



UNITED WORLD
WRESTLING

INTERNATIONAL GRAPPLING REGULATIONS





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SECTION ONE - GENERAL RULES

Article 1 - Philosophy

Grappling is a style of Wrestling that combine technique originated in different sports such as Freestyle Wrestling, Brazilian Jiu-Jitsu, Luta Livre Brasileira, Catch Wrestling, Judo, Sambo, and the aim of the sport consist in taking down and control the opponent on the ground and submit him using chokes and locks.

Grappling, allowing technique and holds from all the wrestling sports, has the most permissive rules set among them. Being most of the fight spent on the ground, Grappling can be considered as one of the safest wrestling sport to practice.

Grappling, of all the modern wrestling styles, is the closest to Ancient Greek wrestling or Pále (πάλη), that was practiced in the old Olympic Games. Grappling is divided in 2 styles: Grappling, where athletes wear shorts and a compression shirt called rashguard, and Grappling Gi, where athletes wear a kimono.

In accordance with the general philosophy of sports, the grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

Article 2 - Objectives

Based on the United World Wrestling Constitution and various regulations, the international rules set forth in the present document constitute the framework within which the sport of Grappling 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 United World Wrestling Licenses

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

The United World Wrestling license is mandatory for every international grappling competition with more than two participating countries. Every international competition must be reported to United World Wrestling and added to its official calendar. The United World Wrestling insurance will only apply to competitions that appear in the United World Wrestling calendar.

Article 4 - Anti-Doping and Sanitary conditions

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

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

Article 5 - Weight Loss

As far as weight reduction on the competition site is concerned, United World Wrestling has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by United World Wrestling.

Grapplers under 18 are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits. Enforcement of these rules is the responsibility of the tournament committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended. A second violation shall result in the suspension of the individual(s) from any United World Wrestling sanctioned event for one calendar year from time of suspension. The United World Wrestling Executive Committee will hear all second violation cases and apply the sanctions defined in the United World Wrestling regulations. Any individual assisting a grappler in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.



SECTION TWO - COMPETITION PROCEDURE

Article 6 - Competition System

The competition system follows the system adopted by United World Wrestling for the Olympic competitions based on direct elimination with repechage. The pairing is made in order of the numbers drawn. If the number of grapplers is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The grapplers who win their matches continue in the brackets until two undefeated grapplers remain. They will dispute the final for the gold and silver medal. The grapplers who lost against the two finalists will have repechage matches in two different groups: the first group with the grapplers who lost against the 1st finalist and the second group with the grapplers who lost against the second finalist. The winners of the two repechage groups will both receive a bronze medal. From the 7th place, the grapplers are ranked according to the following criteria:

- Most victories by submission
- Most victories by technical superiority
- Most victories by decision
- Most technical points scored during the whole competition

Note: If the place of the grapplers cannot be determined with the above criteria, they will be ranked *ex aequo*.

In case a category counts less than 6 competitors, the competition will follow the “Nordic system” with each competitor fighting each competitor.

The ranking will be made according to the following criteria:

1. The athlete with most victories
2. The athlete with more classification points (as described in Article 22)
3. The winner of the direct fight between two tie competitors
4. The athlete that scored most technical points during the competition.
5. The athlete with fewest technical points given (scored by the opponents) during the competition.

The first ranked athlete in the “Nordic system” will be awarded a gold Medal, the second one a silver medal and the third and eventually fourth ranked athletes will be awarded a bronze medal.

Article 7 - Medical Examination and Uniform Check

Medical examination shall be conducted the day of the competition in a restricted area near the competition site. It shall last 1 hour and be immediately followed by the weigh-in for the designated weight categories. Separate male and female rooms or times shall be provided. *The athletes shall wear shorts or underwear.* The medical staff shall examine them for skin infections and medical conditions such as cuts or contagious disease. It has full authority to decide whether athletes are suitable for competition or not.

Once the medical staff has cleared the athletes, they shall proceed to the uniform check table and have their competition uniforms controlled by the designated referees. In case their uniforms are not compliant with the United World Wrestling regulations, the athletes will be given the opportunity to purchase United World Wrestling approved gear on the spot.

Article 8 - Weigh-in and Drawing of Lots

Weigh-in shall be conducted the day of the competition in a restricted area near the competition site. It shall last 1 hour and be concluded a minimum of 1 hour prior to the scheduled start of the first bout of the designated weigh categories.

Access to the weigh-in room shall be limited to competitors, coaches, referees, and official weigh-in staff. No competitor shall be accepted at the weigh-in if he/she has not undergone the medical examination within the time period stipulated in the competition program. Athletes shall present their United World Wrestling license and accreditation card to the appointed referees in charge of the weigh-in.

Athletes shall wear 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 United World Wrestling sanctioned events.



After the athletes have made weight and the weigh-in official has marked their weight on the weigh-in list, a random computer draw will determine their position in the bracket. The random drawing of each bracket will be conducted during the official time of bracketing by the official computer with the official United World Wrestling competition software.

SECTION THREE - MATERIAL STRUCTURE

Article 9 - Age and Weight Divisions

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 United World Wrestling designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to United World Wrestling membership disqualification.

Except for veterans, athletes are allowed to compete in the age division directly above their legal age group, provided that they present a medical certificate at registration. Novice, schoolboys, and cadets are also required to present a parental consent confirming they are allowed to compete in an older age group.

Note: If several age divisions are on the program of a United World Wrestling sanctioned event, athletes may only compete in one age group in each day.

