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**INTERNATIONAL BELT WRESTLING  
REFEREEING RULES**

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# **INTERNATIONAL BELT WRESTLING REFEREEING RULES**

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**(freestyle - men and women; classic style - men)**

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## ARTICLE 1.

### INTRODUCTION

National wrestling types of the peoples of the world have its own special rules for judging in each specific case, but they are united in the fact that fights are held in the uniform, **HAVING A BELT**.

Belt wrestling has been improved for centuries

To enhance the entertainment, further development of this sport and improve the rules of refereeing competitions, it is necessary to preserve the basis of technical actions, leaving original and effective techniques.

The main goal and task of wrestling is to unite all types of wrestling, both national and traditional all over the world, **for belt wrestling** according to the rules approved by the International Belt Wrestling Association.

**Belt Wrestling** competitions are held in free style (men, women) and classic style (men).

In belt wrestling it is permitted to throw, do a foot sweep, holds, reaps, spring, grips, grapevine, takedown and covering, to twist, from a standing position, gripping the opponent's belt by two hands.

**In the classical style, footwork is prohibited. However, разрешен подсад бедром (knees bent) only after lifting (lift the opponent). Подсад without lifting the opponent in the classical style is prohibited.**

## ARTICLE 2.

### THE MAIN CONCEPTS AND TERMS IN BELT WRESTLING

The belt wrestling – type of martial art, in which the wrestler has the **GOAL** to throw an opponent onto his back (**CLEAR VICTORY**) using any of the allowed techniques after the wrestlers took original stance.

Position in wrestling:

1. STANDING (posture) – position of wrestlers, in that they touch the mat by feet only (they are on their feet).

2. LYING – position of wrestlers, in which one of the wrestlers touches the mat with any part of his body, except his feet. In this case, the fight will stop **IMMEDIATELY** and then wrestlers recover postures.

During the fall wrestler could be:

a) "on the back" – position, in which the wrestler touches the mat by both shoulder blades or roll over on his back, touching the mat by shoulder blades;

b) "on the bridge" – position, in which wrestler's back to mat and touches it only by feet and head;

c) "on the side" – position, in which wrestler touches the mat by one shoulder blade, and at the level of the shoulder blades his back forms a corner of less than 90 degrees towards the mat. The position "half bridge", in which

wrestler's back to the mat and touches it by feet, head and shoulder, is equated with "on the side";

d) "on the chest and on the stomach" – position, in which wrestler touches the mat by chest and stomach, and his at the level of the shoulder blades his back forms a corner of less than 90 degrees towards the mat;

e) "on the buttocks" – position, in which wrestler touches the mat by one or both buttocks, back surface of thigh, loins;

f) "on the shoulder" – position, in which wrestler touches the mat by shoulder snuggled to body (by shoulder joint).

**Remark:** Wrestler's position «on the bridge», «on the half bridge» and «on the side» is defined as «**dangerous position**».

"Throw"- wrestler's sleight, from standing position, as result of that the opponent loses balance and falls on the mat, touching it by any part of body.

"Takedown" – sleight is fulfilling without lifting the opponent.

«Twisting» - sleight, fulfilling without lifting or with lifting, from standing posture, as result of that the opponent falls on the mat, touching it by any part of body.

"Covering" – counterhold, as a result of that offensive wrestler turned up under opponent's control, so he is not able to finish a sleight.

"Out of the mat" – position, in which one or two wrestlers exceed the competition area by foot or feet, after fulfilling sleight, head of wrestler (wrestlers) is out of the competition area.

### ARTICLE 3.

#### BELT WRESTLING COMPETITIONS VENUE

Competitions venue is a smooth and horizontal surface, at that the mat with at least 5 cm is laid out.

The mat is marked for protection zone and competitions area.

The competition area represents a circle with a diameter of 6 to 9 meters a is located in the center. In official competitions the circle diameter is only 9 meters. In the centre of the competition area the circle with a diameter of 1,5 meters is marked for wreseter original stance. Strip, separating the competition area and protection zone, is called "passive zone" is part of working zone. Usually it has a red color. Its width is one meter.

The area behind the "passive zone" is called the "protective zone" and its width should be 1.5-2.0 meters.

The left corner, from the mat-chairman table, is marked by green color and right by blur color.

**Remark:** In the case when the wrestlers enter the "passive zone", the referee shall say the word "**ZONE**" loudly. According to this command the wrestlers should shift to the mat center, without interruption of fight. If the athlete after the command "**ZONE**" does not turn towards the working area of the mat,

but exceed it (this moment is interpreted by the judges as "passivity" or "failure of attack"). In this case he is punished by (initially) **foul** and then **warning** after every exceeding the competition area.

## ARTICLE 4.

### PARTICIPANT UNIFORM

The belt wrestling competitions participant uniform consists of white trousers, green and blue sports shirts and a red belt 110-150 cm long for teenagers and young men, and 150-180 cm for adult athletes. Belt width is 4-7 cm.

