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.**

January 2023 /Jdr

UNITED WORLD **WRESTLING**

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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 French 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

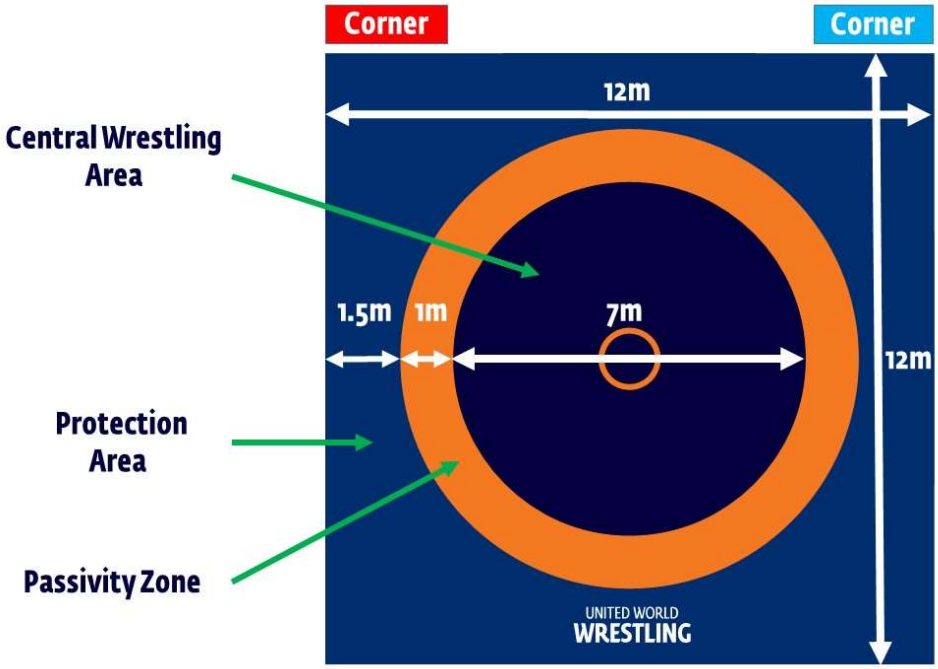
Article 4 - The Mat

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.

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, 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 2 meters. If more than one mat is used, 2 meters 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 place 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 in the same side of the mat. The red wrestler will be place 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 Guidelines. These Guidelines 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 shall provide to each wrestler all possibilities, to execute their holds and technique.

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 his appearance is non-compliant. If the wrestler fails to comply the wrestlers' federation will be fined at the conclusion of the competition. If the wrestler enters the mat with the incorrect designated singlet for the match, officials will allow maximum one minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by forfeit.

It is prohibited to:

- Wear the emblem or abbreviation of another country.
- Apply any greasy or sticky substance to the body
- Arrive at the mat perspiring for the beginning of the match and for the beginning of each period.
- Wear bandages on fingers, wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.
- Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, piercing etc.
- Wear under-wired bras ~~for Women's wrestlers~~

Article 6 – Competitor's License

Any male or female U15, U17, U20, U23 ~~and~~ , 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.

~~Any veteran wrestler who competes in the World Championships and other international competitions must also hold an international competitor's license.~~

This license is also used as insurance for medical and hospital expenses in case of an accident taking place 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. 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 with medical and parental authorization*)
U17	16-17 years (from 15 with medical and parental authorization*)
U20	18-20 years (from 17 with medical and parental authorization*)
Seniors U 23	19-23 years (from 18 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 his license. If, at any time, it is determined by UWW that the statement was false and that fraud occurred, the disciplinary measures provided for to this end will be immediately applied against the National Federation, the wrestler and the person whose signature appears on the fraudulent certificate.

Wrestlers who wish to change their nationality must refer to the procedure described in the International Regulations for the change of nationality. Wrestlers can change their nationality only once. Once the procedure for the change of nationality is completed they are not entitled to compete for their former country anymore or for any other country in 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, he will have to make this clear at the entry stage and, may therefore be excluded from the competition.

