

WRESTLING AUSTRALIA INC.

RISK MANAGEMENT FRAMEWORK

Date: 9th May 2020



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INTRODUCTION

An important aspect of being a leading sport organisation is to ensure that it is compliant with all funding requirements, legal expectations and ethical norms. Another important function is to manage risk and to protect the organisation. Wrestling Australia has developed this risk management framework that specifies the Wrestling Australian Boards commitment to managing risk and processes used to identify and mitigate risks.

POLICY STATEMENT

Wrestling Australia acknowledges that there is risk associated with Wrestling. In order to manage these risks, WAI have adopted a Risk Management Framework to ensure that WAI integrates the process for managing risks into WAI's overall policies, governance, strategy and planning.

All members of WAI must follow this Framework to ensure that there is safe environment for all Wrestlers.

Date: May 9th 2020

NOTES and DEFINITIONS:

- Wrestling Australia Inc shall be referred to as **WAI**.
- The WAI Board shall be referred to as The Board.
- The International Wrestling Federation shall be referred to as United World Wrestling (**UWW**)
- All reference to gender shall mean he or she and words in the singular include the plural and vice versa.
- Refer to the following documents on the WAI website:
 - Member Protection Policy
 - WAI Constitution
 - WAI Checklist for Conducting a Competition
 - Competition Guidelines
 - Pre-Event Risk Audit
 - Application for WAI Endorsement of a competition

1. SAFETY RESPONSIBILITIES

The WAI Board shall set policies and guidelines for all safety and risk management strategies.

APPLICATION

Concerns for safety should be reflected in administration policies and procedures. Administration policies and procedures should focus on two (2) aspects

- Preventative Measures
- Accident procedures

2. PREVENTATIVE MEASURES

Documentation and Record Keeping System

An effective documentation and record keeping system is crucial to any risk management system. Documentation serves a dual purpose.

It is an important part of a well-organized sport that can lead to the development and delivery of safer activities.

If it is routinely and regularly maintained, it can provide a written record of procedures followed, and action taken, that can be relied upon at a later date and may serve as factual evidence in the event of a lawsuit.

ANALYSING RISK

The prevention of risk factor is paramount and the likelihood of accidents and consequence can be reduced considerably by implementing the procedures approved by WAI.

3.0 SAFETY CONSIDERATIONS FOR WRESTLING TRAINING

Safe Environment

- All club coaches have a duty to provide a safe environment for wrestlers to train in.
- If a coach knows a hazard exists (Actual Notice) he/she has a duty to eliminate that hazard.
- A coach has a duty to exercise ordinary professional diligence and discover hidden hazards (Constructive Hazards)

Recommendations for a Safe Environment

- A wrestling room should have padded walls
- Ensure that all wrestling equipment is cleaned after each wrestling session
- Remove all unnecessary hazards on and around the wrestling room
- Inform and warn all wrestlers of any hazardous areas
- Have rules that concern to the use of the facilities
- Share the responsibility of safety with all wrestlers
- Assign a coach to regularly inspect the facilities and wrestling areas
- Have an effective procedure for reporting hazardous situations before an accident
- Utilize a preventative maintenance approach
- Ensure that all wrestlers are warmed up prior to wrestling

Safe Equipment

The club coach has a duty to provide adequate and safe equipment for all participants. The failure to provide safe and satisfactory equipment is one of the most prevalent allegations of sport injury lawsuits. There are 6 areas of potential equipment liabilities for sporting clubs:

- Duty to select and acquire the appropriate type of equipment depending on what activity is being offered
- Duty to choose equipment that is of satisfactory quality in regards to safety characteristics and injury prevention design.
- Duty to properly distribute the equipment. Equipment must be properly fitted and sanitation guidelines must be observed for certain types of equipment.
- Duty to instruct wrestlers on the proper use of the equipment.

- Duty to make sure that the proper protective equipment is used as and when necessary.
- Duty to develop and implement a plan to periodically inspect all protective equipment and to recondition as is needed.

Protective Equipment

Wrestlers are permitted to use headgear and mouthguards for training and competition purposes.

3.1 FACILITIES

All wrestling rooms and training centres should be fitted with padded walls to ensure the safety of all wrestlers. Wrestling rooms must be devoid of any obstructions that ensure the safety of all participants.

All wrestling equipment must be in working order and should be checked regularly.

All wrestling equipment must be cleaned after each wrestling session to ensure that all equipment is sanitized.

3.2 OFFICIALS/REFEREES

The Wrestling Referee is responsible for the orderly conduct of the bout on the mat, which he/she must direct according to the UWW rules. The referee must command the respect of the contestants and exercise full authority over them so they immediately obey his/her orders and instructions. Similarly, the referee must conduct the bout without tolerating any irregular and untimely outside interventions. The referee must use the international vocabulary to tell his/her directions. The referee shall work in close co-operation with the judge and must carry out his/her duties in supervising the bout while refraining from any impulsive or untimely interference. The referee's whistle shall begin, interrupt, and end the bout.

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 invalid
- 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/her hand to secure the confirmation of the mat chairman, strike the mat with his hand and then blow the whistle.

The referee must:

- Not be too close to the wrestlers when they wrestle in a standing position otherwise they won't see their legs but they should be close to them when they are on parterre position.
- Rapidly and clearly order the position in which wrestling must be resumed, when he/she sends the wrestlers back to the centre of the mat (their feet must be in the centre circle).
- Not stand so close to the wrestlers that he obstructs the view of the judges and the mat chairman, especially if a fall appears imminent
- Ensure that the wrestlers do not rest during the bout on the pretence of wiping their bodies, blowing their nose, pretending to be injured, etc. In this case, he/she must stop the bout and ask for a caution (0) to the wrestler at fault and 1 point to his/her opponent.
- Be able to change his/her position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto his/her 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 use his/her whistle if the wrestler comes too close to the edge of the mat.

The referee is also required to:

- Pay special attention to the wrestlers' legs in Greco-Roman Wrestling

- Require the wrestler to remain on the mat until the result of the bout is announced.
- In all cases where agreement is needed, first ask the opinion of the judge at the edge of the mat facing the mat chairman.
- Proclaim the winner at the end of the bout after agreement with the mat chairman.
The referee requests penalties for violations of the Rules or for brutality.
The referee, following the intervention of the mat chairman, should stop the bout and proclaim the winner by technical superiority when there is a difference of 8 point between the two wrestlers in GR and 10 points in FS. In this particular situation the referee should wait until the end of the action (attack to counterattack).

3.3 WRESTLING RULES

WAI follows the wrestling rules that UWW adopts. These rules change from time to time. These will be updated on the Wrestling Australia website (www.wrestling.com.au)

3.4 COACHING

A wrestling coach is responsible for the safety of all wrestlers that they coach. All coaches must be at least a Wrestling Australia Level 1 Accredited Coach. Wrestlers should not be allowed to practice or workout without a coach's supervision. The coach must be aware of possible dangers during practice and be knowledgeable regarding conditioning, flexibility, warmups and warm downs. Coaches should always be aware of potential inequities in size, strength, ability, etc. For competitions all people that will act as a coach, must sign the coaches code of conduct prior to the start of the competition.

Suggested Coaches Checklist

- Identify any hazardous activity before any sport contest or practice is scheduled
- Develop and implement guidelines for the safe conduct of participants.
- Provide close supervision for potentially dangerous activities.
- Provide proper and extensive training for all sport personnel, this includes all assistant coaches.
- Provide detailed medical emergency procedures.
- Determine the physical condition and physical impairments of all participants.
- Develop procedures to document and investigate accidents or injuries.
- Involve parents in the club activities

Duty to Properly Instruct

The following are characteristics and description that lead to fulfilling the duty of proper instruction for a coach:

- Correct and proper instruction of the sport must be known and taught.
- Incorrect technique seen by the coach must be corrected.
- Skill development drills and conditioning must be progressive.
- Demonstration of proper techniques is a must, such as, when incorrect techniques can result in injury, it should be demonstrated.
- Instructors skills should match the risk of the activity.
- Wrongful acts should not be taught. However, they may be demonstrated and emphasised to show the injury that could be caused to the opponent.
- Detailed records of instruction and training should be maintained.
- All personnel should keep current of new developments.

