

WPFG ABRIDGED RULES - WRESTLING - Page 1

GUIDING BODIES

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NOTE: The WPFG Wrestling Rules (below) are aligned to all current, relevant FILA rules, as outlined in their “*International Federation of Associated Wrestling Styles*”. They include all relevant rule amendments, from the FILA, effective immediately, but not currently written into their Rule Book. The applicable rules are ‘*highlighted*’ in these WPFGF WRESTLING RULES and will be applied for the conduct of *WPFG Wrestling Events*.

PRIORITY OF RULES, INTERPRETATION & GUIDANCE:

As per the WPFG GENERAL RULES “World Police & Fire Games Rules shall supersede all other rules. ***IF ANY CONFLICT OF RULES OCCURS, INCLUDING CONFLICTS WITH THE GOVERNING BODY RULES, WPFG RULES SHALL BE USED***”.

In the event of “***ANY CONFLICT***” between the current FILA Rules for Wrestling and the WPFG WRESTLING RULES, as per the WPFG General Rules, “***WPFG RULES SHALL BE USED***”.

IDEOLOGY

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 Free Style wrestling, however, it is permissible to grasp the legs of the opponent, to trip him and to use the legs actively to perform any action.
- Women’s Freestyle Wrestling follows the rules of Freestyle Wrestling, forbidding however the Double Nelsons.

Frequently modified and always subject to further modification, the Rules set forth below AND the current FILA Rules 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.

WPGF ABRIDGED RULES - WRESTLING - Page 2

EVENTS (includes FILA weight amendments)

GRECO-ROMAN: MEN'S 18+, 30+ & 40+;

FREESTYLE: MEN'S 18+, 30+ & 40+; WOMEN'S 18+ ONLY.

GRECO-ROMAN: MEN'S: 18+, 30+ AND 40+

59 KG
66 KG
71 KG
75 KG
80 KG
85 KG
98 KG
130 KG

FREE STYLE: MEN'S: 18+, 30+ AND 40+

57 KG
61 KG
65 KG
70 KG
74 KG
86 KG
97 KG
125 KG

PLEASE NOTE: WOMEN'S WRESTLING (FREESTYLE), OPEN AGE CATEGORY ONLY, OFFERED FOR THE WORLD POLICE & FIRE GAMES, WRESTLING PROGRAM. ALL EIGHT (8) FILA FEMALE WEIGHT CATEGORIES MAY BE CONSIDERED.

FREE STYLE: WOMEN'S: 18+ (OPEN) ONLY

48KG
53 KG
55KG
58 KG
60 KG
63 KG
69 KG
75 KG

IMPORTANT: ENTRANTS MAY COMPETE IN ONLY ONE EVENT IN THE FREE STYLE PORTION AND ONE EVENT IN GRECO-ROMAN PORTION OF THIS SPORT.

WPFG ABRIDGED RULES - WRESTLING - Page 3

MEDICAL

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician and based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.

MEDICAL EXAMINATION & WEIGH-IN

The Host is responsible for the conduct of all medical examinations of competitors, prior to their weigh-in and for the provision of medical services and control during the Wrestling competition and for all bouts.

GENERAL SPORT RULES for Wrestling

Weight classes and pairing can and will be accommodated to the World Police and Fire Games requirements.

Technical rule changes, interpretation, clarifications will be explained at the Official's Clinic prior to the competition.

40+ years Age Competition: If less than 3 competitors enter into any one 40+ weight class, at weigh-in, those competitors will be combined with the appropriate 30+ weight class.

COMPETITION SYSTEM AND METHOD

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 take place.

- Pairing is made in the order of the numbers drawn at random (see FILA Rules, Chapter. Article 12, for detailed methodology for the *'Drawing of Lots'*).
- All wrestlers who lost against both finalists will have repêchage matches. There are two separated groups of repêchage: one group of wrestlers who lost against the first finalist, and another group of wrestlers who lost against the second finalist. The repêchage matches begin with wrestlers who lost in the first round including in 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 repêchage groups will each receive a Bronze Medal.
- Each weight category begins and ends in a day. Each category weigh-in takes place the day before the beginning of the category concerned.

If there are less than 6 wrestlers in a weigh-in category, the Nordic round (*'Round Robin'*) will take place (each wrestler against each wrestler).

WPFG ABRIDGED RULES - WRESTLING - Page 4

For a comprehensive explanation please refer to the current FILA Rules, Chapter 2 ‘Competition System and Method’, Article 8, including full detail of the conduct of ‘Direct Elimination’; ‘Repêchage Matches and the Competition Method, to determine final Medallists.

COMPETITION PROGRAM

The World Police and Fire Games Wrestling Competition is conducted over 2 days, for the two styles (Greco-Roman & Freestyle), on 2 Competition Mats. However depending on the number of entries received, 1 Mat can be added or withdrawn for each competition type.

In principle, for each competition type, the matches shall not last longer than 3 hours.

For all competition types, a weight category begins and ends after a maximum of 1 day.

For each competition round a weight category must, in principle, take place on the same Mat and not on several Mats, at the same time.

All Medal Matches, for the 1st, 2nd and 3rd placing, competition must take place on 1 Mat.

DRESS

Each contestant must be closely shaven or have a beard of several months’ growth. They must have 2 singlets, one red and one blue, or a reversible singlet. They must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue). It is forbidden to have a mixture of red and blue colors on the singlet.

It is not a requirement for competitors to wear their country’s emblem on their wrestling attire and any advertising or sponsorship must comply with the provisions, contained in the World Police and Fire Games “GENERAL RULES”.