Weight categories

The weight categories for **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	U17
1. 34-38 kg	1. 41-45 kg
2. 41 kg	2. 48 kg
3. 44 kg	3. 51 kg
4. 48 kg	4. 55 kg
5. 52 kg	5. 60 kg
6. 57 kg	6. 65 kg
7. 62 kg	7. 71 kg
8. 68 kg	8. 80 kg
9. 75 kg	9. 92 kg
10. 85 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	U17
1. 29-33 kg	1. 36-40 kg
2. 36 kg	2. 43 kg
3. 39 kg	3. 46 kg
4. 42 kg	4. 49 kg
5. 46 kg	5. 53 kg
6. 50 kg	6. 57 kg
7. 54 kg	7. 61 kg
8. 58 kg	8. 65 kg
9. 62 kg	9. 69 kg
10. 66 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 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	International competitions	
14-15 years	Continental Championships	(upon request)
U17	International competitions	
16-17 years	Continental Championships	(each year)
	World Championships	(each year)
U20	International competitions	
18-20 years	Continental Championships	(each year)
	World Championships	(each year)
Seniors U23	International competitions	
19-23 years	Continental Championship	(upon request)
	World Championships	(each year)
Seniors	International competitions	
20 and older	Continental Championships	(each year)
	World Championships	(each year, except the Olympic Year)
	World Cups	(each year, except the Olympic Year)
	Olympic Games	(every four years)
Veterans	World Championships	(each year)
35 and older	*Categories and specific regulations*	

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.

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. (~~Except UWW Ranking Events).~~

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 days competition format, the last round will be organized 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.

In a 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 must take place on one mat. The matches for the 3rd and 5th place may take place 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 he has 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 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 he runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh a wrestler who is not dressed correctly.

The referees responsible for the weigh-in will received 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), he 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 his(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.

If the team leader (or his substitute) can't attend the draw because of exceptional reason, he must inform the organizer and United World Wrestling otherwise his athlete(s) won't be part of the draw. The organizer will have the responsibility to communicate it to the UWW results' team.

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. He will also have to 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 of the competition and will be ranked last, without rank. NO pairing will be made again 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, in case a wrestler, without medical advice signed by the UWW doctor or the competition's doctor and without advising the competition secretariat, does not present himself to his opponent when his name is called, he will lose his bout by forfeit, will be eliminated and ranked without rank. His opponent will win the match.

If the UWW doctors can prove that a wrestler simulates an injury for whatever reasons to avoid competing against his opponent, he will be disqualified, placed last in the ranking, without any rank and the note "Dsq" near to his name.

If a wrestler commits an obvious offence against fair play within the spirit and concept of total and universal wrestling enunciated by UWW, and openly cheats, commits a serious error or engages in brutality, he will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, he will be placed last in the ranking, whiteout any rank and the note "Dsq" near to his name.

If two wrestlers are disqualified for brutality during the same match, they will be eliminated as above. The pairing for the following round will not be modified. The wrestler supposed to meet one of the disqualified wrestlers wins the match 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 others 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.

<u>Ranking in the event of doping violations</u>

In case of positive doping control, the wrestler will be disqualified, and he will automatically be placed last in the ranking, without any rank and the note "DSQ" near to his name. The following wrestlers will move up in the ranking. If it concerns an athlete ranked in the 3rd place, the wrestler from the part of the bracket of the doped athlete will move up. In that case, only one wrestler will be ranked in the 5th place.

In the case where the 2 first ranked athletes have a positive doping control and are disqualified; the two bronze medalists will get a Gold medal. In that particular case, no silver medal will be awarded and the 2 5th place will move in the 3rd rank. **The following wrestlers will move up in the ranking, taking into account that for this particular case we would have only one 5th place.**

In case of positive doping control during a team event, the team from the athlete in fault will be disqualified and be placed last in the ranking, without any rank and the note "DSQ" near to his 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 evaluate the holds individually in order to arrive at a final decision. The referee and judge must work together under the direction of the mat chairman, who co-ordinates the work of the officials.

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 (0), 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 his substitute) and the mat chairman must watch the video evidence on the large screen. After a discussion

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

Article 17 – Referee's Dress

The refereeing body (instructors, referees, judges and mat chairmen) must be dressed with the UWW homologated Uniform.

The dress must be a model homologated by UWW. The refereeing body may not wear the name of a sponsor. However, the number on his jacket may include the name of a UWW sponsor.

