



TO ALL AFFILIATED & ASSOCIATED NATIONAL FEDERATIONS

Corsier-sur-Vevey, 12th December 2025 /Jdr

International Wrestling Rules updates

Dear Presidents

Following a comprehensive review of the regulations by the Technical Commission and the Refereeing Commission, several updates and clarifications have been confirmed by the UWW Bureau Members.

These changes aim to improve clarity, accuracy, and inclusivity of the rules. Please note that numerous linguistic and grammatical adjustments have also been made to ensure gender-neutral wording and greater precision throughout the text.

The main regulatory changes are as follows:

1. The English version of the regulations shall now be the official reference version and shall prevail in case of any discrepancy with other language versions.
2. Weight categories will remain unchanged for the next Olympic cycle.
3. Additional clarifications have been introduced in Article 14 concerning "Elimination from the Competition."
4. Under Article 26, the Refereeing Delegate is now authorized to intervene in cases of a clear fall or obvious brutality during a bout.
5. In the event of bleeding, the chronometer will now start as soon as the doctor begins the medical treatment.
6. The criteria applied in the case of a tie have been clarified (Article 29).
7. Confirmation of the application of the established tests in 1-1 situations in Greco-Roman wrestling - passivity (Article 29).
8. Clarification regarding the defensive wrestler stepping out of bounds when going down on knees (Article 38).
9. Leg fouls in Greco-Roman wrestling will now be sanctioned with a "normal" caution.
10. Further clarification has been provided on the application of passivity rules for U15, U17, and Veterans categories (Article 46).



These updates will be implemented from the 1st of January 2026 and must be strictly applied in all relevant international competitions and events.

You will find attached the updated version of the International Wrestling Rules and the version of the Rules with all the modifications.

We thank you for your attention and for your continued commitment to the proper application of the regulations.

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