Novice (12-13 years old)

- Boys and girls: 27, 30, 34, 38, 42, 46, 50, 55, 60, 66, 72, +72kg

Schoolboys/girls (14-15 years old)

- Boys: 29-32, 35, 38, 42, 47, 53, 59, 66, 73, +73kg
- Girls: 28-30, 32, 34, 37, 40, 44, 48, 52, 57, +57kg

Cadets (16-17 years old)

- Boys: 39-42, 46, 50, 54, 58, 63, 69, 76, 85, +85kg
- Girls: 36-38, 40, 43, 46, 49, 52, 56, 60, 65, +65

Juniors (18-19 years old)

- Men: 58, 62, 66, 71, 77, 84, 92, +92kg
- Women: 49, 53, 58, 64, 71, +71kg

Seniors (20 and older)

- Men: 62, 66, 71, 77, 84, 92, 100, +100kg
- Women: 53, 58, 64, 71, +71kg

Veterans (35-60 years old)

- Men: 62, 66, 71, 77, 84, 92, 100, +100kg
- Women: 53, 58, 64, 71, +71kg



Article 10 - Grapplers' Uniforms and Appearance

For all United World Wrestling sanctioned events, competition uniforms shall be approved by United World Wrestling Committee of Associated Styles - Grappling.

Competition Uniform - Grappling

The first grappler called (top of bracket) shall appear on the edge of the mat wearing a red rash guard and the second grappler called (bottom of bracket) shall appear in a blue rash guard.

The rash guards shall be **tight-fitting**, with short or long sleeves, and contain at least 60% of the assigned color. Mixture of red and blue on rash guards is forbidden.

The board shorts shall be either of the matching assigned red and blue color or of a neutral color, such as black, white or grey. They shall not be excessively baggy or have pockets, button/snaps that may be unsafe during competition.

Leggings or compression shorts may be worn only under the board shorts.

Competition Uniform - Grappling Gi

For all Continental and World Championships of the Senior age class, the first grappler called shall appear on the edge of the mat wearing a red Gi and the second grappler called a blue Gi.

For other competitions the Gi may be also white (for the red corner) and black (for the blue corner).

Organization will provide athletes with Red and Blue belt according to their color.

The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position.

The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move. The belt shall be tied tight around the waist to secure the jacket. Women may wear a rash guard of the assigned white and blue/black color, or of any other neutral color, underneath their Gi.

Protection gear

The use of light kneepads containing no metal parts is allowed. Grapplers may also wear the United World Wrestling approved ear protectors that do not contain any metal or hard cover shells. Referees may require a grappler whose hair is too long to wear ear protectors or an athletic hair cover.

Country's abbreviation and emblem

For all Continental and World Championships, the grapplers shall wear the abbreviation of their country's name on the back of their competition rash guards or Gi jackets. The abbreviation shall measure approximately 20x15 cm and not exceed the size of an A5 sheet.

The competitor's last name may be added above or below the country code in a half circle and shall be written in Latin letters measuring 4 to 7 cm.

The country's emblem may also be worn on both rash guards and shorts and shall not exceed 4x8 cm.

Advertising on clothing

Grapplers may wear sponsors' names or symbols on their competition uniforms as long as they do not hinder the identification of the uniforms' color and country's abbreviation.

Prohibited branding includes that of companies associated with Pornography, Gambling, Drugs, Alcohol/ Tobacco, Misogynistic, racist, prejudiced or abusive rhetoric.

For all Continental and World Championships, Competition uniform shall not have patch and emblems of local clubs.

Shoes

Grapplers are not permitted to wear shoes during the matches.



Appearance and hygiene

Grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. Grapplers 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.

Grapplers' fingers and toenails shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover. Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Grapplers may not arrive at the mat perspiring for the beginning of the match. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, a United World Wrestling 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 in compliance, they will not be allowed to enter the competition. The grapplers 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 11 - Competition Mat

For all United World Wrestling sanctioned events, United World Wrestling approved 10x10 or 12x12 mats containing a 8 to 10-meter circle shall be used. The center of the mat shall contain a 1-meter circle that will serve as a starting point for the grapplers. From the edge of the outer circle, a minimum of a 1-meter protection zone shall be provided.

Article 12 - Medical Service

A medical practitioner approved by United World Wrestling Committee of Associated Styles - Grappling - and the host National Federation shall be assigned to every United World Wrestling sanctioned event. He/she shall be an expert in sports medicine and be fully conversant with grappling techniques and rules. He/she shall have full authority to stop a match at any time if either competitor is deemed to be in danger.

Head Medical Officer's duties:

- To supervise the medical staff working during the event.
- To conduct all medical examinations prior to the competition and determine whether athletes are medically fit to engage in a Grappling matches or not.
- To record the prescribed particulars in the athletes' license book. If an athlete is denied access to the competition in the interest of health and safety, the decision and rationale shall be recorded in his/her license book.
- To give medical surveillance during the entire competition and be ready to intervene in the event of an accident or injury or on the central referee's request.
- To determine if an athlete is fit to continue the match and/or competition or not.
- To issue medical certificates and appropriate suspensions to the athletes who must withdraw from the competition.
- To prepare and forward to United World Wrestling a complete report of the injuries which occurred during the event for statistical purposes, as well as all recommendations and/or decisions made regarding a fighters' suspension.

SECTION FOUR - THE MATCH

Article 13 - Duration of the Matches

The novice, schoolboys/girls and veteran matches last 4 minutes.

The cadet, junior, and senior matches last 5 minutes.



Article 14 - Call and Start of the Matches

Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 1 minute time interval between each call. If after the third call a grappler has not checked in at the mat, he shall be disqualified and forfeit the match.