Article 18 – The Referee

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

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

c) He shall work in close co-operation with the judge and must carry out his duties in supervising the bout while refraining from any impulsive or untimely interference. His whistle shall begin, interrupt and end the bout.

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

e) The referee is required to wear a red wristband on his left wrist, and a blue wristband on his right wrist. He shall indicate with his fingers the points corresponding to the value of a hold after its execution (if it is valid, if it has been executed within the limits of the mat, and if a wrestler has been put in a danger position, etc.) by raising the arm corresponding to the wrestler who scored.

f) The referee must never hesitate to:

- Interrupt the bout at exactly the right time, neither too soon nor too late.
- Indicate whether a hold executed at the edge of the mat is valid.
- Signal and announce TOUCHE (fall) after seeking the agreement of the judge, or if this is not possible, of the mat chairman. In order to determine whether a wrestler has actually been pinned to the mat by both shoulders at the same time, the referee must say the word TOUCHE (fall), raise his hand to secure the agreement of mat chairman, strike the mat with his hand and then blow the whistle.

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 he obstructs the view of the judges and the mat chairman, particularly if a fall appears imminent.
- Ensure that the wrestlers do not rest during the bout on the pretense of wiping their bodies, blowing their noses, pretending to be injured, etc. In this case, he must stop the bout and ask for a caution (0) to the wrestler at fault and 1 point to his opponent.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto his 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.

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, he must wait for the action - either an attack or a counterattack - to be complete.

Article 19 – The Judge

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

b) He must follow the course of the bout very closely without allowing himself to be distracted in any way; he must award points for each action, and mark them on his score sheet, in agreement with the referee or mat chairman. He must give his opinion in all situations.

c) Following each action, and on the basis of the referee's indications (which he compares with his own evaluation) or, failing this, on the basis of the mat chairman's indications, he records the number of points awarded to the action in question, and enters the results on a scoreboard placed beside him. This scoreboard must be visible to both the spectators and wrestlers.

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

e) If, during the bout, the judge notices something that he feels he should bring to the referee's attention because the latter was not able to see it or did not notice it (a fall, illegal hold, passive position, etc.), the judge is obliged to do so by raising the bat of the same color as the singlet of the wrestler in question, even if the referee has not asked for his opinion. In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or in the conduct of the wrestlers.

f) The judge must, moreover, sign the score sheet handed to him upon receipt, and at the end of the bout, must clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser and writing in the name and country of the winner.

g) The decisions of the referee and judge are valid and enforceable without the intervention of the mat chairman if they are in agreement - except for proclamation of victory by technical superiority, in which case the mat chairman is required to give his opinion and in case of consultation or challenge.

h) The judge's score sheet must accurately indicate the time at which a bout ends in the case of victory by a fall, technical superiority, etc.

i) To make it easier for the judge to supervise the bout, particularly in a delicate position, he is authorized to change positions, but only along the edge of the mat over which he has control.

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

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

l) The Passivity that bring the Activity Time will be noted by an 'P' in the column of the wrestler at fault. The verbal warning by a 'V'.

m) The points scored during the last action who gets the fall will be surrounded.

Article 20 – The Mat Chairman

a) The mat chairman, whose functions are very important, shall assume all the duties provided for in the Wrestling Rules.

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

c) He is obliged to follow the course of the bouts very carefully, without allowing himself to be distracted in any way, and to evaluate the behavior and action of the other officials according to the Rules.

d) In the event of any disagreement between the referee and judge, his task is to settle the issue in order to determine the result, the value of points and the falls.

e) In no case may the mat chairman be the first to give an opinion. He must wait for the opinion of the referee and judge. He is not entitled to influence the decision.

f) The mat chairman's approval must absolutely be sought 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) He may also interrupt the bout if a serious scoring mistake is made by the referee and/or the judge. In such case, he must ask for a consultation. If the mat chairman does not obtain majority during the consultation, he 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 action to go to neutral and stop the match. The refereeing delegate (or his substitute) and the mat chairman must review the video evidence. If the refereeing delegate (or his 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 his substitute) solely renders its decision. Its decision 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 session
- 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.

Technical superiority is reached when there is a difference of 8 points for Greco Roman wrestling and 10 points for Freestyle Wrestling and Women's Wrestling. This automatically leads to victory and to the end of the bout is whistled.