3.5 NUTRITION

Coaches must be aware that proper nutrition is essential for maintenance of physical conditioning in rigorous sports such as wrestling, during training and in preparing for a

competition. Athlete should not be encouraged to cut weight to compete in a competition.

3.6 TAPING

During competitions a competitor may not use hand or finger taping without medical justification. Medical evidence that justifies the use of the taping must be provided to the Doctor or the Referee during the pre-competition medical examination. In cases of where a wrestler is injured during a competition, the Doctor or Referee must approve of the use of taping.

3.7 HYGIENE

It is imperative that coaches insist on cleanliness of their athletes, their clothing and the wrestling facility itself. The Wrestling Mat should be cleaned after each training session and before each competition.

3.8 GRECO-ROMAN AGE RESTRICTIONS/SUPLEX POLICY

Greco-Roman Wrestling is only permitted for those male wrestlers over the age of 18. Wrestlers under the age of 18 are not permitted to perform a suplex.

4.0 COMPETITION SAFETY

WAI recommends that all affiliated clubs introduce a safety program within its training structure.

Competitions are conducted under the international wrestling rules as published by United World Wrestling. These rules are updated regularly by United World Wrestling, the latest version can be found on the WAI website (www.wrestling.com.au)

Components of the UWW Rules that relate to the running competitions are available in Appendix A.

4.1 COMPETITION FORMS

All hosts of state and national events must read the Competition Guidelines and return the following forms in the appropriate time frame:

- Checklist for Conducting a Competition
- Pre-Event Risk Audit
- Application for WAI Endorsement of a Competition

WAI will send a certificate of insurance to the host state, this must be displayed at the event.

5.0 HOST CLUB OR STATE ASSOCIATION

A club/state wishing to host a competition shall apply to WAI, in accordance with WAI Rules and must complete the relevant competition forms. The forms are available on www.wrestling.com.au.

The state shall adopt a COMPETITION COMMITTEE to run the event.

An experienced Competition Director shall be appointed by the Host Club or the State Association, except for WAI National Titles when WAI shall appoint the Competition Director.

6.0 COMPETITION COMMITTEE

It is the responsibility of the Competition Committee set up by the host club or the State Association to ensure all safety aspects are fully operational and within the guidelines approved by the WAI.

7.0 PENALTIES

Disqualification may occur for any offence against the rules of competition. Penalties may occur for any verbal or physical offences against officials.

8.0 DOCUMENTATION AND RECORD KEEPING

8.1 REPORTING

INJURY REPORTING

If an injury is sustained while a member is at training, at a competition endorsed by WAI or travelling to and from training or a competition, a member must inform the State Association as soon as possible.

The State Association then must inform the WAI Secretary.

ONCE A PERSON BECOMES AWARE OF AN INJURY THE TIME FRAME FOR NOTIFYING THE WAI SECRETARY IS SEVEN DAYS.

All claims made by registered members will be checked by the WAI Secretary before processing by WAI Insurance Brokers to establish bona fides.

9.0 POLICY ON CHILD PROTECTION

Working with Children Checks aim to create a child-safe environment and to protect children and young people involved in our sport from physical and sexual harm. All WAI accredited coaches must provide a Working with Children Check relevant to their state and a National Police Check prior to receiving their WAI Level 1 Coaching Accreditation.

A Working with Children Check assesses the suitability of people to work with children and young people and can involve:

- criminal history checks.
- signed declarations.
- referee checks; and
- other relevant background checks to assess a person's suitability to work with children and young people.

Working with Children Check requirements vary across Australia. Fact Sheets for each state and territory are available on the Play by the Rules website: www.playbytherules.net

Detailed information, including the forms required to complete a Working with Children Check, are available from the relevant agencies in each state and territory.

Australian Capital Territory

Contact Access Canberra

Website:

https://www.accesscanberra.act.gov.au/app/answers/detail/a_id/1804/~/-/working-with-vulnerable-people-%28wwvp%29-registration

Phone: 13 22 81

New South Wales

Contact the Office of the Children's Guardian

Website: www.kidsguardian.nsw.gov.au

Phone: 02 9286 72719

Northern Territory

Contact the Safe NT

Website: <http://www.pfes.nt.gov.au/Police/Community-safety/SAFE-NT.aspx>

Phone: 1800 723 368

Queensland

Contact the Queensland Government Blue Card Services

Website: www.bluecard.qld.gov.au

Phone: 1800 113 611

South Australia

Contact the Department of Human Services

Website: <https://screening.dcsi.sa.gov.au>

Phone: 1300 321 592

National Police Check: www.police.sa.gov.au/services-and-events/apply-for-a-police-record-check

Tasmania

Contact the Department of Justice

Website: www.justice.tas.gov.au/working_with_children

Phone: 1300 13 55 13

Victoria

Contact the Department of Justice

Website: www.workingwithchildren.vic.gov.au

Phone: 1300 652 879

Western Australia

Department of Communities – Child Protection and Family Support

Website: www.workingwithchildren.wa.gov.au

Phone: 1800 883 979

Travelling to other states or territories

It is important to remember that when travelling to other states or territories, representatives of sporting organisations must comply with the legislative requirements of that particular state or territory.

In certain jurisdictions, temporary, time limited exemptions from working with children checks may be available for interstate visitors with a Working with Children Check in their home state.

The laws providing interstate exemptions are not consistent across Australia.

If an employee or volunteer for your organisation is travelling interstate to do work that would normally require a working for children check, you will need to check the relevant requirements of that state or territory.

10.0 POLICY ON DRUGS

At all times WAI and affiliated clubs shall be governed by the rules and regulations as prescribed in the WAI ANTI-DOPING POLICY and WAI ANTI-DOPING REGULATIONS and by the LIST OF BANNED SUBSTANCES OF THE INTERNATIONAL OLYMPIC COMMITTEE (IOC) and THE AUSTRALIAN SPORTS DRUG AGENCY (ASDA) as amended from time to time.

APPLICATION

WAI condemns the use of performance enhancing drugs and doping practices in sport.

The use of performance enhancing drugs and doping practices is contrary to the ethics of the sport and potentially harmful to the health of athletes.

The only legitimate use of drugs in sport is under the supervision of a physician for a clinically justified purpose.

Refer to the current Wrestling Australia Anti-Doping Policy available on the WAI website (www.wrestling.com.au).

11.0 POLICY ON ALCOHOL

WAI is committed to conducting sporting and social events in a manner that promotes the responsible service and consumption of alcohol. WAI also recommend that state associations and member clubs follow strict guidelines regarding the service and consumption of alcohol.

WAI's policy is that:

- alcohol must not be available or consumed at sporting events involving children and young people under the age of 18.

EFFECT

The effect of alcohol on the body varies between each person and circumstances. The following immediate effects of alcohol are registered in all people to a varying degree depending on the amount of alcohol consumed.

- Loss of inhibitions
- Flushing and dizziness
- General impairment of brain and nervous system functions
- Loss of co-ordination to varying degrees
- Slower reactions
- Aggression

EFFECT ON REFLEXES

Alcohol is a depressant drug that dampens the reflex mechanisms.

This can produce psychological side effects by boosting confidence, by in some cases, depressing fears and masking inhibitions.

This can in extreme cases produce risks to self and other competitors.

It is desirable that all competitors, coaches, administrators and officials have a blood alcohol level of zero when competing, training or officiating.

12.0 POLICY ON SMOKING SMOKE FREE ENVIROMENT

WAI is committed to providing a safe and healthy environment at all sporting and social events that we hold or endorse.

WAI's policy is that:

- no smoking shall occur at or near wrestling training or WAI endorsed sporting events. This policy shall apply to coaches, players, trainers, officials and volunteers.

- social events shall be smoke-free, with smoking permitted at designated outdoor smoking areas; and
- coaches, officials, trainers, volunteers and players will refrain from smoking while they are involved in an official capacity in our sport, both on and off the field.