Participants should wear athletic shoes ("wrestling shoes" or slippers) with soft but not sliding soles on their feet. **Fighting barefoot is FORBIDDEN!** Laces, the ends of which are metallic or hard should be cut.

Participants must have a handkerchief that a wrestler can use with a minor injury. The handkerchief must be kept by the second for the entire duration of the fight.

**If these requirements are not respected, the participant is not allowed to fight.**

## ARTICLE 5.

### PARTICIPANT APPEREANCE

The participant must be neat. Thumbnail should be trimmed. Have short hair on your head. Long hair must be pulled back.

The participant is prohibited to have a watch, bracelets, rings, chains. Shin-guards should be soft without metal objects and plastic. The visually impaired participant should have contact lenses.

**Remark:** If a participant loses contact lenses during fight and cannot immediately put them in place, then he cannot continue the fight and it is considered that he lost.

## ARTICLE 6.

### FIGHT REFEREING

The fight is refereed by a panel of judges is represented by the mat chairman, the referee, the side referee, the timekeeper, the scoreboard judge and the judge with the participants.

The members of panel of judges must wear a black suit, have a white shirt, black tie and athletic shoes (dark sneakers or slippers), as well as green and blue armbands, a sports whistle, a yellow card - a foul and a red card - a warning - removal.

The members of panel of judges are prohibited from leaving their workplaces and talking to someone during the fight, unless this is required by the performance of duties.

**Protest:** Seconds have green and blue cubes of foam rubber "challenge ", for an emergency stop of the fight in a controversial situation, it is for this technical action. They are thrown by them on the center of the mat. In this case, the referee must ask the opinion of the athlete. The athlete decision is decisive. But at the same time, if after the discussion of the panel of judges the assessment of the technical action remained unchanged, then the ward of the second receives a **warning** automatically and the challenge is taken. The judging panel makes the final decision after consultation and reviewing the video if necessary. If the decision on the technical action of the judging panel is made **UNANIMOUSLY**, so there is no necessary to view video. In this case, the second has no right to throw "challenge ". All the same if the second or the athlete has thrown the "challenge", then the athlete is given a **warning** and the "challenge" is taken.

**Remark:** Members of the judicial committee (jury) may intervene in the unanimous decision of the judging panel if they consider it necessary.

With a positive decision, the second can use the right to throw out the challenge several times, and the athlete can also use this right if he considers it necessary.

This rule is valid only in the main time of the fight and fight in a short grip. After the end of the fight and the announcement of the result, this rule is not valid.

**Remark:** All warnings are summarized. If a wrestler receives three warnings, he will **LOSE**.

## ARTICLE 7.

### MAT CHAIRMAN FUNCTIONS

The mat chairman manages the judging panel, keeps the referee record, informs about the fight, and announces the result.

The mat chairman wears armbands: green on the left hand and blue on blue hand.

The mat chairman with the referee and side referee evaluates the actions of the wrestlers by gestures and shows scores on the electronic scoreboard.

The mat chairman has right to stop fight and inquire about the reasons for certain decisions of the referee and the side referee.

In case of disagreement in the assessment of the referee and the side referee, after hearing their opinions, the mat chairman makes the final decision, but he should not express his opinion initially. The mat chairman has a red foam rubber cube for an emergency stop of the fight.

The mat chairman should not allow distortion of the fight due to intervention attempts from outside.

The mat chairman, in the absence of assessed technical actions, **THROUGH EACH MINUTE** assesses the fight by the decision of the judging panel.

After the end of the fight the mat chairman points to the winner by a hand with an armband in the same color as the winner's shirt color and announces the result.

The head of the carpet must have yellow and red cards (foul, warning - removal to the stands for spectators).

## ARTICLE 8.

### REFEREE FUNCTIONS

The referee manages the fight process directly on the mat.

The referee wears armbands: green on his left hand, and blue on his right hand.

The arbitrator assesses the actions of the wrestlers and shows signs by gestures.

The arbitrator gives a whistle signal about the beginning, interruption, continuation and end of the fight.

The arbitrator stops the bout in the following cases:

- a) when challenge is thrown out;
- b) when a wrestler (wrestlers) is in the “lying” position, namely touches the mat with any part of the body;
- c) when one of the wrestlers achieves a clear victory or a clear technical advantage (a difference of 6 or more points);
- d) when one of the wrestlers uses or attempts to use a prohibited technique, which can lead to injury;
- e) when one or both wrestlers exceed the competition area;
- f) when one or both wrestlers get injured or feel bad;
- g) when there is need to put participant uniform right;
- h) when it is necessary to announce a warning to one or both wrestlers;
- i) when the “judging director” (chief referee) or the mat chairman demands to stop fight;
- j) when a side referee or wrestler (wrestlers) asks to stop the fight;
- l) with withdrawal or disqualification one or both wrestlers.

The arbitrator participates in the announcement of the result of the fight.

The arbitrator must have yellow and red cards (foul, warning - removal to the stands for spectators).