The fall stops automatically the match whatever the period.

Freestyle and Women's Wrestling: The duration of a period is 3 minutes. If, after 2 minutes in the first period, no wrestler has scored then the referee must obligatorily designate the passive wrestler.

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 he has had a rest period of twenty (20) minutes from the time his preceding bout ended.

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 both French and English. If the wrestler does not come forward after the third call, he will be eliminated and will not be placed. His 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 his 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 his 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 himself, by deciding to wrestle in the standing or "parterre" position, or by pulling his opponent back from the edge of the mat to the center.

d) If an action must be stopped due to one wrestler deliberately injuring his opponent, the wrestler at fault will be disqualified.

e) If a wrestler interrupts the bout without any blood or visible injury as determined by the competition doctor, 1 point will be awarded to the opponent. The bout shall resume immediately.

f) In case of bleeding of one of the wrestlers, the referee shall interrupt the bout to stop the bleeding. A chronometer will start as soon as the doctor steps on the mat. In case the accumulated time of interruptions to treat the bleeding exceeds 4 minutes over the entire duration of the bout, the mat chairman shall order the end of the bout. In that case, the concerned wrestler loses the match and the opponent wins the match on injury. If the bout is wrestled until the end, the chronometer will be reset for the next round.

g) After the medical treatment, the bout resumes in the same position than 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 competed 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 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).

When a wrestler scores 8 points more than his opponent in Greco-Roman Wrestling and 10 points more in Freestyle and Women's Wrestling, he wins the match by superiority. In any case, the referee must wait for the end of the action: attack, counter-attack or takedown where the wrestler is in a position that may lead to a fall.

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

When the wrestling has been stopped in standing or "parterre" position, it will recommence standing. Wrestling must be stopped and resumed at the center of the mat in the standing position if:

- One foot entirely touches the protection area and no action is executed.
- The wrestlers in a hold go into the passivity zone with three or four feet without executing the hold and stay there.
- If the bottom wrestler's head entirely touches the protection zone.

In all illegal actions in "parterre" wrestling such as fleeing the hold, fleeing the mat, faults committed by the attacked wrestler or injuries, the bout shall continue in "parterre" position.

In all illegal actions in standing position such as fleeing the hold, fleeing the mat, faults or injuries, the bout shall continue in standing position.

To save attacking wrestler, if he/she lifts his/her opponent from the ground during "parterre" wrestling and the attacked 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 his opponent regardless attacking wrestler has succeeded or not in his hold and bout will continue in "parterre". If the attacking wrestler will succeed his hold, he will also score the deserved points.

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 or two leg fouls in Greco-Roman Wrestling
- by technical superiority
- following a forfeit
- by a disqualification
- by points (by having at least 1 point more after addition of the two periods)

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

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

- the highest value of holds;
- the least amount of cautions;
- the last technical point(s) scored

Example:

Red	Blue	Comment	Result
1 1 1	1 1 1	Last technical point scored by the blue wrestler.	Blue winner
1 2	1 1 1	Last technical point scored by the blue wrestler but the red wrestler scored a 2-point hold.	Red winner
0 0 1 1 1	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 2 0	The blue wrestler scored a 2-point hold which is the highest value hold	Blue winner
1 1 0 1	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 1	Each of the wrestlers has two cautions. The blue wrestlers scored the last technical point.	Blue winner

A wrestler receiving 3 cautions (0) during a match lost the bout. 3rd caution must be given unanimously by the refereeing body. Challenge request 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 him, he is authorized to assist the injury treatment of his wrestler. Except during this situation and during the break, it is strictly forbidden to the coach to step on the mat. It that case he can be sanctioned by the referee.

The coach is strictly forbidden to influence decisions or to insult the refereeing body. He may only speak to the wrestler. The coach has the right to give water to his 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 his wrestler during the break. At the end of the break, his/her wrestler might not sweat any more.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a 'Yellow' card (caution); if he persists, the mat chairman will present him with a 'Red' card (elimination). The mat chairman may also present the YELLOW or RED card on his own initiative.