EFFECTS

- Effect on nervous system. Nicotine is highly toxic.
- Inhaled smoke contains several toxins.
- Passive effects. Non-smokers are subject to all the toxins exhaled by smokers.
- Oxygen loss is restricted because of tar in the cigarette
- Smoking increases the heart rate thereby reducing the flow of blood, elevating the blood pressure.

13.0 POLICY ON INFECTIOUS DISEASES

WAI INC POLICY ON INFECTIOUS DISEASES

Refer to UWW REGULATIONS

No wrestler may be accepted at the weigh-in if he/she has not undergone a medical examination the first morning. Wrestlers must appear at the medical examination and the weigh-in with their license and accreditation.

The only uniform allowed for the weigh-in is the singlet. After having been examined by the delegated medical officer, who are obliged to eliminate any wrestler who presents any danger of contagious disease, the wrestler can be weighed in. No weight tolerance will be allowed for the singlet.

Contestants must be in perfect physical condition, with their fingernails cut very short.

14.0 POLICY ON PREGNANCY

WAI is committed to treating pregnant women fairly and to removing any unreasonable barriers to their full participation in Wrestling. WAI will not tolerate any discrimination or harassment against pregnant women.

WAI will take reasonable care to ensure the continuing safety, health and wellbeing of pregnant women. WAI will advise pregnant women that there may be risks involved with their continuing participation in sport and will encourage them to obtain medical advice about those risks. Pregnant women should be aware that their own health and wellbeing, and that of their unborn child, is of utmost importance in their decision-making about the extent they choose to participate in our sport.

WAI encourage all pregnant women to talk with their medical advisers, make themselves aware of the facts about pregnancy in sport and ensure that they make informed decisions about their participation in our sport. Pregnant women should make these decisions themselves, in consultation with their medical advisers and in discussion with WAI.

15.0 FIRST AID

The Host Club/state for organized events is to ensure that adequate qualified first aid persons are present at all times at the venue during the competition. A First-aid station is to be set up and manned at all times.

The First Aid Officer is to hold a St John Ambulance qualification or similar.

16.0 POLICY ON PRIVACY

Taking images of children

There is a risk that images of children may be used inappropriately or illegally. WAI requires that individuals and associations, wherever possible, obtain permission from a child's parent/guardian before taking an image of a child that is not their own. They should also make sure the parent/guardian understands how the image will be used.

To respect people's privacy, WAI do not allow camera phones, videos and cameras to be used inside changing areas, showers and toilets which we control or are used in connection with our sport.

When using a photo of a child, WAI will not name or identify the child or publish personal information, such as residential address, email address or telephone number, without the consent of the child's parent/guardian. WAI will not provide information about a child's hobbies, interests, school or the like, as this can be used by paedophiles or other persons to "groom" a child.

WAI will only use images of children that are relevant to our sport and we will ensure that they are suitably clothed in a manner that promotes participation in the sport. WAI will seek permission from the parents/guardians of the children before using the images. WAI require our member associations and clubs to do likewise.

Social networking

WAI acknowledges the enormous value of social networking to promote our sport and celebrate the achievements and success of the people involved in our sport.

Social networking refers to any interactive website or technology that enables people to communicate and/or share content via the internet. This includes social networking websites such as Facebook, Instagram, Twitter and so on.

WAI expect all people bound by this policy to conduct themselves appropriately when using social networking sites to share information related to our sport.

In particular, social media activity including, but not limited to, postings, blogs, status updates, and tweets:

- must not contain material which is, or has the potential to be, offensive, aggressive, defamatory, threatening, discriminatory, obscene, profane, harassing, embarrassing, intimidating, sexually explicit, bullying, hateful, racist, sexist or otherwise inappropriate.
- must not contain material which is inaccurate, misleading or fraudulent.
- must not contain material which is in breach of laws, court orders, undertakings or contracts.
- should respect and maintain the privacy of others; and
- should promote the sport in a positive way.

Further guidance on developing a Communications Policy is available at:
www.playbytherules.net.au/resources/club-toolkit.

It is important for us to ensure that you are confident that any personal information that you provide to us is treated in the appropriate manner and with the appropriate degree of privacy.

What does "personal information" mean?

Personal information is any information about you that identifies you or by which your identity may be reasonably determined.

By collecting this personal information we are able to: -

- Identify your level of wrestling skills
- Recommend the appropriate level of advice and training
- Contact you when and where necessary
- Ensure that you attain the best possible service and advice from WAI INC
- Identify who you are and be able to protect you from any unauthorized access to your personal information.

If we are unable to collect personal information about you then we are unable to allow you to participate in WAI approved events.

How WAI INC collects your personal information

We will always collect your personal information directly from you where possible.

Where we are unable to obtain that personal information directly from you we will obtain your consent before information is obtained from another party.

Collection of your personal information may occur in a number of ways including:

- Taking information from you through application forms.
- Where you request that we contact a medical provider or other party on your behalf.
- During the course of further information provided to you or in reply to questions which may be asked by us.
- From other parties you have authorized us to contact to provide particular personal information.

It may occur that personal information may be collected by WAI from other sources without your direct knowledge. Examples of this may be where you are involved in State Association Competitions and results are transferred from the State Associations to WAI INC.

Where possible we will require you to specifically consent to any use or disclosure of your personal information. Your consent will usually be required in writing however where necessary WAI may accept your verbal consent to disclose particular information in the conduct of your legal matter.

Regardless of how your personal information is collected and whether it is through implied or actual consent WAI will deal with your personal information in accordance with this privacy policy.

Who would WAI disclose your personal information to?

WAI may need to disclose your personal information in certain circumstances. The information may be disclosed when publishing results or providing insurers with relevant information.

WAI may disclose your personal information where you have consented to us doing so.

WAI will ensure that we do not disclose your personal information to a party outside WAI where consent for such disclosure has not been given.

Some examples of parties outside WAI to whom WAI may be required to disclose your personal information and the reasons for disclosure are: -

- Insurance companies to ensure that policy claims are accurate.
- Government Authorities in respect to any claims for WorkCover, etc.
- Medical or any other experts who may be required to report on any injuries sustained by you.
- Legal representatives of WAI.

Ensuring your personal information is up to date

The effective and proper maintenance of WAI records can only be obtained where the personal information which we hold is current and up to date. In this regard it is important that all members notify WAI of any changes of your personal information, which are held by WAI.

The security of your personal information

In ensuring that your personal information is secure WAI employs a number of means to protect your personal information. These include: -

- The requirement for all Committee members to enter into confidentiality agreements.
- Restricted access to personal files and information.
- Computer maintenance to ensure that unauthorized access is prevented.
- Proper document handling and shredding with respect to personal information.
- Limited access to your personal information to those persons that are not necessarily required to have access to that information.

Where WAI no longer requires your personal information, we will hold your records for a period of (4) years and then securely destroy. The information will also be deleted from our main computer system.

Access to your personal information

Should at any time you wish to access your private information it is required is that you contact WAI and advise WAI of your request. In accessing your private information WAI will require that you to sign a disclaimer stating that you have accessed your private information.

In order for the information to be made available to you some notice is required so that WAI have the documentation ready for your inspection. Where the information is held in a secure location WAI reserves the right to charge a fee to cover the cost of retrieval and supplying the information to you. However, we will endeavour at all times to ensure that the cost of such retrieval is reasonable.

Only the person upon whom we hold that personal information is allowed access to their personal information and as such any other personal information which may be held on that file will not be available to the person seeking access to their information.

WAI retains the right to deny access to the personal information where the information may relate to an existing or anticipated legal proceedings with you or where access may be regarded as frivolous or vexatious

Where WAI has denied you access to your personal information WAI will provide reasons for that denial.

Sensitive Information under the new Privacy Policy Rules

Certain information which may be collected by WAI will be regarded as sensitive

information. The disclosure of sensitive information can only be made by WAI with your direct consent or where it is required for competition purpose or required by law to be disclosed.

Direct Marketing

WAI may from time to time use your personal information, such as your address or contact details to provide you with information about other services that WAI offers. If at any time you do not wish to receive any information about the services please feel to contact us at admin@wrestling.com.au.