In case is proven than an athlete could not reach the mat in time and had to forfeit his match for reasons caused by the tournament organization (e.g. malfunction of audio system, misspelling of the name) and the brackets is still not reached the next round, the results of the forfeited match shall be cancelled and the match shall take place.

When their name has been called, the grapplers 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 and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete does not come back to the mat with a satisfactory uniform after 2 minutes, he/she shall lose the match by forfeit. The central referee shall also inspect the grapplers 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 grapplers shake hands and begin the match at the referee's whistle.

Article 15 - Start and Restart Positions

Definition of Out of Bounds

If, from a standing position, a competitor is forced out of bounds and touches the protection area with one foot while not in a Submission attempt the central referee shall break the action and bring the competitors back to center of the mat

When the competitors are fighting on the ground, out of bounds is intended when no body part of either competitor is touching the circle or when any body part of either competitor reaches out of the protection area. When either situation occurs, the referee shall break the action and order the correct restart position. In the case of the competitors going out of bounds during a scoring action (takedown, reversal or dominant position), with no part of the head of either grappler out of the protection area, the referee shall wait the 3 seconds count before stopping the action and then restart the match in the center, and he shall award the points of the action in case there was a successfully completed (secured top control after takedown or dominant position).

Note: If a competitor flees the mat - from either standing or ground position - a caution shall immediately be issued to the fleeing athlete.

Note: If an athlete goes out of bounds during a submission attempt (without doing the correct defense) the match will not be stopped until the action is finished or when a part of the head of either grappler is out of the protection area. In that case, the athlete that brings the action out of the protection area, with the purpose of stopping the fight to escape the submission without doing the correct defense, will be immediately disqualified.

Note: If a grappler forces the action out of bounds in an attempt to escape a submission using the correct defense (without fleeing the mat) the fight will not be stopped until the action is finished or when a part of the head of either grappler is out of the protection area. In that case the referee should stop the athletes, award 1 point for the Attack to the athlete attempting the submission and restart the match in the center of the mat according to the restart position criteria.

Neutral Restart Position

Neutral Restart Position occurs at the beginning of the regular period. Both grapplers stand opposite one another in the center of the mat with on foot touching the inner circle and waits for the referee's whistle to start grappling.

Neutral Restart Position is ordered when the referee stops the match for out of bounds while the action was in stand up or the last position secure was standing (i.e. in case of a takedown going out of bound the takedown wasn't awarded because the position wasn't secured for 3 seconds before the referee stopped the action).





Closed Guard Restart Position

Closed Guard Restart position occurs at the center of the mats, with the athlete on bottom with their back on mat and the opponent between his legs with their feet crossed and the hands placed on the side of his head. The athlete on top is on his knees with the hands on the opponent's belly.

The Closed Guard Restart position is ordered when the referee stops the match for out of bounds and the last position secured, for at least 3 seconds, was a closed guard on the ground.



Half Guard Restart Position

Half Guard Restart position occurs at the center of the mat, with the athlete on the bottom on his side, with one leg of the opponent between his legs and with the chest facing the opponent and the hands placed on top of the free leg of the opponent.

The athlete on top is on his knees with the hands on the opponent's top hip.

Half Guard Restart position is ordered when the referee stops the match for going out of bounds and the last position secured, for at least 3 seconds, was half guard on the ground.



Open Guard Restart Position

Open Guard Restart occurs at the center of the mat with the bottom grappler on his back, the hands resting on his thighs and his feet flat on the mat in the inner circle. The top grappler kneels in front of his opponent's feet and places his hands on the bottom grappler's kneecaps. Once the referee approves the position, the match restarts at his whistle.

The Open Guard Restart is ordered when both grapplers went out of bounds during the ground fight and the last position secured by the top athlete was not a dominant position, a closed guard or a half guard.

The grappler who is on top when the action went out of bounds (or who had a partial back control) takes top position for Open Guard Restart.



Side Mount Restart Position

Side Mount Restart occurs at the center of the mat with the bottom grappler on his back (his elbows visibly free and his hands placed on the opponent's side) and the top grappler with his torso flat on his opponent's belly and elbows and knees on the mat.

The Side Mount Restart position is ordered when a grappler has secured a side mount and then action goes out of bounds.



Full Mount Restart Position

Full Mount Restart occurs at the center of the mat with the bottom grappler on his back, hands placed on the side of his head, and the top grappler mounting him with his legs on the side and his hands placed on the opponent's chest.

The Full Mount Restart position is ordered when a grappler has secured a full mount and then action goes out of bounds.





Back Mount Restart Position

Back Mount Restart occurs at the center of the mat with both athletes sitting on the ground, with the athlete that secured the back mount controlling his opponent with the chest in contact with the back, the heels between the opponent thighs and the arm connected in a seat belt control (one arm passing over the shoulder connected with the other arm passing under the opposite armpit). The controlled athletes must grab, with both hands, the controlling athlete's arm that is passing over the shoulder.



The Back Mount Restart position is ordered when the referee stops the action for out of bounds and the last position secured (for at least 3 seconds) was a back mount (either on the ground or standing).

Article 16 - Scoring for Actions and Holds

Definition of Guard

Guard is the position of the bottom grappler that uses one or both legs to control the opponent and blocks him from reaching a dominant position (side, full or back mount).

Half-guard is the guard position where the athlete on bottom position has one of the top athlete's legs trapped between his legs.



Example of Half guard

Open guard is when the athlete on bottom position uses both of his legs to prevent the opponent from achieving a dominant position, without closing his legs around the opponent's body (in that case it is considered Closed Guard).



Example of Open Guard

Closed Guard happen when the athlete on bottom position has the athlete on top between his legs with his feet or leg crossed or in contact.



