



WRESTLING TECHNICAL GUIDELINES



I. RULES & REGULATIONS

The Tournament Guidelines of PALARONG PAMBANSA '2024 shall be managed and modified in accordance with United World Wrestling (UWW) for the safety of the students -athletes.

In order, to guide the field in the conduct of sports activity in Wrestling, the following ground rules are hereby issued for the information and guidance of all concerned:

II. ELIGIBILITY OF ATHLETES

Only Secondary Students-Athletes who passed the screening procedure shall be allowed to play and only one participant per age and weight class.

III. AGE and WEIGHT CLASS

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

- A. 13-15 = Cadets (only 13 to 15 years of age come the nationals).
Cadets are not allowed to play in Juniors.
- B. 16-18 = Juniors (16-18 years of age come the nationals)

CATEGORY	AGE	GENDER	WEIGHT (kg)
Cadets	13 – 15 years old	Boys	42, 46, 50, 54
Cadets	13 – 15 years old	Girls	40, 44, 48, 52
Juniors	16 – 18 years old	Boys	54, 58, 62, 66
Juniors	16 – 18 years old	Girls	48, 52, 56, 60

IV. COMPETITION SYSTEM

Pre-Tournament

- A. The medical inspection shall be done one (1) day before the tournament. The weigh-in will be done one (1) day before the day of competition per category. We apply exact weight per category during the weigh-in. One (1) kilogram is allowed to underweight. Only (1) weigh-in for each category (cadets/juniors).

Day	Activity
1.	Medical for all category Weigh-in for Cadets Boys and Girls
2.	Elimination to semi-final for Cadets Boys and girls
3.	Repechage (for bronze medal) and Finals for Cadets Boys and Girls



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	Weigh-in Juniors Boys and Girls
	Awarding Ceremony cadets category
4	Elimination to semi-finals Juniors Boys and Girls
5.	Repechage and Finals – Juniors Boys and Girls
	Awarding Ceremony Juniors category

B. The drawing of lots shall be done after the weigh-in.

Tournament

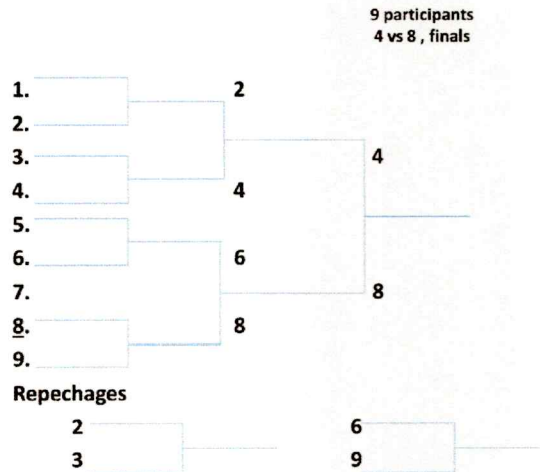
a. The **Nordic System** shall apply in accordance with the number of entries per weight categories. The direct elimination with repechage for (8) or more in a weight class with one (1) gold, one (1) silver and two (2) bronze medals. However, if there are 6 or 7 athletes one bronze only with crossover bout.

Classification in Nordic System Ranking:

The wrestler with the highest number of victories will be rank first. For all the cases with a tie between athletes in the same group, the ranking will be determined with following criteria, across all competition:

- **The highest classification points:**
- **The highest victory by fall**
- **The highest match victory by superiority**
- **The highest technical points scored.**
- **The direct match (winner against each other).**

Pairing





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b. Modification for victory by FALL or 2 Pin down.

Two (2) Pin down Rules

2 pin down to win the match regarding it happen 1st or 2nd round.

The wrestler with 1 pin-down will earn plus 5 points.

If the pin down is tie (both wrestlers got 1 pin down) the score sheet will be basis to declare the winner.

c. The Challenge

Is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the mat chairman to watch the video evidence in case of a disagreement with the call. Challenge can be requested (10) seconds after the score publish into the scoreboard or the wrestler goes into neutral position. If the Jury and Mat chairman confirms the decision by the refereeing body, the wrestler loses the challenge, and his opponent will receive one (1) technical point.

Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the Tournament Director (or his substitute) modifies the initial decision, then the challenge can be used again during the match by the concerned wrestler. No challenge can be requested after the end of the regular time of a period.

*Only 2 challenge per match is allowed

d. Point System

For the safety of wrestlers, only one (1) and two (2) points shall apply in our current Set-up. (All throws low or high is forbidden, if the wrestler used any high amplitude Throws (Suplex and lifting up), it will result into immediate disqualification). Any attempt of a throw must be stop or be given a caution (if the throw continued) upon the agreement of three (3) refereeing body (mat chairman, judge and referee).

