



UWW MANUAL
Pacific Region Supplement
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Chapter 1: Purpose of the Manual

Article 1 - Purpose

The purpose of this United World Wrestling Manual Pacific Region Supplement is to complement and elaborate on the rules and procedures for wrestling outlined in the Far East Programs Procedural Guide (FEPPG). It is not a replacement of the FEPPG. Any regulations, policies, and philosophies not outlined in this supplementary manual are to be deferred to the FEPPG.

Chapter 2: Wrestling Style and Regulations

Article 2 - Wrestling Style

The wrestling style is international freestyle wrestling with modifications outlined in this manual.

Article 3 - Application of the International Wrestling Rules

The most recent rules and regulations outlined by the [International Wrestling Rules](#) governed by [United World Wrestling](#) (UWW) apply with modifications outlined in this manual. Rules and regulations for American folk style, American collegiate style, international Greco-Roman wrestling, international women's wrestling, National Federation of State High School Associations, and other styles or organizations do not apply.

The following articles of the International Wrestling Rules apply without any modification:

- Article 34 – Evaluation of the Importance of the Action or Hold
- Article 35 – Danger Position
- Article 36 – Recording the Points
- Article 37 – Grand Amplitude Throw
- Article 40 – Decision Table
- Article 44 – Par Terre Position during the Bout
- Article 47 – General Prohibitions
- Article 52 – Consequences affecting the Bout

The following articles of the International Wrestling Rules apply with modifications:

- Article 4 – The Mat
- Article 5 – The Uniform
- Article 15 – Composition
- Article 16 – General Duties
- Article 18 – The Referee
- Article 19 – The Judge
- Article 20 – The Mat Chairman
- Article 22 – Duration of the Bout
- Article 25 – Start
- Article 26 – Interrupting the Bout
- Article 27 – End of the Bout
- Article 28 – Interrupting and Continuing the Bout
- Article 29 – Types of Victories
- Article 30 – The Coach
- Article 38 – Values assigned to the Actions and Holds
- Article 39 – Decision and Vote
- Article 42 – The Fall

- Article 43 – Technical Superiority
- Article 45 – Passivity Zone
- Article 46 – Enforcement of Passivity
- Article 48 – Fleeing a Hold
- Article 49 – Fleeing the Mat
- Article 50 – Illegal Holds

The following articles of the International Wrestling Rules do not apply:

- Article 1 – Object
- Article 2 – Interpretation
- Article 3 – Application
- Article 6 – Competitor’s License
- Article 7 – Age, Weight and Competition Categories
- Article 8 – Competition System
- Article 9 – Competition Program
- Article 10 – Award Ceremony
- Article 11 – Weigh-In
- Article 12 – Drawing of Lots
- Article 13 – Starting List
- Article 14 – Elimination from the Competition
- Article 17 – Referee’s Dress
- Article 21 – Penalties against the Refereeing Body
- Article 23 – Call to the Mat
- Article 24 – Presentation of Wrestlers
- Article 31 – The Challenge
- Article 32 – Team Ranking during Individual Competitions
- Article 33 – Ranking System during Team Competitions
- Article 41 – Classification Points
- Article 51 – Special Prohibitions
- Article 53 – The Protest
- Article 54 – Medical Service
- Article 55 – Medical Service Interventions
- Article 56 – Anti-Doping

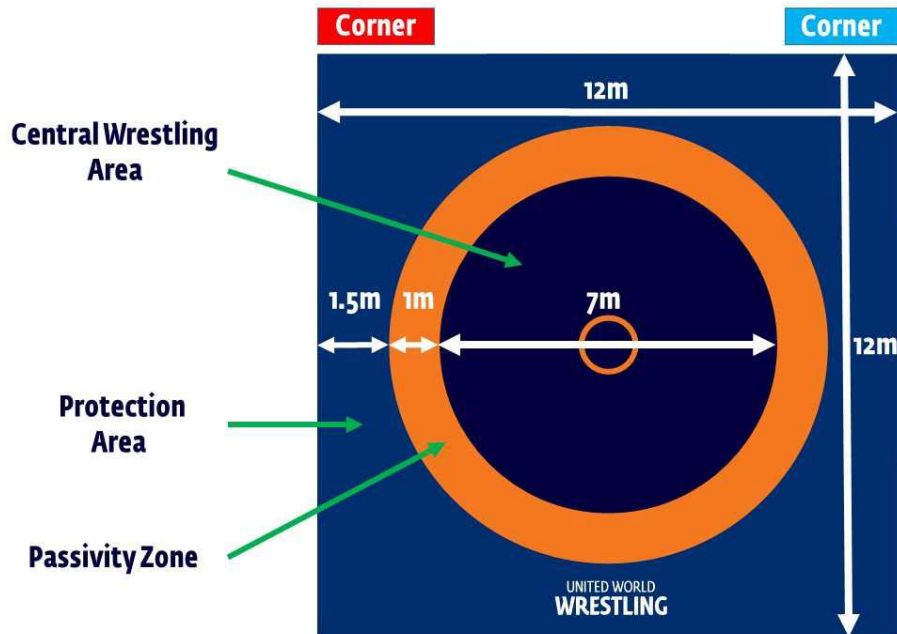
For all rules of the International Wrestling Rules that apply without any modification, they may be referred to in this manual or the International Wrestling Rules. For all rules of the International Wrestling Rules that apply with modifications, the rules outlined in this manual apply. For all rules of the International Wrestling Rules that do not apply, they will not be valid.

Chapter 3: The Mat and Uniform

Article 4 - The Mat

The mat must have a 9m diameter ring surrounded by a 1.50m border of the same thickness. The mat must have at least a thickness of 4cm. A band of 1m wide and forming an integral part of the wrestling area should be drawn along the circumference on the inside of the circle of 9m in diameter.

The following terms will be used to designate the various parts of the mat:



The central circle indicates the middle of the mat (1m of diameter). The inside part of the mat which is inside the orange circle is the central surface of wrestling (7m of diameter). The passivity zone is 1m wide. The protection area is 1m50 wide. The colors of the protection area, passivity zone, central wrestling area, and the central circle may be any color, but the same color may not be used for adjacent parts of the mat. Any graphics or text also may be drawn on the mat as long as it does not overlap with the various parts of the mat. If the competition venue cannot provide a mat with a 1m passivity zone, all rules associated with the passivity zone will be applied according to the judgment of the refereeing body.

Article 5 - The Uniform

The singlet is the standard uniform which is used. The wrestling singlet must be made up of a smooth fabric without any rough edges that does not present any danger of irritation, neither for the user nor for the opponent. The singlet shall provide to each wrestler all possibilities, to execute their holds and technique. No garment may be worn that covers the shoulder, arm, and the leg below the knees and above the ankles.

It is prohibited to:

- Apply any greasy or sticky substance to the body
- Arrive at the mat perspiring for the beginning of the match and for the beginning of each period.
- Wear bandages on fingers, wrists, arms or ankles except in the case of injury and on doctor's orders.
- These bandages must be covered with elastic straps.
- Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, piercing, etc...
- Wear under-wired bras or wired supporters

A headgear must be worn throughout the duration of the bout. The headgear must be secured around the wrestler's head, ears, and the chin area firmly to prevent it from interrupting the bout (such as falling off and readjusting the straps or ear pads). Shoes laces must be taped in a way to prevent them from coming loose during a match. In order to distinguish the red and blue wrestlers, a red or blue ankle strap may be worn at the discretion of the referee.

Chapter 4: Weight Classes

Article 6 - Weight Classes

The weight classes are as follows (in pounds):

1. 107 lb
2. 114 lb
3. 121 lb
4. 127 lb
5. 133 lb
6. 139 lb
7. 145 lb
8. 152 lb
9. 160 lb
10. 172 lb
11. 189 lb
12. 215 lb
13. 285 lb

To be eligible for competition at a weight class, a wrestler must weigh exactly or below the weight class at the designated weigh-in period before the tournament director or a delegate specified by the tournament director. However, a wrestler must weigh above 92lb to compete in the 107lb weight class, above 99lb for the 114lb weight class, above 189lb for the 215lb weight class, and above 215lb for the 285lb weight class. For all other weight classes, a wrestler may compete one weight class above the weight class that the wrestler qualifies.

Example case 1

A wrestler who weighs exactly 114.0lb qualifies for the 114lb weight class.

Example case 2

A wrestler who weighs exactly 114.0lb may wrestle at the 114lb weight class or the 121lb weight class, but not the 127lb weight class or higher.

Example case 3

A wrestler who weighs 114.1lb may wrestle at the 121lb weight class or the 127lb weight class but not the 133lb weight class or higher.

Example case 4

A wrestler who weighs exactly 92.0lb is not eligible to compete at the 107lb, but a wrestler who weighs 92.1lb is eligible.

Article 7 – Weight Allowance and Multiple Day Competitions

On January 1 of the season, all wrestlers are permitted a 2lb weight allowance. This will be effective on January 1 to the end of the season. After January 1 (and including January 1), all wrestlers may weigh-in up to 2lb more than their weight class for all competitions. This does not alter the minimum weight for the respective weight classes. The 2lb allowance does not necessarily “change” the weight class, but it is a privilege for wrestlers to weigh in with an additional 2lb in consideration of their health. After the weight allowance, wrestlers weighing between 189.1lb – 191lb may compete for either 189lb or 215lb weight class, and wrestlers weighing between 215.1lb – 217lb may compete for either 215lb and 285lb weight class.

Example case 1

At a competition on January 1, a wrestler may compete at the 127lb weight class weighing in at 129.0lb, but not 129.1lb.

Example case 2

At a competition on January 2, a wrestler who weighs 114.1lb may still compete in the 127lb weight class although other wrestlers may weigh-in at 129lb for the 127lb weight class, the allowance does not alter the minimum weight for the 127lb weight class. Similarly, a wrestler who weighs 92.1lb is eligible to compete at the 107lb weight class, although other wrestlers may weigh-in at 109lb.

For multiple day competitions, such as the Far East Tournament, all wrestlers will be permitted a 1lb weight allowance per day of weigh-in. This does not alter the minimum weight requirement for the weight classes. Similar to the 2lb weight allowance from January 1, this 1lb allowance does not necessarily “change” the weight class, but it is a privilege for wrestlers to weigh in with an additional pound each day in consideration of their health. Should there be any multiple day competitions before the Far East tournament, the 1lb weight allowances will no longer be effective after the competition and wrestlers must make their weight classes without any weight allowance (if the multiple day competition is before January 1) or with only the 2lb allowance (if the multiple day competition is after January 1).

