ARTICLE 19 - THE JUDGE	17
ARTICLE 20 - THE MAT CHAIRMAN	18
ARTICLE 21 - PENALTIES AGAINST THE REFEREEING BODY	18
 CHAPTER 5 - THE BOUT.....	19
ARTICLE 22 - DURATION OF THE BOUT	19
ARTICLE 23 - CALL TO THE MAT.....	19
ARTICLE 24 - PRESENTATION OF WRESTLERS	19
ARTICLE 25 - START	19
ARTICLE 26 - INTERRUPTING THE BOUT	19
ARTICLE 27 - END OF THE BOUT	20
ARTICLE 28 - INTERRUPTING AND CONTINUING THE BOUT	21
ARTICLE 29 - TYPES OF VICTORIES	21
ARTICLE 30 - THE COACH	23
ARTICLE 31 - THE CHALLENGE	23



ARTICLE 32 - TEAM RANKING DURING INDIVIDUAL COMPETITIONS	24
ARTICLE 33 - RANKING SYSTEM DURING TEAM COMPETITIONS	25
CHAPTER 6 - POINTS FOR ACTIONS AND HOLDS.....	25
ARTICLE 34 - EVALUATION OF THE IMPORTANCE OF THE ACTION OR HOLD	25
ARTICLE 35 - DANGER POSITION	26
ARTICLE 36 - RECORDING THE POINTS.....	27
ARTICLE 37 - GRAND AMPLITUDE THROW	27
ARTICLE 38 - VALUES ASSIGNED TO THE ACTIONS AND HOLDS	27
ARTICLE 39 - DECISION AND VOTE.....	29
ARTICLE 40 - DECISION TABLE	29
CHAPTER 7 - CLASSIFICATION POINTS AWARDED AFTER A BOUT	30
ARTICLE 41 - CLASSIFICATION POINTS	30
ARTICLE 42 - THE FALL	30
ARTICLE 43 - TECHNICAL SUPERIORITY	31
CHAPTER 8 - NEGATIVE WRESTLING.....	31
ARTICLE 44 - PAR TERRE POSITION DURING THE BOUT	31
ARTICLE 45 - PASSIVITY ZONE (ORANGE ZONE).....	32
ARTICLE 46 - ENFORCEMENT OF PASSIVITY (FREESTYLE AND GRECO ROMAN)	33
CHAPTER 9 - PROHIBITIONS AND ILLEGAL HOLDS.....	35
ARTICLE 47 - GENERAL PROHIBITIONS	35
ARTICLE 48 - FLEEING A HOLD	35
ARTICLE 49 - FLEEING THE MAT	36
ARTICLE 50 - ILLEGAL HOLDS	37
ARTICLE 51 - SPECIAL PROHIBITIONS	38
ARTICLE 52 - CONSEQUENCES AFFECTING THE BOUT.....	38
CHAPTER 10 - THE PROTEST.....	39
ARTICLE 53 - THE PROTEST	39
CHAPTER 11 - MEDICAL	39
ARTICLE 54 - MEDICAL SERVICE	39
ARTICLE 55 - MEDICAL SERVICE INTERVENTIONS	39
CHAPTER 12 - APPLICATION OF THE WRESTLING RULES	40



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 the Olympic Games, Championships, and to all international competitions under the control of UWW is compulsory (All the events registered on the United World Wrestling Calendar).

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

CHAPTER 1 - MATERIAL STRUCTURE

Article 4 - The Mat

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

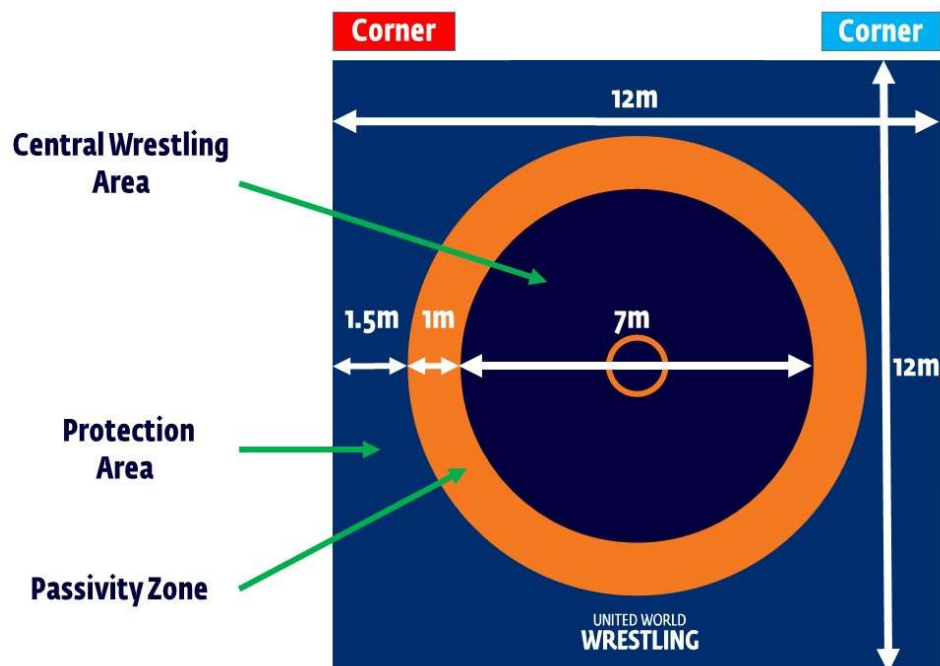
For the Olympic Games and World Championships, warm up and training mats must also be new and approved by UWW and be of the same quality as the competition mats.

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



UNITED WORLD WRESTLING

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 passivity zone (orange strip) is 1m wide. The protection area is 1m50 wide.

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

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

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

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

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

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



Article 5 - The Uniform

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

Responsibility of compliance

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

General Considerations

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

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

The singlet must allow wrestlers complete freedom of movement to perform all holds and techniques safely and effectively.

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

Violations

At the weigh-in, the referee must check that each competitor satisfies the requirements of this article. The wrestler must be warned at the weigh-in, if their 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 singlet for the match, officials will allow a maximum of one minute in order for them to comply. If, after this time, the wrestler is still at fault, they will lose the match by forfeit.

It is prohibited to:

- Wear the emblem or abbreviation of another country.
- Apply any greasy or sticky substance to the body
- Arrive at the mat perspiring for the beginning of the match and for the beginning of each period.
- Wear taping or bandages on fingers, wrists, arms or ankles that are not approved by the competition's doctor. 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

Article 6 - Competitor's License

Any male or female U15, U17, U20, U23, senior and veteran 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.