Complaints about breaches of privacy

If at any time you believe that WAI has disclosed your private information or has breached this Privacy Policy then you may lodge a complaint with WAI by emailing admin@wrestling.com.au.

If you are not satisfied with the response that you receive from WAI then you may contact the Federal Privacy Commissioner on 1300 363 992.

17.0 MEMBER PROTECTION POLICY

Refer to the Wrestling Australia Member Protection Policy for information on WAI's statement on providing safe and positive sporting experience to all individuals who participate in Wrestling. This is available on WAI's website (www.wrestling.com.au) or you can contact the WAI secretary at admin@wrestling.com.au .

POLICY ON CODES OF BEHAVIOUR

WAI seeks to provide a safe, fair and inclusive environment for everyone that is involved with WAI and the sport of Wrestling.

For this to be achieved WAI requires that certain standards of behaviour by athletes, coaches, officials, board members, parents and spectators are observed.

All of the codes of behaviour that WAI have adopted are underpinned by the following values:

- Everyone should act within the rules and the spirit of the sport
- Everyone should display respect and courtesy towards everyone involved within the sport and work to prevent discrimination and harassment
- The safety and wellbeing of children and young people is the highest priority
- Everyone should encourage and support the opportunity for participation in all aspects of Wrestling
- The purpose of the codes of behaviour is to ensure that all coaches, participants, parents and officials behaviour are appropriate and project standards of professional and personal conduct that are consistent with Wrestling Australia's values and uphold the public reputation of the organisation.

18.0 General Code of Behaviour

This General Code of Behaviour is taken from the Member Protection Policy. All members of WAI must comply with the General Code of Behaviour.

A person that is required to comply with this Policy must meet the following requirements in regard to their conduct during any activity held or sanctioned by WAI., a Member State or a State Affiliate and in any role you hold within WAI., a Member State or a State Affiliate:

1. Respect the rights dignity and worth of others.
2. Be fair, considerate and honest in all dealing with others.
3. Be professional in and accept responsibility for your actions.
4. Make a commitment to providing quality service.

5. Demonstrate a high degree of individual responsibility especially when dealing with persons less than 18 years of age, as your words and actions are an example.
 6. Be aware of and maintain an uncompromising adherence to WAI. standards, rules, regulations and policies.
 7. Operate within the rules of WAI. including national policies and guidelines, which govern WAI., and the Member States.
 8. Understand your responsibility if you breach or are aware of any breaches of this Code of Behaviour.
 9. Do not use your involvement with WAI, a Member State or a State Affiliate to promote your own beliefs, behaviours or practices where these are inconsistent with those of WAI., the Member States or the State Affiliates.
 10. Avoid unaccompanied and unobserved activities with persons less than 18 years of age, wherever possible.
 11. Refrain from any form of abuse towards others.
 12. Refrain from any form of harassment towards, or discrimination of, others.
 13. Provide a safe environment for the conduct of the activity.
 14. Show concern and caution towards others who may be sick or injured.
 15. Be a positive role model.
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19.0 Coaches Code of Behaviour

In addition to the General Code of Behaviour, a WAI coach must meet the following requirements in regard to their conduct during any activity held or sanctioned by WAI., a Member State or a State Affiliate and in your role as a coach of WAI., a Member State or a State Affiliate:

1. Treat all participants with respect at all times. Be honest and consistent with them. Honour all promises and commitments, both verbal and written.
2. Provide feedback to participants in a caring sensitive manner to their needs. Avoid overly negative feedback.
3. Recognise participants' rights to consult with other coaches and advisers. Cooperate fully with other specialists.
4. Treat all participants fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate participants independence and responsibilities for their own behaviour, performance and decision and actions.
6. Involve the participants in decisions that affect them.
7. Determine, in consultation with participants and others, what information is confidential and respect that confidentiality.
8. Encourage a climate of mutual support among your participants.
9. Encourage participants to respect one another and to expect respect for their worth as individuals regardless of their level of play.
10. At all times use appropriate training methods that in the long term will benefit the participants and avoid those which could be harmful.
11. Ensure that the tasks/training set are suitable for age, experience, ability and physical and psychological conditions of the participants.
12. Be acutely aware of the power that you as a coach develop with your participants on the coaching relationship and avoid any sexual intimacy with participants that could develop as a result.
13. Avoid situations with your participants that could be construed as compromising.
14. Actively discourage the use of performance enhancing drugs, the use of alcohol and tobacco and illegal substance.

15. Respect the fact that your goal as a coach for the participant may not always be the same as that of the participant. Aim for excellence based upon realistic goals and due consideration for the participant's growth and development.
16. Recognise individual differences in participants and always think of the participant's long-term best interests.
17. Set challenges for each participant which are both achievable and motivating.
18. At all times act as a role model that promotes the positive aspects of sport and of wrestling by maintaining the highest standards of personal conduct and projecting a favourable image of the sport of wrestling and of coaching at all times.
19. Do not exploit any coaching relationship to further personal, political, or business interests at the expense of the best interest of your participants.
20. Encourage participants and coaches to develop and maintain integrity in their relationship with others.
21. Respect other coaches and always act in a manner characterised by courtesy and good faith.
22. When asked to coach participants, ensure that any previous coach-participant relationship has been ended by the participant-others in a professional manner.
23. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
24. Know and abide by the WAI. rules, policies and standards, and encourage participants to do likewise. Accept both the letter and the spirit of the rules.
25. Be honest and ensure that qualifications are not misrepresented.
26. Be open to other people's opinion and willingness to continually learn and develop.

20.0 Participants Code of Behaviour

In addition to the General Code of Behaviour, a wrestler must meet the following requirements in regard to their conduct during any activity held or sanctioned by WAI., a Member State or a State Affiliate and in your role as participants of WAI., a Member State or a State Affiliate:

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Refrain from conduct that could be regarded as sexual or other harassment towards fellow participants and coaches.
3. Respect the talent, potential and development of fellow team members and competitors.
4. Care and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the adjudicator.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Cooperate with coaches and staff in development of programs to adequately prepare you.

21.0 Officials Code of Behaviour

In addition to the General Code of Behaviour, a WAI official must meet the following requirements in regard to their conduct during any activity held or sanctioned by WAI., a

Member State or a State Affiliate and in your role as an official appointed by WAI., a Member State or a State Affiliate:

1. Place the safety and welfare of the participants/participants above all else.
2. Accept responsibility for all actions taken.
3. Be impartial.
4. Avoid any situation that may lead to a conflict of interest.
5. Be courteous, respectful and open to discussion and interaction.
6. Value the individual in sport.
7. Encourage inclusivity and access to all areas of officiating, however do not allow small children inside the area of officiating.

22.0 Parent/Guardian Code of Behaviour

In addition to the General Code of Behaviour, a Parent/Guardian must meet the following requirements in regard to your conduct during any activity held or sanctioned by WAI, a Member State or a State Affiliate and in your role as a Parent/Guardian:

1. Treat your children the same way irrespective of them winning or losing
2. Remember that your children participated in the sport of Wrestling for their enjoyment not yours
3. Try to have fun when you are around your children at competitions. Well directed humour can be a great de-stressor.
4. Look relaxed, calm and positive on the sidelines.
5. Make friends with other parents at competitions.
6. Get involved in appropriate ways if your children or their coach behaves in unacceptable ways during competitions.
7. Let the coach do the coaching.
8. Understand that children will benefit from a break sometimes, and that participating in other sports is ok.
9. Be there when your children perform poorly, be an understanding listener rather than a critic, judge or a fixer.
10. Be prepared to give your children some space so that he/she can grow and develop as an independent person.
11. Let your children know that you love them, and that this is not associated with their sporting performance.
12. Communicate with your children and ask them how they are feeling about their sport and about competing in particular.
13. Occasionally let your children compete without you being there and hovering over them.
14. Emphasize the good things that your children did in preparing for and during the competition.
15. Try to avoid:
 - Saying "We're competing today". Instead say "You're competing today". Give your children credit for accepting the responsibility of performing.
 - Living through your children's performance
 - Turning away when your children's perform
 - Turning away when your children's performance is unsportsmanlike
 - Telling your children that he/she did something wrong in a competition.
 - Making enemies with your children's opponents or families during the competition.
 - Making your children feel guilty by reminding them about all of the time, money and sacrifice you are making for him/her to participate in sport.
 - Thinking of your children's sporting performance as an investment for which you expect a return.
 - Badgering, harassing or using sarcasm to motivate your children.