Example case 1

On second weigh-in of the Far East Tournament, a wrestler who weighs 92.1lb is still eligible for the 107lb weight class despite other wrestlers receiving a 1lb allowance on top of the 2lb allowance since January 1. In other words, the 1lb allowance does not alter the minimum weight of 92lb.

Example case 2

A wrestler who competed at the 114lb weigh class for the Far East individual tournament weighed in at 118lb for the final weigh-in (due to the 1lb allowance for the two days of competition and the 2lb allowance from January 1). The wrestler may compete at the 114lb or 121lb for the dual tournament but not at 127lb (even if 118lb exceeds the 114lb weigh class, the extra 4lb is an allowance, not a changing of the weight class).

Article 8 - Weight Management Safety

It is the coach's duty to ensure safety of weight management of the wrestlers to avoid excessive or risky weight loss to prevent dehydration, death, and any other health threatening risks for the wrestlers.

It is prohibited for the wrestler to:

- Use rubber or plastic suits that prevent the passage of air (cotton material are allowed)
- Use of diuretics or laxatives (or any other drugs that have the risk of dehydration)
- Use a sauna or “running the shower”

Chapter 5: Geographical Regions

Article 9 - Regions

There are 15 participating teams in the DoDEA Pacific Area Interscholastic Athletics and the Kanto Plain Association of Secondary School Principals (as of November 2023). There are 3 main geographical regions that the participating teams belong to. The regions and the respective teams are as below:

Okinawa Region

- Kadena High School (Division 1)
- Kubasaki High School (Division 1)

Korea Region

- Daegu High School (Division 2)
- Humphreys High School (Division 1)
- Osan Middle High School (Division 2)
- Seoul Foreign School (Division 1)

Japan Main Land Region

- American School in Japan (Division 1)
- Christian Academy in Japan (Division 2)
- Edgren High School (Division 2)
- E.J. King High School (Division 2)
- Kinnick High School (Division 1)
- M.C. Perry High School (Division 2)
- St. Mary's International School (Division 1)
- Yokota High School (Division 2)
- Zama High School (Division 2)

Any new schools not in this current list of schools, should they join the league, would be added into its respective region of the location of the school.

Chapter 6: Beast of the East Tournament

Article 10 - Participating Teams of the Beast of the East

Participating teams of the Beast of the East Tournament are strictly voluntary in the DoDEA Pacific Area Interscholastic Athletics and the Kanto Plain Association of Secondary School Principals. Other teams/wrestlers may participate upon discretion of the tournament director. Each team is allowed to enter 1 wrestler per weight class unless otherwise specified by the tournament director for special circumstances such as the lack of participants in a weight class.

Article 11 - Hosting School of the Beast of the East

The tournament may be hosted at a school in the Japan Main Land region. The venue must have at least 2 wrestling mats next to each other and enough space for all teams to be seated. The tournament director must organize at least 3 officials (referees) per mat. The tournament director should prepare enough bout sheets (see Appendix 1), ankle bands (blue & red), timers & score displays visible to the wrestlers, and any necessary staff to run the timers, scores, making bout sheets, and updating the tournament brackets.

Article 12 - Weigh-In of the Beast of the East

Weigh-in for the tournament will be conducted on the day of the competition before the tournament begins at the time designated by the tournament director. The weigh-in must be conducted with the presence of the tournament director (or a person designated by the tournament director) and the actual weights of every wrestler must be recorded. All wrestlers must officially weigh in when their turn is called by the tournament director, and the tournament director or wrestlers must not delay the weigh-in process. If a wrestler does not make weight at the official weigh-in, the wrestler is allowed 60 minutes to make weight. If the wrestler cannot make weight after the 60 minutes, the wrestler will be

disqualified from the tournament. Wrestlers must weigh in with their singlet with no weight tolerance allowed for the singlet.

Article 13 - Tournament Format of the Beast of the East

A modified 16-man double elimination tournament format with wrestle-backs for second place is used (Figure 1) for weight classes with 4 or more wrestlers. When a wrestler wins a match, the wrestler will advance in the championship bracket. When a wrestler loses a match, the wrestler will drop down to the consolation bracket. After the third place bout and the championship bout are finished, if the third place wrestler's loss in the tournament was against the champion, the wrestler will have a bout with the second place wrestler for a wrestle-back. The winner of the wrestle-back will be awarded second place.

If a wrestler is disqualified of a match or forfeits a match that is not a placement match (first place or third place match), the wrestler is out of the tournament from that point onward and will not be awarded any placement or team points. If a wrestler is disqualified in a placement match (first place, second place wrestle back, or third place match), the wrestler will not be awarded a placement and there will not be any team points awarded. If a wrestler forfeits a placement match (i.e. due to injury), the wrestler will be awarded the lower placement of that match and team points will be awarded accordingly.

If both wrestlers in a placement match are disqualified, neither wrestler will be awarded a placement and neither will be awarded team points. If both wrestlers forfeit a placement match, both wrestlers will be awarded the lower placement of that placement match and both will be awarded the team point accordingly.

Example 1

Wrestler A loses to Wrestler B in the first round. Then, Wrestler B loses to Wrestler C in the second round. Wrestler C advances to the finals and defeats Wrestler P to become champion. Wrestler A places third place in the consolation bracket. Wrestler A will not have a wrestle-back against Wrestler P (as Wrestler A's loss was against Wrestler B who is not the champion).

Example 2

Wrestler A and Wrestler P were both disqualified in the championship match. Wrestler B placed third and Wrestler O placed fourth. There will not be any wrestler awarded first place and second place. No team points will be awarded for wrestler A and Wrestler P. Wrestler B will be awarded third place and be awarded 5 team points, and Wrestler O will be awarded fourth place and be awarded 3 team points. There will not be any wrestle-back as there is no champion.

Example 3

Wrestler A and Wrestler P both won their semi-finals matches, but before their finals match, both declared a forfeit due to injury. Wrestler B placed third and Wrestler O placed fourth. Wrestler A and Wrestler P will both be awarded second place and both will earn 7 team points. Wrestler B will be awarded third place and be awarded 5 team points, and Wrestler O will be awarded fourth place and be awarded 3 team points. There will not be any wrestle-back as there is no champion.

Article 14 - Drawing of Lots of the Beast of the East

Wrestlers are placed in the bracket lots by the following procedure:

Wrestlers are placed in the bracket lots in the following lot order:

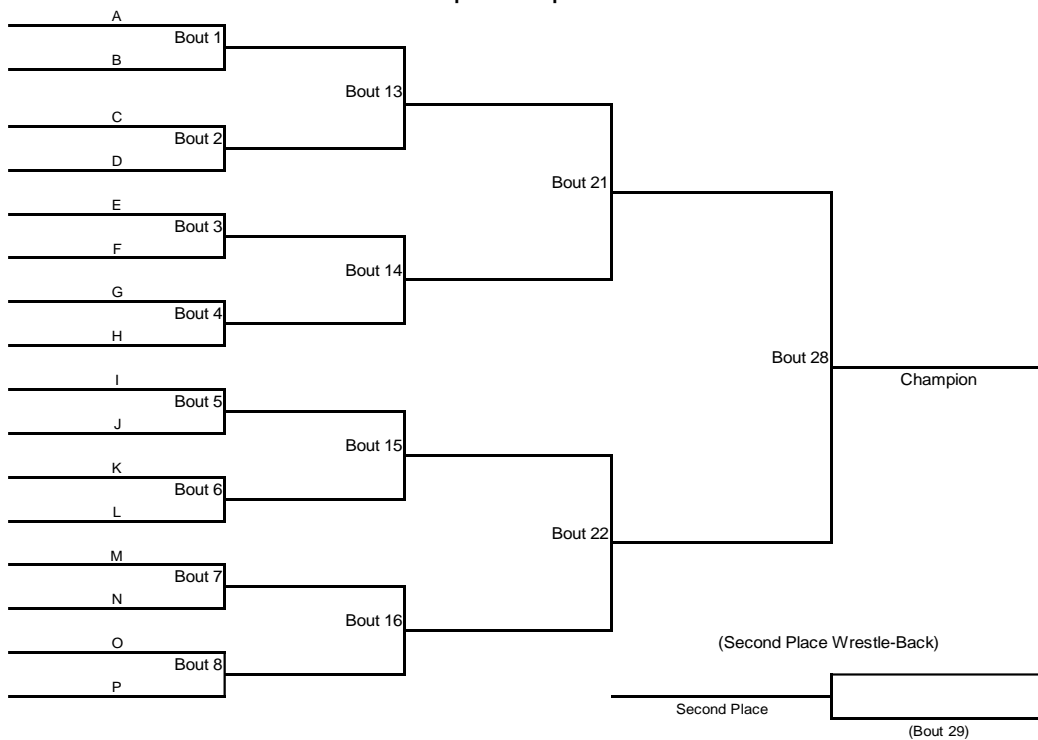
- A, I, E, M, C, K, G, O, B, J, F, N, D, L, H, P

The drawing of the lots is random according to the regions in the following order:

1. Wrestlers from the Okinawa and Korea regions are randomly chosen, then, placed in a bracket lot according to the lot order.
2. After all wrestlers from the Okinawa and Korea regions are allotted (or there are no wrestlers from the Okinawa and Korea regions), then, wrestlers from the Japan Main Land region (and any other wrestler(s)) are randomly chosen to be placed in the remaining bracket lot(s) according to the lot order.

If there is a/are “scratch(es)” (wrestler(s) is unable to compete before the tournament begins) on the day, the wrestler who is supposed to compete against the scratched wrestler will be declared the winner of the bout unless the scratch(es) results in wrestler(s) winning by default in two or more matches in a row. In such case, wrestlers may be rearranged in random fashion to ensure no wrestler wins two or more matches by default while avoiding the meeting of Okinawa and Korea region wrestlers in the first match as best as possible.