Example of Closed Guard



Takedowns - 2 or 3 points

2 points for a takedown is awarded to any situation in which the action starts standing and then finishes on the ground and one grappler manages to maintain top position with control for 3 seconds (if an athlete pulls guard after establishing contact with the opponent, the opponent shall be awarded 2 points for the takedown if they are able to maintain top position with control for 3 seconds). If, with the takedown, the grappler manages to establish a dominant position, he/she will further receive the corresponding points (i.e.: 2 + 3 for a takedown into side mount, 2 + 4 for a takedown into full mount, and 2 + 4 for a takedown into back mount).

3 points for takedown, instead of 2, is awarded if an athlete that is able to takedown the opponent by lifting him over his/her own waist level while remain in a standing position before completing the takedown, while having his/her opponent landing on their back (this action is called: 3 points Amplitude Takedown).

Takedowns that makes the opponent fall on his/her neck or head are illegal (art. 24 Illegal holds and actions)



Example of 3 points Amplitude Takedown

Note: It is only considered a Controlled Takedown when the athlete on top is able to keep the opponent on the ground, with the back or the side facing the ground at an angle less than 90°, while maintaining contact with him for at least 3 seconds. Or, in the case of the opponent is landing frontal (with belly towards the mat), when they are able to keep him/her down with 3 points of contacts (two arms and one knee or two knees and one arm or head) controlling him/her from behind, having passed the control of his/her arms.

The athlete on top is not considered in control if he is under a Submission attack of the opponent. To be considered in control he/she must first escape the submission attempt.

Note: Sitting from a standing position without contact to avoid stand up fight will be penalized by a caution and awarded 1 point to the opponent. The central referee shall break the action and bring the competitors back to neutral standing position.

YES TAKEDOWN



Back less than 90° Degree



There are 3 Points of contacts between knee and arms

NO TAKEDOWN



Back more than 90° from the ground



There aren't 3 points of contacts between knee and arms



YES TAKEDOWN



Athletes has passed behind the control of the arms

NO TAKEDOWN



Athlete has not passed behind the control of the arms

Fast Takedown Action - 2 points

In the event that, within 3 seconds from the moment the referee starts the action from a Neutral Restart Position, a Takedown is initiate by one of the Athletes and a Top position is secured without any interruption of the action and contact between the two competitors, the Referee Shall award, separately, 2 additional points to the athletes that is able to secure the control from top position for at least 3 seconds.

i.e:

2 points for Takedown + 2 points for Fast Takedown Action in the event of a Takedown initiate within 3 seconds from the restart from a Neutral Standing Position and landing in a not dominant position with 3 seconds of control.

3 points for a 3 points Amplitude Takedown + 2 points for a Fast Takedown Action in the event of a 3 points takedown initiate within 3 seconds from the restart from a Neutral Restart Position and landing in a not dominant position with 3 seconds of control.

2 points for Takedown + 2 points for Fast Takedown Action + x points for the dominant position in the event of a Takedown initiate within 3 seconds from the restart from a Neutral Standing Position and landing in a dominant position with 3 seconds of control.

3 points for a 3 points Amplitude Takedown + 2 points for a Fast Takedown Action + x points for a dominant position in the event of a 3 points Amplitude Takedown initiate within 3 seconds from the restart from a Neutral Restart Position and landing in a dominant position with 3 seconds of control.

Note: the referee shall award the 2 points for Fast Takedown Action also when the athlete scored a Takedown as a result of his opponent pulling guard within 3 seconds from the moment the action start from a Neutral Restart Position (2 points for Takedown + 2 points for Fast Takedown Action).

Reversals - 2 points

Reversals from a disadvantaged position, or any bottom position, without direct establishment of a **dominant position** will be awarded 2 points if control from the top position is maintained for 3 seconds.

Reversals from a disadvantaged position, or any bottom position, with direct establishment of a **dominant position** will be awarded with 2 points + the points corresponding to the dominant position if control is maintained for 3 seconds (i.e.: 2 + 3 for reversals into side mount, 2 + 4 for reversals into full mount, and 2 + 4 for reversals into back mount).

Note: Is considered control after a reversal when the athlete on top is able to keep the opponent on the ground with the back or the side at an angle less than 90° from the ground while maintaining contact with him or, in case of the opponent landing frontal (with belly towards the mat), when they are able to keep him/her down with 3 points of contacts (two arms and one knee or two knees and one arm or head) controlling him/her from behind, having passed the control of his/her arms.

The athlete on top is not considered in control if he is under a Submission attack of the opponent.

To be considered in control he must first escape the submission attempt.



Dominant positions - 3, 4, 4 points

Side Mount (3 points): When a grappler gains control from the top having his chest facing/touching the opponent body, outside the control of the opponent's leg defenses (Guard) while keeping the opponent's back to the mat (the back must have an angle of less than 45° from the ground on the longitudinal axis) for the count of 3 seconds (side mount position include north-south and knee on stomach)



Example of Side Mount



Example of position that are NOT Side Mount
(i.e. back more than 45 from the mat, chest not facing or touching the opponent body like in a mounted triangle)

Full Mount (4 points):

When a grappler controls from the top, sitting on the torso of the opponent facing the head with both of his/her knees touching the ground on both side of the opponent (with up to one arm trapped under his knee) for the count of 3 seconds.

Should the athlete have one of the opponent's arms trapped under his leg, he shall only be awarded points for the full mount if the knee trapping the opponent's arm is not over the line of the armpit.