How to win the Bout

1. BY POINTS (AFTER 2 ROUNDS)
2. BY SUPERIORITY (LEADING 10 POINTS)
3. BY FALL (PINDOWN)
4. BY DEFAULT
5. BY INJURY (OPPONENT IS INJURED DURING THE BOUT)
6. 3 CAUTIONS (COMMITTING 3 FOULS)
7. BY DISQUALIFICATION (DUE TO BRUTALITY)

IN CASE OF A TIE (ENDING THE BOUT WITH THE SAME POINTS)

Look for:

1. the highest value of holds
2. the least amount of cautions
3. the last technical point(s) scored





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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 1 0	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

Further all fouls will be caution and 1 point.

e. 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.

f. Duration of the Bout

- For all category the duration of a bout will be two periods of 2 minutes with a 30-second break.
- The timing displayed on the scoreboards will start from 4 to 0 minute.
- 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 10 points. This automatically leads to victory and ending the bout by blowing of whistle.
- The fall (2 pindown) stops automatically the match whatever the period.
- Default if opponent did not come 1 minute after the call
- Winner by Injury if opponent cannot continue due to injury
- Disqualification after 3 cautions
- Disqualification after any brutality action.
- 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



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this situation, he will be placed last in the ranking, whiteout any rank and the note "Dsq" near to his name.

g. 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.

h. 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.

h. Injury Time Out

- If a contestant finds himself forced to interrupt the period because of an injury or because of any other acceptable incident beyond his control, a **4 minute injury time out is use** and 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.
- 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.
- 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.
- If an action must be stopped due to one wrestler deliberately injuring his opponent, the wrestler at fault will be disqualified.
- If a wrestler interrupts the bout without any blood or visible injury as determined by the competition doctor, 1 point will be awarded to the opponent. The bout shall resume immediately.
- In 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.
- After the medical treatment, the bout resumes in the same position than before the interruption.
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i. Passivity Implementation

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.

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". The action is stopped briefly to designate the guilty wrestler and a **30-second Activity period** begins. The referee shall not interrupt the bout in the midst of a viable action to either start or finish the 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.

V. PALARO COMPETITION UNIFORM The Singlets (standard)



For the Palarong Pambansa National Championship, to limit the participation costs per teams, it is suggested that in place of the official Olympic Wrestling standard uniform, it is allowed to have a close approximate of having 1.) a pair of blue and red sando-and-cycling shorts combo per athlete (must be approved by technical officials assigned) and 2.)



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exempt the athletes from wearing wrestling shoes, have them compete barefooted.

Wearing of Hijab for our Muslim participants is allowed.



Athletes must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue) ... wearing a sando should be approved by the technical officials.

A Division / Region emblem on the chest is optional.

The use of light knee pads containing no metal parts is allowed.

The athlete must have a cloth handkerchief with him/her on the duration of the bout/match.

At the beginning of each day, every athlete must be closely shaven or have a beard of several months' grown. And fingernails must be cut short to avoid abrasion.



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Advertising on clothing. Athletes may also wear their sponsor's name(s) at the back or sleeves of their robes. Letters and symbols should not be more than 6 cm.

Ear Protectors. Ear protectors to be used by the wrestlers must be approved by DepEd and must not contain any metal or hard shells. The referee can oblige the wrestler with long hair to wear ear protectors.

Shoes. Athletes must wear wrestling shoes that provides firm support for the ankles. Shoes with heels or with nailed soles, shoes with buckles or with any metallic parts is prohibited. Shoes with laces must be wrapped with a sticky tape or hide the laces so that they will not be exposed during the bout / match to avoid interruptions or disturbance to the athletes. Each athlete is responsible for providing the tape for the shoes which should be controlled before entering the mat.



Bans. At the weigh-in, the referee must check that each competitor satisfies the requirement. The wrestler must be warned at the weigh-in that if his/her appearance is incorrect, he/she is NOT ALLOWED to enter the competition. If the wrestler enters the mat with a non-compliant appearance, officials will allow a maximum of one (1) minute for him/her to comply. If, after one minute, the wrestler is still at fault, he/she will lose the match by abandonment.

It is prohibited to:

- Wear the emblem or abbreviation of another Division / Region.
- Apply any sticky or greasy substance to the body.
- Enter 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. Bandages must be covered with elastic straps.
- Wear any objects that might cause injury to the opponent like rings, bracelets, prosthesis, piercings, etc.
- Wear under-wired bras (for women wrestlers).