Championship Bracket



Consolation Bracket

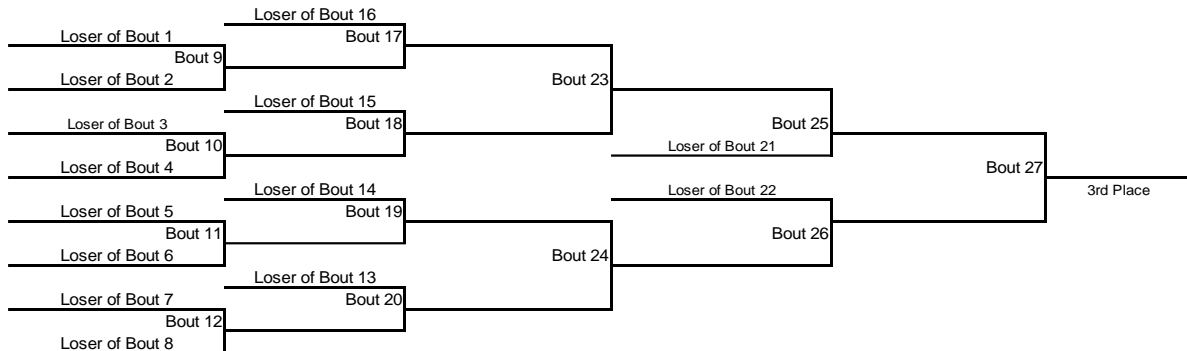


Figure 1. Beast of the East Tournament Bracket

Article 15 - Team Scoring of the Beast of the East

Team points are awarded to the top 4 wrestlers for his/her team as below:

- First place = 10 points
- Second place = 7 points
- Third place = 5 points
- Fourth place = 3 points

In case there is a wrestle-back for second place, the outcome of the wrestle-back will be applied to the team points.

In case team points are tied for 2 or more teams, the following criteria is applied (in order) to break the tie:

1. Most first places
2. Most second places
3. Most third places
4. Most fourth places
5. Most losing wrestlers of the consolation bracket semi-finals
6. Highest classification points earned in all the competition
7. Highest match victories by fall, forfeit, disqualification
8. Highest match victories by superiority
9. Highest technical points obtained in all the competition
10. The fewest technical points given in all the competition
11. The fewest caution(s) received in all the competition
12. Most wrestlers entered in the tournament
13. The highest placing wrestler of the weight class with the most wrestlers entered (if weight classes have equal number of wrestlers, then, the heaviest weight class of them)

Article 16 – Awards of the Beast of the East

The tournament director should prepare medals for the top 3 wrestlers of each weight class, the final tournament bracket for the champion of each weight class, and a team trophy or plaque for the top team.

Chapter 7: Far East Tournament

Article 17 - Participating Teams of the Far East Tournament

Participating teams of the Far East Tournament are teams in the DoDEA Pacific Area Interscholastic Athletics and the Kanto Plain Association of Secondary School Principals. Any team/wrestler other than schools in the DoDEA Pacific Area Interscholastic Athletics and the Kanto Plain Association of Secondary School Principals, may join upon discretion of the DoDEA Pacific Area Interscholastic Athletics and the Kanto Plain Association of Secondary School Principals. Each team is allowed to enter 1 wrestler per weight class.

Article 18 - Hosting School of the Far East Tournament

The tournament may be hosted at any venue. The venue must have at least 2 wrestling mats (preferably more) next to each other and enough space for all teams to be seated. The hosting school should also accommodate for any lodging, traveling, and meal requirements for traveling teams. The tournament director must organize at least 3 officials (referees) per mat. The tournament director should prepare enough bout sheets (see Appendix 1) for all individual tournament bouts and dual meet bouts, dual sheets (see Appendix 2) for each dual meet bout in the dual tournament, ankle bands (blue & red), timers & score displays visible to the wrestlers, and any necessary staff to run the

timers, scores, making bout sheets, and updating the tournament brackets. The tournament director should also keep record of all bout sheets for all matches throughout the tournament.

Article 19 - Weigh-In of the Far East Tournament

Weigh-in for the tournament will be conducted the day before the competition at the designated time by the tournament director and with the presence of the tournament director (or a person designated by the tournament director). All wrestlers must officially weigh in when their turn is called by the tournament director, and the tournament director or wrestlers must not delay the weigh-in process. If a wrestler does not make weight at the official weigh-in, the wrestler is allowed 60 minutes to make weight. If the wrestler cannot make weight after the 60 minutes, the wrestler will be eliminated for the remainder of the tournament. Weigh-ins will happen the day before the first day (for first day), the first day (for the second day), and the second day (for the third day). All wrestlers who successfully weighs in the day before will be allowed a 1lb allowance for weigh-ins the next day. The tournament director must record the actual weights of every wrestler for each day of weigh-in.

Wrestlers must weigh in with their singlet with no weight tolerance allowed for the singlet. Before the first day of competition, a medical doctor or physician must check all wrestlers for any skin infections, open wounds, or other physical conditions that may pose a threat to other competitors. Should the doctor or physician judge that a wrestler's physical condition poses a serious threat to other competitors' health, that wrestler may be disqualified from the tournament.

Example case 1

For weigh-ins on the first day of competition (for the second day), wrestlers competing at the 121lb weight class may weigh in at 124lb (121lb plus the 2lb allowance on January 1 plus a 1lb allowance for the multiple day weight allowance), and for weigh-ins on the second day of competition (for the third day), they may weigh in at 125lb.

Article 20 - Tournament Format of the Far East Tournament

The tournament consists of an individual tournament and a dual tournament for over a 3 day period.

The individual tournament is a modified 16-man double elimination tournament format (Figure 2). When a wrestler wins a match, the wrestler will advance in the championship bracket. When a wrestler loses a match, the wrestler will drop down to the consolation bracket. There is no separation of Division I and Division II teams in the individual tournament. A wrestler may only compete in the same weight class for the individual tournament, but may have options to compete in different weight classes in the dual tournament. The tournament director should ensure that there is at least a 30 minute break for the wrestlers to compete in the next match.

If a wrestler is disqualified of a match or forfeits a match that is not a placement match (first place, third place, or fifth place match), the wrestler is out of the tournament from that point onward including the dual meet tournament and will not be awarded any placement or team points. If a wrestler is disqualified in a placement match (first place, third place, or fifth place match) the wrestler will not be awarded a placement and there will not be any team points awarded. If a wrestler forfeits a placement match (i.e. due to injury), the wrestler will be awarded the lower placement of that match and team points will be awarded accordingly.

If both wrestlers in a placement match are disqualified, neither wrestler will be awarded a placement and neither will be awarded team points. If both wrestlers forfeit a placement match, both wrestlers will be awarded the lower placement of that placement match and both will be awarded with the team point accordingly.

Example 1

Wrestler A and Wrestler P were both disqualified in the championship match. Wrestler C placed third, Wrestler O placed fourth, Wrestler H placed fifth, and Wrestler I placed sixth. There will not be any wrestler awarded first place and second place. No team points will be awarded for wrestler A and Wrestler P. Wrestlers C, O, H, and I will keep their respective places and their team points accordingly.

Example 2

Wrestler A and Wrestler P both won their semi-finals matches, but before their finals match, both declared a forfeit due to injury. Wrestler C placed third, Wrestler O placed fourth, Wrestler H placed fifth, and Wrestler I placed sixth. Wrestler A and Wrestler P will both be awarded second place and both will earn 9 team points. Wrestlers C, O, H, and I will keep their respective places and their team points accordingly.

Division I teams and Division II teams are separated in the dual tournament. The dual tournament is a modified double elimination bracket.

The tournament schedule is as follows:

The Day before the First Day:

1. Weigh-ins for the first day of competition.

First Day:

1. Individual tournament concluding the championship bracket semi-finals and the consolation bracket semi-finals (in other words, up till the placement rounds for first, third, and fifth places). Weigh-ins for the second day of competition.

Second Day:

1. Individual tournament concluding the placement rounds (the first, third, fifth place matches). All fifth place matches for all weight classes will happen first; then, all third place matches for all weight classes will happen next; finally, the first place matches (championship) will happen last (all in order of weight classes).
2. Dual tournament qualification round(s)
3. Dual tournament concluding the championship bracket semi-finals and the consolation bracket semi-finals (in other words, up till the placement rounds for first, third, fifth place matches and etc.). Weigh-ins for the third day of competition.

Third Day

1. Dual tournament concluding the placement rounds (in other words, the first, third, fifth, place matches and etc...)
2. Award Ceremony

The tournament schedule may be altered by the tournament director if there are circumstances that render the tournament impractical to follow the aforementioned schedule.

[Article 21 - Drawing of Lots of the Far East Tournament](#)

For the individual tournament, wrestlers are placed in the bracket lots by the following procedure:

The Okinawa region and the Korea region will rank the #1 wrestler from their region. The Japan Main Land region will rank the #1 and #2 wrestler from their region. Then, wrestlers are placed in the bracket lots in the following lot order (starting with the ranked wrestlers) with the procedure below:

- A, O, I, G, E, K, M, C, D, N, L, F, H, J, P

For the 107lb, 127lb, 145lb, 172lb, and 285lb weight classes:

1. The #1 wrestler from the Japan Main Land region will be allotted to lot A.
2. The #1 wrestler from the Korea region will be allotted to lot O.
3. The #2 wrestler from the Japan Main Land region will be allotted to lot I.
4. The #1 wrestler from the Okinawa region will be allotted to lot G.
5. The remaining Korea region wrestlers will be randomly placed in the next available lots (i.e. if the lots are filled until lot G, the next available lot is lot E).
6. The remaining Okinawa region wrestler will be placed in the next available lot.
7. The remaining Japan Main Land wrestlers will be randomly placed in the next available lots.

For the 114lb, 133lb, 152lb, and 189lb weight classes:

1. The #1 wrestler from the Okinawa region will be allotted to lot A.
2. The #1 wrestler from the Japan Main Land region will be allotted to lot O.
3. The #1 wrestler from the Korea region will be allotted to lot I.
4. The #2 wrestler from the Japan Main Land region will be allotted to lot G.
5. The remaining Korea region wrestler will be placed in the next available lot (i.e. if the lots are filled until lot G, the next available lot is lot E).
6. The remaining Okinawa region wrestlers will be randomly placed in the next available lots.
7. The remaining Japan Main Land wrestlers will be randomly placed in the next available lots.

For the 121lb, 139lb, 160lb, and 215lb weight classes:

1. The #1 wrestler from the Korea region will be allotted to lot A.
2. The #1 wrestler from the Okinawa region will be allotted to lot O.
3. The #1 wrestler from the Japan Main Land region will be allotted to lot I.
4. The #2 wrestler from the Japan Main Land region will be allotted to lot G.
5. The remaining Okinawa region wrestler will be placed in the next available lot (i.e. if the lots are filled until lot G, the next available lot is lot E).
6. The remaining Korea region wrestlers will be randomly placed in the next available lots.
7. The remaining Japan Main Land wrestlers will be randomly placed in the next available lots.

For all weight classes, if there are no participants from a region – meaning there is no #1 wrestler from a region – then the remainder of the ranked wrestlers will move up in the lot order.