As soon as the red card is given, the mat chairman reports to the competition director and the coach shall be eliminated from the competition and may no longer continue his duties. These facts also need to be report on the 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), he will be also eliminated from the competition and may no longer continue his duties. As for the red card, his accreditation will be removed.

A maximum of two accompanying people is authorized to enter on 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 his 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 in which the video control is formally established by UWW and the Organizing Committee.

The coach must request the challenge by pushing a button provided to him immediately after the refereeing body has awarded or failed to award points to the contested situation. If the wrestler disagrees with the coach's decision, he must reject the challenge directly and the match continues.

If during a competition, the system with buttons (for the challenges) are not provided for the coaches, the organizer will have to provide a sponge that will be used to ask the challenge.

The organizers also have the obligation to use the UWW competition management system and to project the video on a big screen (1 per mat minimum) that must be visible from the entire venue. This screen can be either a plasma screen or a white board used with a projector.

In case of a major technical problem which would not allow the review of the contested action, the refereeing body's initial decision will be enforced and the coach will keep his challenge.

Specific points

Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the refereeing delegate (or his substitute) modifies the **initial** decision ~~in favor of the wrestler who requested for challenge~~, then the challenge can be used again during the match by the concerned wrestler.

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

The mat chairman shall demand to stop the match to review the challenge as soon as the situation on the mat becomes neutral.

In case of dispute between the refereeing body and the coach, the refereeing body is allowed to refuse a challenge only after the approval of the refereeing delegate (or his substitute). The mat chairman and/or the referee cannot decline a challenge by them self.

No challenge can be requested for penalties given as a result of passive wrestling or in the event of a fall, being understood that the fall must be confirmed by the mat chairman further to the decision of either the referee or the judge (in the other hand, challenge request for illegal attacks or counter – attacks, action just between the last seconds and the end of the time, before the fall should be accepted). When less than 30 seconds remains in a bout and the refereeing body agrees unanimously that one of the wrestlers is passive, they may issue 1 caution to the wrestler at fault for fleeing-the-hold and 1 point to his opponent (freestyle only). Should this point determine the winner of the match, the other wrestler may request a challenge.

No challenge can be requested after the end of the regular time of a period, except when the points are added to the scoreboard after the referee's whistle or in case action occurred just before the time is over. The coach

has ~~5~~ 10 seconds to request a challenge after the points are published on the scoreboard or ~~5 seconds~~ after the wrestlers come in a neutral position.

The coach requesting the challenge must do so from his seat, without stepping on the mat or approaching the judge's or the mat chairman's table. Furthermore, the coach is not allowed to indicate his challenge request by throwing items on the mat.

After having reviewed the action and after a consultation with the mat chairman, the refereeing delegate (or his substitute), renders its decision. He intervenes and renders its decision in all cases. His decision will be final and may not be discussed.

It is not possible to request a "counter challenge" once a final decision has been made.

Article 32 – Team Ranking during Individual Competitions

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

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

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

In case a weight category used the Nordic system, the 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 will get 9 points.

In case an athlete is disqualified 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.

1st place	TUR	25 points
2nd place	TUR	~~20 points~~
3rd place	UKR	15 points
3rd 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 and finds himself underneath in a "parterre" position without a move by his opponent, the wrestler above will not be awarded a technical point. The referee interrupts the bout and Wrestling restart in standing position. However, if, during a hold, the defending wrestler executes a counterattack and is able to bring his opponent to the ground, he will be awarded the point(s) that correspond to the action.

If the attacking wrestler executes a hold on his own bridge, holds this position for a certain amount of time, and then completes his action by placing his opponent in the bridge position as well, he will not be penalized. Only the attacking wrestler will be awarded the points, as he will have completed the action in a hold that involved risks. However, if the offensive wrestler is blocked under control in the bridge position or by a counteraction by his opponent, it is clear that points will be awarded to the latter wrestler.