Relevant competitor Dress requirements can be sourced from the current FILA rules, “Competitors Dress” (refer Chapter 1, Article 5).

At the weigh-in, the referee must check that each competitor satisfies the requirements of these rules, relevant to the WPFG Wrestling Competition. The wrestler must be warned at the weigh-in that, if his appearance is not correct, he will not be allowed to enter the competition. If the wrestler enters the mat with a non-compliable appearance, officials will allow maximum 1 minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by default.

WPFG ABRIDGED RULES - WRESTLING - Page 5

WEIGH-IN PROCEDURES

The weigh-in for each category always takes place on the day before the beginning of the competition concerned

The weigh-ins shall be conducted in a private room.

No wrestler may be accepted at the weigh-in if he has not undergone medical examination. **MEDICAL EXAMINATIONS ARE ALWAYS PERFORMED ONE HOUR AND A QUARTER (1HR. 15MIN.), BEFORE THE WEIGH-IN.**

The contestants will be weighed with their singlet on (without shoes) after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease.

NO WEIGHT TOLERANCE IS ALLOWED FOR THE SINGLET.

Contestants must be in perfect physical condition, their fingernails cut very short. Fingernails must be checked at the weigh-in.

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

For competitions where bouts last 2 days, the competitors involved will be weighed on the day before the competition for their category begins. For all competitions, there is only one weigh-in per category.

ELIMINATION FROM THE COMPETITION

Relevant details of on-compliance or infringements, incurring elimination from the WPFG competition, are contained in the current FILA rules, (Chapter 3 "Competition Procedure", Article 15 refers).

BOUTS

For all the competitions on the score/time boards, the timing will start from zero to three minutes.

The duration of all Bouts will be 2 periods of 3 minutes, with a 30 second rest between periods.

No liquids are allowed for either wrestler during this break period.

The fall stops automatically the match whatever the period.

WPFG ABRIDGED RULES - WRESTLING - Page 6

FOR ALL DISCIPLINES:

TECHNICAL SUPERIORITY

A match will end at 10 point advantage in Freestyle and 8 point in Greco-Roman.

Except for the fall, default, disqualification, the bout of one period must be stopped before the end of regular time regardless of the score when:

- there are 6 points difference between the wrestlers,
- a wrestler has scored 2 holds of 3 points,
- a wrestler has scored 1 hold of 5 points.

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (FILA Rule, Chapter 7, Article 29 refers).

The Mat Chairman signals the Referee when the difference of 6 points has been attained. The Referee shall declare the winner after consulting with members of the officiating team, for a period or for the match (in which the wrestler won 2 periods by superiority).

THROWS:

4 points will be awarded for all throws in Freestyle. In Greco-Roman 4 points will be awarded for throws that are followed and controlled and 5 points will be awarded for grand amplitude throws.

END OF MATCH:

In all disciplines elimination of 2 X 3 - point throws and 1 X 5 point throws ending a match.

PAR TERRE:

Elimination of the 5 - second count for the 1 additional back point exposure and any penalty for a false start will receive 1 point, NOT 2 as currently practiced.

GREGO-ROMAN WRESTLING:

Passivity: For the first warning the match is not stopped.

Match ending in 0-0: The last wrestler warned loses.

Takedown: 2 points are awarded from a standing or neutral position for a throw without back exposure.

THE COACH

The Coach may remain at the foot of the platform or at least 2 metres from the edge of the Mat during the bout. Full explanation of the role of 'The Coach' is provided (refer FILA Rules, Chapter 5, Article 32). Competitors and Coaches must familiarize themselves with the relevant rules, governing the behaviour and sanctions, applicable to a Coach, attending the WPFG Wrestling competition.

WPFG ABRIDGED RULES - WRESTLING - Page 7

POINTS FOR ACTIONS AND HOLDS

Evaluation of the importance of the action or hold is as provided and explained in FILA Rules, Chapter 6 refers.

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 said Mat and when he resists with the upper part of his body to avoid a 'fall'. (Refer FILA definition of 'THE FALL' at Chapter 7, Article44).

For a detailed definition of the 'danger position' (refer FILA Rules, Chapter 6, Article 37).

ALL ILLEGAL HOLDS AND ACTIONS AS STATED IN THE CURRENT FILA RULES, FOR FREE STYLE AND GRECO ROMAN WRESTLING, ARE STRICTLY PROHIBITED AND WILL BE ENFORCED WITHOUT HESITATION BY THE WPFG OFFICIATING TEAM. COMPETITORS MUST BE TOTALLY FAMILIAR WITH THE RELEVANT FILA RULES GOVERNING THE CONDUCT OF THE WRESTLING COMPETITIONS.

PROTEST AND APPEALS

Protest and Appeals will be conducted as per the provisions contained in the World Police and Fire Games Rule Book (“APPEALS AND PROTESTS” Section refers).

Under no circumstances may the result of a match be modified after victory has been declared on the Mat.

DISCIPLINARY ACTION / INTERVENTION

The WPFGF may impose Disciplinary Action on any person or persons under the auspices of the WPFG and may take immediate action known as Intervention, for violations of WPFG Rules, for reasons of safety or security or for inappropriate or unprofessional conduct not in the best interest of the WPFG.

Allegations of Misconduct/Incidents that do not require immediate Intervention will follow the “APPEALS AND PROTESTS” section of the GENERAL RULE Book or may be independently brought by the WPFGF.