The rationale of the allotting of the wrestlers is to separate the wrestlers of the same region as best as possible (i.e. avoiding the wrestlers from the same region meeting in the first round) while also separating the best wrestlers from each region as far away on the bracket as possible. Due to the number of teams in the Japan Main Land region, meeting of the wrestlers from the Japan Main Land region in the first round may not be avoidable.

If there is a/are “scratch(es)” (wrestler(s) is unable to compete before the tournament begins) on the day, the wrestler who is supposed to compete against the scratched wrestler will be declared the winner of the bout unless the scratch(es) results in wrestler(s) winning by default in two or more matches in a row. In such case, a non-ranked wrestler(s) may be rearranged in random fashion to ensure no wrestler wins two or more matches by default.

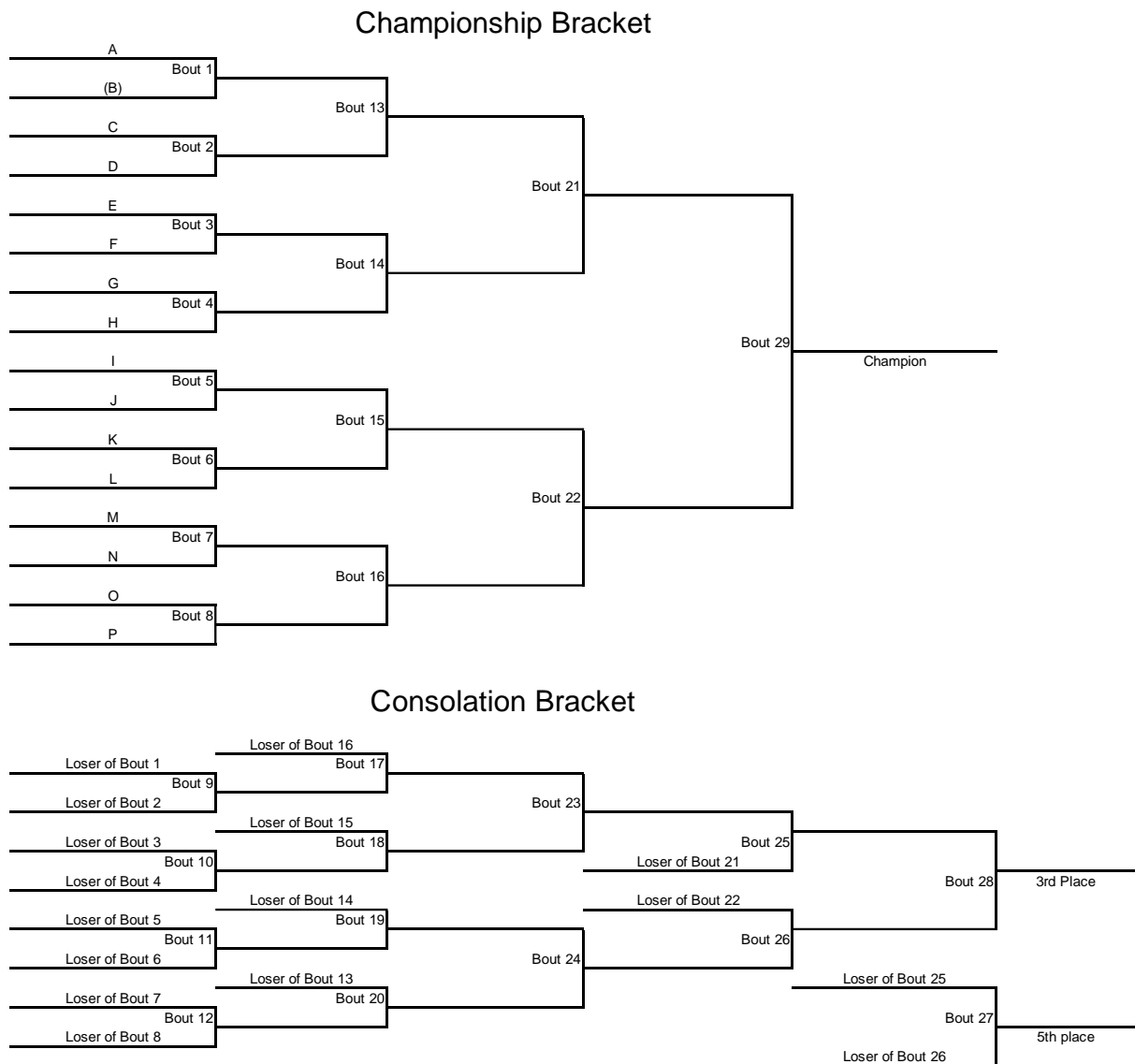


Figure 2. The Far East Individual Tournament Bracket

Article 22 - Team Scoring of the Far East Tournament

Team points are awarded to the top 6 wrestlers for the wrestler's team as below:

- First place = 12 points
- Second place = 9 points
- Third place = 7 points
- Fourth place = 5 points
- Fifth place = 3 points
- Sixth place = 1 point

In case team points are tied for 2 or more teams, the following criteria is applied (in order) to break the tie:

1. Most first places
2. Most second places
3. Most third places
4. Most fourth places

5. Most losing wrestlers of the consolation bracket semi-finals
6. Highest classification points earned in all the competition
7. Highest match victories by fall, forfeit, disqualification
8. Highest match victories by superiority
9. Highest technical points obtained in all the competition
10. The fewest technical points given in all the competition
11. The fewest caution(s) received in all the competition
12. Most wrestlers entered in the tournament
13. The highest placing wrestler of the weight class with the most wrestlers entered (if weight classes have equal number of wrestlers, then, the heaviest weight class of them)

Article 23 - Seeding of the Dual Tournament

The dual tournament will use a modified double elimination tournament bracket (figure 3). The teams will be seeded according to their respective team point finishes in the individual tournament. The highest ranking team for Division 1 will be seeded #1 in the Division 1 dual tournament and the highest ranking team for Division 2 will be seeded #1 in the Division 2 dual tournament, the second place team will be seeded #2, so on and so forth. In the event there are more than 8 participating teams, the lowest ranked teams (paired in order from the lowest of ranking) will compete in a pig-tail round to qualify for the lowest seeding lot for the tournament with no more than 3 teams competing for one seeded lot.

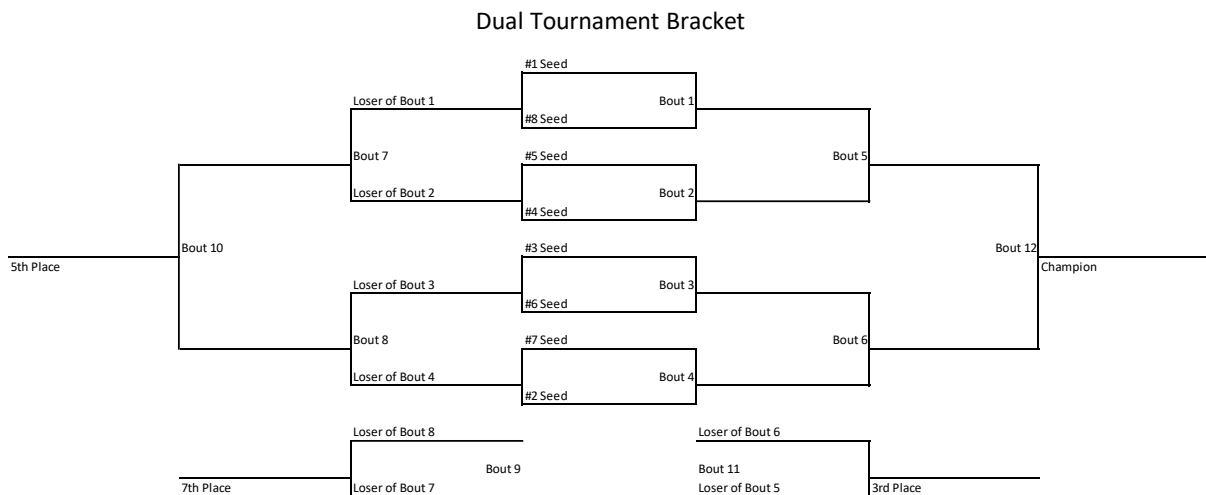


Figure 3. Far East Dual Tournament Bracket

Example 1

If there are 9 teams, the 9th ranked team and the 8th ranked team will compete in a pig-tail round and the winning team will be allotted to the #8 seed lot.

Example 2

If there are 10 teams, first the 10th ranked team and the 9th ranked team will compete in a pig-tail round, and the winning team will then compete against the 8th ranked team in a pig-tail round of which the winning team will be allotted to the #8 seed lot.

Example 3

If there are 11 teams, the 11th ranked team and the 10th ranked team will compete in a pig-tail round to qualify for the #8 seed lot, and the 9th ranked team and the 8th ranked team will compete in a pig-tail round to qualify for the #7 seed lot.

Article 24 - Before the Dual Bout

The tournament director should ensure that there is at least a 30 minute break for the wrestlers to compete in the next match. Before the dual bout, a coin will be tossed to determine which team will declare their wrestler first. The winner of the coin toss will choose to either declare their wrestler first for odd or even weight classes. If the coach decides to declare their wrestler for the odd weight classes, the team must declare (by sending the wrestler on the mat) first for the 107lb, 121lb, 133lb, 145lb, 160lb, 189lb, and 285lb weight classes (and the other team will declare first for the other weight classes). If the coach decides to declare their wrestler for the even weight classes, the team must declare first for the 114lb, 127lb, 139lb, 152lb, 172lb, and 215lb weight classes.

All dual bouts will begin from the 107lb weight class to 285lb weight class in sequential order.

Article 25 - Switching of Weight Classes

A team may have a wrestler compete at one weight class higher (except 215lb and 285lb). A wrestler at the 107lb weight class must weigh above 99lb to wrestle up at 114lb. A wrestler may wrestle up from 189lb to 215lb and from 215lb to 285lb only if the wrestler has weighed in above 189lb and 215lb respectively. For other weight classes, a wrestler is free to compete at the weight class the wrestler qualified for or one weight class higher at any match of the dual meet tournament. A wrestler may also compete at a weight class lower than what the wrestler competed in the individual tournament if the wrestler has successfully weighed in for all weigh-ins prior to the dual tournament at a weight that qualifies for that lower weight class. In any case, a wrestler may not compete in more than one weight class in the same dual match.

Example case 1

Wrestler A of Team A can compete at 133lb against Team B, 139lb against Team C, and 133lb against Team D (in that respective match order).