VI. ILLEGAL HOLDS



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The following holds and actions are illegal and should be strictly prohibited:




- Lifting opponents in standing and parterre position (the only allowed is lifting while kneeling in double leg, backward roll and countering single or double leg attack in parterre position).
- All throwing's (one arm throw, hip throw, head and arm throw, fireman's throw, double and single leg lifting up takedown).
- Supplex and all high amplitude holds would result into disqualification of the athlete.
- 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
- Hold the opponent by his singlet.
- Hitting the mat (using hands or legs)
- Cling to or grasp the mat.
- Talk during the bout.
- Holding the toe of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- Bringing the opponent's arm behind his back and 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.
- Executing a hold in the neck using two arm.(the only allowed is holding head and arm)
- Lifting the opponents who is in bridge position and throwing it in the mat.
- Breaking the bridge by pushing to the head direction.
- If the attacking wrestler is found to be violated the Rules during the execution of the hold, the action in question shall be completely void, and the wrestler will get caution and 1 point to his/her opponent.
- If a defending wrestler, by an illegal action, prevent his/her opponent from developing the holds, he/she will receive 'caution' and 1 point to the attacking wrestler.
- Twisting the leg out while in parterre position
- 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.
- Double nelson
- Leg hook (binding/hooking the leg of opponent in ground/parterre position)

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

VII. THE COACH

- Coaches are not allowed to stand in their designated chair during the bout for the refereeing body will give him/her a warning for 1st violation and a yellow card for 2nd violation and red card for the 3rd violation and kick out for the entire tournament, the assistant coach will assume his/her job.
- Coaches are prohibited to throw any object on the mat during the bout, only the soft object approved and placed in each corner will be thrown if there is a challenge.



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- Coach that violates the oath of sportsmanship and ethical standards of a Coach shall be given a verbal warning for the first offense, and a YELLOW CARD in second violation and a RED CARD and kick out from the competition for the third time violations.
- The assistant coach will sit as a coach after the RED CARD is given to the head coach of the team and if the assistant coach also violates the rules of ethical standards of a coach, the trainer will sit in place of their coaches. If the three violates the rules the team captain will be authorized to act as coach. No wrestler can play without coach in their corner.

Other rules stated underneath should also be strictly implemented:

1. Adapt the two-period system with continuation of score from period one, based on the 2019 Palarong Pambansa Guidelines General Information, Technical Rules, Regulations, Guidelines in Sports (Memorandum No. 1, series of 2019). Cadets (2 minutes with 30 seconds break); Juniors (2 minutes with 30 seconds break).
2. No more warning (“stopping the bout giving warning”) will be given to a passive wrestler (only loud voice will be given by referee to a passive wrestler). After 2nd time verbal warning, an automatic 1 point will be given to the opponent in the next and succeeding passive actions. The referee is authorized to stop the play if a passive player is to be reprimanded.
3. A warning (“ATTENTION”) will be given to a wrestler who makes an unintentional or intentional brutality for the first offense.
 - a. The Officiating Team will also make a decision for any brutality that will be done by the wrestler (even on first offense) ... to whether a point will be given to the opponent or an automatic disqualification.
 - b. When brutality is being performed again by the wrestler, the game will be stopped, and a decision will be made by the officiating officials.
4. If the wrestler is in a half pin position and quickly changes the position to escape from the danger of pinning down, is not yet considered pinned. But if he/she will return to his previous half-pin position, he/she is declared pinned down.
5. **NO WAIVERS ALLOWED (As per DepEd Order on Child Protection Policy).**
6. No wrestler is allowed to a “1 step up” in each weight category.
7. There can only be one player / wrestler in every weight category per delegation.
8. Winning in medal tally will be based on the number of golds, silver, and bronze. Even if the fourth placer is still bronze recipient, it is NOT included in the medal tally.
9. In case of a question about the official’s decision, the coach should forward his/her queries, but the decision of the Jury would be final and irrevocable.
10. Only the official video(s) by the Officiating Team will be used for any clarifications and review of decisions.



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HEALTH AND SAFETY PROTOCOLS

- a. Tables and chairs must be in a set up in compliance to the safety standards and protocols with at least 1 meter apart to maintain physical/social distancing.
- b. Players, coaches, chaperons, and all members of the officiating team must already be fully vaccinated and already had a booster shot.
- c. Players who are not playing, coaches, chaperons, and technical officials are required to wear face mask on the whole duration of the tournament.
- d. Players could only remove their face masks when they are playing. They are also required to bring alcohol or any disinfectants.
- e. Signs and reminders must be posted and provided to remind the people about social distancing and the prescribed health protocols.
- f. There must be a presence of security personnel, facility safety officials and medical team at all times.
- g. Only the players, coaches, trainers, security personnel, medical team and officiating officials are allowed in the playing venue. No spectators allowed inside the playing venue.
- h. Physical/Social distancing should be strictly followed.
- i. Disinfection of equipment and surrounding area must be done before and after the competition proper.



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