**Remark:** In the case of the unethical behavior of the second or the referee representative, the arbiter shows a yellow card (foul) and if the situation has not changed, then he shows a red card (warning - removal). A second or the referee representative can be replaced by another team member or coach. Penalties are

imposed on the National Federation (Association), without paying for which, the country cannot participate in the upcoming competitions.

## **ARTICLE 9.**

### **SIDE REFEREE FUNCTIONS**

The side referee is on the opposite side to the mat chairman table.

The side referee wears armbands: green on the left hand, and blue on the right hand, he should have a yellow card (foul), a red card (warning - removal).

The side referee evaluates the actions of the wrestlers and shows signs on the electronic scoreboard, fills in the referee scoresheet.

A side referee cannot leave his seat until the moment when in the process of a fight in technical assessments disagreements arose and he is invited to the mat chairman table to discuss the situation.

## **ARTICLE 10.**

### **TIMEKEEPER REFEREE FUNCTIONS**

The timekeeper referee facilitates time control of the fight and informs the mat chairman.

The timekeeper referee should have extra chronometers to control the fight time.

## **ARTICLE 11.**

### **REFEREE FUNCTIONS AT THE SCOREBOARD**

The scoreboard referee keeps track of the country and the names of the participants, as well as the marks and punishments given by the referee to the wrestlers during the fight.

## **ARTICLE 12.**

### **REFEREE FUNCTIONS WITH PARTICIPANTS**

The referee with the participants, in accordance with the protocol of the competition and accreditation cards, monitors the implementation by the

participants of Article 4 "Participant Uniform" and Article 5 "Participant Appereance". He participates in the opening and closing ceremonies of the competition, as well as in the awarding ceremony of champions and prize-winners of competitions.

## ARTICLE 13.

### FIGHT DURATION BY AGE CATEGORIES

Fight duration is established as:

- |                                                        |             |
|--------------------------------------------------------|-------------|
| - children: boys and girls 10-12 y.o.                  | - 2.00 min. |
| - teenagers: boys and girls 13-15 y.o.                 | - 2.30 min. |
| - cadets: boys and girls 15-17 y.o.                    | - 3.00 min. |
| - youth: juniora 18-20 y.o.                            | - 4.00 min. |
| - adults: men and women 18 y.o. and older              | - 4.00 min. |
| - veterans: men older 40 y.o.,<br>women older 30 y.o.. | - 3.00 min. |

### WEIGHT CATEGORIES

№ №	10-12 y.o. Children		13-15 y.o. Teenagers		15-17 y.o. Cadets		18-20 y.o. Junors		18 y.o. and older Adults		Veterans (from 40 y.o. and older)	
	B.	G.	B.	G,	B.	G.	B.	G.	M.	W.	M.	W.
1.	36	32	42	36	45	44	57	48	62	52	65	54
2.	40	36	46	40	50	48	62	52	68	58	70	60
3.	44	40	50	44	55	52	68	58	75	66	76	68
4.	48	44	55	48	60	57	75	66	82	76	83	78
5.	52	48	60	52	65	63	82	76	90	+ 76	90	+78
6.	56	52	65	57	71	70	90	+ 76	100		100	
7.	60	57	71	63	77	+70	100		+ 100		+100	
8.	65	+57	77	+63	85		+ 100					
9.	70		85		95							
10.	+ 70		+85		+95							

## **ARTICLE 14.**

### **BEGINNING AND END OF THE FIGHT**

The fight starts after the referee's whistle (a sharp short signal).

Fight ends:

- with a **CLEAR VICTORY awarded to one of the wrestlers**;

- with **CLEAR TECHNICAL ADVANTAGE** (a difference of 6 or more points);

- with **WITHDRAWAL** or **DISQUALIFICATION** of one or both wrestlers;

- with **TERMINATION** of the established time.

The fight established time termination shall be announced by a sound signal (gong), after which the referee stops the fight by a whistle (a sharp prolonged signal).

**Remark 1:** The sound signal (gong) must have a good voice, and enough power to sound.

After the end of the fight, the referee takes a place in the center of the mat facing the mat chairman, the wrestlers stand on either side of the referee according to the color of the referee's armbands and the uniform of the participants.

Only after the announcement of the fight result the referee raise the hand of the fighter who won the fight. Then the referee turns around with the wrestlers back to the mat chairman (facing the audience) and again raises hand of the winner. Afterwards the wrestlers shake hands. Referee shows by gesture that they can leave mat.

**Remark 2:** The technical action started before the sound signal (gong) or simultaneously with it and finished after it is evaluated by the judicial panel.

Otherwise, the final decision is taken by the judging panel after consultation and viewing videotape recording if necessary.

**Remark 3:** If after the end of the fight established time, the wrestlers will not have points or both wrestlers will have an equal number of points, then the fight will continue until the first estimated technical action in the **SHORT** grip.