Example case 2

Wrestler A competed at 133lb in the individual tournament weighing in at 129lb the day before the first day and 130lb on the first day (which qualifies the wrestler to compete at the 127lb weight class). In the dual tournament on the second day, the wrestler may compete at the 127lb weight class or 133lb weight class, but not the 145lb weight class. Then, if the wrestler weighs in at 132lb on the second day (disqualifying the wrestler for the 127lb weight class), for the dual tournament on the third day, the wrestler may no longer compete at the 127lb weight class, but the wrestler can compete at 133lb or 145lb.

Example case 3

The minimum weight to compete at 215lb and 285lb weight class will always be above 189lb for 215lb weight class and above 215lb for the 285lb weight class regardless of the weight allowance. If a wrestler weighed in at 190lb on the first day, that wrestler may compete in the 189lb or 215lb weight class for the dual meet in the second day. But, if the wrestler weighs in at 189lb at the end of the second day, that wrestler may not compete at the 215lb weight class the third day.

Article 26 - Continuation of a Match

During a dual bout, if a wrestler wins the match by technical superiority, the coach may declare to continue the match with the remaining match time. The coach must inform the referee the intent to continue before the referee declares the winner of the match (by raising the winner's hand). Once the continuation of the match has been established, the match will continue from where the match was stopped (there will be no change in the technical points, number of cautions, or time). Upon continuation, the match must continue until 6:00 is reached or until there is a fall, disqualification, or injury default. The end result of the continued match will be considered for the final team scoring (in other words, the coach may not decide to defer back to the technical superiority that had been established before the continuation).

Article 27 - Dual Scoring

Team points will be awarded depending on the outcome of the individual matches. If a wrestler wins the match by fall, disqualification, or injury default, the wrestler's team will be awarded 5 points. If a wrestler wins the match by technical superiority (i.e. 10-0, 11-1, 15-5), the wrestler's team will be awarded 4 points. If a wrestler wins the match by decision (i.e. 1-0, 3-1, 9-0, 12-3), the wrestler's team will be awarded 3 points. At the end of all matches, the team with the higher total team scores will be the winner of the dual.

If the team scores are tied, the following tie breaker criteria will be applied:

1. The highest victories (matches won including forfeit and disqualification)
2. The highest victories by fall, forfeit, disqualification
3. The highest match victories by technical superiority
4. The highest technical points obtained in all the competition
5. The fewest technical points given in all the competition
6. The outcome of the last match competed (including forfeit and disqualification)

Article 28 - Awards

The tournament director should prepare medals for the top 3 wrestlers of each weight class, the final tournament bracket for the champion of each weight class, the individual tournament champion banner (for both Division 1 and Division 2), the dual tournament champion banner (for both Division 1 and Division 2), tournament trophies or plaques for the top 3 teams of the individual tournament (for both Division 1 and Division 2), dual tournament trophies or plaques for the top 3 teams of the dual tournament (for both Division 1 and Division 2), and a trophy for the outstanding wrestler award. Additionally, upon discretion of the tournament director, individual medals for fourth place and below (until sixth place), both trophies and plaques for team placements, and any other commemorative awards may also be prepared.

Article 29 – Outstanding Far East Wrestler Award

Upon completion of the individual tournament, each team's coach will have 1 ballot to vote for the outstanding wrestler award. The coach must not vote for a wrestler of his or her own team and the wrestler must be a champion of a weight class of the tournament. The tournament director will open the ballots. The wrestler with the most number of votes will win the outstanding wrestler award. In case there are more than 2 wrestlers tied with the most number of votes, coaches will vote again among the wrestlers that tied.

Chapter 8: Refereeing Body

Article 30 - Composition

In all competitions, the refereeing body for each bout shall consist of the following:

- 1 mat chairman
- 1 referee
- 1 judge

The refereeing body shall make all decisions unanimously or by majority (two out of three) except in passivity, caution and fall situations where the mat chairman's approval must be obtained.

Article 31 - General Duties

a) Officials shall perform all the duties set forth in the Regulations governing wrestling competitions and in any special provisions which might be established for the organization of particular competitions.

b) It is the duty of officials to follow each bout very carefully and to evaluate the actions of the wrestlers so that the results shown on the score sheet accurately reflect the specific nature of said bout.

c) The mat chairman, referee and judge shall evaluate the holds individually in order to arrive at a final decision. The referee and judge must work together under the direction of the mat chairman, who coordinates the work of the officials.

d) It is the duty of the officials to assume all of the functions of refereeing and judging, to award points and to impose the penalties stipulated in the Rules.

e) The score sheets are used to tally all the holds executed by the two opponents. The points, cautions (O), passivity's (P), the fall (points of the last action have to be surrounded), the last point scored (underlined), must be recorded with the greatest accuracy, in the order corresponding to the various phases of the bout. The score sheet must be signed by the mat chairman.

f) If a bout does not end in a "fall", the decision shall be made by the mat chairman. It shall be based on an evaluation of all the actions of each competitor, recorded from beginning to end on the score sheet.

g) All the points awarded by the judge must be announced to the public as soon as they are determined, either by means of bats or by an electric scoreboard.

h) Officials are required to use the basic UWW vocabulary that is appropriate to their respective roles when conducting the bouts. However, they are forbidden to speak to anybody during the bout, except, of course, amongst themselves when the occasion requires them to do so for consultation and to perform their tasks properly.

Article 32 - The Referee

a) The referee is responsible for the orderly conduct of the bout on the mat, which he must direct according to the Rules.

b) He must command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he must conduct the bout without tolerating any irregular and untimely outside interventions.

c) He shall work in close co-operation with the judge and must carry out his duties in supervising the bout while refraining from any impulsive or untimely interference. His whistle shall begin, interrupt and end the bout.

d) The referee shall order the return of the wrestlers to the mat after they have left it, or the continuation of the bout in the standing or "parterre" position (on the mat), with the approval of the judge, or failing that, with the approval of the mat chairman.

e) The referee is required to wear a red wristband on his left wrist, and a blue wristband on his right wrist. He shall indicate with his fingers the points corresponding to the value of a hold after its execution (if it is valid, if it has been executed within the limits of the mat, and if a wrestler has been put in a danger position, etc.) by raising the arm corresponding to the wrestler who scored.

f) The referee must never hesitate to:

- Interrupt the bout at exactly the right time, neither too soon nor too late.
- Indicate whether a hold executed at the edge of the mat is valid.
- Signal and announce TOUCHE (fall) after seeking the agreement of the judge, or if this is not possible, of the mat chairman. In order to determine whether a wrestler has actually been pinned to the mat by both shoulders at the same time, the referee must say the word TOUCHE (fall), raise his hand to secure the agreement of mat chairman, strike the mat with his hand and then blow the whistle.

g) The referee must:

- Rapidly and clearly order the position in which wrestling must be resumed, when he sends the wrestlers back to the center of the mat.
- Not stand so close to the wrestlers that he obstructs the view of the judges and the mat chairman, particularly if a fall appears imminent.
- Ensure that the wrestlers do not rest during the bout on the pretense of wiping their bodies, blowing their noses, pretending to be injured, etc. In this case, he must stop the bout and ask for a caution to the wrestler at fault and 1 point to his opponent.
- Be able to change his position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto his stomach to obtain a better view of an imminent fall.
- Be able to stimulate a passive wrestler without interrupting the bout, by standing in such a way as to prevent the wrestler from leaving the mat.
- Be ready to whistle if the wrestlers come too close to the edge of the mat.
- Not interrupt the bout in a danger position situation except if it is an illegal hold.
- Strictly prevent the wrestler from grasping or interlocking fingers.

h) The referee is also required to:

- Require the wrestlers to remain on the mat until the result of the bout is announced.
- In all cases where agreement is necessary, first ask the opinion of the judge at the edge of the mat facing the mat chairman.
- Proclaim the winner after agreement with the mat chairman at the end of the bout.

i) The referee requests penalties for violation of the Rules or for brutality.

j) The referee, if the mat chairman intervenes, must interrupt the bout and proclaim victory by technical superiority when the wrestlers' scores of the match is 10 points difference. In this situation, he must wait for the action - either an attack or a counter attack - to be complete.

Article 33 - The Judge

a) The judge is responsible for all the duties stipulated in the general Rules of wrestling.

b) He must follow the course of the bout very closely without allowing himself to be distracted in any way; he must award points for each action, and mark them on his score sheet, in agreement with the referee or mat chairman. He must give his opinion in all situations.

c) The judge verifies and signals the fall (TOUCHE) to the referee.

d) If, during the bout, the judge notices something that he feels he should bring to the referee's attention because the latter was not able to see it or did not notice it (a fall, illegal hold, passive position, etc.), the judge is obliged to do so by raising the bat of the same color as the singlet of the wrestler in question, even if the referee has not asked for his opinion. In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or in the conduct of the wrestlers.

e) The decisions of the referee and judge are valid and enforceable without the intervention of the mat chairman if they are in agreement - except for proclamation of victory by technical superiority, in which case the mat chairman is required to give his opinion and in case of consultation.

f) To make it easier for the judge to supervise the bout, particularly in a delicate position, he is authorized to change positions, but only along the edge of the mat over which he has control.

Article 34 - The Mat Chairman

a) The mat chairman, whose functions are very important, shall assume all the duties provided for in the Wrestling Rules.

b) He shall co-ordinate the work of the referee and the judge.

- c) He is obliged to follow the course of the bouts very carefully, without allowing himself to be distracted in any way, and to evaluate the behavior and action of the other officials according to the Rules.
- d) In the event of any disagreement between the referee and judge, his task is to settle the issue in order to determine the result, the value of points and the falls.
- e) In no case may the mat chairman be the first to give an opinion. He must wait for the opinion of the referee and judge. He is not entitled to influence the decision.
- f) The mat chairman's approval must absolutely be sought in passivity, caution and before granting a fall.
- g) The mat chairman may decide to interrupt the bout in case of a serious mistake made by the referee.
- h) He may also interrupt the bout if a serious scoring mistake is made by the referee and/or the judge. In such case, he must ask for a consultation. If the mat chairman does not obtain majority during the consultation, he must stand for either the referee or the judge.
- i) He must follow the course of the bout very closely without allowing himself to be distracted in any way; he must award points for each action, and mark them on his score sheet, in agreement with the referee or judge.
- j) Following each action, and on the basis of the referee's indications (which he compares with his own evaluation) or, failing this, on the basis of the judge's indications, he records the number of points awarded to the action in question, and enters the results on a scoreboard placed beside him. This scoreboard must be visible to both the spectators and wrestlers.
- k) The judge must, moreover, sign the score sheet handed to him upon receipt, and at the end of the bout, must clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser and writing in the name of the winner.
- l) The score sheet must accurately indicate the time at which a bout ends in the case of victory by a fall, technical superiority, etc.
- m) He must also indicate by underlining, the points scored in the last action which can determine the winner of the bout.
- n) Cautions for fleeing the mat, illegal holds, or brutality will be noted by an 'O' in the column of the wrestler at fault.
- o) The Passivity that bring the Activity Time will be noted by a 'P' in the column of the wrestler at fault. The verbal warning by a 'V'.
- p) The points scored during the last action who gets the fall will be surrounded.