Example of Full Mount



Example of position that are NOT Full Mount
(i.e. 2 arms under the legs; knee not on the ground; facing the leg; mounted triangle; leg above armpit level)

Back Mount (4 points):

When a grappler controls the opponent from the back, with his/her chest to the opponent's back and his/her heels between both of the opponent's thighs, without crossing his legs or feet, in a position to trap up to one of the opponent's arms, for the count of 3 seconds.

Back mount position is the only dominant position that can be scored on a standing opponent.



Example of Back Mount



Example of positions that are NOT Back Mount
(i.e. feet crossed; body triangle; feet not inside the opponent thighs)

Note: The athlete on top is not considered to be in control if he/she is under a Submission attack of the opponent. To be considered in control, and score the points for the dominant position, he/she must first escape the submission attempt.



Progressive scoring system for dominant position

To ensure a higher level of submissions, points for dominant control positions (i.e., side mount, full mount, and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points (SideMount > FullMount > BackMount).

Once scored, the points for dominant positions will be awarded only when the athlete, which was on the bottom, will regain Closed guard or Open Guard (half-guard is not considered), complete a reversal or stand up to his feet for at least 3 seconds.

i.e.:

Once Side Mount points are scored, the athletes can score Full Mount and Back Mount points, but cannot score anymore Side Mount points unless his opponent will regain closed guard, open guard, complete a reversal or stand up to his feet for at least 3 seconds.

Once Full Mount points are scored, the athletes can score Back Mount points, but cannot score anymore Side Mount or Full Mount points unless his/her opponent will regain closed guard, open guard, complete a reversal or stand up to his feet for at least 3 seconds.

Once Back Mount points are scored, the athletes cannot score any more points for dominant positions, unless his opponent will regain closed guard, open guard, complete a reversal or stand up to his feet for at least 3 seconds.

Attack (1 point):

If an athlete completes a **3 points Amplitude Takedown** but did not manage to maintain top position control for 3 second (because the opponents is able to get back to neutral standing position or the action goes out of bounds before the 3 seconds control is achieved) he/she shall be awarded a 1 point for the Attack.

If after performing a **3 points Amplitude Takedown** the athlete suffers a reversal before achieving a 3 seconds control, he/her shall be awarded 1 point for attack and the opponents shall be awarded 2 points for reversal if they are able to maintain control from the top for the 3 seconds.

The athlete that attempts a submission hold where the opponent is in **real danger** of a submission, for at least 3 seconds, he/she shall be awarded 1 point for the Attack when the opponents is able to completely escape the submission. It is the referee's duty to assess how close the submission hold came to fruition.

If an Attack point worth submission attempt is stopped by the end of match, the attacking athlete shall be award the 1 point for the attack at the end of the competition time.

Note: Wristlock attempts do not score Attack points.

Example of close submission attempt



Armbars with arm stretched past 90°



Armbars with arm stretched past 90

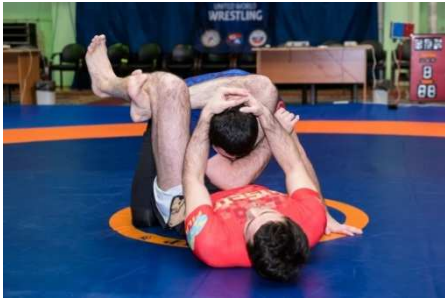
Examples of not close submission attempt



Armbars attempt with opponent defending



Armbars attempt with opponent defending



Locked triangle

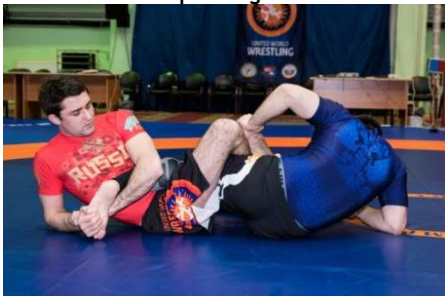


Kimura with arm bend behind opponent back

Example of close submission attempt



Footlocks/Ankle locks completely stretching opponents foot or compressing the tendon



Toe Hold with torsion toward opponent back



Loose triangle attempt with opponent defending



Kimura attempt with the arm NOT bent behind opponents back and opponent defending

Examples of not close submission attempt



Footlocks/Ankle locks attempt with foot not stretched and opponent defending



The foot is extended and the toe hold not secured



Kneebar hyperextending the joint



Opponent defending the kneebar and leg not extended



Reverse Triangle control and the arm is trapped and hyperextended



Reverse Triangle closed, but opponent defending the arm

Article 17 - Injury and Blood Time

The referee must stop the match and call for injury time if a grappler 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 grappler is feigning injury to avoid a submission and/or action, he may declare a disqualification. Similarly, if an injury occurs as a result of an illegal move, the referee shall disqualify the grappler at fault.

In the event of a grappler 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 mat 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. The competition cannot resume until all materials used in blood cleanup are properly disposed of and until the medical solutions used to clean up the mat has dried. In the case of a bloodied or torn garment that must be replaced, all athletes must have a backup uniform available mat side.

In the event of the two competitors being simultaneously injured and incapacitated, the victory is granted to the one who scored the highest number of points. If the score is tied, the refereeing body shall consult and vote to determine the legitimate winner.

Note: in the event of Puking or other athletes expelling other corporal fluids shall be applied the same regulation as bleeding.

Article 18 - Interruptions of the Match

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

The action will be restarted according to the same Criteria of the Out of Bounds (Article 15).

Article 19 - Decision criteria

Except for the Senior Continental and World Championships, the central referee has full authority to stop the match if he/she deems that an athlete is in imminent danger of serious injury or can no longer withstand a submission lock or choke, even if the said athlete did not submit or tap. The athletes' security shall prevail at all times.