## **ARTICLE 15.**

### **STARTING POSITION FOR THE FIGHT**

The wrestler, who is called initially, goes to the side of the mat, marked in green to the left of the mat chairman, and the second wrestler goes to the opposite side of the mat, marked in blue.

Wrestlers are presented to the audience, their names, ranks and teams are announcing.

After the signal of the referee, the wrestlers converge in the center of the mat and shake hands.

The referee checks the participant's uniforms and the prohibited items.

According the referee's command, the wrestlers, in the center of the mat, take the starting position.

In the starting position, touching freely, the chest to the chest on the same level, the wrestlers take a double grip with two hands on the belt from the outside with a grip on the top of the back, putting their hands under the opponent's belt, while the right hand passes under the left hand and the left hand over right hand of the opponent. The distance between the hands on the back of the opponent should be approximately 25-30 centimeters. The hands of the wrestlers should be slightly bent in the elbows, the head on the shoulder or forearm. Wrestlers do not try to lower themselves before the whistle and stretch out, or vice versa - unnecessarily push the opponent, otherwise the wrestler receives a foul, then a warning..

The size of the belt (when it is tying) it is determined at the same level as the chest with a full breath. The space between the belt and the chest should be as one fist, for wrestlers of heavy weight as two fists.

**Remark:** **Short grip** – This is a grip, in which wrestlers must get their hands under the opponent's **special belt** so that they would touch each other.

**Starting position:** Wrestlers stand in the center of a circle with a diameter of 1.5 meters chest to chest so that their feet of both legs do not exceed beyond the edge of the circle. The hands of the fighters are slightly bent in elbows, the hands get under a **special belt** and touch each other, the head on the shoulder or forearm. Wrestlers do not try to lower themselves and stretch out or vice versa before the whistle - unduly press the opponent.

**Violation:** If one of the wrestlers before the whistle by one or both feet goes out for the circle, falls on his knee (knees), thereby preventing the opponent from joining hands in a short grip, stretching or unnecessarily pressing to the opponent, the referee blows the whistle, stops the meeting, makes a foul, with repeated violation, **gives a warning and announced VICTORY**.

## ARTICLE 16.

### EVALUATION OF TECHNICAL ACTIONS

Technical action is evaluated if, as a result of its conduct, the attacked wrestler was **THROWN**, **WRINGED** or **OVERTHROWN** at the mat and the opponent fell on him or near him in the hold.

Assesment «**CLEAR VICTORY**» is awarded for throwing, stalling, twisting the opponent in the direction of the back (on the shoulder blades), as well as for touching the mat alternately with the shouder blades without stopping (“hire”) in dynamics. For controlled covering of the opponent on the back (on the shoulder blades) with an obvious fixation (5: 0).

**Notion:** **ANY PERSONAL FALLING ON THE BACK WITH THE PURPOSE TO DO SUBMISSION IS CONSIDERED TO BE LOST.**

Wrestler-attacker and attacking wrestler should avoid fall on the back As «**CLEAR VICTORY**» is equivalent to:

1. **«VICTORY WITH WITHDRAWAL OR DISQUALIFICATION OF THE OPPONENT» (5:0).**

2. **«VICTORY BECAUSE OF OPPONENT NON-APPEARANCE AT THE COMPETITION AREA» (5:0).**

3. **«VICTORY BECAUSE OF REFUSAL, ILLNESS OR INJURY OF OPPONENT» (5:0).**

**«VICTORY WITH CLEAR TECHNICAL ADVANTAGE»** with a difference of 6 or more points (4: 0), if whoever loses has technical points so (4: 1). The fight stops, but before announcing the result, the referee asks the winner if he has a desire to continue the fight further. If the answer is positive, the fight continues until the end of the regulation time.

This is possible when wrestlers are fighting in a round robin and in the weight category not more than 5 participants.

**«VICTORY ACCORDING TO POINTS» (3:0)**, if whoever loses has technical points, so (3:1).

**«MUTUAL DISQUALIFICATION» (0:0).**

**«TWO POINTS»** is awarded for:

- throw, body drop, twist of an opponent, after which he falls into a "dangerous position".

**«ONE POINT»** is awarded for:

- throw, body drop, twist of an opponent on the stomach, chest, buttocks, thigh, shoulder, knee (knees);

- for **the opponent's controlled covering**, if the wrestler- attacker did not complete the technical action, but remained in a "dangerous position".

**In a disputable situation**, when after the technical action the wrestlers are in the same position, **preference is given to the wrestler- attacker and he gets 1 point, the covering is excluded in this case**, i.e. attack is taken into account.

A **counterhold** is a technical action, when wrestler-attacker, in the process of conducting a submission, as a result of counteraction of the attacked wrestler, finds himself in a "dangerous position" without finishing the submission. In this case, the wrestler who made the covering gets **one point** or **CLEAR VICTORY** if the opponent is on the back (shoulder blades).

If during the submission fulfillment of wrestler- attacker, the attacked wrestler applies prohibited actions (drops to his knee (knees), loose the grip, works with his feet in the classical style, etc.), but the dynamics of the technical action continues without stopping, the referee must allow the wrestler- attacker to bring end and only after that show the assessment.

