



UNITED WORLD
WRESTLING

WOMEN CLASSIC STYLE INTERNATIONAL RULES





UNIFORM

- 1- Classic female wrestling uniform is as follows:
 - A) Two or one piece bodysuit consisting of long legging/tight pants and long sleeves tight shirt (blue / Red). (Picture)
 - B) The standard ear guard should be soft and does not have any metal or hard objects. . (optional to use hair and ear protection) (picture)
 - C) Standard wrestling shoes.



Note1: Wrestlers due to their culture or personal taste, tend to cover their hair, they can use nylon stretch cap (red or blue) under the ear guard. (Picture)





Note2: Wrestlers due to their culture or personal favor can wear T-shirts and shorts over the bodysuit, shorts should be up to knee (red or blue).



Note 3: designing of uniform, the place of emblem and country's flag and the advertisement of sponsors on uniform will be according to the current rules and regulations of UWW.

2- Duration of bout: one period, consisting of 3 minutes.

3- Weight categories :

Junior and senior : 50 -55-60-65-70-75 kg

Cadet : (38-42)-46-50-54-58-63 kg

4- If one of the wrestlers in central mat area goes to the danger position. Danger position is defined as when the line of wrestler 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 this position is holds for 3 seconds, either the defensive or offensive wrestler that ends up in this position , she will lose



the match by fall .When either of the wrestlers goes in the danger position, the mat referee will start counting to three and getting the approval of judge and mat chairman to declare the fall.

- 5- If in danger position , before counting full 3 seconds and the defensive wrestler is held by her opponent with her two shoulders against the mat, this is considered to be a fall .She loses the match.
- 6- When a wrestler will be considered in the danger position, the referee immediately start to count, and in case the wrestler holds in danger position, it is declared as fall but if the wrestler gets out of danger position, the referee awards the technical point .
- 7- Any action that brings opponent into bridge position by attacking wrestler, and defending wrestler stays in this position for 3 seconds it will be considered as fall. In standing position, if attacking wrestler brings the opponent in danger position in central zone , the attacking wrestler will be awarded by 4 points, and if the attacking wrestler holds her opponent in danger position for 3 seconds, the end of match declare by fall. But during the execution of hold if the defending wrestler rotate and does not go to the bridge position, only 2 points will be awarded to attacking wrestler for take down and match will continue.
- 8- In case that the wrestler goes on danger position in protection area, and if the initiation of action was in parterre position, only two points will be awarded to the attacking wrestler, bout will be continued in central wrestling area in standing position, but if the attacking wrestler brings her opponent in to the bridge position in protection zone, she will be awarded by 4 points and the match will be continued in central wrestling area in standing position.
- 9- Fleeing the mat and fleeing a hold: attacking wrestler will award by one point and her opponent penalize by a caution.
- 10- In case of fleeing the hold and fleeing the mat in standing position a caution will be given to defending wrestler and 1 point to the attacking wrestler. The match will be continued in standing position, but if fleeing the hold and fleeing the mat occurred in parterre position it will penalize by a caution to defensive wrestler and 1 point to the attacking wrestler, the match continue in parterre position.
- 11- Victory by technical superiority will be 7 points difference in classic female wrestling.



12- Points for actions and holds: the holds and actions will be awarded by (1 , 2 and 4 points)

- A) Take down 2 points
- B) Foot out of orange zone 1 point
- C) If the attacking wrestler execute hold and receive points, and immediately after acquiring point the defensive wrestler brings him in to take down by counter attack , defensive wrestler gets 1 point.
- D) All actions that brings opponent in to bridge position and remain in the position for less than 3 seconds , 2 or 4 point will be awarded to the attacking wrestler.

Note 1: if the attacking wrestler executes a hold and she goes on bridge herself, holds this position for less than 3 seconds and then completes her action and brings her opponent in the bridge position attacking wrestler will be awarded 2 or 4 points.

Note 2: If the attacking wrestler executes a hold and during a hold, the defending wrestler executes a counterattack and is able to bring his opponent to danger position and stays in the position more than 3 seconds, it is declared victory by fall by defensive wrestler.

Note 3: in case that attacking or defending wrestler both simultaneously go to bridge position and both stay for 3 seconds, the match will end by the victory of wrestler who has the last execution of hold, the bout will end in fall.

13- 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, then two points will be awarded to the attacking wrestler and bout will be continued.

14- When a wrestler takes risk and tries unsuccessfully to execute a hold and finds herself on ground in zone without any reaction of opponent, no point awarded to wrestlers and the bout will be continued in standing position.



Note: When a wrestler takes risk in center and tries to execute a hold and finds herself in Parterre position in protection zone without any reaction of opponent, the attacking wrestler will lose one point. In case that the attacking wrestler simulate for execution of hold and falls down in parterre position she will lose 2 points.

15-Procedure for enforcement of penalties for inactivity : **First time** stop the bout stop to give a verbal warning to the passive wrestler and referee put a “V” on the score sheet.

Second time and after if the same wrestler is passive, referee stops the bout and give passivity warning to the passive wrestler and one point to the active wrestler.

16- 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

17- Double nelson technique is forbidden in all cadet , junior and senior age categories .

18- intentional kick to (face, head and etc.) of hold or block the action of opponent, result in a caution and 1 point for the opponent, in continuous, in addition of a caution and 1 point, referees (referee, judge and mat chairman) after consultation, penalize the wrestler by disqualification.

19. catching and pulling the wrestler`s uniform for execution hold is forbidden.

Note 1 : If the attacking wrestler executes a hold and catch her opponent clothes , for first time she receive warning and second time the penalize with caution and awarded 1 point to opponent .

Note 2. If the defending catch her opponent clothes and does not let her to complete her hold, will penalize with caution and awarded 1 point to attacking wrestler .



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