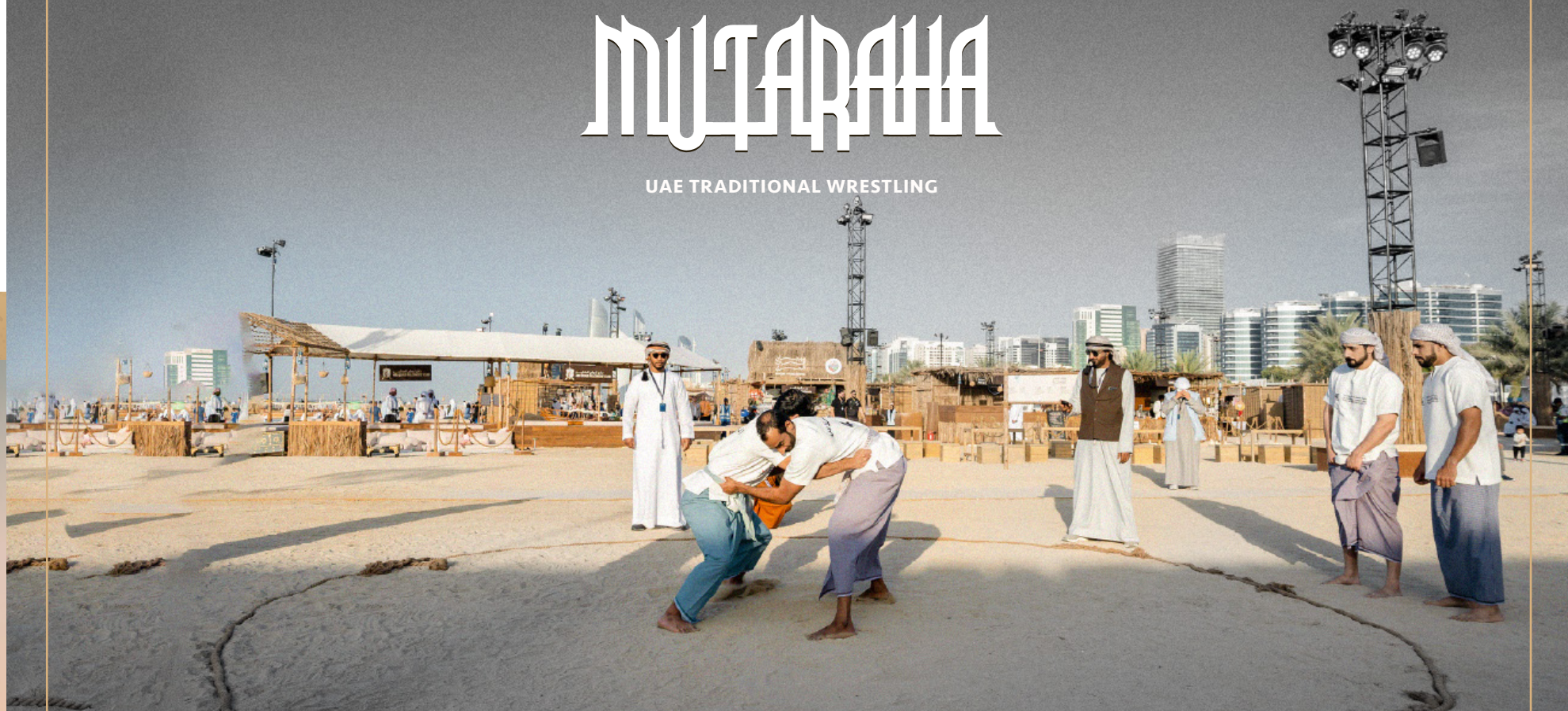




اتحاد الإمارات للمصارعة
UAE WRESTLING FEDERATION

MUTARRAHA

UAE TRADITIONAL WRESTLING



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GUIDELINE

MUTARRA

UAE TRADITIONAL WRESTLING



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INTRODUCTION

In line with the strategic direction of the UAEWF , traditional wrestling (**Mutaraha**) has been included as one of the federation's main projects and its activated through developing special annual events and trainings to activate this game.

UAEWF plans to organize as well competitions for **Mutaraha** with a specific rules such as players weights and heights. In addition, there are future plans to organize international events to introduce this game to other countries.



ABOUT THE GAME

Traditional Wrestling has been a popular folk game among Arabs in the GCC and Middle east since ancient times it was knows by the name of “**Mutaraha**”. In each country the game had a slight difference whether in the name or the rules but within the same idea.

Following the vision of the founding father of the UAE late Sheikh Zayed bin Sultan Al Nahyan (may God have mercy upon him), UAE continues to encourage enthusiasts and athletes to invest time and effort into expanding the wrestling culture to reach younger generations.