If a wrestler-attacker does not receive a score for the technique, then the attacked wrestler is given a **warning**, and the wrestler-attacker is given one point.

In any case, the attacked wrestler receives a **WARNING**.

If during the submission the attacking or attacked wrestler touches the mat by the knee (knees), but the dynamics of the technical action continues without stopping, then the referee must enable the wrestler-attacker to bring the submission to the end and give an appropriate assessment.

If the wrestler-attacker, when attempting to perform a submission, has done prohibited action, then the fight is stopped, the submission is not assessed and the athlete gets a foul.

If the violation is repeated a wrestler gets a **WARNING**.

**Technical actions started on the mat and completed outside of it are scored (as 1 or 2 points).**

**"CLEAR VICTORY" outside of the mat is not awarded.**

**All technical actions are assessed according to the first touch by any part of the body. Dragging and pressing are not assessed, because it is lying fight (in the stalls) that does not exist.**

**Remark:** If one of the wrestlers starts blocking the opponent's grips during fights, puts fists on his stomach, ribs, opponent's sides, takes an exceptionally low posture, exceeds the competitions area during the fight (interpreted as failure of attack or passivity), simulates, delays the fight time, avoids and moves away from active fight, shows obvious passivity, then such wrestler must be punished by a warning (one, second) and, in the end, can be withdrawn from the fight for the passive conduct of the fight, regardless of whether he led the fight or lost it.

**Belt wrestling competitions can be held on:**

- the Olympic system with repechage meetings of the finalists;
- Olympic system with straight eliminations in two rounds, in the case when there are a large number of participants in the weight category. The decision is taken by the Judges Commission;
- the round robin, when there are no more than **five** participants in the weight category. In this case, only one **THIRD** place is defined.

**Remark:** If in the weight category of 6 (six) participants, then this group is divided into two subgroups "A" and "B", according to the lot, by 3 participants. Rivals are fighting in subgroups in round robin.

Wrestlers, who took the **FIRST PLACES** in the subgroups, get gold and silver medals, and those who took the **SECOND PLACES** in the subgroups automatically occupy the **THIRD PLACE** in the competitions.

- a) 7 people to 4th.
  - further to 8, 16, 32, 64th

**The fighters who lost to the finalists have the opportunity to fight in repechage fights for bronze awards.**

## **ARTICLE 17.**

### **PUNISHMENTS AND PROHIBITED ACTIONS**

When the referee declaring a punishment, he must explain the reason for this punishment with a simple gesture.

**FOUL is declared for the following actions:**

- take a low protective stance;
- lead a passive struggle;
- exceed the competition area after the command "zone"
- kneel down;
- slowly take the starting posture;
- press the opponent, not trying to hold the submission and for a long time to keep opponent in this position;
- hinder grip in the starting position.

**WARNING is declared for the following violations:**

- repeated **FOUL**;
- intentionally exceeding the competition area with one or two legs during the fight;
- intentionally loose grip or do not allow to take a grip;
- rest your head on the face, shoulder or chest of an opponent;
- rest your fists on the ribs, side or stomach of the opponent;
- talk during the fight;
- to do a submission, being in the position «out of the competition area»;
- to press on the opponent's back after performed submission ;
- hinder to take a short grip.

Wrestler (wrestlers) could be removed FROM FIGHT for following violations:

- make obscene shouts, remarks, gestures insulting to the opponent and the referee during the fight or after it;
- do not respect referee's instructions;

- have firm or metal things (hidden or obvious);
- non-appearance at the competition area (within 3 minutes) ;
- after announcement of third **WARNING** .

**DISQUALIFICATION** may be declared for the following violations:

- проводить различные удары соперника;
- perform actions that can cause injury to the opponent;
- unsportsmanlike behavior;
- preliminary agreement on the outcome of the fight (fictitious wrestling);
- deception of referees.

The decision on disqualification is taken by the referee director, and, in his absence, the leader (chief referee) of the competition appointed by the panel of judges, together with the panel of judges.

**Remark:** Disqualified participants are not able to be awarded for the place, medals, prizes.

## **ARTICLE 18**

### **REFEREE GESTURES**

**PATICIPANTS REPRESENTATION** - After calling the wrestlers to the carpet, referee stands with his back to the Head of the mat in the center, points at the wrestlers alternately (first at the wrestler in green uniform, and then at the blue uniform) with his straight hand extended toward the wrestler with open palm.

**WRESTLERS TO THE CENTER** - Referee blows the whistle and simultaneously show the middle of the mat with outstretched both hands with open palms.

**TO TAKE STARTING POISTURE** - two hands show imitation of the grip.

**BEGINNING OF FIGHT** - At the beginning of the fight (with a short stop and the continuation of the fight), after taking the starting position, referee gives a sharp short signal by the whistle and takes a step back.