The same hold executed in standing position has always more value as if executed in parterre position. The value of a hold is **always determined by the position of the attacked wrestler**. If the attacked wrestler has at least one knee on the mat, his position will be assumed to be a “parterre” wrestling position. The position of the attacking wrestler is not be 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 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.

d) The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler.

e) 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.

f) 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.

g) Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be only one action.

h) A hold must not be considered to be a new action until the competitors return to the initial position.

i) The referee will indicate the points. If the judge agrees, he will raise the bat bearing the color and value in question (1, 2, 4 or 5 points). In the event of any disagreement between the referee and the judge, the mat chairman must make a decision in favor of one or the other of the wrestlers; he is not allowed to give a different opinion, except if he calls for a consultation and obtains majority.

j) In the event of a fall that occurs at the end of regulation time, only the sound of the gong (and not the referee's whistle) is valid.

k) At the end of a period, any hold is valid if it was completed before the gong sounded. In no event may a hold finished after the sound of the gong can be counted.

Article 35 – Danger Position

A wrestler shall be considered in the 'danger position' when the line of his back (or the line of his shoulders) vertically or in parallel with the mat, forms an angle of less than 90 degrees to the mat and when he resists with the upper part of his body to avoid a 'fall'. (See definition of 'fall'). The danger position occurs when:

- The defending wrestler assumes the bridge position 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 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 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 in a direct and immediate danger position shall be considered a "Grand Amplitude" throw.

In the "parterre" position, any complete lift from the ground executed by the attacking wrestler, whether the attacked wrestler lands in neutral position (4 points) or in a danger position (5 points), is also 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 his opponent 1 point.
    . If the wrestler lifts and controls his opponent and he is unable to complete the hold in a continuous action, the referee shall stop the bout but not award his opponent 1 point.

NB: When a wrestler deliberately pushes his opponent into the protection area with no meaningful action, he shall no longer be awarded 1 point (only verbal warning).

- 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 (in GR)
- 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 his opponent by passing behind (three points of contact: two arms and one knee or two knees and one arm or head or elbow).
- To the wrestler who applies a correct and complete throw that brings his opponent into a prone position or lateral position or a position with three points of contact. The defensive wrestler must lose control during the throw.
- To the wrestler who executes a hold that places his opponent's back at an angle of less than 90 degrees, including when his opponent is on one or two outstretched arms.
- To the attacking wrestler whose opponent rolls onto his shoulders.
- To the wrestler who blocks his 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 his opponent into a danger position in a continuous et fluid manner.
- For any hold executed by raising a wrestler from the ground and bringing his 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 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 one of his hands, 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 bring 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 his decision by raising his arm and clearly showing the points with his 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 his decision clearly, leaving no room for ambiguity.

In case of a disagreement, the mat chairman makes the decision. This decision, in which he must decide between the opposing opinions of the referee and judge, obliges the mat chairman to vote in all cases for one or the other of the views given.

If the match lasts until the end of the allotted time, the mat chairman's score sheet will be taken into consideration when designating the winner. The public scoreboard must conform to the mat chairman's score sheet at all times during the bout. If there is a difference of 1 or more points between the judge's and mat chairman's score sheets, only the score on the mat chairman's score sheet will be considered.

Article 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)
    - 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)
- Leg fouls (GR) (VCA 5:0) – refer to article 51
- Forfeit (VFO 5:0) – refer to article 14
    - If an athlete doesn't show up on the mat
    - If an athlete doesn't attend or fail the weigh-in
- Disqualification (DSQ 5:0) – refer to article 14
    - 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

When the defensive wrestler is held by his opponent with his two shoulders against the mat for a sufficient time to allow the referee to observe the total control of the fall, the resulting hold is considered to be a fall. For a fall at the edge of the mat to be recognized, the competitor's shoulders must be completely in the orange zone and the head must not touch the protection area. A fall in the protection area is not valid.

If the wrestler is pinned on both shoulders as a consequence of a rule infringement or an illegal hold for which he is responsible, the fall will be considered valid for his opponent.

The fall observed by the referee will be valid if confirmed by the mat chairman. If the referee does not indicate the fall, and if the fall is valid, it may be announced with the consent of the judge and mat chairman. Consequently, to be observed and recognized, the fall must be clearly maintained. The two shoulders of the wrestler in question must be simultaneously touching the mat during the short period of stoppage specified in the first paragraph, even in the case of a standing rear body lock and lift. 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, being understood that the fall must be validated by the mat chairman following the judge or the referee's decision.

Any wrestler who is controlled by his/her opponent in danger position, shouts or hits to the mat without any reason or any clear injury, 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 until the action is completed (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 consulting with members of the officiating team for the match.