When a competitor abandons the fight, either verbally (by screaming or saying "tap" or "stop") or physically (by tapping at least twice the opponent or the mat with his/her hand or foot), the opponent is automatically declared winner, no matter the amount of points accumulated or the time of the match.



If a competitor loses consciousness due to a legal hold applied by the opponent or due to an accident not stemming from any illegal maneuvers, the central referee shall stop the match, help the unconscious athlete regain his/her sense and declare the opponent winner by submission.

Note: If a competitor below 18 years old (cadet, schoolboy or novice) loses consciousness during a match, he/she shall be suspended from the rest of the competition as a safety precaution.

Note: Competitors who lose consciousness due to head trauma shall be suspended from the rest of the competition and be directed to undergo treatment from medical staff.

When a competitor has scored a 15-points advantage over his/her opponent, the central referee shall stop the match and declare victory by technical superiority.

If, at the end of the regulation time, neither of the situations described above occurred, the competitor who scored the highest number of technical points shall be declared winner.

In case of tie in points at the end of the regulation time, the winner shall be determined by the following criteria:

1. The athlete that scored the actions with the highest value of points
2. The athlete with the fewest number of Cautions.

If neither of these criteria apply the match should go to Overtime

I.e.

If a match ends with a tie 6-6 with Red scoring a Takedown (2points) and a Back Mount (4 points) while Blue scoring 3 takedown (2 points each), Red is declared the winner according to the first Criteria (action that scored the highest value of points is the Back Mount scored by Red)

If a match ends with a tie 4-4 with Red scoring two Takedowns (2points each) while Blue scoring a Reversal (2 points) e 2 attacks, RED is declared the winner according to the first Criteria (both Red and Blue have a 2 points action, but Red has another 2 points actions while Blue has two 1 point actions)

If a match ends with a tie 2-2, with Red scoring 2 points for a Takedown while Blue 2 points due to Red receiving 2 Cautions, RED is declared the winner according to the first Criteria (action that scored 2 points, against two times 1 points received for caution of the opponent).

If a match ends with a tie 3-3 with Red scoring 2 points for a Takedown and 1 for an Attack while Blue score 2 points for a Reversal and 1 point for Red getting a caution, Blue is declared the winner according to the second Criteria (Both athletes have a 2 points action and a 1 point action, but Blue has fewest number of Cautions)

Article 20 - Overtime

If the score is tied at the end of regulation time and neither of the criteria describe above can determine a winner, the central referee calls overtime.

Overtime consist in a submission only round of 1 minute with the aim of submitting the opponent starting from specific position (technical points are not awarded and the only way of winning is by submission, disqualification or default).

Note: Cautions from Passivity and Illegal Actions awarded in the overtime does not score point but are counted and can lead to disqualification of an athlete according the criteria defined in Article 23 and 24.

The grappler who must submit the opponent is determined by coin flip.

The competitor can decide to start in one of the possible positions:

- 1) Back Mount Restart Position, at the center of the mat with both athletes sitting on the ground, with the Offending athlete in back mount controlling his opponent with the chest in contact with the back, the heels between the opponent thighs and the arm connected in a seat belt control (one arm passing over the shoulder connected with the other arm passing under the opposite armpit). The Defending athletes must grab, with both hands, the controlling athlete's arm that is passing over the shoulder.





- 2) Armbar Restart Position, at the center of the mat with Defending athletes on his back and the hand locked in a defending position and the Offending athlete in a armbar position with one arm of choices inside the opponent's arms and the other arm either grabbing the defending athletes leg or posted to the ground.



The competitor has 1 minute to submit the opponent. If the submission is achieved, he is declared the winner.

If he is unable to submit the opponent (i.e. the defending athletes manage to not get submitted or manage to submit the opponent), the opponent is declared the winner.

Article 21 - Protest and Challenge

No protest may be lodged at the end of a match. A challenge can be called for during the match if the Head Referee or a grappler's coach deems that a refereeing mistake has been made, but the result of a match may under no circumstances can be modified after victory has been declared on the mat.

The challenge is the action through which a coach is allowed, on behalf of the grappler, to stop the action and request the refereeing body to watch the video evidence and reconsider its judgment. It is specified that this possibility is only offered during competitions in which the video control is formally established by United World Wrestling and the organizing committee. The coach who wishes to request a challenge shall throw a sponge and remain seated, **within 10 seconds** after the refereeing body has awarded points or failed to award points to the contested situation. The judge shall then interrupt the match as soon as the on-going action is completed. If the grappler disagrees with his/her coach's decision, then the match continues.

The refereeing body is then invited to watch the video evidence and render its final decision along with the Head Referee in charge of the tournament who will have the final say in case of disagreement.

Each grappler is entitled to 1 challenge per match. If after reviewing the video evidence, the refereeing body modifies its decision, then the challenge can be used again during the match. If the refereeing body confirms its initial decision, the grappler loses the challenge and 5 points are awarded to his/her opponent.

In case of technical failure or if the video evidence does not allow seeing the contested action properly (wrong camera angle, etc.), the challenge is considered void and the sponge is given back to the coach.

Challenge are not in place for competitions of age class below the age of 18.

Note: Only decisions and situations related to technical execution can be challenged.

Referee's decisions related to Attacks (for Submissions attempt or Takedown) and cautions cannot be challenged by coaches.

Article 22 - Match Classification Points

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

Victory by Submission (5 points to the winner - 0 points to the loser)

A victory by submission occurs when a grappler admits his/her defeat either verbally (by screaming or saying "tap" or "stop") or physically (by tapping at least twice the opponent or the mat with his/her hand or foot). Except for senior Continental and World Championships, the central referee is entitled to declare a victory by submission if, upon observing a submission attempt, he deems that the grappler caught in the submission hold will not be able to escape without harm.