Chapter 9: The Bout

Article 35 - Duration of the Bout

The duration of the bout will be two periods of 3 minutes with a 30 second break.

Article 36 - Start

The referee, standing in the central circle in the middle of the mat, calls the two wrestlers to his side. He then shakes hands with them and examines their dress, checks that they are not covered with any greasy or sticky substance, verifies that they are not perspiring, verifies that their hands are bare.

The wrestlers greet each other, shake hands and, when the referee blows his whistle, they start the bout.

Article 37 - Interrupting the Bout

a) If a contestant finds himself forced to interrupt the period because of an injury or because of any other acceptable incident beyond his control, the referee may stop the bout. During such an interruption, the wrestler(s) must stand in their corner. They can cover their shoulders with a towel or their dressing gown and receive advice from their coach.

b) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the wrestler involved and the mat chairman; the latter then orders that the bout be stopped. The decision rendered by the competition's doctor may not be reversed.

c) Under no circumstances may a contestant take the initiative to interrupt the action himself, by deciding to wrestle in the standing or "parterre" position, or by pulling his opponent back from the edge of the mat to the center.

d) If an action must be stopped due to one wrestler deliberately injuring his opponent, the wrestler at fault will be disqualified.

e) If a wrestler interrupts the bout without any blood or visible injury as determined by the competition doctor, 1 point will be awarded to the opponent. The bout shall resume immediately.

f) In case of bleeding of one of the wrestlers, the referee shall interrupt the bout to stop the bleeding. The doctor and the bleeding wrestler must make the best effort in resuming the bout.

g) After the medical treatment, the bout resumes in the same position than before the interruption.

Article 38 - End of the Bout

The bout ends either when a fall, a disqualification by injury of one of the opponents are declared, or at the end of the regular time.

When a wrestler scores 10 points more, he wins the match by superiority. In any case, the referee must wait for the end of the action: attack, counter-attack or takedown where the wrestler is in a position that may lead to a fall.

If the referee has not heard the gong, the mat chairman must intervene and stop the bout by throwing a soft object on the mat, in order to attract the referee's attention. Any action begun at the time when the gong sounds is not validated and no action performed between the sounds of the gong and the referee's whistle is valid.

When the bout has ended, the referee stands in the center of the mat facing the mat chairman's table.

The wrestlers shake hands, stand on either side of the referee and await the decision. They are forbidden to lower the shoulder straps of their singlet before leaving the competition hall. Immediately after the decision is announced, the wrestlers shake hands with the referee.

Each wrestler must then shake hands with his opponent's coach.

Article 39 - Interrupting and Continuing the Bout

When the wrestling has been stopped in standing or "parterre" position, it will recommence standing. Wrestling must be stopped and resumed at the center of the mat in the standing position if:

- One foot entirely touches the protection area and no action is executed.

- The wrestlers in a hold go into the passivity zone with three or four feet without executing the hold and stay there.
- If the bottom wrestler's head entirely touches the protection zone.

In all illegal actions in "parterre" wrestling such as fleeing the hold, fleeing the mat, faults committed by the attacking wrestler or injuries, the bout shall continue in "parterre" position.

In all illegal actions in standing position such as fleeing the hold, fleeing the mat, faults or injuries, the bout shall continue in standing position.

To save the attacking wrestler, if he/she lifts his/her opponent from the ground during "parterre" wrestling and the attacked wrestler prevents the attack through an illegal action, the referee will penalize the wrestler at fault by caution 1 point to his opponent regardless attacking wrestler has succeeded or not in his hold and bout will continue in "parterre". If the attacking wrestler will succeed his hold, he will also score the deserved points.

Article 40 - Types of Victories

A bout may be won:

- by "fall"
- by injury,
- by 3 cautions given to the opponent during a bout
- by technical superiority
- following a forfeit
- by a disqualification
- by points (by having at least 1 point more after addition of the two periods)

In case of tie by points, the winner will be declared by successively considering:

- the highest value of holds;
- the least amount of cautions;
- the last technical point(s) scored

Example:

Red	Blue	Comment	Result
1 1 1	1 1 <u>1</u>	Last technical point scored by the blue wrestler.	Blue winner
1 2	1 1 <u>1</u>	Last technical point scored by the blue wrestler but the red wrestler scored a 2-point hold.	Red winner
0 0 1 1 <u>1</u>	1 1 1 0	Last technical point scored by the red wrestler, but he has two cautions and the blue wrestler has only one.	Blue winner
1 1 1	1 <u>2</u> 0	The blue wrestler scored a 2-point hold which is the highest value hold	Blue winner
1 1 1 <u>0</u>	1 2 0	The red wrestler scored the last technical point; but the blue wrestler scored a 2-point hold. Each of the wrestlers has one caution.	Blue winner
1 1 1 0 0	0 0 1 1 <u>1</u>	Each of the wrestlers has two cautions. The blue wrestlers scored the last technical point.	Blue winner

A wrestler receiving 3 cautions (0) during a match lost the bout. 3rd caution must be given unanimously by the refereeing body.

Article 41 - The Coach's Duty

The coach may remain within a 1 meter radius from the center of the coach's chair during the bout and may not step into the passivity zone or the central wrestling area. If the bout is interrupted due to an injury of the wrestler, the coach is authorized to assist the injury treatment of his wrestler. Except during this situation and during the break, it is strictly forbidden for the coach to step outside the 1 meter radius or step into the passivity zone or the central wrestling area.

The coach is strictly forbidden to influence decisions or to insult the refereeing body. He may only speak to the wrestler. The coach has the right to give water to his wrestler only during the break. It is prohibited for the wrestler to spit the water out. No other substance may be given during the pause or during the match.

It is the duty of the coach to wipe his wrestler during the break. At the end of the break, his/her wrestler might not sweat any more.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a 'Yellow' card (caution); if he persists, the mat chairman will present him with a 'Red' card (elimination).

The mat chairman may also present the YELLOW or RED card on his own initiative.

As soon as the red card is given, the mat chairman reports to the tournament director and the coach shall be eliminated from the competition and may no longer continue his duties. These facts also need to be report on the scoresheet of the concerned bout. However, the wrestling team involved shall have the right to obtain the services of another coach.

Chapter 10: Points for Actions and Holds

Article 42 - Evaluation of the Importance of the Action or Hold

In order to encourage risk-taking during bouts, when a wrestler tries unsuccessfully to execute a hold and finds himself underneath in a "parterre" position without a move by his opponent, the wrestler above will not be awarded a technical point. The referee interrupts the bout and Wrestling restart in standing position. However, if, during a hold, the defending wrestler executes a counterattack and is able to bring his opponent to the ground, he will be awarded the point(s) that correspond to the action. If the attacking wrestler executes a hold on his own bridge, holds this position for a certain amount of time, and then completes his action by placing his opponent in the bridge position as well, he will not be penalized.

Only the attacking wrestler will be awarded the points, as he will have completed the action in a hold that involved risks. However, if the offensive wrestler is blocked under control in the bridge position or by a counteraction by his opponent, it is clear that points will be awarded to the latter wrestler.

The same hold executed in standing position has always more value as if executed in parterre position. The value of a hold is always determined by the position of the attacked wrestler. If the attacked wrestler has at least one knee on the mat, his position will be assumed to be a "parterre" wrestling position. The position of the attacking wrestler is not be relevant when evaluating a hold. Furthermore, the wrestler on whom a hold was initiated (defending wrestler) may only be awarded points if, by his own action, he has:

- a) Brought the offensive wrestler to the ground.

- b) Conducted the action on a continuous basis.
- c) Succeeded in controlling the offensive wrestler by blocking him in a bridge position, that is, in a position considered completed.
- d) The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler.
- e) In cases where the wrestlers' actions lead them to change from one position to another, the points for all the actions are awarded according to their value.
- f) The instantaneous fall, "both shoulders of the attacking wrestler touching simultaneously and instantaneously the mat", is not considered as a fall (totally controlled by the opponent) (article 43). If the defending wrestler falls instantly from a standing position following a move by his opponent, the attacker receives four points provided he demonstrates control.
- g) Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be only one action.
- h) A hold must not be considered to be a new action until the competitors return to the initial position.
- i) The referee will indicate the points. If the judge agrees, he will raise the bat bearing the color and value in question (1, 2, 4 or 5 points). In the event of any disagreement between the referee and the judge, the mat chairman must make a decision in favor of one or the other of the wrestlers; he is not allowed to give a different opinion, except if he calls for a consultation and obtains majority.
- j) In the event of a fall that occurs at the end of regulation time, only the sound of the gong (and not the referee's whistle) is valid.
- k) At the end of a period, any hold is valid if it was completed before the gong sounded. In no event may a hold finished after the sound of the gong can be counted.

Article 43 - 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 mat and when he resists with the upper part of his body to avoid a 'fall'. (See definition of 'fall'). The danger position occurs when:

- The defending wrestler assumes the bridge position to avoid being pinned.
- The defending wrestler, with his back toward the mat, supports himself on one or both elbows to avoid having his shoulders forced onto the mat.
- The wrestler has one shoulder in contact with the mat and at the same time exceeds the 90 degree vertical line with the other shoulder (acute angle).
- The wrestler rolls on his shoulders.

The 'danger position' no longer exists when the wrestler exceeds the 90-degree vertical line with his chest and stomach facing the mat.

If the mat and the competitor's back form a 90-degree angle only, this cannot yet be considered a 'danger position' (the neutral point).

Article 44 - Grand Amplitude Throw

Any action or hold by a wrestler in the standing position that causes his opponent to lose all contact with the ground, controls him, makes him describe a broadly sweeping curve in the air, and brings him to the ground in a direct and immediate danger position shall be considered a "Grand Amplitude" throw.

