



TO ALL NATIONAL FEDERATIONS

Corsier-sur-Vevey, 3rd October 2025/cr/tm

Reminder on the obligation of handshakes before and after bouts

Dear President, dear Secretary General,

In recent competitions, we have observed situations where athletes have failed to comply with the mandatory gestures of sportsmanship required before and after their bouts, namely the handshake with opponents, referees, and coaches. These gestures are not only a matter of respect and fair play, but also a clear obligation under the United World Wrestling rules and regulations.

We would like to remind all National Federations and their athletes of the following provisions:

1. International Wrestling Rules

- **Article 25 - Start**

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

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

- **Article 27 - End of the bout**

"When the bout has ended, the referee stands in the center of the mat facing the mat chairman's table. The wrestlers shake hands, stand on either side of the referee and await the decision. They are forbidden to lower the shoulder straps of their singlet before leaving the competition hall. Immediately after the decision is announced, the wrestlers shake hands with the referee.

Each wrestler must then shake hands with his opponent's coach. If the above provisions are not observed, the wrestler at fault will be penalized in accordance with the Disciplinary Regulations."

2. Rules of conduct in UWW events & Olympic Games

- **Article I - Wrestlers**

"Before and after the bout, wrestlers shake hands. They also shake the referee's hand."

- **Article III - Referees**

"At the beginning and the end of the bout, the referee shakes hands with the wrestlers."

All athletes and their coaches are reminded that these rules are binding and form an essential part of our sport's culture and values. Non-compliance will not be tolerated and will be sanctioned in line with the Disciplinary Procedure & Dispute Resolution Regulations.



UNITED WORLD WRESTLING

We kindly ask all National Federations to ensure that their athletes, coaches, and staff are fully informed of these obligations and that they uphold them at all competitions.

Thank you for your attention and cooperation.

Sincerely Yours,

A handwritten signature in blue ink, appearing to read 'Carlos Roy', with a long, sweeping flourish extending from the end.

Carlos Roy
UWW Secretary General

Copy: UWW Bureau; UWW Athletes Commission