**CLEAR VICTORY** - Raise a straight arm up above referee's head, palm forward.

**TWO POINTS** - Raise the hand, clenched into a fist, to the side - up at a 45 degree angle. The thumb and index fingers of the raised hand are straightened.

**ONE POINT** - Raise the hand, clenched into a fist, to the side - up at a 45 degree angle. The thumb of the raised hand is straightened.

**SUBMISSION IS NOT EVALUATED** - With both hands extended to the sides, with open palms down, referee performs two or three cross movements in the horizontal plane.

**ERROR ASSESSMENT** – Referee shows an error assessment, and with the other hand make a hand cur two or three times over his head. Then he shows the correct score.

**FOUL** - Referee, without stopping the fight, points the fighter with the hand palm down and clenched into a fist.

**WARNING** - referee stops the fight and, facing the table of the mat chairman, raises the arm bent at the elbow, palm upward and clenched into a fist.

**PASSIVITY (FIGHT IGNORING)**– He swings forearms with an open hand in front of him.

**EXCEEDING COMPETITION AREA** - Referee shows with the index finger of the hand in the direction of the fighter, who deliberately left the working area of the mat, with the other hand, open palm down towards him, two or three times does a hand cure from himself outside.

**ACTIONS OUT OF COMPETITION AREA** - Referee, with both hands and open palms down, shows the movement from himself to the outside.

**POSITION ON KNEES** - referee touches his knees by both hands, and then with his index finger points towards the wrestler who kneel down.

**BLOCK** - Referee takes his hand down, with the palm clenched into a fist, at a 45 degree angle, in the direction of the wrestler who breached the rule.

**LOOSEN A GRIP**- Referee bends elbows and cross them in the lock, and then loosens the grip and points with the index finger in the direction of the fighter who has loosened the grip.

**WRESTLERS IN THE CORNERS**- Referee gives a whistle signal and points at the corners with outstretched straight arms with open palms forward.

**END OF THE FIGHT** - Referee shows by the forearms, with open palms forward in front of him, crosswise gesture.

**RESULT ANNOUNCEMENT** - Referee, standing in the center, facing the table of the mat chairman, takes the wrestlers by the hands and raises the arm of the victorious wrestler up, then turn around with him.

**TO INVITE A DOCTOR** – Referee points on the injured wrestler by the index finger, and puts the second hand, with the open palm up. He shows in the direction of the medical staff and pronounces the word "DOCTOR".

**TAKE A TIME** - Referee holds the forearm of one hand with an open palm down horizontally, and attaches the fingers of the other hand to this palm below.

**Remark 1:** When performing all the gestures, the color of the referee armbands must match the color of the fighter's uniform.

**Remark 2:** The duration of the gesture showing should be from 3 to 5 seconds.

## **ARTICLE 19.**

### **TRAUMA, ILLNESS OR ACCIDENT**

In the event of trauma, illness or accident, the judging panel shall make its decision after consultation on the following criteria:

- if the injury or accident caused by the fault of the victim, then the victory is awarded to his opponent;

- if the injury or accident occurred due to the fault of the opponent, then the victory is awarded to the victim;

- if the participant felt bad during the fight and is not able to continue the fight, the victory is awarded to his opponent;

- if one or both participants are injured and it is impossible to identify who is guilty, then the victory is awarded to the participant who can continue the competition.

In the event of trauma, illness or accident, as well as the participant uniform ignorance, the fight is interrupted, but not more than 3 minutes for each participant with the total number of all breaks. In addition, each minute is announced. If after 3 (three) minutes the participant cannot continue the fight, then he will be defeated.

## **ARTICLE 20.**

### **SITUATIONS ARE NOT INCLUDED IN THESE RULES**

In situations not covered by **these RULES**, the decision, after consultation, is taken by the referee director or the head (chief referee) of the competitions appointed by the international or continental referee commissions and the judging panel

## **SUPPLEMENTS TO THE INTERNATIONAL BELT WRESTLING REFEREE RULES**

### **SNOW AND SAND BELT WRESTLING (BEACH WRESTLING )**

To enhance the entertainment, popularization, accessibility, further development of this sport, it is proposed to hold competitions in the snow - in winter and on the sand - in the summer in an open place in the open air while maintaining the basis of technical actions.

Belt wrestling competitions on snow (sand) are held only in **freestyle**. It is allowed to do throws, sweeps, holds, foot sweeps, act from squatter, reaping, twisting, body drops and covering from a standing posture, in gripping the opponent's belt by two hands.

**In exceptional cases, competitions can also be held in the classical style, where footwork is prohibited, but at the same time corner throw is allowed (the leg is bent at the knee) only after lifting of the opponent from the mat). Without lifting of the opponent from the mat (lifting), classical corner throw is prohibited.**

In order to avoid injuries in belt wrestling competitions on snow and on sand, the concept of a "**dangerous position**" does not exist.

