



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

INTERNATIONAL BEACH WRESTLING REGULATIONS



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SECTION ONE – GENERAL RULES

Article 1 – Mission statement and philosophy

In accordance with its Constitution, FILA recognises and unites all forms of traditional wrestling practised around the world in view of promoting their cultural and social values and protecting this world heritage upon which all modern wrestling styles are based.

A World Traditional Wrestling Committee was created by FILA to contribute to the structuring and promotion of traditional wrestling in order to include the sport in all official multi-sport events.

Countless variations of traditional wrestling practiced on sand (referred to as “beach wrestling”) can be identified and they should all receive equal attention from the international community. However, common grounds had to be found in order to allow sportsmen from the different regions and countries to compete in official championships and games. The present rules offer a unified competition system that encompasses all major trends of beach wrestling and make the sport easy to understand by the spectators and media and easy to judge by the referees.

Article 2 – Objectives

The international rules set forth in the present document constitute the framework within which beach wrestling is conducted and promoted and have as their specific objectives to:

- Establish the competition system, classification, technical points, penalties, eliminations, etc.
- Define and specify the practical and technical conditions under which a match is to take place.
- Determine the value to be assigned to actions and holds.
- List the situations and prohibitions.
- Determine the technical duties of the refereeing body.

Article 3 – Application of the Rules and FILA Licence

The rules defined in the present document shall be in effect for all FILA sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The FILA licence is mandatory for every international beach wrestling competition with more than two participating countries. Every international competition must be reported to FILA and added to its official calendar. The FILA insurance will only apply to competitions that appear in the FILA calendar.



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SECTION TWO – MATERIAL STRUCTURE

Article 4 – Age and Weight Divisions for Men and Women

All contestants shall be able to provide an official document proving their age and nationality. Any athlete found competing in an age group lower than his/her FILA designated age category shall be automatically disqualified from the immediate competition.

Note: If several age divisions are on the program of a FILA sanctioned event, athletes may only compete in one age group.

Cadets (16-17 years old*)

- Men: 60, 70, +70 kg
- Women: 50, +50 kg

Juniors (18-20 years old)**

- Men: 60, 70, 80, +80 kg
- Women: 50, 60, +60 kg

Seniors (20 and older*)**

- Men: 70, 80, 90, +90 kg
- Women: 60, 70, +70 kg

*Cadets (from 15 with medical and parental certificate)

**Juniors (from 17 with medical and parental certificate)

***Seniors (from 18 with medical certificate)

Article 5 – Wrestlers' Uniforms and Appearance

For all FILA sanctioned events, competition uniforms must comply with the following paragraph.

Wrestlers shall appear on the edge of the circle wearing tight-fitting bathing suits or board shorts. Female competitors shall wear two-piece bathing suits. The first wrestler called shall put on a red ankle band and the second wrestler called a blue ankle band.

Country's abbreviation

For all Continental and World Championships, the wrestlers shall wear the abbreviation of their country's name on their competition shorts or bathing suits.

Advertising on clothing

Wrestlers may wear sponsors' names or symbols on their competition uniforms as long as they don't interfere with the identification of the uniforms' color and country's abbreviation.

Shoes

No shoes are allowed in any of the beach wrestling styles and the bout must be bare foot.



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Appearance and hygiene

Wrestlers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. Wrestlers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Wrestlers' fingers and toenails shall be neatly trimmed with no sharp edges. Long-haired athletes must attached them or have a pony tail. Wrestlers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance.

Wrestlers may not arrive perspiring for the beginning of the match. The referee may require a wrestler to towel off at any time during the match.

At weigh-in, a FILA official shall check that all competitors satisfy the requirements of this article. The athletes must be warned that if their appearance or uniform are not compliant, they will not be allowed to enter the competition. The wrestlers who enter the competition area with an appearance that does not conform to the present regulations will be given 2 minutes to change it; otherwise they will lose the match by forfeit.

Article 6 – Competition Area

All FILA sanctioned events take place in a 6-meter circle designed by a 10-centimeter red ribbon that must contain no metal parts. It must be filled with a 30-centimeter layer of fine sand free from any stones, shells, or other objects.

SECTION THREE – COMPETITION PROCEDURE

Article 7 – Competition System

If less than 6 wrestlers are entered in a weight category, the competition system follows “Nordic system” with each competitor fighting each competitor.