This license is also used as insurance for medical and hospital expenses in case of an accident taking place abroad 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 in. 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:

U15	14-15 years (from 13 in the year with medical and parental authorization*)
U17	16-17 years (from 15 in the year with medical and parental authorization*)
U20	18-20 years (from 17 in the year with medical and parental authorization*)
Seniors U 23	19-23 years (from 18 in the year with medical and parental authorization*)
Seniors	20 years and older
Veterans	older than 35 years

* The medical and parental authorization is submitted in Athena via *the Annual Medical Certificate & Wrestler's Declaration* when purchasing the UWW License.

U20 Wrestlers are allowed to participate in the competitions for seniors, except for those who are 17 years old in the concerned year.

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

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

A wrestler may participate in a competition only under the nationality appearing on their 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 an official competition organized under the aegis of United World Wrestling.

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, they will have to make this clear at the entry stage and, may therefore be excluded from the competition.



Weight categories

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

SENIORS, U23 AND U20

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

OLYMPIC WEIGHT CATEGORIES*

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

* Including Olympic Games Qualifying tournaments

U15

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

U17

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

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

SENIORS, U23 AND U20

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

OLYMPIC WEIGHT CATEGORIES*

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

*including Olympic Games Qualifying Tournaments

U15

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

U17

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



Each contestant deemed to be taking part of his/her own free will, and responsible for himself/herself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in. For categories in the senior and U23 age group, competitors may opt for the next higher category than their body weight, except for the heavy weight category, for which contestants must weigh over 97kg for Freestyle and for Greco Roman Wrestling and over 72 kg for Women's Wrestling.

Competitions

International competitions for the various age categories are as follows:

U15 14-15 years	International competitions Continental Championships	(upon request)
U17 16-17 years	International competitions Continental Championships World Championships	(each year) (each year)
U20 18-20 years	International competitions Continental Championships World Championships	(each year) (each year)
Seniors U23 19-23 years	International competitions Continental Championship World Championships	(upon request) (each year)
Seniors 20 and older	International competitions Continental Championships World Championships World Cups Olympic Games	(each year) (each year, except the Olympic Year) (each year, except the Olympic Year) (every four years)
Veterans 35 and older	World Championships <i>Categories and specific regulations</i>	(each year)

Other type of competitions might be organized after United World Wrestling approval.

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 be organized.

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

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



UNITED WORLD WRESTLING

The medical control and a first weigh-in will be held the morning of the concerned weight category. The qualified athletes for the finals and repechages will be weigh-in again the second morning of the concerned weight category. No more weight tolerance will be allowed for the second weigh-in.

2kg weight tolerance is allowed for World Cup, UWW Ranking Series Tournaments and for the International Tournaments.

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

The competition takes place in the following manner:

First day:

- Qualification rounds
- Elimination rounds

Second day:

- Repechage rounds
- Finals

Classification criteria

From the 7th place, wrestlers of each category will be ranked depending on their classification points.

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

- The most victories by "Fall"
- The most match won by superiority
- The most technical points scored
- The fewest technical points given
- The lowest seeds number (if applicable)
- The lowest draw number

Competition with less than 8 athletes (Nordic Tournament)

If less than 6 wrestlers are registered in one weight category, one group will be established and all wrestlers will compete against each other. In a two day competition format, the last round will be organized the second day. In this case, even the wrestlers who have no bout scheduled in the last round must successfully complete the weigh-in on the second day.

For Continental and World Championships, a weight category that counts only 1 wrestler will be cancelled and no title or medal will be awarded!

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

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

The semi-final matches will consist with:

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



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

Only one bronze medal will be awarded for this scenario.

Ranking criteria for the Nordic tournament

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

Within the same group, if two wrestlers have an equal number of victories, their direct match will determine the ranking.

For all the other cases with a tie between athletes, the ranking will be determined following these criteria, across the all competition:

- The highest classification points
- The highest victories by « Fall »
- The highest match victories by superiority
- The highest technical points scored
- The fewest technical points given
- The lowest seeds number (if applicable)
- The lowest draw number

Article 9 - Competition Programme

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

The duration of the senior World Championships is 9 days on 4 mats and the duration of the U20 World Championships is 7 days on 4 mats. However, depending on the number of entries received, one mat can be added or withdrawn for all competition types with UWW's agreement.

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

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

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

Article 10 - Award Ceremonies

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

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

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

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



CHAPTER 3 - COMPETITION PROCEDURE

Article 11- Weigh-In

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

The second morning of the concerned weight category only the wrestlers who participate in the repechages and finals have to come for the weigh-in. This weigh-in will last 15 minutes.

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

The only uniform allowed for the weigh-in is the correct singlet. After having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease, the wrestler can be weighed-in. No weight tolerance will be allowed for the singlet.

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

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

The referees responsible for the weigh-in must check that all wrestlers are of the weight corresponding to the category in which they are entered for the competition, that they fulfil all the requirements of Article 5 and to inform any wrestler of the risk they run if they present themselves on the mat in the incorrect dress. Referees will refuse to weigh a wrestler who is wearing an altered singlet.

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

If an athlete does not attend or fail the weigh-in (the 1st or the 2nd weigh-in), they will be eliminated of the competition and ranked last, without rank (Exception: cf. Article 55 - Medical Service Intervention).

If one (or more) athlete qualified for the repechages and/or finals doesn't attend or fails the weigh-in, the athlete(s) (who successfully passed the second weigh-in) will move to the next round in their part of the bracket.*

*If all athletes don't attend or fail the second weigh-in, the ranking will be made according the individual ranking criteria (Cf. Article 8).

Article 12 - Draw and Pairing

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

If the UWW competition management system cannot be used, numbered tokens must be enclosed in an urn, a bag or any other similar object. If a different system is used, it has to be clearly announced.

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 has to be cancelled. Drawing of lots for this category will then be repeated with the agreement of the technical delegate.



The technical delegate or the IT person is responsible of the smooth running of the draw and must ensure that these Rules were complied with. They will also confirm the weigh-in list. After the end of the draw, no protest can be submitted.

Position of the athletes in the bracket

For a competition with 6 or 7 athletes, the wrestler who gets the lowest draw number will be in group A, then the second lowest draw number will be in group B, then the third lowest draw number will be in group A and so on.

For a competition with more than 7 athletes - If the number of athletes participating in a weight category different from (more than) 8, 16, 32, etc, qualification rounds must be organized. To provide a balance between the upper and lower part of the bracket, qualification rounds' position follows the top-bottom, bottom-top approach. The same approach is used to determine the Seeded athlete's position on the bracket.

