

# ABRIDGED RULES-WRESTLING 2022– Page 1

## **GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
8304 Clairemont Mesa Blvd., #107, San Diego, Ca. 92111 USA  
Tele: (858) 571-9919; Fax: (858) 571-1641; E-MAIL: 4info@cpaf.org

United World Wrestling (UWW)  
Rue du Château, 6 - 1804 Corsier-sur-Vevey  
Tél: 0041 21 312 84 26 / unitedworldwrestling.org  
SWITZERLAND

## **PRIORITY OF RULES, INTERPRETATION & GUIDANCE:**

As per the WPFG GENERAL RULES “World Police & Fire Games Rules shall supersede all other rules.

In the event of “**ANY CONFLICT**” between the current UWW 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 UWW 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.

## **EVENTS (includes WPFGF/UWW weight/age amendments)**

**GRECO-ROMAN:** MEN’S 18+, 30+, 40+ & 50+;

**FREESTYLE:** MEN’S 18+, 30+, 40+ & 50+; WOMEN’S 18+ & 40 +ONLY.

## ABRIDGED RULES-WRESTLING 2022– Page 2

### **GRECO-ROMAN: MEN’S: 18+, 30+, 40+ & 50+**

60 KG  
63 KG  
67 KG  
72 KG  
77 KG  
82 KG  
87 KG  
97 KG  
130 KG

### **FREESTYLE: MEN’S: 18+, 30+, 40+ & 50+**

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

**PLEASE NOTE:** WOMEN’S WRESTLING (FREESTYLE), 18+ AGE CATEGORY & A 40+ YEAR CATEGORY WILL BE OFFERED FOR THE WORLD POLICE & FIRE GAMES, WRESTLING PROGRAM. ALL EIGHT (8) UWW FEMALE WEIGHT CATEGORIES MAY BE CONSIDERED.

HOST CITIES MAY ELECT TO HOLD FEMALE WRESTLING, IF SUFFICIENT COMPETITOR INTEREST EXISTS.

### **FREESTYLE: WOMEN’S: 18+ (OPEN) & 40+ ONLY**

50KG  
53 KG  
55 KG  
57 KG  
59 KG  
62 KG  
68 KG  
76 KG

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

**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.

### **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 three (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 UWW 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).

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

## **ABRIDGED RULES-WRESTLING 2022– Page 4**

### **COMPETITION PROGRAM**

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

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

For all competition types, a weight category begins and ends after a maximum of one (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.

### **DRESS**

Each contestant must be closely shaven or have a beard of several months' growth. They must have two (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 UWW 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 WPFPG 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-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 default.

### **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.

## **ABRIDGED RULES-WRESTLING 2022– Page 5**

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 two 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 non-compliance or infringements, incurring elimination from the WPFG competition, are contained in the current UWW rules, (Chapter 3 “Competition Procedure”, Article 15 refers).

### **BOUTS**

For all the competitions on the score/time boards, the timing will start from zero (0) to three (3) minutes.

The duration of all Bouts will be two (2) periods of three (3) minutes, with a thirty (30) second rest between periods.

The fall automatically stops the match whatever the period.

### **FOR ALL DISCIPLINES:**

#### **TECHNICAL SUPERIORITY:**

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

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (UWW Rule, Chapter 5, Article 29 refers).

## **ABRIDGED RULES-WRESTLING 2022– Page 6**

### **THROWS:**

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

### **PAR TERRE:**

Elimination of the five (5) - second count for the one (1) additional back point exposure and any penalty for a false start will receive one (1) point. (UWW Rule, Chapter 8, Article 45 refers).

### **GREGO-ROMAN WRESTLING:**

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

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

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

### **CHALLENGE PROCEDURE:**

The Appeal Jury will render its decision without consulting the refereeing body.

If the Appeal Jury overturns the decision of the refereeing body, the referees will be warned. A second warning will result in the suspension of the referees. The decision of the Appeal Jury is final. There will be no challenge authorized in case of penalties for passivity.

UWW kept its one-day competition format for each discipline: Greco-Roman, Men's Freestyle and Women's Freestyle, but changed the competition times to 10 a.m. for the first session. A 30-minute minimum time between matches has also been made compulsory.

### **THE CALL**

The contestants are called in a loud and clear voice to present themselves on the Mat.

A recent UWW ruling requires a mandatory, thirty (30) minute, minimum time, between matches, for Wrestlers.

All other provisions of UWW rules, Chapter 5, Article 24, remain unchanged.

### **THE COACH**

The Coach may remain at the foot of the platform or at least two (2) metres from the edge of the Mat during the bout. Full explanation of the role of 'The Coach' is provided (refer UWW Rules, Chapter 5, Article 31). Competitors and Coaches must familiarize themselves with the relevant rules, governing the behaviour and sanctions, applicable to a Coach, attending the WPFGB Wrestling competition.

**POINTS FOR ACTIONS AND HOLDS**

Evaluation of the importance of the action or hold is as provided and explained in UWW 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 UWW definition of 'THE FALL' at Chapter 7, Article 43).

For a detailed definition of the 'danger position' (refer UWW Rules, Chapter 6, Article 36).

ALL ILLEGAL HOLDS AND ACTIONS AS STATED IN THE CURRENT UWW 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 UWW RULES GOVERNING THE CONDUCT OF THE WRESTLING COMPETITIONS.

**BASIC VOCABULARY**

Every member of the WPFG Host City Wrestling Management Team and all competitors must be perfectly familiar with and apply the vocabulary, as set out in the current UWW rules.

This vocabulary constitutes the official means of communication between Officials and Competitors.

**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.

If the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the circumstances and, with the agreement of the responsible Federation Director for Wrestling, modify the result and refer those responsible to the WPFG Federation Discipline Committee, for possible sanction.

**DISCIPLINARY ACTION / INTERVENTION**

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

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 WPFGE.