CHAPTER 8 – NEGATIVE WRESTLING

Article 44 – Par Terre Position during the Bout

If one of the wrestlers brings his opponent to the ground during the match, wrestling continues in the "parterre" position and the wrestler underneath may counter his opponent's efforts, stand up or carry out counter-attacks of his choice. If a wrestler brings his opponent to the ground and owing to good defensive action by the attacked wrestler is unable to initiate an action, the referee stops the bout after a reasonable period of time and has 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 or block off with elbows and knees.

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. Bottom wrestler is not allowed to block the top wrestler. The top wrestler is placed sideways of his opponent, placing both of his hands on the back of his opponent **without any hesitation** after the parterre position is ordered. He must have two knees on the mat.

After the referee blows the whistle, the wrestler underneath is allowed to defend himself according to the Rulebook. It's especially forbidden to jump or flee from the attacker, to defend with closed arms or blocking off whit elbows and knees as well as to use actively any leg while defending. 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 him and 1 point in FS / 2 points in GR to his opponent and restart in parterre position

Article 45 – Passivity Zone (Orange zone)

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

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

Any hold or counter attack 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 it ends in the protection area, the bout is stopped and the wrestlers are returned to the center of the mat. 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 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.

In case a wrestler executes a hold with no success and finds himself underneath in the protection area and in neutral position controlled by his opponent (his opponent doesn't do any move to reach that position), he will lose 1 point because going out of bound from standing position first. In the case he lands on his back on the protection area with a control from his opponent, he will lose 2 points.

In the execution of their started holds and actions, and which have begun on the central surface of the mat, the wrestlers can enter the passivity zone with three or four feet and continue their actions or holds in all directions, provided that nothing interrupt the execution of their hold (pushing, blocking, pulling).

An action or a hold may not be commenced in a standing position in the passivity zone, except under the strict condition that the wrestlers engaged in the hold have only two feet in the zone. In this case, the referee will tolerate the situation for a limited period of time, waiting for the hold to be developed.

If the wrestlers interrupt their action in the passivity zone and stay there or if without any action they place two, three or four feet there, the referee interrupts the bout and brings the wrestlers back to the center, the bout resumes in standing position.

In all cases, in standing position, if one of the attacking wrestler's foot is in the protection area, which is outside the passivity zone, the referee will not interrupt the bout and will wait for action to be completed.

When the defending wrestler's foot is in the protection area, but the attacking wrestler carries out a hold without interruption, the hold is good. If the attacking wrestler does not carry out the hold, the referee interrupts the bout.

When the defending wrestler places one of his foot in the passivity zone, the referee must call 'ZONE' in a loud voice. Upon hearing this word, the wrestlers must endeavor to return towards the center of the mat without interrupting their action.

In wrestling in "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 interrupted and the wrestlers returned to the center in a standing position.

In wrestling in "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 "*Caution 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 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. A light corresponding to the wrestler at fault is lighted. This notifies the wrestlers, coaches and spectators an "activity period" has begun. 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 any point (score 0-0), the referees must mandatory designate one of the wrestlers as inactive (the same procedure described above is administered).

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 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.

e. For U15, U17 and Veterans age categories, no verbal warning will be given. The passivity procedure starts directly with activity time.

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
- Grapping 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 the Wrestling in the center of the mat
- Fixing his opponent in the passivity zone
- No hooking despite good position
- Defensive wrestling

Clarification

Any passivity has to 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 or a Total Passivity.

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, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth.
- Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, 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 in order to prevent his 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 ground position in Greco-Roman

When a wrestler is on the ground following an action by his opponent and he then jumps forward to prevent his being caught for a hold, he puts his opponent in the position of committing an illegal hold - holding the thighs of the "escaping" wrestler, will be considered as a fleeing of a hold. The referee must not allow this situation which is a fleeing the hold offence by the fleeing wrestler. He must therefore be very clear and precise in the manner in which he deals with this offence. He must also place himself in front of the wrestlers in a way to prevent the flee 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 match 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

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.