Seeded athlete into the Bracket

The aim of such drawing of lots is to place consequently the seeded athletes as far as possible from each other in order to preserve them until the latest possible stage. The remaining positions (non-seeded athletes) are filled up from top to bottom based on their draw number (a small draw number doesn't preserve the athletes to compete in the qualification round).

If the qualifications matches must include the seeded athletes, the pairing starts with the lowest seeded athlete.

Seeded athletes into a weight category with 6 or 7 athletes will be placed like that:

Group A	Group B
Seeds n° 1	Seeds n° 2
Seeds n° 4	Seeds n° 3
Seeds n° 5	Seeds n° 6
	Seeds n° 7 (if applicable)

As soon as the seeded athlete is placed, the non-seeded athletes will be placed in the ABA approach.

All the different brackets - with no seed, 4 seeds and 8 seeds are available at: <https://uww.org/governance/regulations-olympic-wrestling>

If one or several top seeds athlete(s) is not entered (replaced or not registered), the next top seed or the next best athlete(s) in the Ranking will take his (their) place.

Article 13 - Starting List

If one or more wrestlers do not attend or fail the weigh-in, their opponent(s) will win the bout by forfeit. These wrestlers will be eliminated from the competition and will be ranked last, without rank. NO pairing will be made again on the day of the competition.

Article 14 - Elimination from the Competition

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

After the weigh-in, should a wrestler, without medical advice signed by the UWW doctor or the competition's doctor and without advising the competition secretariat, not present themselves to the opponent when their name is called, the match will be lost by forfeit. The athlete will be eliminated and ranked without rank and the opponent will be declared the winner of the match.



If the UWW doctors can prove that a wrestler simulates an injury for whatever reasons to avoid competing against an opponent, they will be disqualified, placed last in the ranking, without any rank and the note “DSQ” will be placed with their 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, they will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, the wrestler at fault will be placed last in the ranking, without any rank and the note “DSQ” will be placed with their name.

If a wrestler engages in brutality after the conclusion of the match, he/she will be disqualified, placed last in the ranking, without any rank and the note “DSQ” will be placed with their 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 by forfeit.

If two semi-finalists are disqualified for brutality or eliminated by forfeit during same match, their losers in quarter-final will compete in semi-final and repechage group will be modified regarding result of this semi-final match. If the Semi-Finals are organized during the evening session, this bout will be organized at the end of the session in order to allow enough time for the concerned athletes to be prepared. If it happens on day 1, one hour (since this double disqualification/forfeit happens) will be given to these athletes to be prepared.

If a double injury (2VIN) happens during one match, the opponent of the next round will win the match by injury. If it happens in a semi-final match and in order to determine which athletes have to go in the repechage, we will use the classification criteria (Article 8) to determine the winner of this double injury match.

If a forfeit(s) or disqualification(s) happen during a medal match (1-2 or 3-5), the following wrestlers (from the part of the bracket of the disqualified/forfeited athlete(s)) will move up the table to establish the final classification. If the two finalists are disqualified, then it will be necessary to make the bout between the two bronze medalists to determine the 1st and the 2nd place. All other participants will go up in the ranking, the two in 5th position will become 3rd. If the two finalists are forfeits despite their successful second weigh-in, the same process will apply (an additional match between the two bronze medalists).

For all type of forfeit, the concerned athlete will be ranked last, without rank.

Ranking in the event of doping violations

In case of positive doping control, the wrestler will be disqualified, and they will automatically be placed last in the ranking, without any rank and the note “DSQ” will be placed with their name. The wrestlers ranked after this individual will move up in the ranking. If the disqualified athlete was ranked in the 3rd place, the wrestler from the same half of the bracket as the disqualified athlete will move up to take that position. In that case, only one wrestler will be ranked in the 5th place.

If both athletes ranked first and second test positive during doping control and are disqualified; the two bronze medalists will each be awarded a Gold medal. No silver medal will be awarded in this case. The two wrestlers who originally placed 5th will move up to the 3rd places. All other competitors will advance accordingly, noting that in this situation there will be only one wrestler ranked 5th.

In the event of a positive doping control during a team event, the team from the athlete who committed the violation will be disqualified and be placed last in the ranking, without any rank and the note “DSQ” will be displayed next to the team’s flag.



CHAPTER 4 - REFEREEING BODY

Article 15- 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 passivity, caution and fall situations where the mat chairman's approval must be obtained.

Article 16 - General Duties

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

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.

The mat chairman, referee and judge shall each evaluate the holds independently before reaching 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.

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.

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), passivity's (P), the fall (points of the last action have to be surrounded), the last point scored (underlined), 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.

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.

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.

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.

When a challenge is requested by a coach and confirmed by the wrestler, the refereeing delegate (or substitute) and the mat chairman must watch the video evidence on the large screen. After a discussion



together, the refereeing delegate (or substitute) renders its decision solely without consultation with the refereeing body.

Article 17 - Referee's uniform

The refereeing body (referees, judges and mat chairmen) must wear the UWW homologated Uniform.

Article 18 - The Referee

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

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

c) They 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. The referee whistle shall begin, interrupt and end the bout.

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

e) The referee is required to wear a red wristband on the left wrist, and a blue wristband on the right wrist. They shall indicate with their 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 a potential fall by raising their hand to seek agreement from the judge and the mat chairman. Once the fall is confirmed by the mat chairman, the referee shall indicate the fall by striking the mat with their raised hand and blowing the whistle to end the match.

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.
- Not stand so close to the wrestlers that the mat chairman is obstructed, 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, the referee must stop the bout and ask for a caution (0) to the wrestler at fault and 1 point to his opponent.
- Be able to change their position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto the stomach to obtain a better view of an imminent fall.
- Be able to stimulate a passive wrestler without interrupting the bout, by standing in such a way as to prevent the wrestler from leaving the mat.
- Be ready to whistle if the wrestlers come too close to the edge of the mat.
- Not interrupt the bout in a danger position situation except if it is an illegal hold.
- Strictly prevent the wrestler from grasping or interlocking fingers with their opponent in a way that restricts movement, avoids engagement, or prevents the execution of a hold. Interlocking fingers to block attacks, delay action, or gain an unfair advantage is considered a negative or illegal maneuver and must be penalized according to the rules.



h) The referee is also required to:

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

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

j) The referee, if the mat chairman intervenes, must interrupt the bout and proclaim victory by technical superiority when the wrestlers' scores of the match are 8 points difference in Greco Roman wrestling and 10 points difference in Men's Freestyle and Women's Freestyle. In this situation, they must wait for the action - either an attack or a counterattack - to be complete. Technical superiority is not finalized until the athletes return to a neutral position.

