



WRESTLING

TECHNICAL HANDBOOK



FISU WORLD UNIVERSITY CHAMPIONSHIPS

DEPARTMENT
WORLD UNIVERSITY CHAMPIONSHIPS
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INTERNATIONAL
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1. HISTORY

Wrestling has its origins in ancient Greece and Rome, and it has remained largely unchanged in terms of techniques and attire over the centuries. There is one fundamental principle that stands the test of time: “take your opponent down and pin them to the mat.” Although this noble discipline was featured in the programme of the World University Games Summer (previously called Universiade) held in Bucharest, Romania, in 1981, it has not been included in the World University Championship since the 1968 edition held in Istanbul, Türkiye. This decline in prominence can be attributed to the surge in popularity of what are often referred to as “fun” sports. However, there is a current resurgence of interest in more traditional values, which is revitalising the sport of wrestling.

Iran played a pivotal role in reviving the sport, bringing it back into the spotlight by hosting the second World University Championship Wrestling in Tehran in 1996. This event was a resounding success, featuring 171 wrestlers from 18 countries, including renowned champions such as Sergey Liehtrvan and Alexander Zanko from Belarus. In 1998, Türkiye hosted the 3rd edition of the Championship, mirroring the first event they organised thirty years earlier in 1968. The sport clearly experienced a resurgence, with many FISU Member Associations expressing keen interest in hosting a Wrestling Championship.

In 2000, the Championship took place in Japan, much to the delight of university wrestlers. Notably, women participated for the first time in the World University Championship Wrestling in Edmonton in 2002. The 2005 Summer Games in Izmir, Türkiye, saw wrestling competitions for both men and women, enjoying great success with participation from 40 countries and over 340 wrestlers. As the number of participants increased, wrestling emerged as one of the star Championships of FISU.

In 2010, the Championship was held in Turin, Italy, attracting 273 wrestlers from 32 countries, which highlighted a growing global interest in the discipline. Following a successful event in Kuortane, Finland, in 2012, the 2014 World University Championship Wrestling took place in Pécs, Hungary. The 2016 edition returned to Türkiye for the third time in the history of the Championship, this time in the city of Çorum. In 2018, the event was hosted in Goiânia, Brazil, but due to the COVID-19 pandemic, there was no Championship in 2020.

After the easing of pandemic restrictions, Samsun, Türkiye, held the event in 2022 in a World Cup format, with team represented by universities instead of nations.

2. STATISTICS

EDITION	YEAR	COUNTRY	CITY	COUNTRIES	ATHLETES			OFFs	TOTAL
					M	W	TOT		
1	1968	TUR	Istanbul	7	31	0	31	18	49
2	1996	IRI	Tehran	18	171	0	171	43	214
3	1998	TUR	Ankara	16	142	0	142	49	191
4	2000	JPN	Tokyo	23	156	0	156	61	217
5	2002	CAN	Edmonton	27	124	42	166	74	240
6	2004	POL	Łódź	26	165	48	213	78	291
7	2006	MGL	Ulaanbaatar	30	175	55	230	106	336
8	2008	GRE	Thessaloniki	27	161	67	228	82	310
9	2010	ITA	Turin	32	201	72	273	112	385
10	2012	FIN	Kuortane	24	177	67	244	95	339
11	2014	HUN	Pécs	27	182	66	248	73	321
12	2016	TUR	Çorum	24	157	50	207	69	276
13	2018	BRA	Goiânia	12	101	34	135	30	165
14	2022	TUR	Samsun	15	128	40	168	35	203

3. GENERAL SCHEDULE

DAY -3	DAY -2	DAY -1	DAY 1-4	DAY 5	DAY 6
A	A	GTM / OC	C	C / CC	D

Legend: A – Arrivals / CC – Closing Ceremony / C – Competition / D – Departures / GTM – General Technical Meeting / OC – Opening Ceremony

For Wrestling, the competitions shall last 5 days

4. REGISTRATION PROCEDURES

4.1. GENERAL ENTRY (DEADLINE: -6 MONTHS TO THE EVENT)

The General Entry is the first stage of the registration process, where delegations are invited to register, through the NUSFs, for the Championship indicating a general interest in participating in the event.

Teams and athletes are not required to submit any documentation or undergo a selection processes.

The submission of a General Entry Form is non-binding, indicating only initial interest by the NUSF but not final commitment

4.2. QUANTITATIVE ENTRY (DEADLINE: -3 MONTHS TO THE EVENT)

During the Quantitative Entry the NUSF delegation commits to participate and confirms the delegation composition in terms of numbers and although it does not yet provide individual details, it requires the NUSFs to submit an accurate count of delegation members.