In the "parterre" position, any complete lift from the ground executed by the attacking wrestler, whether the attacked wrestler lands in neutral position (4 points) or in a danger position (5 points), is also considered a grand amplitude throw.

Article 45 - Values Assigned to the Actions and Holds

1 point

- To the wrestler whose opponent goes in the protection zone with one entire foot (in standing position) without executing a hold.

Clarification of the step out rule:

When the attacking wrestler is the first to step into the protection area in the commission of a hold, the following may occur:

- If the wrestler completes the hold successfully in a continuous action, he shall be awarded the requisite points--1, 2, 4 or 5 points.
- If the wrestler is unable to complete the hold successfully, after stopping the action the referee shall award his opponent 1 point.
- If the wrestler lifts and controls his opponent and he is unable to complete the hold in a continuous action, the referee shall stop the bout but not award his opponent 1 point.

NB: When a wrestler deliberately pushes his opponent into the protection area with no meaningful action, he shall no longer be awarded 1 point. If he does it second time he will be penalized caution (O) and 1 point to opponent.

- All the stops of bout by injury without bleeding or any visible injury are penalized by 1 point to the opponent.
- To the opponent of a wrestler designated as passive who fails to score points during a 30 second activity period.
- Reversal (counter attack by dominated wrestler in parterre position and passing behind)
- To the attacking wrestler whose opponent flees the hold, the mat, refuses to start, commits illegal actions or acts of brutality.
- To the attacking wrestler whose opponent commits an illegal hold during the execution of an engaged hold.
- To the wrestler whose opponent commits offensive foul, after the first warning.
- To the top wrestler whose opponent refuses correct "parterre" position, after the first verbal warning.
- To the wrestler who finally succeeds in completing the hold even his opponent is doing an irregular hold.

2 points

- To the wrestler who overcomes and then controls his opponent by passing behind (three points of contact: two arms and one knee or two knees and one arm or head).
- To the wrestler who applies a correct and complete throw that brings his opponent into a prone position or lateral position or a position with three points of contact. The defensive wrestler must lose control during the throw.
- To the wrestler who executes a hold that places his opponent's back at an angle of less than 90 degrees, including when his opponent is on one or two outstretched arms.
- To the attacking wrestler whose opponent rolls onto his shoulders.
- To the wrestler who blocks his opponent in the execution of a hold from the standing position, in a position of danger.
- To the wrestler whose opponent flees the mat in a danger position.
- To the attacking wrestler whose opponent commits a foul in a danger position.

4 points

- To the wrestler performing a hold in a standing position, which brings his opponent into a danger position in a continuous yet fluid manner.
- For any hold executed by raising a wrestler from the ground and bringing his opponent into a danger position, over a short amplitude, even if one or both of the attacking wrestler's knees are on the ground.
- To the wrestler who executes a grand amplitude hold which does not place the opponent in a direct and immediate danger position.
- For any throw executed from standing or parterre where the opponent is completely lifted from the ground and lands on chest or one / two outstretched arms. The defensive wrestler must rotate (any direction) over a short amplitude.

NB. If, in performing a hold, the defending wrestler maintains contact with the mat with one of his hands, but is immediately placed in a danger position, the attacking wrestler will receive 4 points.

5 points

- All grand amplitude throws executed in a standing position which bring the defending wrestler to a direct and immediate danger position.
- The hold executed by a wrestler in the "parterre" position who completely lifts his opponent off the ground with the execution of a high amplitude throw which projects the opponent into a direct and immediate danger position

Article 46 - Decision and Vote

The referee shall indicate his decision by raising his arm and clearly showing the points with his fingers. If the referee and judge agree, the decision is announced. The mat chairman is not entitled to influence or change a decision if the referee and judge are in agreement except if he calls for a consultation.

If a vote is taken, the judge and mat chairman must indicate their votes using paddles or an electric score board. There are 11 paddles. They are painted in different colors: blue, red and white.

One white, five red, four of which are numbered 1, 2, 4, 5 to indicate the points and one of which is an unmarked paddle intended for cautions and to attract attention to the wrestler concerned; five blue paddles, four of which are numbered like the red paddles, with one paddle unmarked.

They must be kept within easy reach of those who are to use them. Under no circumstances may the judge abstain from voting. He must express his decision clearly, leaving no room for ambiguity. In case of a disagreement, the mat chairman makes the decision. This decision, in which he must decide between the opposing opinions of the referee and judge, obliges the mat chairman to vote in all cases for one or the other of the views given.

When observing a wrestling action, the referee and judge award the points, cautions, indicated below which, in each of the cases put forward, provides the following result:

R: Red wrestler – B: Blue wrestler – 0: Zero Point

Referee	Judge	Mat Chairman	Official Result	Observations
1R	1R	-	1R	In these examples, the judge and referee being in agreement, the mat chairman does not intervene except for serious fault
2B	2B	-	2B	
4R	4R	-	4R	
5R	5R	-	5R	
1R	0	0	0	In these examples, the judge and the referee being in disagreement, the mat chairman intervenes and the principle of majority applies
1B	1R	1R	1R	
2R	1R	2R	2R	
2B	0	2B	2B	
4R	2R	2R	2R	
2B	1R	2B	2B	

In the event of any flagrant violation of the Rules, the mat chairman must call for a consultation.

Chapter 11: The Fall and Technical Fall

Article 47 - The Fall

When the defensive wrestler is held by his opponent with his two shoulders against the mat for a sufficient time to allow the referee to observe the total control of the fall, the resulting hold is considered to be a fall.

For a fall at the edge of the mat to be recognized, the competitor's shoulders must be completely in the passivity zone and the head must not touch the protection area. A fall in the protection area is not valid.

If the wrestler is pinned on both shoulders as a consequence of a rule infringement or an illegal hold for which he is responsible, the fall will be considered valid for his opponent.

The fall observed by the referee will be valid if confirmed by the mat chairman. If the referee does not indicate the fall, and if the fall is valid, it may be announced with the consent of the judge and mat chairman.

Consequently, to be observed and recognized, the fall must be clearly maintained. The two shoulders of the wrestler in question must be simultaneously touching the mat during the short period of stoppage specified in the first paragraph, even in the case of a standing rear body lock and lift. In all cases, the referee will strike the mat only after he has obtained confirmation from the mat chairman. The referee will then blow his whistle in order to end the bout.

Article 48 - Technical Superiority

Except from the fall and the disqualification, the bout must be stopped before the end of regular time when there are 10 points difference in Freestyle between the wrestlers

The bout may not be interrupted to declare the winner by technical superiority until the action is completed.

The mat chairman signals the referee when the 10 points difference has been attained. The referee shall declare the winner after consulting with members of the officiating team for the match.

Chapter 12: Negative Wrestling and Passivity

Article 49 - Par Terre Position during the Bout

If one of the wrestlers brings his opponent to the ground during the match, wrestling continues in the “parterre” position and the wrestler underneath may counter his opponent’s efforts, stand up or carry out counter-attacks of his choice. If a wrestler brings his opponent to the ground and owing to good defensive action by the attacked wrestler is unable to initiate an action, the referee stops the bout after a reasonable period of time and has the wrestlers resume the bout in a standing position.

Furthermore, the bottom wrestler must not defend with closed arm or block off with elbows and knees.

The attacking wrestler is forbidden to resume the bout by jumping on his opponent. If he does so, the referee must warn him first; in case of repeated offence, the referee gives him a caution, 1 point for his opponent and the bout restarts in standing position.

The wrestler on top has no right to interrupt the bout nor to request that wrestling resume in a standing position.

Ordering of parterre position

The initial position of wrestlers in parterre position before the referee blows the whistle is as follows: The bottom wrestler must lie on his stomach in the center of the mat. Arms shall be stretched out to the front and legs shall be stretched out to the back. Arms and/or legs can’t be crossed. Hands and feet of the bottom wrestler must touch the mat. Bottom wrestler is not allowed to block the top wrestler. The top wrestler is placed sideways of his opponent, placing both of his hands on the back of his opponent without any hesitation after the parterre position is ordered. He must have two knees on the mat.

After the referee blows the whistle, the wrestler underneath is allowed to defend himself. It is especially forbidden to jump or flee from the attacker, to defend with closed arms or blocking off with elbows and knees as well as to use actively any leg while defending. Nevertheless, the wrestler underneath is allowed to stand up after the referee has blown the whistle.

Article 50 - Passivity Zone

The passivity zone is provided for the purpose of detecting the passive wrestler; it is also intended to help eliminate systematic wrestling on the edge of the mat and any departures from the wrestling area.

Any hold or action begun on the central wrestling area and ending within that zone are valid including position of danger, counterattack and fall.

Any hold or counter attack begun in the standing position on the central wrestling area of the mat (apart from the passivity zone) is good, regardless of the place where it finishes (wrestling area, passivity zone or protection area). However, if it ends in the protection area, the bout is stopped and the wrestlers are returned to the center of the mat. In the standing position, points will be awarded according to the value of the hold.

A fall in the protection area is not valid. The bout must be interrupted and the wrestlers returned in standing position to the center of the mat because the hold ended off the mat.

An action, which is not evaluated with points in the wrestling area, can also not be evaluated with points in the protection area. Only 1 point for going out of bound will be given to the deserved wrestler.

As a general rule for going-out-of-bounds without executing a successful hold, the wrestler who stepped out first will lose 1 point (meaning that his opponent will be awarded with 1 point). If both wrestlers go out of bounds together, the referee will have to determine which wrestler touched to protection area first and award his opponent with one point.

In case a wrestler executes a hold with no success and finds himself underneath in the protection area and in neutral position controlled by his opponent (his opponent doesn't do any move to reach that position), he will lose 1 point because going out of bound from standing position first. In the case he lands on his back on the protection area with a control from his opponent, he will lose 2 points. In the execution of their started holds and actions, and which have begun on the central surface of the mat, the wrestlers can enter the passivity zone with three or four feet and continue their actions or holds in all directions, provided that nothing interrupt the execution of their hold (pushing, blocking, pulling).

An action or a hold may not be commenced in a standing position in the passivity zone, except under the strict condition that the wrestlers engaged in the hold have only two feet in the zone. In this case, the referee will tolerate the situation for a limited period of time, waiting for the hold to be developed. If the wrestlers interrupt their action in the passivity zone and stay there or if without any action they place two, three or four feet there, the referee interrupts the bout and brings the wrestlers back to the center, the bout resumes in standing position.

In all cases, in standing position, if one of the attacking wrestler's foot is in the protection area, which is outside the passivity zone, the referee will not interrupt the bout and will wait for action to be completed.