MUTARAHA



Mutaraha has been practiced by generations and encouraged by ancestors for its positive influence on individuals. It would be played by boys in the past in open areas (Baraha). In this style of wrestling, players can only lock hands while trying takedown their opponent without using violence. The game doesn't require more than a sandy space that doesn't cause harm to the player.



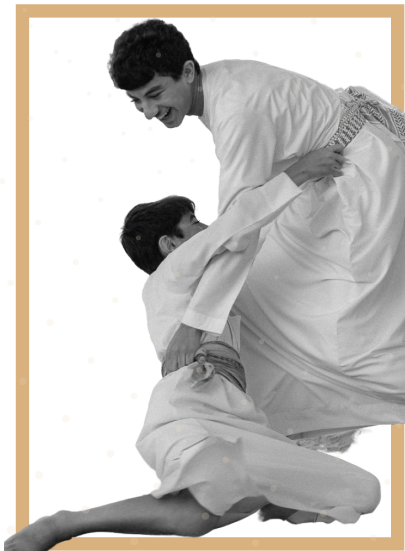
MUTARAHA NOWADAYS

With such keen eyes on bringing novelties to the scene, UAE organizes a lot of festival through out the year. These festivals celebrates the country's history and culture heritage.



One of the many activities they hold at these festivals is the Mutaraha with the aim of reviving this old sport and encourage the new generation to practice it.

MUTARAHA VALUES



ENJOYMENT



DISCIPLINE



SECURE



COURAGE



PRIDE

HOW MUTARAHA IS PLAYED



01 In an atmosphere of action and excitement, two players enter the circle and lock hands.



04 The fight starts by each player placing the Ghutra on their waist and the opponent will start pulling the other player towards him.



02 Each player trying to throw the other to the ground



05 The players usually stand with their feet apart so as not to lose their balance.



03 During the fight players should never use their legs to limit their opponents' movements or to take him down its considered illegal.



06 The game continues until one of the players manages to knock the other down and becomes the winner.



07 The general exciting atmosphere of the game arises from the shouts of the spectators, the players' enthusiasm, and the winner's pride and joy.

TOURNAMENT RULES

RULE NO. 1



In the tournament there will be 4 teams each wearing a different uniform color. Each team consist of 3 players.

RULE NO. 2



Every team has the right to choose the player that will join the competition.

RULE NO. 3



The opponent will be selected by throwing the Ghutra (a traditional Emirati headdress made out of cotton for men).

RULE NO. 4



Each fight will take two minutes and incase none of players falls it will be a tie.

RULE NO. 5



Hitting is not allowed in anyway and who doesn't follow rules will be dismissed immediately.

RULE NO. 6



In case any member of the team steps in the playing area during the fight the player from that team will lose the competition based on referee judgment.

RULE NO. 7



The next game is then played between different players or between the winner from the previous game and another player.

RULE NO. 8



Finally, a competition is held between the winners of the previous rounds to determine the winner among them.

REFEREES AND TEAM UNIFORM



Vest

REFEREES UNIFORM



Hamdaniya

Mugassar

Wezar

PLAYER UNIFORM



HOW POINTS ARE COUNTED

- The team that has the most points will be the winning team.
- All teams will play two rounds.
- The team that gets 3+ points in each fight has the priority to be the winning team.

• 1st place: 5+ points

• 2nd place: 3+ points

• 3rd place: 1+ point



ASSOCIATED STYLES CERTIFIED BY GLOBAL ASSOCIATION OF INTERNATIONAL SPORTS FEDERATION



TURKEY - BELT WRESTLING ALYSH

Alysh – Traditional Kyrgyz belt wrestling. The roots of alysh stretch way back into the ancient history of Kyrgyzstan. This is considered to be one of the most ancient games of the Kyrgyz people.



CONSTANȚA - BEACH WRESTLING

The Beach Wrestling World Series takes the sport to the great beaches and impressive landmarks; it is close to the spectators and fans as much as it gives the world's best athletes the chance to present themselves and their traditional sport in an atmospheric outdoor venue.



ANCIENT INDIA - "MALLA YUDDHA"

Wrestling is one of the oldest sports in India. Several regional styles and variations in folk wrestling exists in the country. Indian wrestlers have won numerous medals at international competitions in freestyle wrestling.



PAKISTAN - MALAKHRA

Malakhro is an ancient Sindhi form of wrestling in Sindh, which dates back 5000 years. The match begins with both wrestlers tying a twisted cloth around the opponent's waist. Each one then holds onto the opponent's waist cloth and tries to throw him to the ground. Malakhra is one of the favorite sports among males in Sindh, Pakistan.



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