If between 6 and 10 wrestlers are entered in a weight category, a competition system with two groups will be organized. In each group, all competitor will fight with each competitor and as the “Nordic system”, the wrestlers will be ranked according the following criteria:

- Most classification points
- Most victories
- Most victories by fall
- Most victories by points
- Most victories in overtime

In the competition system with two groups, the two first from each group will fight for the 1st and 2nd place. The two second from each group will therefore fight for the 3rd and 4th place.

If more than 10 wrestlers are entered in a weight category, the competition system will be the direct elimination with repechage (the same used by FILA for the Olympic Wrestling competitions). From the 7th place, the wrestlers are ranked according to the following criteria:

- Most victories by fall
- Most victories by points
- Most victories in overtime



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Article 8 – Weigh-In

Weigh-in should be conducted the same day (two hours before the competition) and last 30 minutes. Athletes shall present their FILA licence and accreditation to the appointed referees in charge of the weigh-in. Athletes shall wear their competition uniform (shorts or underwear) and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame. No weight tolerance shall be granted at the FILA sanctioned events.

Note: No weigh-in not either license is required for promotional competitions. The participants are divided according to their corpulence in order to quickly obtain an ideal divisible number.

Article 9 – Drawing of Lots

After the athletes have made weight and the weigh-in official has marked their weight on the weigh-in list, they shall draw a lot number which will be used to determine their position in the bracket. The weigh-in officials shall also enter the lot number onto the weigh-in list.

SECTION FOUR – THE MATCH

Article 10 – Duration and Basic Rule

The match consists in 1 period of 3 minutes for all age categories.

Beach wrestling is only practiced in standing position. The use of the legs is allowed in all actions.

Article 11 – Call and Start of the Matches

Both wrestlers' names shall be called in a loud clear voice. Wrestlers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a wrestler has not checked in at the circle, he/she shall be disqualified and default the match.

When their name has been called, the wrestlers shall stand in the corner corresponding to their assigned color and wait for the central referee to call them to his/her side. The central referee shall inspect their competition uniform. The central referee shall also inspect the wrestlers to make sure that their skin is not covered with any greasy or sticky substance, or with perspiration. After the central referee has completed his/her inspection, the two wrestlers shake hands and begin the match as the referee's whistle.

Article 12 – Start and Restart Position

Neutral position occurs at the beginning of the regular period and after all match interruptions. Both wrestlers stand opposite one another in the centre of the circle and wait for the referee's whistle to start wrestling.



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Article 13 – Scoring for Actions and Holds during the bout

1 point is awarded to:

- the wrestler who manages to bring any of his opponent's body part to the ground;
- the wrestler who manages to bring any of his opponent's body part out of the competition area;
- the wrestler whose opponent has received a caution for illegal action.

Note: the attacker can put a knee (or any other body part) to the ground when executing an action if this action finished by the opponent in the ground.

2 points and victory by fall are awarded to:

- the wrestler who manages to bring his opponent's back to the ground.

Article 14 – Injury and Blood Time

The referee must stop the match and call for injury time if a wrestler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc). Injury/blood time per match cannot exceed 2 minutes per athlete. If the referee feels that a wrestler is feigning injury to avoid an action, he may declare a disqualification.

In the event of a wrestler bleeding, the referee shall stop the match and make the medical staff intervene. Proper cleaning utensils and disinfectant solutions must be readily available at the table. It is the Head medical officer's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. In the case of a bloodied or torn garment that must be replaced, all athletes must have a back up uniform available by their corner.

Article 15 – Interruptions of the Match

If for any reason the match must be interrupted (i.e., injury/blood time, referees' consultation, etc.), the two wrestlers shall stand or sit in the centre of the circle facing the referees' table, without talking to anyone or taking liquids, and wait for the referee to call them back and resume the match.

Article 16 – Overtime

Overtime begins at the end of regulation time when the score of the match is tied (0-0) and lasts 30 seconds (same system as the "Clinch" in Freestyle Wrestling). All cautions and infractions accumulated during regulation time are carried over to the overtime period. The victory is determined by "golden point", meaning that the first wrestler who scores wins the match.

Starting position: the wrestler who wins the draw must take the opponent leg with his two arms in the position that he wants. The other wrestler has his head outside and he must put his two hands in the opponent's shoulders. When the referee whistles, the fight begins.

If no point is scored at the end of overtime, the wrestler who had the advantage of the clinch loses the match and his opponent will score one point.



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Article 17 – Type of Victories and Match Classification Points

The classification points received for their matches will be used to determine their final ranking.

5 points to the winner – 0 point to the loser for:

- A victory by fall
- A victory by default
- A victory by forfeit
- A victory by disqualification

4 points to the winner – 0 point to the loser for:

A victory by points is declared after a wrestler has scored 1 or 2 points over his/her opponent and his opponent has scored no point.