Article 19 - The Judge

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

b) They must follow the course of the bout very closely without allowing distraction. They must award points for each action, and mark them on the score sheet, in agreement with the referee or mat chairman. The judge must give an opinion in all situations.

c) Following each action, the judge compares the referees' indication with their own assessment and records the corresponding number of points. If the referee's signal is unclear, the judge refers to the mat chairman's indication.

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

e) If, during the bout, the judge notices something that should be brought 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 their opinion. In all circumstances, the judge must call the referee's attention to anything that seems 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, passivity, cautions and the fall in which case the mat chairman is required to confirm.

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, they are authorized to change positions, but only along the edge of the mat over which they have control.

j) They must also indicate by underlining, the points scored in the last action which can determine the winner of the bout.

k) Cautions for fleeing the mat/hold, illegal holds, or brutality will be noted by an 'O' in the column of the wrestler at fault.



l) The judge will note the Passivity by noting a 'P' in the column of the wrestler at fault and the verbal warning will be noted by a 'V'.

m) The points scored during the last action that results in a fall will be surrounded.

Article 20 - The Mat Chairman

a) The mat chairman shall assume all the duties provided for in the Wrestling Rules.

b) They shall co-ordinate the work of the referee and the judge.

c) They shall follow the course of the bouts very carefully, without allowing distractions, 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, it is the mat chairman's responsibility to resolve the issue and determine the result, the value of points and any falls.

e) In no case may the mat chairman be the first to give an opinion on a scoring action. The mat chairman does not initiate scoring decisions but confirms or resolves disputes between the referee and the judge.

f) The mat chairman's approval must absolutely be sought in passivity, caution and 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) They may also interrupt the bout if a serious scoring mistake is made by the referee and/or the judge. In such case, they must ask for a consultation. If the mat chairman does not obtain majority during the consultation, they must stand for either the referee or the judge. This consultation does not alter the wrestler's right to the challenge.

i) During a bout, when the coach considers that a blatant refereeing mistake has been made against his wrestler and calls for a challenge, the mat chairman must wait for the attack or counterattack to finish before stopping the match. The refereeing delegate (or substitute) and the mat chairman must review the video evidence. If the refereeing delegate (or substitute) agrees that the refereeing body was right, the mat chairman must make sure that no other challenge will be granted to the wrestler in question during the remaining of the match.

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

Article 21 - 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 sessions
- Withdraw the official(s) from the competition

Other sanctions as decided by the UWW Disciplinary Chamber may apply depending on the seriousness of the fault.



CHAPTER 5 - THE BOUT

Article 22 - Duration of the Bout

For U15, U17 and veterans: the duration of a bout will be two periods of 2 minutes with a 30-second break.

For U20, U23 and Seniors: the duration of a bout will be two periods of 3 minutes with a 30-second break.

For all the competitions, the timing displayed on the scoreboards will start from 6 to 0 minute (from 4 to 0 minute for U15, U17 and veterans).

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

Article 23 - 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 a rest period of twenty (20) minutes has been completed from the conclusion of the preceding bout.

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, they will be eliminated, ranked last, without rank and the opponent will win the bout by forfeit.

Article 24 - 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 their achievements are announced when they are coming on the mat.

Article 25 - Start

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

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

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

Article 26 - 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 their control, the referee may stop the bout. During such an interruption, the wrestler(s) must stand in their corner. They can cover their shoulders with a towel or their dressing gown and receive advice from their coach.
- b) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the wrestler involved and the mat chairman; the latter then orders that the bout be stopped. The decision rendered by the competition's doctor may not be reversed.



- c) Under no circumstances may a contestant take the initiative to interrupt the action, by deciding to wrestle in the standing or "parterre" position. If this occurs, the first infraction will be a warning and the second time will be a caution and 1 point for fleeing the hold.
- d) If an action must be stopped due to one wrestler deliberately injuring the opponent, the injured wrestler is the winner and the wrestler at fault will be disqualified from the competition.
- e) If a wrestler interrupts the bout without any blood or visible injury as determined by the competition doctor, 1 point will be awarded to the opponent. The bout shall resume immediately in the same position as before the interruption.
- f) In case of bleeding of one of the wrestlers, the referee shall interrupt the bout. The mat chairman will start a chronometer as soon as the doctor begins treating the athlete. 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, if the concerned wrestler still has visible bleeding, they will lose the match and the opponent will win the match by injury default. Should the bleeding time expire but the treatment has been completed, the athlete may continue to wrestle but will lose the match during any subsequent bleeding events. If the bout is wrestled until the end, the athlete's chronometer will be reset to zero prior to their next match.
- g) After the medical treatment, the bout resumes in the same position as before the interruption.
- h) If a bout is interrupted because of any incident beyond the athletes' control, the referee may stop the bout and the remaining time of the bout will be completed as soon as the interruption ends. If a session can't be concluded in the expected schedule, it may be postponed until the next day. If it is the last competition day and for extraordinary reasons, the end of the competition may be postponed until a later date and take place in another location.
- i) In case of a serious mistake which is not seen by officiating team (examples; timekeeper mistakes, wrong points or caution published on the scoreboard, mistake in resuming the bout in parterre or in standing position, declaration of incorrect winner, clear fall not given, brutality, etc.), the referee delegate/s may interfere and ask to correct it by consultation, or by video review.

Article 27 - End of the Bout

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

A match ends by technical superiority (8 points difference in Greco Roman wrestling and 10 points difference in Freestyle and Women's wrestling) once the athletes return to a neutral position.

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

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

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



Article 28 - Interrupting and Continuing the Bout

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 by either wrestler.
- The wrestlers in a hold go into the passivity zone with three or four feet without executing the hold and stay there.
- If the bottom wrestler's head entirely touches the protection zone.
- If a fault is committed by the offensive athlete during parterre wrestling.
- In all cases of illegal actions in standing position such as fleeing the hold, fleeing the mat, faults or injuries.

Wrestling will resume in the parterre position if:

- While wrestling in parterre, the match was stopped for technical superiority and during the challenge, or referee consultation, it was determined to be scored incorrectly.
- The match was stopped for risk, but during the challenge, or referee consultation, points were awarded.
- In the case of an injury or a fault committed by the defensive athlete (such as fleeing the hold or fleeing the mat) during "parterre" wrestling.