**"Dangerous position"** is a **CLEAR VICTORY**

## **ARTICLE 1.**

### **VENUE OF COMPETITIONS**

The competition site is a flat horizontal surface covered with snow (sand) at least 20 cm thick, slightly rammed and leveled. Inflatable polyethylene pools with a diameter of 7–9 meters or bags filled with foam, in extreme cases, a colored cord (tape) fixed in diameter can be used to mark the boundaries of the competition site.

The working area is a circle with a diameter of 7-9 meters. In official competitions, the circle diameter is only 9 meters. The zone of passivity is not indicated.

The left angle from the table of the mat chairman is indicated by the material (a sheet of cardboard, plywood) in green, and the right in blue.

## **ARTICLE 2**

### **PARTICIPANT UNIFORM**

Competitors in wrestling belts in the snow should be dressed in warm clothes, consisting of wadded (down) jackets and trousers or sheepskin. Red belts should be 110-150 cm long for teenagers and youths, and 150-180 cm for adult athletes. The width of the belt is 4-7 cm. In addition, on the sleeves of the coats or sheepskin of the participants there must be green or blue armbands.

Participants should wear athletic shoes — high leather shoes (sneakers), formfitting ankles, with warm woolen toes, or short felt boots with non-slip soles. In order to avoid injuries there is need to have scapulars, elbow pads, knee pads, ankles on foam rubber.

Laces, the ends of which are metallic or hard should be cut. Participants must have a handkerchief that a wrestler can use with a minor injury. The handkerchief must be kept by the second for the entire duration of the fight.

## **ARTICLE 3**

### **FIGHT REFEREEING**

The fight is refereed by a panel of judges is represented by the mat chairman, the referee, the side referee, the timekeeper, the scoreboard judge and the judge with the participants.

The members of panel of judges must wear a black suit, have a white shirt, black tie and athletic shoes (dark sneakers or slippers), as well as green and blue armbands, a sports whistle, a yellow card - a foul and a red card - a warning - removal.

When competitions in the snow, members of the judging panel should be dressed in winter sports clothing, and in competitions in the sand - in black trousers, have a white shirt with short sleeves, a black tie and athletic shoes (dark sneakers or slippers), as well as green and blue armbands, a sports whistle and a yellow card (foul), a red card (warning - removal), on the corners of the carpet are green and blue "challenge" cubes.

## **ARTICLE 4. FIGHT DURATION BY AGE CATEGORIES**

- cadets; boys and girls 15-17 y.o. - 2.00 min.;
- youth: juniors 18-20 y.o. - 3.00 min.;
- adult: men and women 18 y.o. and older - 3.00 min.

## **WEIGHT CATEGORIES**

<b>NºNº</b>	<b>15-17 y.o. Cadets</b>		<b>18-20 y.o. Youth</b>		<b>18 y.o. and older Adult</b>	
	<b>B.</b>	<b>G.</b>	<b>B.</b>	<b>G.</b>	<b>M.</b>	<b>W.</b>
1.	45	44	57	48	62	52
2.	50	48	62	52	68	58
3.	55	52	68	58	75	66
4.	60	57	75	66	82	76
5.	65	63	82	76	90	+ 76
6.	71	70	90	+ 76	100	
7.	77	+70	100		+ 100	
8.	85		+ 100			
9.	95					
10.	+95					

## **ARTICLE 5. STARTING POSITION FOR FIGHT**

The referee checks the participant's uniforms and the prohibited items.

According the referee's command, the wrestlers, in the center of the mat, take the starting position.

In the starting position, touching freely, the chest to the chest on the same level, the wrestlers take a double grip with two hands on the belt from the outside with a grip on the top of the back, putting their hands under the opponent's belt, while the right hand passes under the left hand and the left hand over right hand of the opponent. The distance between the hands on the back of the opponent should be approximately 25-30 centimeters. The hands of the wrestlers should be slightly bent in the elbows, the head on the shoulder or forearm. Wrestlers do not try to lower themselves before the whistle and stretch out, or vice versa - unnecessarily push the opponent, otherwise the wrestler receives a foul, then a warning..

The size of the belt (when it is tying) it is determined at the same level as the chest with a full breath. The space between the belt and the chest should be as one fist, for wrestlers of heavy weight as two fists.

**Remark:** **Short grip** does not exist in belt wrestling competitions on snow and sand.

## ARTICLE 6

### EVALUATION OF TECHNICAL ACTIONS

Technical action is evaluated if, as a result of its conduct, the attacked wrestler was **THROWN**, **WRINGED** or **OVERTHROWN** at the mat and the opponent fell on him or near him in the hold.

Assesment «**CLEAR VICTORY**» is awarded for throwing, stalling, twisting the opponent in the direction of the back (on the shoulder blades), as well as for touching the mat alternately with the shouder blades without stopping (“hire”) in dynamics. For controlled covering of the opponent on the back (on the shoulder blades) with an obvious fixation (5: 0).