4 points to the winner – 1 point to the loser if:

1 or more points have been scored by the loser.

3 points to the winner – 1 point to the loser when:

Both wrestlers are tie but they scored technical points and the victory was obtained during the overtime.

2 points to the winner – 0 point to the loser when:

The match finished 0-0, without technical points and the victory was obtained during the overtime.

SECTION FIVE – TECHNICAL INFRACTIONS

Article 18 – Illegal Holds and Actions

All offenses fall under the central referee's authority. If a wrestler violates the FILA Code of Ethics in a blatant and unsportsmanlike manner, the central referee (with the competition responsible agreement) shall disqualify him/her from the match or from the competition.

Cautions for illegal actions award 1 point to the opponent up to a total of 2 points during the same match, which results in the disqualification of the wrestler at fault.

Illegal actions include:

- Holds causing dislocations
- Neck cranks
- Biting, punching, kicking, head butts, malicious cross faces
- Eye, ear, or nose gouging, fish hooking
- Pulling of hair, nose, ears, or attacking the groin
- Standing throws onto the head or neck (spikes)
- Coating the skin with any kind of greasy or slippery substance
- Stopping the match or leave the competition area for any reason
- Pretense of injury



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SECTION SIX – REFEREEING BODY

Article 19 – Composition

All matches shall be refereed by a central referee and a technical secretary.

In major competitions, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot wrestlers.

Article 20 – Uniform

The central referees and the technical secretary shall wear white shorts and a white FILA Referee's polo. In addition, they shall wear a whistle around their neck and a green/red band on their left wrist and a blue band on their right wrist.

Article 21 – General Duties

The refereeing body shall perform all the duties set forth in these Regulations and in any special provision that might be established for the organization of a particular competition. The central referee is required to use the basic FILA terminology and signals appropriate to their respective roles when conducting the matches. The central referee's main duty consists in starting and interrupting the match, awarding the points, and imposing the penalties in order to determine the legitimate winner and loser.

At the end of the match the central referee and the technical secretary must sign the score sheet.

Article 22 – The Central Referee

The central referee is responsible for the orderly conduct of the match that he shall direct according to the official FILA rules. He shall command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and outside interventions. After the execution of an action, he shall indicate the point by raising the hand corresponding to the color of the wrestler who scored.

The central referee's decisions prevail, but in case of doubt he may consult the technical secretary. In case no agreement can be reached, the Head Referee in charge of the competition will have the final say.

The central referee must stop the bout and replace the wrestler in the centre of the circle if the action finished to the ground or to announce the winner. The central referee must also take care that the wrestlers stayed in the competition area until the results of the match is announce.

Article 23 – The technical secretary

The technical secretary shall follow the course of the match very closely without allowing himself to be distracted in any way. Following each action and on the basis of the central referee's indications, he shall write the corresponding points on the score sheet.



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Technical secretary's specific duties:

- Fill in the score sheet
- Communicate with the central referee
- Declare overtime in case of a tie in points (with the chronometer)
- Control the announce of the matches
- Sign the score sheet

SECTION SEVEN – MEDICAL SERVICES

The organizers of FILA events are responsible for providing medical service. The medical staff will be under the authority of a sport doctor in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the case of an accident or injury and decide whether a wrestler is fit to continue the match.

The Head medical officer has full authority to stop a match at any time if he deems either wrestler to be in danger. He may also stop a match if he feels a wrestler is medically unfit to continue. A wrestler shall not leave the circle in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the wrestler on the spot.

Article 24 – Anti-Doping and Sanitary conditions

All athletes participating in FILA sanctioned events agree to submit themselves to the FILA Anti-Doping Regulations and to the World Anti-Doping Code.

Athletes knowingly infected with the HIV/HBV virus are prohibited from participating in beach wrestling competitions. Medical staff knowingly infected with the same viruses is prohibited from administering healthcare to bleeding athletes.

FINAL PROVISIONS

The present Rules were approved by FILA and can be modified at any time if slight improvements are deemed necessary.

In case of a dispute regarding their interpretation and application, it is specified that the French version prevails.

The contestants in beach wrestling events agree not to bring a dispute to civil court. Every disagreement will be settled by the World Traditional Wrestling Committee (WTWC), the organ of appeal being the FILA Executive Committee. If no settlement is established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in Lausanne, Switzerland.

Corsier-sur-Vevey, 14 July 2012/Jdr