Victory by Disqualification (5 points to the winner - 0 points to the loser)

A victory by disqualification occurs when a grappler is banned from the match or competition for any reason.



Victory by Default (5 points to the winner - 0 points to the loser)

A victory by default is declared when a grappler cannot continue the match for any reason or is declared unfit to continue by the Head medical officer. A coach may also default the grappler by throwing a red or a blue towel onto the mat.

Victory by Forfeit (5 points to the winner - 0 points to the loser)

A victory by forfeit is declared when a grappler fails to appear on the mat for the match or does not comply with the present rules as far as competition uniform.

Note: Grapplers who forfeits a match without proper medical certificate will not be allowed to proceed throughout the tournament (even in other styles) and be withdrawn from the final ranking.

Victory by Technical Superiority (4 points to the winner - 0 points to the loser)

A victory by technical superiority occurs when a grappler has scored a 15-points advantage over his/her opponent.

Victory by Decision (3 points to the winner - 0 points to the loser)

A victory by decision occurs when the margin of victory at the end of regulation time is less than 15 points.

Victory in Overtime (2 points to the winner - 0 points to the loser)

A victory in overtime occurs after an athlete is declared the winner according to the overtime criteria.

Note: For Technical Superiority and Decision victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.

SECTION FIVE - TECHNICAL INFRACTIONS

Article 23 - Passivity

It is the grapplers' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds.

When the central referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands ("Red/Blue Open" or "Red/Blue Action") without interrupting the match. If, after 15 seconds, the grappler continues to remain passive after the verbal commands have been issued, the central referee shall indicate the passive grappler by raising the arm bearing the right color band and give him/her a caution.

If, after other 15 seconds, the grappler continues to remain passive he shall give him/her another caution and so on. Every caution must be reported on the score sheet.

The first, second and third caution for passivity award 1 point to the opponent up to the fourth caution which results in the disqualification of the passive grappler.

1st caution = 1 point > 2nd caution = 1 point > 3rd caution = 1 point > 4th caution = disqualification

Note: Cautions from Passivity and Illegal Actions add up (e.g. 2 cautions for passivity + 2 cautions for illegal action) lead to disqualification of the athlete.



Passivity includes:

- Holding on in an attempt to neutralize or prohibit action or advancement (e.g.; from bottom closed guard holding the opponent without trying any attack just for prevent him to posture up and try to pass. From top closed guard, try to hold the opponent and not try to open the guard to pass)
- Delaying action by communicating with coach/corner
- Leaving the mat without permission
- Taking too much time to go back to the center of the mat for restarts
- Incorrect restart position
- Misusing timeouts
- Fleeing the mat (i.e., purposely fleeing the mat with both feet to escape from takedown or another action, position himself constantly near the border of the mat in attempt to use out of bounds to avoid being scored on).
Note: If an athlete goes out of bounds during a submission attempt (without doing the correct defense) the match will not be stopped until the action is finished or when a part of the head of either grappler is out of the protection area. In that case the athlete that bring the action out of the protection area with the purpose of stopping the fight to escape the submission without doing the correct defense will be immediately disqualified.
- Fleeing the position to avoid stand up or ground fighting (for example if an athlete sits in guard without contact while the athletes are standing up or if the athlete on top stands up during ground fight and not trying to achieve dominant position or a submission on the athlete on bottom).
- False start (i.e., starting grappling before the whistle blows).

Article 24 - Illegal Holds and Actions

If a grappler violates the United World Wrestling Code of Ethics in a blatant and unsportsmanlike manner, the central referee shall disqualify him/her from the match or from the competition. The central referee shall report every violator for membership review. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match. The first, second and third caution for illegal actions award 1 point to the opponent up to the fourth caution which result in the disqualification of the concerned grappler:

1st caution = 1 point > 2nd caution = 1 point > 3rd caution = 1 point > 4th caution = disqualification

Note: Any illegal action executed to prevent the opponent from completing a submission will result in immediate disqualification.

Note: Cautions from Passivity and Illegal Actions add up (e.g. 2 cautions for passivity + 2 cautions for illegal action) lead to disqualification of the athlete.

Illegal actions include:

- Intentional breaking of bones or joints (i.e. continuing to apply pressure on the joint after the tap out and referee commands to stop)
- Punching, kicking, knees, forearms, elbows, head butts
- Biting, pulling of hair, nose, ears, or attacking the groin
- Eye, ear, or nose gouging, fish hooking
- Spikes (i.e., standing throws onto the head or neck)
- Slams in defense of submission attempts and if opponent's body is above waist level
- Back splashes from standing position
- Combination of joint locks and throws
- Use of the fingers for throat/trachea choking techniques
- Inside or outside heel hooks
- Neck cranks and/or any submission deemed as applying pressure to the spine (crucifix, full-nelson, twister neck crank, can opener, Chin Ripping neck crank etc.)
Note: It is legal to apply pressure to the neck while applying a choke (for example during a guillotine or a rear naked choke)
- Small joint manipulation
- Holding less than 4 fingers or toes
- Intentional grabbing of competition uniform (Note: Only in Grappling. In Grappling Gi, it is legal to hold on to the uniform)
- Chocking your opponent with an Untied belt (Only for Grappling Gi)
- Coating the skin with any kind of substance or using gauzes or any kind of protective materials without the authorization of the Head medical officer and in agreement with the referee.
- Argument/insults towards anybody present in the competition hall
- Pretense of injury



Age restrictions: Novice and schoolboys/girls are not allowed to make guillotines and toe hold footlock.