To save the attacking wrestler, if he/she lifts his/her opponent from the ground during "parterre" wrestling and the defensive wrestler prevents the attack through an illegal action, the referee will penalize the wrestler at fault by caution 1 point in Freestyle and caution 2 points in Greco-Roman Wrestling to the opponent regardless if the attacking wrestler has succeeded or not in the hold and bout will continue in "parterre". If the attacking wrestler successfully completes the hold, the appropriate score will also be awarded in addition to the caution.

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

Article 29 - Types of Victories

A bout may be won:

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

** Refer to Article 41 for the details of each victory*

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

1. The action/hold of the highest value.
2. The biggest number of action(s)/hold(s) of the highest value.
3. The least number of cautions.
4. The last technical point(s) scored
 - 4.1. Except in Greco-Roman Wrestling, if the score ends 1-1, with both points being from the opponent's passivity, the first point scored will determine the winner of the bout.
 - 4.1.1. Except in Greco-Roman Wrestling, if the score ends 1-1, but the first point scored is not technical (i.e., passivity of the opponent point, challenge lost by the opponent point, and similar situations), and the second point scored is technical (result of a technical action/hold or push out), then the technical point will have a "higher value" than the non-



technical point, and the winner will be the last wrestler to score, for that wrestler has scored the “technical point”.

Please see below all the examples linked to that specific situation.

Example:

Red	Blue	Comment	Result
1 1 1	1 1 <u>1</u>	Last technical point scored by the blue wrestler.	Blue winner
1 2	1 1 <u>1</u>	Last technical point scored by the blue wrestler but the red wrestler scored a 2-point hold.	Red winner
0 0 1 1 <u>1</u>	1 1 1 0	Last technical point scored by the red wrestler, but he has two cautions and the blue wrestler has only one.	Blue winner
1 1 1	1 <u>2</u> 0	The blue wrestler scored a 2-point hold which is the highest value hold	Blue winner
1 1 0 <u>1</u>	1 2 0	The red wrestler scored the last technical point; but the blue wrestler scored a 2-point hold. Each of the wrestlers has one caution.	Blue winner
1 1 1 0 0	0 0 1 1 <u>1</u>	Each of the wrestlers has two cautions. The blue wrestlers scored the last technical point.	Blue winner
SPECIFIC CASES IN GRECO-ROMAN WRESTLING WHEN THE BOUT ENDS 1-1			
<u>1</u>	1	First passivity point scored by the red wrestler. Blue wrestler scored a passivity point.	Red winner
<u>1</u> 0	1	First point scored by the red wrestler but he has a caution.	Blue winner
<u>1</u> 0	1 0	First passivity point scored by the red wrestler and blue wrestler also scored a passivity point. Both wrestlers have a caution	Red winner
1	<u>1</u>	First passivity point scored by the red wrestler but blue scored a technical point.	Blue winner
<u>1</u>	1	First technical point scored by the blue wrestler but red wrestler also score a technical point (NO passivity points given here). Therefore, it is the last who scored that wins	Red winner
1	<u>1</u>	First point scored by the red wrestler (challenge lost by the blue wrestler). Then the blue wrestler scores a technical point.	Blue winner

A wrestler receiving 3 cautions (0) during a match will lose the bout. The 3rd caution must be given unanimously by the refereeing body. Challenge requests should be accepted for all kinds of cautions.



Article 30 - 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 the coach, he is authorized to assist the injury treatment of the wrestler. Except during this situation and during the break, it is strictly forbidden to the coach to step on the mat which may result in sanction by the referee.

The coach is strictly forbidden to influence decisions or to insult the refereeing body. They may only speak to the wrestler. The coach has the right to give water to the wrestler only during the break. No other substance may be given during the pause or during the match.

It is the duty of the coach to wipe the wrestler during the break using a dry towel to remove perspiration.

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 the coach persists, the mat chairman will present a 'Red' card (elimination). The mat chairman may also take the initiative to present the YELLOW or RED card.

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

Moreover, if a coach gets two yellow cards during one competition (not necessarily during the same bout), they will be also eliminated from the competition and may no longer continue their duties. As for the red card, the coach's accreditation will be removed.

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

It is also specified that a coach cannot officiate as a referee during the same competition. Moreover, a coach can't be a category I S referee.

Article 31 - 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 substitute) and the mat chairman to watch the video evidence in case of a disagreement with the call. The disagreement must be reasoned and may not be requested as a simple protest otherwise the concerned coach will be sanctioned by a Yellow card.

This possibility only exists during competitions where video control is formally established by UWW and the Organizing Committee. When an official broadcaster is appointed to cover the event, the broadcasting feeds shall also be used, if necessary, to provide additional angles during challenge reviews.

The coach must request the challenge by pushing the button provided 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, they must reject the challenge directly and the match continues.

If electronic challenge buttons are unavailable during a competition, coaches may use a sponge provided by the organizer to indicate a 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 substitute) modifies the initial decision, then the challenge can be used again during the match by the concerned wrestler.

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

The mat chairman shall demand to stop the match to review the challenge as soon as the wrestlers return to a neutral position.

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 substitute). The mat chairman and/or the referee cannot decline a challenge without the approval of the referee delegate (or substitute).

No challenge can be requested for penalties given as a result of passive wrestling or in the event of a fall. The fall must be confirmed by the mat chairman following the decision of either the referee or the judge. However, a challenge may be accepted for situations involving illegal attacks or counterattacks, or for actions that occur in the final seconds of the match, prior to the fall.

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 10 seconds to request a challenge after the points are published on the scoreboard or after the wrestlers return to a neutral position.

The challenge will not be accepted by the refereeing body after the winner has been declared.

The coach requesting the challenge must do so from their 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 unless provided with a sponge.

After having reviewed the action and after a consultation with the mat chairman, the refereeing delegate (or substitute), renders the decision which 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 32 - Team Ranking during Individual Competitions

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

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

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

In the case of a weight category using the Nordic system, the above-mentioned table will be also used. The athlete ranked in the 4th place will receive 12 points and if an athlete is ranked in the 6th place, ~~he~~ they will receive 9 points.



In the case of a disqualified athlete and the final ranking has only one wrestler in the 5th place, the athlete ranked in the 6th place will receive 9 points.

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

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

During a competition where a country can enter more than one athlete per weight category, the team points are given only to the highest ranked athlete of a country in the category. The team ranking points allocation will remain the same.

1 st place	TUR	25 points
2 nd place	TUR	20 points
3 rd place	UKR	15 points
3 rd place	GER	15 points
...		

Article 33 - Ranking System during Team Competitions

The winning team will receive 1 team point and the losing one 0 team point.