When the defending wrestler's foot is in the protection area, but the attacking wrestler carries out a hold without interruption, the hold is good. If the attacking wrestler does not carry out the hold, the referee interrupts the bout.

When the defending wrestler places one of his foot in the passivity zone, the referee must call 'ZONE' in a loud voice. Upon hearing this word, the wrestlers must endeavor to return towards the center of the mat without interrupting their action.

In wrestling in "parterre" position, any action, hold or counterattack executed from or in the passivity zone is good, even if it ends in the protection area.

The referee and judge will award points for all actions initiated in "parterre" position in the passivity zone and executed in the protection area. However, the bout will be interrupted and the wrestlers returned to the center in a standing position.

In wrestling in "parterre" position, the attacking wrestler may continue his action if he moves out of the passivity zone while executing the hold, provided that the shoulders and head of his opponent are within the passivity zone. In this case, even four legs may be in the protection area.

Article 51 - Enforcement of Passivity

One of the roles of the refereeing body should be to evaluate and distinguish what is real action versus a feigned attempt to waste time.

a. Anytime the refereeing body agrees a wrestler is blocking, interlocking fingers, thwarting his opponent and/or generally avoiding wrestling: the referee signals to the wrestler "*Caution blue or red*". First offence, the action is stopped briefly to give a verbal warning (V): "*Attention*". Second offence: the action is stopped briefly to designate the guilty wrestler and a 30-second mandatory-score period begins. The referee shall not interrupt the bout in the midst of a viable action to either start or finish an activity period. A light corresponding to the wrestler at fault is lighted. This notifies the wrestlers, coaches and spectators an "activity period" has begun. Passive wrestler should score point(s) in the 30 seconds otherwise his opponent will score one point even if he scores point(s) during that period.

b. If after 2:00 minutes into the first period neither wrestler has scored any point (score 0-0), the referees must mandatory designate one of the wrestler as inactive (the same procedure described above is administered).

c. When there is less than 30 seconds remaining in either period, if all three of the refereeing body agree a wrestler is evading and/or blocking his opponent, then his/her opponent is awarded one point and caution (i.e. fleeing the hold).

d. If a wrestler initiates his action some seconds before minute 2:00 with a 0:0 score, the referee will not interrupt the bout and will allow the wrestler to finish the action. If the action ends with points, the bout will continue without any interruption. If the action doesn't end with points, the referee will stop the bout and will apply the activity time.

There are three scenarios in which the refereeing team needs to stimulate a match with a passivity call:

- a) Score is 0:0
- b) Score is tied and one wrestler is clearly more active
- c) One wrestler has the lead and his opponent acts too defensively

A wrestler who has scored points by executing holds in standing wrestling should not be punished with a passivity. However, if this aforementioned wrestler is inactive for a certain amount of time and his opponent scored points or is clearly more active, he can receive a passivity.

Criteria to consider a wrestler as passive:

- Evading attacks without counterattacks
- Grapping opponent wrists without starting an attack
- Attacking without any direct contact with the opponent
- Regaining initial position right after beginning an attack
- Fake attacks (Simulation)
- Evading into and maintaining in the passivity zone
- Avoiding the Wrestling in the center of the mat
- Fixing his opponent in the passivity zone
- No hooking despite good position
- Defensive wrestling

Clarification:

Any passivity has to be confirmed by the mat chairman. If in applying the passivity procedure a serious mistake is made by the referee and the judge, the mat chairman must intervene.

If a wrestler is blocking, keeping his head down on his opponent chest, interlocking fingers, or in general avoiding open wrestling in standing position (refusing to come back on a straighter upper body position), the referee will determine this wrestler as being negative.

Negative Wrestling describes every action which is potentially dangerous to the opponent or contrary to the basic principle to provide an offensive and spectacular way of wrestling (e.g. interlocking fingers, avoiding contact).

Negative Wrestling must be stated by the referee upon the first clear sign of it (e.g. "Red, no fingers!") and needs to be confirmed by the mat chairman.

Once confirmed, Negative Wrestling will be declared immediately and a caution (0) and 1 point awarded to the opponent.

Passivity and Negative Wrestling have to be distinguished from each other. It is not possible to penalize Passivity with a Negative Wrestling call or vice versa. Passivity and Negative Wrestling are distinctly different.

Chapter 13: Prohibitions and Illegal Holds

Article 52 - General Prohibitions

Wrestlers are forbidden to:

- Pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw.
- Kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth.
- Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet.
- Cling to or grasp the mat.
- Talk during the bout.
- Seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- Agree with the match result between themselves.
- Grasping or interlocking fingers to block the opponent and prevent Active Wrestling.

Article 53 - Fleeing a Hold

Fleeing a hold occurs when the defending wrestler openly refuses contact in order to prevent his opponent from executing or initiating a hold. These situations arise in both the standing and "parterre" positions. They may occur in the central wrestling area or from the central wrestling area to the orange zone. Fleeing a hold shall be penalized in the following manner:

Fleeing the hold in "par terre" wrestling:

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent in Freestyle Wrestling
- Restart in "par terre" position

Fleeing the hold in standing wrestling:

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent in Freestyle Wrestling
- Restart in standing position

Article 54 - Fleeing the Mat

When a wrestler flees the mat, from either a standing or "parterre" position, a caution shall immediately be issued against the wrestler at fault. The following points shall be awarded to the attacking wrestler:

Fleeing the mat in "parterre" wrestling:

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent in Freestyle Wrestling
- Restart in "par terre" position

Fleeing the mat in a danger position:

- 2 points + 1 caution against the opponent
- Restart in "par terre" position

Fleeing the mat in standing position:

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent in Freestyle Wrestling
- Restart in standing position

When one of the wrestlers steps on the passivity zone for the first time the referee is obliged to warn them (blue zone / red zone). Wrestlers are obligated to return to the center of the mat. If wrestlers do not obey this command and step on the mat with 3 feet in the passivity zone, the referee must stop the bout and bring back the wrestlers in the center of the mat. If it's an attacking move, the points will be given to the attacking wrestler for the action, even if legs of both wrestlers are in the orange zone or if one or both legs of the defending wrestler are on the protection area. No counter action performed on the protective area will be admitted and awarded.

Article 55 - Illegal Holds

The following holds and actions are illegal and strictly prohibited:

- Throat hold
- Twisting of arms more than 90 degrees
- Arm lock applied to the forearm
- Holding the head or neck with two hands, as well as all situations and positions of strangulation
- Full nelson
- Bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle
- Executing a hold by stretching the opponent's spinal column
- Chancery hold with one or two hands in any direction whatsoever
- Holds did only by taking the head (the only holds allowed are with the head and one arm)
- In standing, holds executed from behind when the opponent is head down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header)
- In executing a hold, only one arm may be used to hold the opponent's head or neck
- Lifting the opponent who is in a bridge position and then to throw him onto the mat (severe impact on the ground); that is, the bridge must be forced down
- Breaking the bridge by pushing in the direction of the head
- Generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and on the first offence, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats his violation, he will be punished by a caution and 1 point.
- If a defending wrestler, by an illegal action, prevents his opponent from developing his hold, the defending wrestler will be cautioned. His opponent will receive 1 point.
- 3/4 nelson with a leg hook
- Straight back suplex

Referee's duty towards the wrestlers committing a violation

If the attacking wrestler can carry out the action in spite of an illegal hold of the defending wrestler:

- Stop the violation
- Give the value corresponding to the hold to his opponent
- Ask for a caution
- Give 1 point
- Stop the match
- Resume wrestling in the position where the infraction occurred

If the attacking wrestler cannot carry out his action because of an illegal hold of the defending wrestler:

- Stop the match and ask for a caution
- Give 1 point
- Resume wrestling in the position where the infraction occurred

Article 56 - Consequences affecting the Bout

The illegal hold of the attacked wrestler shall be stopped by the referee without interrupting the hold if possible. If there is no danger, the referee allows the development of the hold and waits for the result. He then stops the match, gives the points and a caution to the wrestler at fault.

If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction, then the match should be stopped and wrestling should be made to continue in a standing position with the attacking wrestler receiving an amicable caution. If the wrestler attacks again with an illegal hold, the referee will stop the match, give a caution (0) to the wrestler at fault and one point to his opponent.

In all cases, in the event of any willful butting with the head or any other brutality, the wrestler at fault may be eliminated immediately from the bout by a unanimous decision of the officiating team and disqualified from the competition and placed last with a comment "eliminated for brutality". The offending wrestler will receive a red card.

Appendix 1 – Score Sheet

	Match number
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SCORESHEET

A



Referee	
Judge	
Mat Chairman	

RED			BLUE		
NAME	COUNTRY	No	NAME	COUNTRY	No
PERIOD	TECHNICAL POINTS	TOTAL	PERIOD	TECHNICAL POINTS	TOTAL
1 st			1 st		
		BREAK			
2 nd			2 nd		

	TECHNICAL POINTS TOTAL RED		TECHNICAL POINTS TOTAL BLUE	
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CLASSIFICATION POINTS

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WINNER	EXACT TIME WHEN THE MATCH IS FINISHED (hour, minute)

VFA 5:0	VICTORY BY FALL	VPO 3:0	VICTORY BY POINTS <i>Without any point scored by the opponent</i>
VIN 5:0	VICTORY BY INJURY <i>If an athlete is injured before or during a bout</i>	VPO1 3:1	VICTORY BY POINTS <i>With point(s) scored by the opponent</i>
VCA 5:0	VICTORY BY 3 CAUTIONS <i>3 cautions given to the opponent during a bout</i>	VFO 5:0	VICTORY BY FORFEIT*
VSU 4:0	VICTORY BY TECHNICAL SUPERIORITY <i>Without any point scored by the opponent</i>	DSQ 5:0	DISQUALIFICATION* <i>before or during the bout for unfair behavior</i>
VSU1 4:1	VICTORY BY TECHNICAL SUPERIORITY <i>With point(s) scored by the opponent</i>	2DSQ 0:0	DOUBLE DISQUALIFICATION* <i>both wrestlers disqualified due to infractions</i>

*This action will eliminate the athlete(s) from the competition

SIGNATURE

Appendix 2 – Dual Score Report

	Bout #			
Weight Class	RED TEAM:		BLUE TEAM:	
	Wrestler	Team Point	Team Point	Wrestler
107 lb				
114 lb				
121 lb				
127 lb				
133 lb				
139 lb				
145 lb				
152 lb				
160 lb				
172 lb				
189 lb				
215 lb				
285 lb				
	Total Team Score			Total Team Score