- Comparing your children's performance with those of other children.
- Forcing your children to go to training.

APPENDIX A

(The following is an EXTRACT ONLY, of all UWW articles and rules, being those applicable to conduct of competition and wrestler safety considerations)

ARTICLE 3 - APPLICATION

Application of these Rules to the Olympic Games, Championships and all international competitions under the control of UWW, is compulsory.

During international competitions, a competition procedure that differs from that set out in the Rules may exceptionally be used, provided that permission has been granted by UWW and all participating countries.

ARTICLE 6 - AGE CATEGORIES - WEIGHT CATEGORIES - COMPETITIONS

a) Age categories

U15	14-15 years (from 13 with medical and parental certificate)
CADETS	16-17 years (from 15 with medical and parental certificate)
JUNIORS	18-20 years (from 17 with medical and parental certificate)
SENIOR U23	19-23 years (from 18 with medical and parental certificate)
SENIORS	20 years and older
VETERANS	older than 35 years

Wrestlers in the junior age category are allowed to participate in the competitions for seniors if they reach 18 year of age in the concerned year. However, they must provide a medical certificate and parental authorisation if they have still not reached 18 years of age at the time on the competition.

Age will be verified at all Championships and competitions during the accreditation.

For the Senior U23 year old Championships, the Senior rules and weight categories are used.

b) Weight categories Male Freestyle

U15 FS	Cadets FS	Juniors	U23	Senior
1. 34-38kgs	1. 41-45kgs	1. 57kgs	1. 57kgs	1. 57kgs
2. 41kgs	2. 48kgs	2. 61kgs	2. 61kgs	2. 61kgs
3. 44kgs	3. 51kgs	3. 65kgs	3. 65kgs	3. 65kgs
4. 48kgs	4. 55kgs	4. 70kgs	4. 70kgs	4. 70kgs
5. 52kgs	5. 60kgs	5. 74kgs	5. 74kgs	5. 74kgs
6. 57kgs	6. 65kgs	6. 79kgs	6. 79kgs	6. 79kgs
7. 62kgs	7. 71kgs	7. 86kgs	7. 86gs	7. 86gs
8. 68kgs	8. 80kgs	8. 92kgs	8. 92kgs	8. 92kgs
9. 75kgs	9. 92kgs	9. 97kgs	9. 97kgs	9. 97kgs
10. 85kgs	10. 110kgs	10. 125kgs	10. 125kgs	10. 125kgs

Weight Classes Male Greco-Roman

Junior		U23		Senior	
1.	55kgs	1.	55kgs	1.	55kgs
2.	60kgs	2.	60kgs	2.	60kgs
3.	63kgs	3.	63kgs	3.	63kgs
4.	67kgs	4.	67kgs	4.	67kgs
5.	72kgs	5.	72kgs	5.	72kgs
6.	77kgs	6.	77kgs	6.	77kgs
7.	82kgs	7.	82kgs	7.	82kgs
8.	87kgs	8.	87kgs	8.	87kgs
9.	97kgs	9.	97kgs	9.	97kgs
10.	130kgs	10.	130kgs	10.	130kgs

Weight Classes Women's Wrestling

U15		Cadets		Junior		U23		Senior	
1.	29-33kgs	1.	36-40kgs	1.	50kgs	1.	50kgs	1.	50kgs
2.	36kgs	2.	43kgs	2.	53kgs	2.	53kgs	2.	53kgs
3.	39kgs	3.	46kgs	3.	55kgs	3.	55kgs	3.	55kgs
4.	42kgs	4.	49kgs	4.	57kgs	4.	57kgs	4.	57kgs
5.	46kgs	5.	53kgs	5.	59kgs	5.	59kgs	5.	59kgs
6.	50kgs	6.	57kgs	6.	62kgs	6.	62kgs	6.	62kgs
7.	54kgs	7.	61kgs	7.	65kgs	7.	65kgs	7.	65kgs
8.	58kgs	8.	65kgs	8.	68kgs	8.	68kgs	8.	68kgs
9.	62kgs	9.	69kgs	9.	72kgs	9.	72kgs	9.	72kgs
10.	66kgs	10.	73kgs	10.	76kgs	10.	76kgs	10.	76kgs

Each contestant deemed to be taking part of his own free will, and responsible for himself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in. For categories in the senior age group, competitors may opt for the next higher category than their body weight, except for the heavy weight category, for which contestants must weigh over 97 for Freestyle and Greco Roman and 72kgs for Women's Wrestling.

ARTICLE 8 – Competition System

The competitions take place by direct elimination system with an ideal number of wrestlers, i.e. 4,8,16,32, 64 and so on. If there no ideal number of wrestlers in a category, qualification matched will be organised.

Pairing is made in the order of the number drawn at random. All wrestlers who lost against both finalists will have repechage matches. There are two separate groups of repechages, one group of wrestlers who lost against the finalist of the upper part of the bracket, and another group of wrestlers who lost against the finalists from the bottom part of the bracket. The repechage matches begin with wrestlers who lost in the first round including in qualification matches to obtain the ideal number against one of the two finalists up to the losers in the semi-finals by direct elimination. The winner of the two-repechage group will receive each the bronze medal.

Each weight category is organised in two days. The draw takes place the day before the beginning of the category concerned at the latest.

The medical control and a first weigh-in will be held the morning of the concerned weigh category. The qualified athletes for the finals and the repechage will be weighed in again the second morning of the concerned weight category. No weight tolerance will be allowed for the second weigh in.

If there are less than 16 athletes in one weight, the weight category can be organised in one day. In this case, the medical control and the weigh-in remain on the morning of the competition and the draw could be organised during the weigh in.

ARTICLE 11- WEIGH IN

For all competitions, the weigh-in is organized each morning of the concerned weight-category. The weigh-in and the medical control lasts 30 minutes.

The second morning of the concerned weight category only the wrestlers who participate in the repechages and finals have to come for the weigh-in. This weigh-in will last 15 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination the first morning. Wrestlers must appear at the medical examination and the weigh-in with their license and accreditation.

The only uniform allowed for the weigh-in is the singlet. After having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease, the wrestler can be weighed in. No weight tolerance will be allowed for the singlet.

Contestants must be in perfect physical condition, with their fingernails cut very short.

Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish.

The referees responsible for the weigh-in must check that all wrestlers are of the weight corresponding to the category in which they are entered for the competition, that they fulfil all the requirements of Article 5 and to inform any wrestler of the risk he runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh a wrestler who is not dressed correctly.

The referees responsible for the weigh-in will received the results of the draw and will be allowed to control only the athletes who are on this list.

If an athlete does not attend or fail the weigh-in (the 1st or the 2nd weigh-in), he will be eliminated of the competition and ranked last, without rank (Exception: cf. Article 56 – Medical Service Intervention).

ARTICLE 14- PAIRING

Wrestlers shall be paired off in the order of the numbers drawn. A document establishing the correct procedure and time schedule of the bouts must be drawn up, and it must provide all the relevant information concerning the manner in which the competition is to be conducted.

The morning of the second day of the concerned weight category, the qualified athletes for the repechages and finals will be weigh-in again.

The wrestlers who does not attend or fail the weigh-in on the second day will be eliminated and ranked last, without rank, except for the injured athlete(s) on the first day (cf. Article 56 – Medical Service Intervention).

If one (or more) athlete qualified for the repechages and/or finals doesn't attend or fails the weigh-in, the athlete(s) (who successfully passed the second weigh-in) will move to the next round in his(their) part of the bracket.*

*If all athletes don't attend or fail the second weigh-in, the ranking will be made according the individual ranking criteria (Cf. Article 8).