Examples with illegal actions:



Heel hooks



Holding less than 4 fingers or toes

Use of the fingers for throat/trachea choking techniques



Neck cranks or Spinal Lock

Article 25 - Ejection Procedures

The United World Wrestling Committee of Associated Styles - Grappling - refers to the United World Wrestling Code of Ethics and strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, coach, or spectator goes beyond the acceptable in his/her words, gestures, or actions, it is the central referees' responsibility to judge if that behavior is deemed as a conduct violation. Once the central referees have declared the behavior to be a violation, they shall issue a yellow card to the individual at fault as a warning prior to being ejected. A yellow card will deduct 1 classification point to the team the individual is representing. If the violation continues, a red card will be issued and the individual at fault will be ejected from the competition. A red card will cause 2 classification points to the team. If the central referees feel that the behavior goes well beyond the normal violation, they may skip the yellow card and directly issue a red card.



Examples of conduct violations

- Disagreeing on the match result
- Cursing during the match
- Being aggressive towards the referees
- Threatening the referees
- Entering into physical contact with the referees
- Throwing objects
- Arguing and interrupting the match
- Refusing to stay on the mat for the winner's declaration

SECTION SIX - REFEREEING BODY

Article 26 - Composition

All matches shall be refereed by a central referee and a mat judge. Category-III referees are eligible for international tournaments, and Category-II and I referees are eligible for Continental and World Championships.

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

Article 27 - Uniform

The central referees and the mat judges shall wear a black approved polo, black flat front trousers with a black belt, black plimsolls or sports shoes, and black socks.

In addition, the central referees shall wear a whistle around their neck, a red band on their left wrist and a blue band on their right wrist, as well as black disposable gloves for hygiene purposes.

When the bout is completed or at regular intervals, the gloves shall be placed into disposable containers at the mat table. They are not to be left lying around as they present a health risk.

Coaches are also encouraged to wear disposable gloves for the same reason.

Article 28 - General Duties

The refereeing body shall perform all the duties set forth in the regulations governing grappling competitions and in any special provision that might be established for the organization of a particular competition. The central referee and the mat judge are required to use the basic United World Wrestling 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. The central referee's decisions prevail, but in case of doubt he may consult the mat judge. In case no agreement can be reached, the Head Referee in charge of the competition will have the final say. The central referee and the mat judge are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

All the points shall be announced to the public by the mat judge, either by hand signal, by means of bats or by an electronic/manual scoreboard. The mat judge's score sheets are used to tally all the holds executed by the two opponents, including the points and cautions which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match. At the end of the match, the central referee and the mat judge shall sign the score sheet.



Article 29 - The Central Referee

The central referee is responsible for the orderly conduct of the match that he shall direct according to the official United World Wrestling 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.

His whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the competition area), he shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

Central referee's specific duties:

- Shake the grapplers' hand when they enter the mat and before they leave it.
- Inspect the grapplers' competition uniform and require them to change them within 2 minutes in case they are not compliant with the present Regulations.
- Inspect the grapplers' skin for perspiration or any greasy or sticky substance.
- Not get too close to the grapplers when they are in standing position, but stay close if they are in ground position.
- Be able to change position from one moment to the next, on the mat or around it, and in particular move onto the knees or stomach to obtain a better view of an impending submission.
- Not obstruct the mat judge's view by standing so close to the grapplers (particularly if a submission appears imminent).
- Not turn the back to the competitors at any point and risk to lose control over the situation.
- Stimulate a passive grappler without interrupting the match and give the necessary cautions.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, the central referee shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to the opponent.
- Brush off a grappler's hand or give a verbal warning if he/she is pulling the opponent's uniform.
- Uphold penalties for violations of the rules or for brutality
- Be ready to blow the whistle if the grapplers approach the edge of the mat.
- Indicate whether a hold executed at the edge of the mat is valid.
- Break action and bring the grapplers back into starting position when the action goes out of bounds.
- Rapidly and clearly order the position in which grappling must be resumed.
- Whistle to stop the action after a grappler has signaled submission either physically (by a tap) or verbally. The central referee shall also put a hand on each competitor to further ensure the grapplers' safety.
- Except for senior Continental and World Championships, stop the action if, upon observing a submission attempt, the grappler is deemed unable to escape without harm.
- Upon intervention by the mat judge, interrupt the match and proclaim victory by technical superiority when the grapplers' scores are 15 points apart. In this situation, the central referee shall wait for the action, either an attack or counter attack, to be complete.
- Interrupt the match at exactly the right time when necessary.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner by raising his/her hand after agreement with the mat judge.



Referee Hand Signals:



Get in position

Control (counting 3 seconds)

Neutral Restart Position



Closed Guard Restart Position

Half Guard Restart Position

Open Guard Restart Position



Side Mount Restart Position

Full Mount Restart Position

Back Mount Restart Position



1 point

2 points

3 points



4 points

Caution (1 point to other athlete)

Disqualification



Article 30 - The Mat Judge

The mat judge 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.

Mat judge's specific duties:

- Assist in maintaining the proper score and time.
- Make the central referee aware of any possible scores, infractions, or submissions.
- Declare overtime.
- Confirm the winner to the central referee and the classification points to the scorekeeper
- Sign the score sheet at the end of the match

SECTION SEVEN - FINAL PROVISIONS

The present Rules were approved by United World Wrestling 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 English version prevails.

The contestants in grappling events agree not to bring a dispute to civil court. Every disagreement will be settled by the World Grappling Committee (WGC), the organ of appeal being the United World Wrestling 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.



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