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
- Holds did only by taking 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)
- 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 to throw him 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, he will be punished by a caution and 1 point.
- If a defending wrestler, by an illegal action, prevents his opponent from developing his hold, the defending wrestler will be cautioned. His 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
- In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

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:

- Stop the violation
- Give the value corresponding to the hold to his 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 his action because of an illegal hold of the defending wrestler

- 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 hips 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:

- On the 1st offense, stop the match and award the guilty wrestler's opponent 2 points and the guilty wrestler shall receive a caution.
- On the 2nd offense, the guilty wrestler will lose the concerned bout.

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 attacked wrestler shall be stopped by the referee without interrupting the hold if possible. If there is no danger, the referee allows the development of the hold and waits for the result. He then stops the match, gives the points and a caution to the wrestler at fault.

If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction, then the match should be stopped and wrestling should be made to continue in a standing position with the attacking wrestler receiving an amicable caution. If the wrestler attacks again with an illegal hold, the referee will stop the match, give a caution (0) to the wrestler at fault and one point-to his opponent.

In all cases, in the event of any willful butting with the head or any other brutality, the wrestler at fault may be eliminated immediately from the bout by a unanimous decision of the officiating team and disqualified from the competition and placed last with a comment "eliminated for brutality". The offending wrestler will receive a red card.

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 he considers that either competitor is in danger. At first the injury treatment shall be provided by the UWW doctor only. In case he needs support, he can allow the doctor of the wrestlers' team or the wrestler's coach to come.

b) He may also stop a bout immediately by declaring one of the wrestlers unfit to continue. The wrestler must never leave the mat, except in the event of a serious injury requiring his immediate removal. In case of a wrestler being injured, the referee must immediately ask the doctor to intervene; in case no injury is reported by the competition doctor, the referee must request a sanction to the judge or the mat chairman.

c) If a wrestler has a visible injury, the doctor will have the time necessary to treat the injury and will decide if the wrestler can carry on the match or not.

d) A maximum of four minutes will be allocated for each wrestler for the entire duration of the bout to be treated for a bleeding injury. The consequences of overrunning this allocated time are described under article 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 his advice on an intervention or decision made by the medical service. Only the UWW Medical Commission delegate may propose to the officials that the bout be stopped.

f) In international competitions where the UWW Medical Commission is not represented, the decision to interrupt the bout will be taken by the competition doctor in consultation with the UWW delegate or the UWW nominated referee and the injured wrestler's team doctor.

g) In all cases, the doctor making the decision to prohibit the wrestler from continuing the bout shall be of a nationality other than that of the wrestler in question or the opponent, and the doctor must not be involved in the weight class concerned. In case this situation occurs, the decision will be delegated to another doctor as designated by the delegate referee.

h) All the first aid injuries (not requiring hospitalization) occurring in UWW international competitions are at the organizer's costs. The injuries requiring hospitalization are covered by the UWW license, provided the case

has been announced to the insurance company (at the number appearing at the back of the card) the same day.

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

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

Article 56 – Anti-doping

Pursuant to the provisions written in the Constitution, and in order to fight against doping, which is formally prohibited, UWW reserves the right to require that wrestlers undergo examinations or tests in all competitions in the official calendar. This provision must be applied at Continental and World Championships, according to UWW Regulations, and at the Olympic and Continental Games, according to IOC Rules.

In no case competitors or officers may oppose this verification without incurring sanctions provided in UWW's Anti-doping Rules. The UWW Medical Commission will decide the time, the number or frequency of these examinations, which will be carried out by any means it deems useful. Suitable samples will be taken by a doctor certified by UWW, in the presence of an officer for the wrestler to be tested.

The setting up and financial implications of the anti-doping controls during the competition are paid for by the host country and the National Federations.

In case of a positive result, the sanction provided in the UWW Anti-doping Regulations will be applied. The UWW, being subject to the convention fighting drug use signed with the IOC and applied by the World Anti-Doping Agency (WADA), all its Regulations, procedures and sanctions are applicable by the UWW.

The appeal body in the event of a doping sanction made by UWW against a wrestler is the Court of Arbitration for Sport (CAS) in Lausanne (Switzerland) after all appeal provisions provided by UWW's Anti-doping rules have been exhausted if applicable.

CHAPTER 12 – APPLICATION OF THE WRESTLING RULES

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.

In the event of a trial, only the French text is valid.

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

Every referee at a competition must have copy of these Rules in his language and in one of the UWW's official languages (French or English).

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