ARTICLE 15- ELIMINATION FROM THE COMPETITION

The loser is eliminated and ranked according to the classification points marked, except wrestlers who lost against one of the finalists as they take part in the repechage for the 3rd or 5th places.

After the weigh-in, in case a wrestler, without medical advice signed by the UWW doctor or the competition's doctor and without advising the competition secretariat, does not present himself to his opponent when his name is called, he will lose his bout by forfeit, will be eliminated and ranked without rank. His opponent will win the match.

If the UWW doctors can prove that a wrestler simulates an injury for whatever reasons to avoid competing against his opponent, he will be disqualified, placed last in the ranking, without any rank and the note "Dsq" near to his name.

If a wrestler commits an obvious offence against fair play within the spirit and concept of total and universal wrestling enunciated by UWW, and openly cheats, commits a serious error or engages in brutality, he will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, he will be placed last in the ranking, whiteout any rank and the note "Dsq" near to his name.

If two wrestlers are disqualified for brutality during the same match, they will be eliminated as above. The pairing for the following round will not be modified. The wrestler supposed to meet one of the disqualified wrestlers wins the match by forfeit.

If two semi-finalists are disqualified for brutality or eliminated by forfeit during same match, their losers in quarterfinal will compete in semi-final and repechage group will be modified regarding result of this semi-final match. If the Semi-Finals are organized during the evening session, this bout will be organized at the end of the session in order to allow enough time for the concerned athletes to be prepared. If it happens on day 1, one hour (since this double disqualification/forfeit happens) will be given to these athletes to be prepared.

If a double injury (2VIN) happens during one match, the opponent of the next round will win the match by injury. If it happens in a semi-final match and in order to determine which athletes have to go in the repechage, we will use the classification criteria (Article 8) to determine the winner of this double injury match.

If a forfeit(s) or disqualification(s) happen during a medal match (1-2 or 3-5), the following wrestlers (from the part of the bracket of the disqualified/forfeited athlete(s)) will move up the table to establish the final classification. If the two finalists are disqualified, then it will be necessary to make the bout between the two bronze medallists to determine the 1st and the 2nd place. All other participants will go up in the ranking, the two in 5th position will become 3rd. If the two finalists are forfeits despite their successful second weigh-in, the same process will apply (an additional match between the two bronze medallists).

For all type of forfeit, the concerned athlete will be ranked last, without rank.

Ranking in the event of doping violations

In case of positive doping control, the wrestler will be disqualified, and he will automatically be placed last in the ranking, without any rank and the note "DSQ" near to his name. The following wrestlers will move up in the ranking. If it concerns an athlete ranked in the 3rd place, the wrestler from the part of the bracket of the doped athlete will move up. In that case, only one wrestler will be ranked in the 5th place.

In the case where the 2 first ranked athletes have a positive doping control and are disqualified; the two bronze medallists will get a Gold medal. In that particular case, no silver medal will be awarded and the 2-5th place will move in the 3rd rank.

In case of positive doping control during a team event, the team from the athlete in fault will be disqualified and be placed last in the ranking, without any rank and the note "DSQ" near to his flag.

ARTICLE 16- REFEREEING BODY- COMPOSITION

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

- 1 mat chairman
- 1 referee
- 1 judge

The appointment procedures of these three officials are set in the Regulations for the International Refereeing Body. Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed. In no case may the refereeing body be composed of two officials of the same nationality. Furthermore, it is strictly forbidden for an official to officiate in bouts involving compatriot wrestlers.

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 23- DURATION OF THE BOUT

For U15, cadets and veterans: the duration of a bout will be two periods of 2 minutes with a 30-second break.

For Juniors, U23 and Seniors: the duration of a bout will be two periods of 3 minutes with a 30-second break.

For all the competitions, the timing displayed on the scoreboards will start from 6 to 0 minute (from 4 to 0 minute for U15, cadets and veterans).

The winner is declared by the addition of the points in both periods at the end of the regular time.

Technical superiority is reached when there is a difference of 8 points for Greco Roman wrestling and 10 points for Freestyle Wrestling and Women's Wrestling. This automatically leads to victory and to the end of the bout is whistled.

The fall stops automatically the match whatever the period.

Freestyle and Women's Wrestling: The duration of a period is 3 minutes. If, after 2 minutes in the first period, no wrestler has scored then the referee must obligatorily designate the passive wrestler.

ARTICLE 24- CALL TO THE MAT

The contestants are called in a loud and clear voice to present themselves on the mat. A contestant cannot be called to compete in a new bout until he has had a rest period of twenty (20) minutes from the time his preceding bout ended.

A delay is granted to any wrestler who does not reply to the first request in the following manner: The competitors must be called three times at 30-second intervals. These calls are made in both French and English. If the wrestler does not come forward after the third call, he will be eliminated and will not be placed. His opponent will win the bout by forfeit.

ARTICLE 26- START OF THE BOUT

Before the bout begins, each opponent answers when his name is called and takes his place at the corner of the mat assigned to him. The corner is the same colour as the singlet he has been assigned to wear.

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

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

ARTICLE 27- 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 centre.
- 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. A chronometer will start as soon as the doctor steps on the mat. In case the accumulated time of interruptions to treat the bleeding exceeds 4 minutes over the entire duration of the bout, the mat chairman shall order the end of the bout. In that case, the concerned wrestler loses the match and the opponent wins the match on injury. If the bout is wrestled until the end, the chronometer will be reset for the next round.
- g) After the medical treatment, the bout resumes in the same position than before the interruption.
- h) If a bout is interrupted because of any incident beyond the athletes' control, the referee may stop the bout and the remaining time of the bout will be competed as soon as the interruption ends. If a session can't be concluded in the expected schedule, it may be postponed until the next day. If it is the last competition day and for extraordinary reasons, the end of the competition may be postponed until a later date and take place in another location.

ARTICLE 28- 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.

A match ends by technical superiority (8 points difference in Greco Roman wrestling and 10 points difference in Freestyle and Women's wrestling).

When a wrestler scores 8 points more than his opponent in Greco-Roman Wrestling and 10 points more in Freestyle and Women's Wrestling, he wins the match by superiority. In any case, the referee must wait for the end of the action: attack, counterattack 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 centre 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. If the above provisions are not observed, the wrestler at fault will be penalized in accordance with the Disciplinary Regulations.

ARTICLE 29- 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 centre 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 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 in Freestyle and caution 2 points in Greco-Roman Wrestling 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.

When a challenge is requested by a coach, the mat chairman interrupts the bout when the action is back to neutral. If the wrestler disagrees with his coach’s decision, he must reject the challenge directly and the match continues.

ARTICLE 30- TYPES OF VICTORIES

A bout may be won:

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

*refer to the Article 42 for the details of each victory

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 1	Last technical point scored by the blue wrestler.	Blue winner
1 2	1 1 1	Last technical point scored by the blue wrestler but the red wrestler scored a 2-point hold.	Red winner
0 0 1 1 1	1 1 1 0	Last technical point scored by the red wrestler, but he has two cautions and the blue wrestler has only one.	Blue winner

1 1 1	1 2 0	The blue wrestler scored a 2-point hold which is the highest value hold	Blue winner
1 1 0 1	1 2 0	The red wrestler scored the last technical point; but the blue wrestler scored a 2-point hold. Each of the wrestlers has one caution.	Blue winner
1 1 1 0 0	0 0 1 1 1	Each of the wrestlers has two cautions. The blue wrestlers scored the last technical point.	Blue winner

A wrestler receiving 3 cautions (0) during a match lost the bout. 3rd caution must be given unanimously by the refereeing body. Challenge request should be accepted for all kinds of cautions.

ARTICLE 31- COACH

The coach may remain at the foot of the platform or at least two meters from the edge of the mat during the bout. If the UWW doctor (or the competition doctor) allows him, he is authorized to assist the injury treatment of his wrestler. Except during this situation and during the break, it is strictly forbidden to the coach to step on the mat. In that case he can be sanctioned by the referee.

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. 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 competition director and the coach shall be eliminated from the competition and may no longer continue his duties. These facts also need to be reported on the scoresheet of the concerned bout. However, the wrestling team involved shall have the right to obtain the services of another coach. The National Federation of the eliminated coach will be penalized following the dispositions of the Disciplinary and Financial Regulations.