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

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

- The highest classification points
- The highest victories by fall
- The highest match victories by superiority
- The highest technical points scored
- The fewest technical points given
- The lowest draw number

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

- The total of classification points
- The most victories by fall
- 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 34 - Evaluation of the Importance of the Action or Hold

In order to encourage risk-taking during bouts, when a wrestler tries unsuccessfully to execute a hold (risk) and finds himself underneath in a "parterre" position without a move by the opponent, the wrestler above



will not be awarded a technical point. The referee, following confirmation from the judge and the mat chairman, interrupts the bout and wrestling will restart in standing position. However, if, during a hold, the defending wrestler executes a counterattack and is able to bring the opponent to the ground, the corresponding technical point(s) will be awarded.

Any momentary loss of contact of the knees from the mat once the athletes have established the parterre position will not be considered a standing action.

If the attacking wrestler executes a hold on his own bridge, maintains this position for a period of time, and then completes the action by placing the opponent in the bridge position as well, the attacking wrestler will not be penalized. In this case, the attacking wrestler will be awarded points, as they will have successfully executed a hold that involved risk. However, if the offensive wrestler is blocked and held under control in the bridge position or is countered and controlled by the opponent, the points will be awarded to the opponent.

A hold executed in standing position is always valued more than the same hold performed in parterre position. The value of a hold is **solely determined by the position of the attacked (defensive) wrestler**. If the attacked wrestler has at least one knee on the mat, their position is considered a “parterre” wrestling position. The position of the attacking wrestler is not relevant when evaluating a hold.

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

- a) Brought the attacking (offensive wrestler) to the ground.
- b) Conducted the action on a continuous basis.
- c) Succeeded in controlling the offensive wrestler by blocking him in a bridge position, that is, in a position considered completed.

During the execution of a hold, in cases where the wrestlers' actions lead them to change from one position to another, the points for all the actions are awarded according to their value. Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be only one action. A hold must be considered a new action until the competitors return to a defensible position. The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler.

At the end of a period, any hold is valid if it was completed before time expires. In no event may a hold finished after the time has expired. In the event of a fall that occurs at the end of the regulation time, only the time clock (and not the referee's whistle) is valid.

The instantaneous fall, “both shoulders of the attacking wrestler touching simultaneously and instantaneously the mat”, is not considered as a fall (totally controlled by the opponent) (article 42). If the defending wrestler falls instantly from a standing position following a move by his opponent, the attacker receives four points provided he demonstrates control.

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 article “the fall”). The danger position occurs when:

- The defending wrestler assumes the bridge position to avoid being pinned.
- The defending wrestler, with his back toward the mat, supports himself on one or both elbows to avoid having his shoulders forced onto the mat.
- The wrestler has one shoulder in contact with the mat or on the body of his/her opponent 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 Mat Chairman and 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 (0). After each caution (0) the opponent will automatically receive at least one point.

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

Article 37 - Grand Amplitude Throw

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

Article 38 - Values assigned to the Actions and Holds

1 point

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

Clarification for stepping out in standing wrestling for both style:

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

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

NB: When a wrestler deliberately pushes the opponent into the protection area with no meaningful action, he shall no longer be awarded 1 point (only verbal warning). However, in situations where the defensive wrestler steps out of the protection area in a grounded position (on the knees), it shall be considered as stepping out and the attacking wrestler shall be awarded 1 point.

- All the stops of bout by injury without bleeding or any visible injury are penalized by 1 point to the opponent.
- To the wrestler whose opponent requested a challenge if initial decision is confirmed.
- To the opponent of a wrestler designated as passive who fails to score points during a 30 second activity period in Freestyle wrestling.
- Reversal (counterattack by dominated wrestler in parterre position and passing behind)



- To the attacking wrestler whose opponent flees the hold, the mat, commits illegal actions or acts of brutality (in Freestyle).
- To the attacking wrestler whose opponent flees the hold and the mat while not in danger position.
- To the attacking wrestler whose opponent commits an illegal hold during the execution of an engaged hold (in Freestyle).
- To the wrestler whose opponent commits offensive foul, after the first warning
- To the top wrestler whose opponent refuses correct “parterre” position, after the first verbal warning (in Freestyle).
- To the wrestler who finally succeeds in completing the hold even his opponent is doing an irregular hold (in Freestyle).
- To the wrestler whose opponent is called for a first or second passivity in Greco-Roman wrestling.

2 points

- To the wrestler who overcomes and then controls the opponent by passing behind (three out of the seven possible points of contact must be touching the mat simultaneously, including : hands, knees, head, or elbows).
- To the wrestler who applies a correct and complete throw that brings the opponent into a prone position (stomach) or lateral position (flank). The defensive wrestler must lose control during the throw.
- To the wrestler who executes a hold that places the opponent's back at an angle of less than 90 degrees, including when the opponent is on one or two outstretched arms.
- To the attacking wrestler whose opponent rolls onto the shoulders, turns their back to an angle of less than 90 degrees or rotates hand to hand.
- To the wrestler who blocks the opponent in the execution of a hold from the standing position, in a position of danger.
- To the attacking wrestler whose opponent commits any illegal actions or acts of brutality (in Greco-Roman).
- To the attacking wrestler whose opponent commits an illegal hold during the execution of an engaged hold (in Greco-Roman).
- To the top wrestler whose opponent refuses correct “parterre” position, after the first verbal warning (in Greco-Roman).
- To the wrestler whose opponent flees the mat in a danger position.
- To the attacking wrestler whose opponent commits a foul in a danger position.

4 points

- To the wrestler performing a hold in a standing position, which brings the opponent into a danger position in a continuous and dynamic manner.
- For any hold executed by lifting a wrestler from the ground and placing the opponent into a danger position, over a short amplitude, even if one or both of the attacking wrestler's knees are on the ground.
- To the wrestler who executes a grand amplitude hold which does not place the opponent in a direct and immediate danger position.
- For any throw executed from standing or parterre where the opponent is completely lifted from the ground and lands on the chest or one / two outstretched arms. The defensive wrestler must rotate (any direction) over a short amplitude.

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

5 points

- All grand amplitude throws executed in a standing position which place the defending wrestler to a direct and immediate danger position.



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

Article 39 - Decision and Vote

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

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

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

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

In the event of a disagreement between the referee and the judge, the mat chairman shall make the final decision. The mat chairman must choose between the two opposing opinions and is required to vote in favor of one or the other.