**Notion: ANY PERSONAL FALLING ON THE BACK WITH THE PURPOSE TO DO SUBMISSION IS CONSIDERED TO BE LOST.**

Wrestler-attacker and attacking wrestler should avoid fall on the back  
As «**CLEAR VICTORY**» is equivalent to:

1. «**VICTORY WITH WITHDRAWAL OR DISQUALIFICATION OF THE OPPONENT**» (5:0).

2. «**VICTORY BECAUSE OF OPPONENT NON-APPEARANCE AT THE COMPETITION AREA**» (5:0).

3.«**VICTORY BECAUSE OF REFUSAL, ILLNESS OR INJURY OF OPPONENT**» (5:0).

«**VICTORY WITH CLEAR TECHNICAL ADVANTAGE**» with a difference of 6 or more points (4: 0), if whoever loses has technical points so (4: 1). The fight stops, but before announcing the result, the referee asks the winner if

he has a desire to continue the fight further. If the answer is positive, the fight continues until the end of the regulation time.

This is possible when wrestlers are fighting in a round robin and in the weight category not more than 5 participants.

**«VICTORY ACCORDING TO POINTS»** (3:0), if whoever loses has technical points, so (3:1).

**«MUTUAL DISQUALIFICATION»** (0:0).

**«TWO POINTS»** is awarded for:

- throw, body drop, twist of an opponent, after which he falls into a "dangerous position".

**«ONE POINT»** is awarded for:

- throw, body drop, twist of an opponent on the stomach, chest, buttocks, thigh, shoulder, knee (knees);

- for **the opponent's controlled covering**, if the wrestler- attacker did not complete the technical action, but remained in a "dangerous position".

**In a disputable situation**, when after the technical action the wrestlers are in the same position, **preference is given to the wrestler- attacker and he gets 1 point, the covering is excluded in this case**, i.e. attack is taken into account.

A **counterhold** is a technical action, when wrestler-attacker, in the process of conducting a submission, as a result of counteraction of the attacked wrestler, finds himself in a "dangerous position" without finishing the submission. In this case, the wrestler who made the covering gets **one point** or **CLEAR VICTORY** if the opponent is on the back (shoulder blades).

If during the submission fulfillment of wrestler- attacker, the attacked wrestler applies prohibited actions (drops to his knee (knees), loose the grip, works with his feet in the classical style, etc.), but the dynamics of the technical action continues without stopping, the referee must allow the wrestler- attacker to bring end and only after that show the assessment.

If a wrestler-attacker does not receive a score for the technique, then the attacked wrestler is given a **warning**, and the wrestler-attacker is given one point.

In any case, the attacked wrestler receives a **WARNING**.

If during the submission the attacking or attacked wrestler touches the mat by the knee (knees), but the dynamics of the technical action continues without stopping, then the referee must enable the wrestler-attacker to bring the submission to the end and give an appropriate assessment.

If the wrestler-attacker, when attempting to perform a submission, has done prohibited action, then the fight is stopped, the submission is not assessed and the athlete gets a foul.

If the violation is repeated a wrestler gets a **WARNING**.

**Technical actions started on the mat and completed outside of it are scored (as 1 or 2 points).**

**"CLEAR VICTORY" outside of the mat is not awarded.**

**All technical actions are assessed according to the first touch by any part of the body. Dragging and pressing are not assessed, because it is lying fight (in the stalls) that does not exist.**

**Remark:** If one of the wrestlers starts blocking the opponent's grips during fights, puts fists on his stomach, ribs, opponent's sides, takes an exceptionally low posture, exceeds the competitions area during the fight (interpreted as failure of attack or passivity), simulates, delays the fight time, avoids and moves away from active fight, shows obvious passivity, then such wrestler must be punished by a warning (one, second) and, in the end, can be withdrawn from the fight for the passive conduct of the fight, regardless of whether he led the fight or lost it.

**Belt wrestling competitions can be held on:**

- the Olympic system with repechage meetings of the finalists;
- Olympic system with straight eliminations in two rounds, in the case when there are a large number of participants in the weight category. The decision is taken by the Judges Commission;
- the round robin, when there are no more than **five** participants in the weight category. In this case, only one **THIRD** place is defined.

**Remark:** If in the weight category of 6 (six) participants, then this group is divided into two subgroups "A" and "B", according to the lot, by 3 participants. Rivals are fighting in subgroups in round robin.

Wrestlers, who took **the FIRST PLACES in the subgroups**, get gold and silver medals, and those who took the **SECOND PLACES** in the subgroups automatically occupy **the THIRD PLACE** in the competitions.

- a) 7 people to 4th.  
further to 8, 16, 32, 64th

**The fighters who lost to the finalists have the opportunity to fight in repechage fights for bronze awards.**

## **ARTICLE 7.**

### **DETERMINATION OF A WINNER AT AN EQUAL NUMBER OF POINTS OR IF THE WRESTLERS HAVE NO EVALUATED ACTIONS**

If at the end of the meeting the fighters do not have points or the wrestlers have an equal number of points, then the fight continues from the starting position to the first estimated technical action.

**RULES prepared by the Sports Technical and Referee  
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