Moreover, if a coach gets two yellow cards during one competition (not necessarily during the same bout), he will be also eliminated from the competition and may no longer continue his duties. As for the red card, his accreditation will be removed.

A maximum of two accompanying people is authorized to enter on the Field of Play with the wrestler. If a National Wrestling Federation has a doctor in its team, they may use the second place if they want to intervene in case of injury.

It is also specified that a coach cannot officiate as a referee during the same competition. Moreover, a coach can't be a category I S referee.

ARTICLE 32- THE CHALLENGE

The challenge is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the refereeing delegate (or his substitute) and the mat chairman to watch the video evidence in case of a disagreement with the call. The disagreement must be reasoned and may not be requested as a simple protest otherwise the concerned coach will be sanctioned by a Yellow card.

This possibility only exists during competitions in which the video control is formally established by UWW and the Organizing Committee.

The coach must request the challenge by pushing a button provided to him immediately after the refereeing body has awarded or failed to award points to the contested situation. If the wrestler disagrees with the coach's decision, he must reject the challenge directly and the match continues.

If during a competition, the system with buttons (for the challenges) are not provided for the coaches, the organizer will have to provide a sponge that will be used to ask the challenge.

The organizers also have the obligation to use the UWW competition management system and to project the video on a big screen (1 per mat minimum) that must be visible from the entire venue. This screen can be either a plasma screen or a white board used with a projector.

In case of a major technical problem which would not allow the review of the contested action, the refereeing body's initial decision will be enforced and the coach will keep his challenge.

Specific points

Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the refereeing delegate (or his substitute) modifies the decision in favour of the wrestler who requested for challenge, then the challenge can be used again during the match by the concerned wrestler.

If the refereeing delegate (or his substitute) confirms the decision by the refereeing body, the wrestler loses the challenge and his opponent will receive one (1) technical point.

The mat chairman shall demand to stop the match to review the challenge as soon as the situation on the mat becomes neutral.

In case of dispute between the refereeing body and the coach, the refereeing body is allowed to refuse a challenge only after the approval of the refereeing delegate (or his substitute). The mat chairman and/or the referee cannot decline a challenge by them self.

No challenge can be requested for penalties given as a result of passive wrestling or in the event of a fall, being understood that the fall must be confirmed by the mat chairman further to the decision of either the referee or the judge (in the other hand, challenge request for illegal attacks or counter – attacks, action just between the last seconds and the end of the time, before the fall should be accepted). When less than 30 seconds remains in a bout and the refereeing body agrees unanimously that one of the wrestlers is passive, they may issue 1 caution to the wrestler at fault for fleeing-

the-hold and 1 point to his opponent (freestyle only). Should this point determine the winner of the match, the other wrestler may request a challenge.

No challenge can be requested after the end of the regular time of a period, except when the points are added to the scoreboard after the referee's whistle or in case action occurred just before the time is over. The coach has 5 seconds from the time the questioned score is posted on the official scoreboard to request a challenge.

The coach requesting the challenge must do so from his seat, without stepping on the mat or approaching the judge's or the mat chairman's table. Furthermore, the coach is not allowed to indicate his challenge request by throwing items on the mat.

After having reviewed the action and after a consultation with the mat chairman, the refereeing delegate (or his substitute), renders its decision. He intervenes and renders its decision in all cases. His decision will be final and may not be discussed.

It is not possible to request a "counter challenge" once a final decision has been made.

ARTICLE 35- 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 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 colour 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 favour 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 36- 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 38- 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 39- 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 for stepping out in standing wrestling for both style:

- 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 (only verbal warning).

- All the stops of bout by injury without bleeding or any visible injury are penalized by 1 point to the opponent.
- To the wrestler whose opponent requested a challenge if initial decision is confirmed.
- To the opponent of a wrestler designated as passive who fails to score points during a 30 second activity period in Freestyle wrestling.
- Reversal (counterattack 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 (in Freestyle).
- To the attacking wrestler whose opponent commits an illegal hold during the execution of an engaged hold (in Freestyle).
- To the top wrestler whose opponent refuses correct "parterre" position, after the first verbal warning (in Freestyle).
- To the wrestler who finally succeeds in completing the hold even his opponent is doing an irregular hold (in Freestyle).
- To the wrestler whose opponent is called for a passivity in Greco-Roman wrestling.

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 or elbow).
- 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 attacking wrestler whose opponent flees the hold, the mat, refuses to start, commits illegal actions or acts of brutality (in Greco-Roman).
- To the attacking wrestler whose opponent flees the hold out-of-bounds and lands in a position of danger.
- To the attacking wrestler whose opponent commits an illegal hold during the execution of an engaged hold (in Greco-Roman).
- To the top wrestler whose opponent refuses correct "parterre" position, after the first verbal warning (in Greco-Roman).
- 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 et 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.

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 4- 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 or after a challenge.

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 in Greco Roman and in Freestyle Wrestling. They are painted in different colours: 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.

If the match lasts until the end of the allotted time, the mat chairman's score sheet will be taken into consideration when designating the winner. The public scoreboard must conform to the mat chairman's score sheet at all times during the bout. If there is a difference of 1 or more points between the judge's and mat chairman's score sheets, only the score on the mat chairman's score sheet will be considered.

ARTICLE 42- CLASSIFICATION POINTS

The classification points awarded to a wrestler shall determine his final ranking.

5 points for the winner and 0 for the loser:

- Victory by fall (with or without technical point for the loser) (VFA 5:0)
- Injury (VIN 5:0)
- If an athlete is injured before or during a bout and the injury is certified by the UWW Doctor -
- 3 cautions during the bout (VCA 5:0)
- Leg fouls (GR) (VCA 5:0) – refer to article 52
- Forfeit (VFO 5:0) – refer to article 15
- If an athlete doesn't show up on the mat
- If an athlete doesn't attend or fail the weigh-in
- Disqualification (DSQ 5:0) – refer to article 15
- If an athlete is disqualified before or during the bout in case of unfair behaviour

4 points for the winner and 0 for the loser (VSU 4:0):

- Victory by technical superiority (8 points difference in Greco-Roman style and 10 points in Freestyle during the bout), with the loser scoring no technical points

4 points for the winner and 1 point for the loser (VSU1 4:1):

- Victory by technical superiority during the bout with loser scoring technical points.

3 points for the winner and 0 for the loser (VPO 3:0):

- When the wrestler wins at the end of the two periods by 1 to 7 points in Greco Roman style and 1 to 9 points in Freestyle with the loser scoring no point.

3 points for the winner and 1 point for the loser (VPO1 3:1):

- When the bout ends by a victory by points at the end of the regular time and the loser scoring one or several technical points.

0 point for the red wrestler and 0 point for the blue wrestler:

- In case both wrestlers have been disqualified due to infraction to the rules (2DSQ 0:0).
- In case both wrestlers are injured (2VIN 0:0).
- In case both wrestlers have been eliminated due to forfeits (2VFO 0:0).

ARTICLE 43- 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 orange 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.

It will not be possible to request any challenge in case of a fall, being understood that the fall must be validated by the mat chairman following the judge or the referee's decision.

ARTICLE 44- TECHNICAL SUPERIORITY

Except from the fall and the disqualification, the bout must be stopped before the end of regular time when:

- There are 8 points difference in Greco Roman style and 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 (see article 28).

The mat chairman signals the referee when the 8 or 10 points difference has been attained. The referee shall declare the winner after consulting with members of the officiating team for the match.

ARTICLE 45- NEGATIVE WRESTLING- 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 counterattacks 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.

While defending attacks and holds from the top wrestler in Greco Roman, the bottom wrestler is not allowed to place more than one of his hands on the opponent's upper body (torso or any part of the opponent arms). Furthermore, the bottom wrestler must not defend with closed arm or block off with elbows and knees.

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 centre 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 according to the Rulebook. It's 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.