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 40 - Decision Table

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

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

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

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



CHAPTER 7 - CLASSIFICATION POINTS AWARDED AFTER A BOUT

Article 41 - Classification Points

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

5 points for the winner and 0 for the loser:

- Victory by fall (with or without technical point for the loser) (VFA 5:0)
- Injury (VIN 5:0)
 - o If an athlete is injured before or during a bout and the injury is certified by the UWW Doctor
- 3 cautions during the bout (VCA 5:0)
- Forfeit (VFO 5:0) - refer to article 14
 - o If an athlete doesn't show up on the mat
 - o If an athlete doesn't attend or fail the weigh-in
- Disqualification (DSQ 5:0) - refer to article 14
 - o If an athlete is disqualified before or during the bout in case of unfair behavior

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

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

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

- Victory by technical superiority during the bout with loser scoring technical points.

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

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

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

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

0 point for the red wrestler and 0 point for the blue wrestler:

- In case both wrestlers have been disqualified due to infraction to the rules (2DSQ 0:0).
- In case both wrestlers are injured (2VIN 0:0).
- In case both wrestlers have been eliminated due to forfeits (2VFO 0:0).

Article 42 - The Fall

A fall is considered valid when the defensive wrestler is held by their opponent with both shoulders in contact with the mat long enough for the referee to confirm the complete control of the position. To be recognized as a valid fall at the edge of the mat, both shoulders of the wrestler must be within the orange zone, and their entries head must not touch the protection area. A fall occurring in the protection area is not valid.

If the wrestler is pinned on both shoulders as a result of their own illegal hold or rule infringement, the fall shall be awarded to their 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 by the judge with confirmation from the mat chairman. In all cases, the referee will strike the mat only after he has obtained confirmation from the mat chairman. The referee will then blow his whistle in order to end the bout.

It will not be possible to request any challenge in case of a fall, unless the challenge is for an illegal action which lead to the fall.



Any wrestler who is controlled by his/her opponent in the danger position, who shouts, hits the mat, or shows any sign of “tapping out”, without any reason or any clear injury, the referee will not stop the bout and if he/she continues to shout, referee will ask for fall and mat chairman will confirm it.

Article 43 - Technical Superiority

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

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

The bout may not be interrupted to declare the winner by technical superiority when the athletes return to a neutral position (see article 27).

The mat chairman signals the referee when the 8 or 10 points difference has been attained. The referee shall declare the winner after confirmation from the mat chairman.

CHAPTER 8 - NEGATIVE WRESTLING

Article 44 - Par Terre Position during the Bout

If one of the wrestlers brings the opponent to the ground during the match, wrestling continues in the “parterre” position and the wrestler underneath may counter their opponent’s efforts, stand up or carry out counter-attacks. If a wrestler brings the opponent to the ground but, due to effective defensive action by the opponent is unable to continue the attack, the referee shall stop the bout after a reasonable period of time and have the wrestlers resume the bout in a standing position.

While defending attacks and holds from the top wrestler in Greco Roman, the bottom wrestler is not allowed to place more than one of his hands on the opponent’s upper body (torso or any part of the opponent arms). Furthermore, the bottom wrestler must not defend with closed arm(s) or block off with elbows and knees. Once the hold has been locked, the defensive wrestler may close the arms to defend the hold. For freestyle, the bottom wrestler must not defend with two closed arms.

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

Ordering of parterre position

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

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



Penalty for wrestler who refuses the correct ordered parterre start:

Top wrestler

- First time - verbal warning
- Second time - lose the position and restart in standing position

Bottom wrestler

- First time - verbal warning
- Second time - caution to the wrestler at fault and 1 point in FS / 2 points in GR are awarded to the opponent and the match will restart in the parterre position.

Article 45 - Passivity Zone (Orange zone)

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

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

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

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

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

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

If a wrestler attempts a hold unsuccessfully and ends up underneath in the protection area, in a neutral position without the opponent initiating any additional action (risk), the wrestler shall lose one point for going out of bounds first from standing position. If the same action results in the wrestler landing on their back in the protection area under the control of the opponent, two points shall be awarded to the opponent.

When executing a hold or action that begins on the central wrestling area, wrestlers may enter the passivity zone with up to three or four feet and continue their actions in any direction, provided that the execution of the hold is not interrupted by pushing, blocking, or pulling. In such cases, the referee shall allow the situation to continue briefly to determine whether the hold develops.

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 stop their action in the passivity zone and remain there, or if they enter the zone with two, three or four feet without initiating an action, the referee shall stop 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.

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

The referee and judge will award points for all actions initiated in "parterre" position in the passivity zone and executed in the protection area. However, the bout will be stopped and the match will be resumed in the center of the mat in a standing position.

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

Article 46 -Enforcement of Passivity (Freestyle and Greco Roman)

Procedure for enforcement of penalties for inactivity in Freestyle wrestling

One of the roles of the refereeing body should be to evaluate and distinguish what is real action versus a feigned attempt to waste time.

- a. Anytime the refereeing body agrees a wrestler is blocking, interlocking fingers, thwarting his opponent and/or generally avoiding wrestling: the referee signals to the wrestler "Action *blue or red*". First offence, the action is stopped briefly to give a verbal warning (V): "*Attention*". Second offence: the action is stopped briefly to designate the guilty wrestler, the passive wrestler is indicated on the scoreboard and a 30-second mandatory-score period begins. The referee shall not interrupt the bout in the midst of a viable action to either start or finish an activity period. The passive wrestler should score point(s) in the 30 seconds otherwise his opponent will score one point even if he scores point(s) during that period.
- b. If after 2:00 minutes into the first period neither wrestler has scored (0-0), the referee must designate one wrestler as inactive. The same procedure described above shall then applied.
- c. When there is less than 30 seconds remaining in either period, if all three of the refereeing body agree a wrestler is evading and/or blocking his opponent, then his/her opponent is awarded one point and caution (i.e fleeing the hold). This situation can be challenged.
- d. If a wrestler initiates his action some seconds before minute 2:00 in 3 minutes rounds with a 0:0 score, the referee will not interrupt the bout and will allow the wrestler to finish the action. If the action ends with points, the bout will continue without any interruption. If the action doesn't end with points, the referee will stop the bout and will apply the activity time from the time the match was stopped.
- e. For U15, U17 and Veterans age categories, no verbal warning will be given. The passivity procedure starts directly with activity time. . If, after one minute in the first period, neither wrestler has scored (0-0), the referee must designate one wrestler as inactive and start activity time. If a wrestler initiates his action some seconds before minute 1:00 in 2 minute rounds with a 0:0 score, the referee will allow wrestlers to finish the action. If the action ends with points, the bout will



continue without any interruption. If the action doesn't end with points, the referee will stop the bout and will apply the activity time from the time the match was stopped.

