



WRESTLING *Technical Guidelines & Ground Rules*

I. AGE AND WEIGHT CLASSES

There shall be two (2) age groups for both boys and girls:

- A. 13 -15 – Cadets (under 16 years of age come the nationals)
- B. 16-18 - Juniors (16 to 18 and above years of age come the nationals)

There shall be four (4) weight categories for each:

- A.1. Cadets Boys - 42, 46, 50, 54 kgs
- A.2. Cadets Girls - 40, 44, 48, 52 kgs
- B.1. Juniors Boys – 54, 58, 62, 66 kgs
- B.2. Juniors Girls - 48, 52, 56, 60 kgs

II. COMPETITION SYSTEM

Pre-Tournament

- A. The weigh-in and the medical inspection shall be done one (1) day before the tournament. A one (1) kilogram plus is allowed during the 1st day weigh-in and for the second day of tournament a two (2) kilogram plus is allowed. An athlete could weigh a maximum of two (2) kilograms under in a particular weight category.
- B. The drawing of lots shall be done after the weigh-in.

Tournament:

The Nordic system shall apply in accordance to the number of entries per weight categories. The direct elimination with repechage for six (6) or more in a weight class with two (2) bronze medals.

Point System

The 1, 2, 4 and 5 point are found in the international rules. However, due to safety concerns the **4 and 5 point is acknowledge and not applicable in the current set-up.**

(All throws of any kind (low or high) is forbidden. Suplay (suplex) or high amplitude throws would result into immediate disqualification of the athlete and a stern reprimand to the coach and delegation).

Further all cautions shall be an automatic one (1) point

III. PALARO COMPETITION UNIFORM

For the *Palarong Pambansa* National Championship, in order to limit the participation costs per teams, we propose that in place of the official Olympic-wrestling standard uniform, *we shall allow a close approximate in having* 1) a pair of blue and red sando-and-cycling-shorts combo per athlete, and 2) exempt them from wearing wrestling shoes, have them compete barefooted.

SAMPLE OFFICIAL SINGLET

BOYS SINGLET



GIRLS SINGLET



At the beginning of each day, each competitor must be closely shaven or have a beard of several months' growth.

- ❖ Contestants must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue). Or wearing a sando approved by the technical officials concern on the competition.
- ❖ Their Division/Region emblem on the chest.
- ❖ The abbreviation of the Division's/Region's name (maximum size 10cm x 10cm) on the back of the singlet (4 to 7 cm) above or in a half circle around the Division's/Region's abbreviation.
- ❖ The use of light knee pads containing no metal parts is allowed.
- ❖ The wrestler must have a cloth handkerchief with him during the whole of the match.

Advertising on clothing Apart from during the Olympic Games where the IOC Rules apply, competitors can wear one or several sponsors' names. Contestants may also wear their sponsors' name(s) on the back or sleeves of their robes. Lettering and symbols may not be higher than 6 cm to identify the sponsor(s). *Ear protectors*

For those wrestlers who wish to wear ear protectors, they must be approved by DEPED and must not contain any metal or have hard shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors.

Shoes

Contestants must wear wrestling shoes providing firm support for the ankles. The use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape or a system which hides the tip of laces so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.

Bans

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 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-compliant appearance, 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 abandon.

It is prohibited to:

- ❖ Wear the emblem or abbreviation of another Division's/Region's.
- ❖ 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

IV. 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 (double wrist lock)

- ❖ Holding the head or neck with two hands, as well as all situations and positions of strangulation (neck wrench/cranking)
- ❖ 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 holds with one or two hands in any direction whatsoever
- ❖ 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 one point will be awarded to his opponent.
- ❖ 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 two points.
- ❖ Suplex and high amplitude holds would result into disqualification of the athlete.
- ❖ *Prohibited holds for female wrestling*
- ❖ All double Nelsons holds in the "par terre" or standing position are forbidden in female wrestling.
- ❖ *Prohibited holds for schoolboys and cadets*
- ❖ To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:
- ❖ Double Nelson from both the front and side
- ❖ In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

V. TOURNAMENT OFFICIALS:

The tournament officials shall be commensurate to the number represented per region however due to the nature of the sport. Some officials with specialized functions are in need due to the experience and expertise as follows:

1. The Pairing Director/ Games Marshall (2)
2. Jury Chairperson
3. Games Comptroller
4. Documentation Head
5. Video Recorder (2)

There shall be one (1) tournament manager, one (1) assistant manager, one (1) recorder, one (1) timer, one (1) overall mat chair, one (1) mat judge, 2 games marshal, 2 recorders, 21 referee/judge. (n = 36)