Penalty for wrestler who refuses the correct ordered parterre start:

Top wrestler

- First time - verbal warning
- Second time – lose the position and restart in standing position

Bottom wrestler

- First time - verbal warning
- Second time - caution to him and 1 point in FS / 2 points in GR to his opponent and restart in parterre position

ARTICLE 46- PASSIVITY ZONE (ORANGE ZONE)

The passivity zone that is orange coloured, 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 counterattack 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 centre 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 centre 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 centre, 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 endeavour to return towards the centre 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 centre 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 48 PROHIBITION AND ILLEGAL HOLDS

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.
- To spit the water out during the break.

These general prohibitions are sanctioned based on the severity of the foul (disqualification, caution 1(2) point or verbal warning). Disciplinary sanctions might also be applied after the competition against the athlete at fault.

ARTICLE 49- FLEEING THE 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 "parterre" wrestling:

- 1 caution against the wrestler at fault (0)
- 1 point to the opponent in Freestyle Wrestling
- 2 points to the opponent in Greco-Roman Wrestling
- Restart in "parterre" position

Fleeing the hold in standing wrestling:

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

Fleeing a hold in ground position in Greco-Roman

When a wrestler is on the ground following an action by his opponent and he then jumps forward to prevent his being caught for a hold, he puts his opponent in the position of committing an illegal hold - holding the thighs of the "escaping" wrestler, will be considered as a fleeing of a hold. The referee must not allow this situation which is a fleeing the hold offence by the fleeing wrestler. He must therefore be very clear and precise in the manner in which he deals with this offence. He must also place himself in front of the wrestlers in a way to prevent the flee from taking place.

- The first time that the wrestler on the ground jumps forward to avoid being caught by his opponent, the referee must warn aloud "attention, no jump".
- The second time, the referee must request a caution and 2 points for fleeing the hold, stop the match following agreement by the judge and the match chairman, make the wrestlers stand up, signal the offence and restart the match in "parterre" position.

This method is valid for penalizing fleeing the hold when the wrestler jumps forward. However, the defence of moving laterally to avoid a hold is authorized and should not be sanctioned.

The wrestler who is dominated on the ground in Greco-Roman does not have the right to bend or raise either or both of his legs to prevent a hold being executed.

ARTICLE 5- 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
- 2 points to the opponent in Greco-Roman Wrestling
- Restart in "parterre" position

Fleeing the mat in a danger position (Freestyle and Greco-Roman Wrestling):

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

Fleeing the mat in standing position:

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

When one of the wrestler's 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 centre 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 centre 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 51- 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
- Double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body

- 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 one point in FS and two points in GR.

Prohibited holds for Women's wrestling

All double Nelsons holds in the "parterre" or standing position are forbidden in Women's wrestling.

Prohibited holds for U15 and cadets

To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the U15 and cadet categories:

- Double Nelson from both the front and side
- In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

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 (Freestyle) or 2 points (Greco-Roman) to the opponent
- 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 (Freestyle) or 2 points (Greco-Roman) to the opponent
- Resume wrestling in the position where the infraction occurred

ARTICLE 52- SPECIAL PROHIBITIONS

In Greco-Roman wrestling, it is forbidden to grasp the opponent below the hips and to squeeze him with the legs. All pushing, pressing or 'lifting' by means of contact with the legs on any part of the body of the opponent is also strictly forbidden.

In Greco-Roman wrestling, if the offensive wrestler in the execution of a manoeuvre inadvertently makes contact or blocks with his legs, the referee shall:

- On the 1st offense, stop the match and warn the guilty wrestler.
- On the 2nd offense, the guilty wrestler's opponent shall be awarded 1 point and the guilty wrestler shall receive a caution.

In Greco-Roman wrestling, if a defensive wrestler commits a leg foul, the referee shall:

- On the 1st offense, stop the match and award the guilty wrestler's opponent 2 points and the guilty wrestler shall receive a caution.
- On the 2nd offense, the guilty wrestler will lose the concerned bout.

In Greco-Roman, unlike in Free Style Wrestling, it is necessary to accompany the opponent to the ground and to stay in contact with him in order for a hold to be valid.

In freestyle, a scissor-lock with the feet crossed on the head, neck or body is forbidden.

ARTICLE 53- 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 wilful 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.

ARTICLE 54- THE PROTEST

No protest after the end of a match or any appeal before CAS or any other jurisdiction against a decision made by the refereeing body may be lodged. Under no circumstances may the result of a match be modified after victory has been declared on the mat.

If the UWW President or the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the video and, with the agreement of the UWW Bureau, sanction those responsible as laid down in the provisions of the Regulations for International Refereeing Body.

ARTICLE 57- ANTI-DOPING

Pursuant to the provisions written in the Constitution, and in order to fight against doping, which is formally prohibited, UWW reserves the right to require that wrestlers undergo examinations or tests in all competitions in the official calendar. This provision must be

applied at Continental and World Championships, according to UWW Regulations, and at the Olympic and Continental Games, according to IOC Rules.

In no case competitors or officers may oppose this verification without incurring sanctions provided in UWW's Anti-doping Rules. The UWW Medical Commission will decide the time, the number or frequency of these examinations, which will be carried out by any means it deems useful. Suitable samples will be taken by a doctor certified by UWW, in the presence of an officer for the wrestler to be tested.

The setting up and financial implications of the anti-doping controls during the competition are paid for by the host country and the National Federations.

In case of a positive result, the sanction provided in the UWW Anti-doping Regulations will be applied. The UWW, being subject to the convention fighting drug use signed with the IOC and applied by the World Antidoping Agency (WADA), all its Regulations, procedures and sanctions are applicable by the UWW.

The appeal body in the event of a doping sanction made by UWW against a wrestler is the Court of Arbitration for Sport (CAS) in Lausanne (Switzerland) after all appeal provisions provided by UWW's Anti-doping rules have been exhausted if applicable.

INDEMNITY AND RELEASE

I understand that participating in the activities of the **Wrestling Association Inc.** (Insert state association name) carries with it the inherent risk of physical injury, including serious injury such as permanent disability, paralysis and even death and in undertaking such activities I do so at my own risk.

I am also aware that it is a condition to my participation in any official or sanctioned wrestling event of WAI INC, its officers, employees, representatives, agents, volunteers, instructors, members, or servants are absolved from all liability howsoever arising from injury or damage howsoever caused (whether fatal or otherwise) arising out of my participation in an event or in training, or in any way whatsoever due to any negligent act, breach of duty, default and/or omission on the part of WAI INC, its respective officers, employees, representatives, agents, volunteers, instructors, members, or servants.

I am also aware that any person participating in wrestling, learning to wrestle, training or participating in any activity carried out by WAI INC and **Wrestling Association Inc.** is only allowed to do so on the distinct understanding that they do so at their own risk. This agreement shall be binding upon and inure to the benefit of the parties, their successors, administrators, assigns and personal representatives.

In consideration of being allowed to participate in the activities of the club, which includes training for and participating in competitions, I.....(FULL NAME - print)

of do HEREBY ACKNOWLEDGE that I have read and understood the warning and indemnity above and agree to release and forever hold harmless from any liability, suit or action howsoever arising from WAI INC and **Wrestling Association Inc.** and their respective officers, employees, representatives, agents, volunteers, instructors, members, or servants in the event of my injury and/or death.

Applicant:

Witness:

Signed:.....

Signed:.....

Name:.....
(PRINT)

Name:.....
(PRINT)

Address:.....(PRINT)

Date:...../...../.....

Signed on behalf of a junior person- under 18

I consent to the person named in this document to take part in activities with the club and acknowledge that I have read and understand this waiver and agree to release WAI INC and the affiliated association the **Wrestling Association Inc.**, and their respective officers, employees, representatives, agents, volunteers, instructors, members, or servants from any liability including the club's acts of negligence to the fullest extent permitted by the law.

PARENT / PRIMARY CARE GIVER

Witness:

Signed:.....

Signed:.....

Name:.....
(PRINT)

Name:.....
(PRINT)

Address:.....
(PRINT)

.....

Date:...../...../.....

All persons seeking membership of a wrestling association must complete this document either by signing this document or agreeing to the terms and conditions when becoming a members of WAI on-line.