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

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

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

The following procedure will be enforced:

- **1st passivity in a match (regardless which wrestler)**, the bout is stopped, active wrestler receives 1 point and can choose between standing or parterre wrestling (P).
- **2nd passivity in a match (regardless which wrestler)**, the bout is stopped, active wrestler receives 1 point and can choose between standing or parterre wrestling (P).
- **3rd and any further passivity in a match (regardless which wrestler)**, the bout is stopped and the active wrestler can choose between standing or parterre wrestling (P). The active wrestler will not be awarded with 1 point.

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

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

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

Criteria to consider a wrestler as passive:

- Evading attacks without counterattacks
- Grabbing opponent wrists without starting an attack
- Attacking without any direct contact with the opponent
- Regaining initial position right after beginning an attack
- Fake attacks (Simulation)
- Evading into and maintaining in the passivity zone
- Avoiding Wrestling in the center of the mat
- Fixing his opponent in the passivity zone
- No hooking despite good position
- Defensive wrestling

Clarification

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



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

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

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

Once confirmed, Negative Wrestling will be declared immediately and a caution (0) and 1 point in Freestyle and a caution (0) and 2 points in Greco-Roman is awarded to the opponent.

Negative Wrestling as defined above and in Articles 47-50 must not be penalized with Passivity Call.

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

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

CHAPTER 9 - PROHIBITIONS AND ILLEGAL HOLDS

Article 47 - 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 or touch his face between the eyebrows and the line of the mouth.
- Tread on the feet of the opponent (only in GR)
- Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet.
- Cling to or grasp the mat.
- Talk during the bout.
- Seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- Agree with the match result between themselves.
- Grasping or interlocking fingers to block the opponent and prevent Active Wrestling.
- To spit the water out during the break.

These general prohibitions are sanctioned based on the severity of the foul (disqualification, caution-1(2) point or verbal warning). Disciplinary sanctions might also be applied after the competition against the athlete at fault.

Article 48 - Fleeing a Hold

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



occur in the central wrestling area or from the central wrestling area to the orange zone. Fleeing a hold shall be penalized in the following manner:

Fleeing the hold in “parterre” wrestling:

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

Fleeing the hold in standing wrestling:

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

Fleeing a hold in the parterre position in Greco-Roman

Following an opponent’s action in parterre wrestling, should the bottom wrestler jump forward to avoid being caught in a hold and this movement places the opponent at risk of committing an illegal hold if they grab the escaping wrestler’s thighs, this is considered fleeing the hold. The referee must not allow this situation to occur, as it constitutes a fleeing-the-hold offence by the escaping wrestler. The referee shall be clear and precise in managing this infraction and must position himself in front of the wrestlers to prevent the escape from taking place.

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

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

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

Article 49 - Fleeing the Mat

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

Fleeing the mat in “parterre” wrestling:

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

Note: Control does not need to be established for the action to be considered parterre wrestling

Fleeing the mat in a danger position (Freestyle and Greco-Roman Wrestling):

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

Fleeing the mat from standing position during an attack that results with take down in the protection area will be rewarded by 2 points (for take down) and Caution + 1 point (for fleeing the mat) in all styles. The bout restarts in parterre position.



Fleeing the mat from standing position during an attack that does not end with take down in the protection area will be rewarded by 1 point (for stepping out) and Caution + 1 point (for fleeing the mat) in all styles. The bout restarts in standing position.

If the defensive wrestler intentionally drops to the knees in the zone and deliberately enters the protection area, this is considered fleeing the mat.

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

Article 50 - Illegal Holds

The following holds and actions are illegal and strictly prohibited:

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

Prohibited holds for Women's wrestling

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

Prohibited holds for U15 and U17

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

- Double Nelson from both the front and side



Referee's duty towards the wrestlers committing a violation

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

- Indicate the violation
- Stop the violation
- Give the value corresponding to the hold to the opponent
- Ask for a caution
- Give 1 point (Freestyle) or 2 points (Greco-Roman) to the opponent
- Stop the match
- Resume wrestling in the position where the infraction occurred

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

- Indicate the violation
- Stop the match and ask for a caution
- Give 1 point (Freestyle) or 2 points (Greco-Roman) to the opponent
- Resume wrestling in the position where the infraction occurred

Article 51 - Special Prohibitions

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

In Greco-Roman wrestling, if the offensive wrestler in the execution of a manoeuvre inadvertently makes contact or blocks with his legs, the referee shall:

- On the 1st offense, stop the match and warn the guilty wrestler.
- On the 2nd offense, the guilty wrestler's opponent shall be awarded 1 point and the guilty wrestler shall receive a caution.

In Greco-Roman wrestling, if a defensive wrestler commits a leg foul, the referee shall:

- stop the match and award the guilty wrestler's opponent 2 points and the guilty wrestler shall receive a caution.

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

Article 52 - Consequences affecting the Bout

The illegal hold of the defensive 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. The referee then stops the match, awards the points to the attacking wrestler and a caution to the wrestler at fault.

If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction, then the match should be stopped and wrestling should be made to continue in a standing position with the attacking wrestler receiving a verbal warning. 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 and disqualified from the competition. The offending wrestler will receive a red card. The athlete will be and placed last with a "DSQ" with the name.



CHAPTER 10 - THE PROTEST

Article 53 - The Protest

No protest after the end of a match or any appeal before CAS or any other jurisdiction against a decision made by the refereeing body may be lodged. 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 54 - 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 55 - 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 they consider that either competitor is in danger. At first the injury treatment shall be provided by or under the supervision of the UWW doctor only. In case additional support is needed, the doctor of the wrestlers' team or the wrestler's coach may be allowed to come to the mat.

b) The UWW doctor 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 immediate removal. In the 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 26.



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 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.

i) If an athlete is injured and can't continue the bout, they will lose the match by injury. The concerned athlete won't have to attend the second weigh-in and will be ranked based on the points accumulated up until the injury. If the injured athlete is ready to compete for the next match, they must receive the approval of the UWW Doctor.

An injured athlete will have until one hour after the conclusion of the first day of competition for their weight category to announce the injury to the UWW Doctor. For all the other type of injuries or diseases that occur out of competition, the concerned athlete will have to attend the weigh-in otherwise he will be eliminated from the competition and ranked last, without rank.

CHAPTER 12 - APPLICATION OF THE WRESTLING RULES

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

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

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

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

Every referee at a competition must have access to the most recent version of the UWW rule book.



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