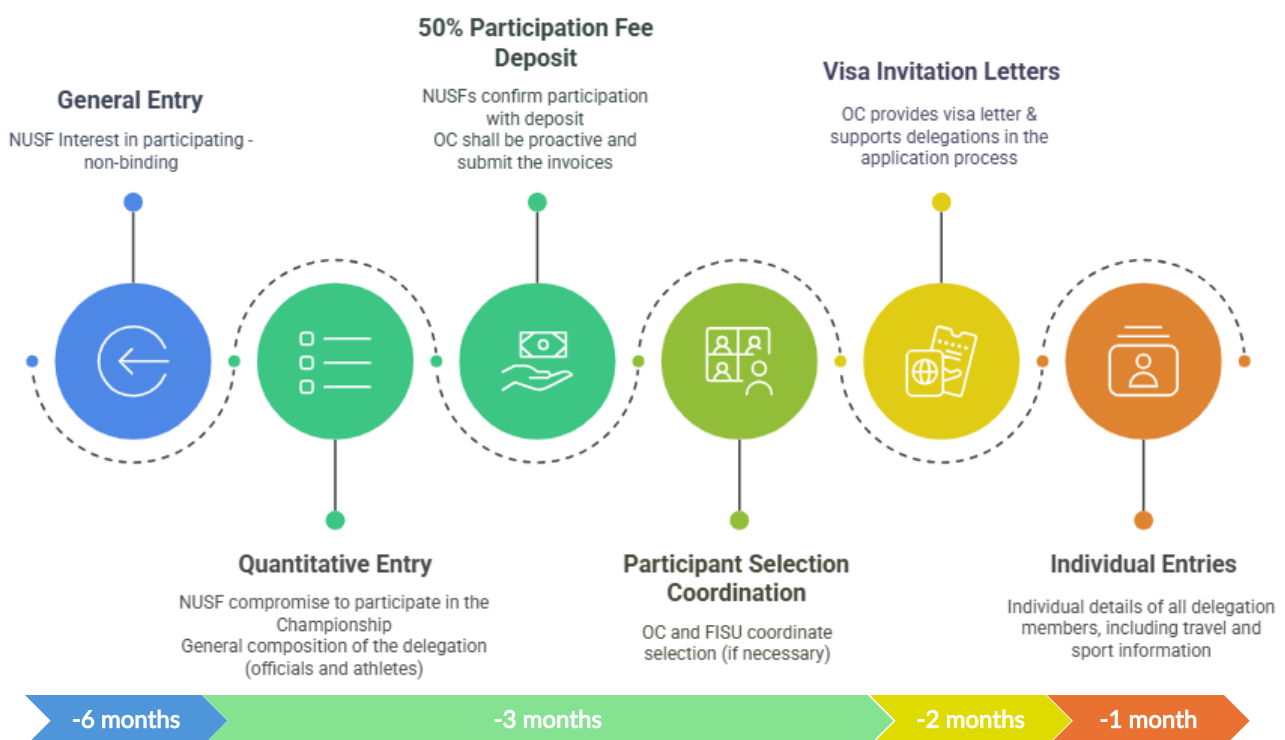
At this stage, a 50% payment of the participation fees is due and must be settled by the Quantitative Entry deadline. By proceeding with the payment, the delegation confirms its participation in the Championship.

This deposit serves as a participation guarantee, and is non-refundable in case of withdrawal, with refunds subject to FISU General Regulations and any OC-specific cancellation policies

4.3. INDIVIDUAL ENTRY (DEADLINE: -1 MONTH TO THE EVENT)

The Individual Entry is the final step in FISU event registration. The NUSF must provide all relevant data and documentation for each delegation member.

The remaining 50% of the participation fees is paid in full to the Organising Committee by this deadline. Failure to do so may result in non-participation in the Championship, unless specifically approved by the Organising Committee



5. SPORT REGULATIONS

The Wrestling competitions shall be organised in accordance with the most recent technical regulations of the "United World Wrestling" (UWW). In case of dispute in the interpretation of the rules, the English text shall be regarded as authoritative.

The competitions shall last 5 days as indicated in the General Schedule (Section 3) and the competition programme shall be proposed by the Organising Committee Competition Manager and confirmed by the FISU TCC, including the following events:

5.1. COMPETITION EVENTS

MEN's		WOMEN's
FREESTYLE	GRECO-ROMAN	FREESTYLE
57Kg	55Kg	50Kg
61Kg	60Kg	53Kg
65Kg	63Kg	55Kg
70Kg	67Kg	57Kg
74Kg	72Kg	59Kg
79Kg	77Kg	62Kg
86Kg	82Kg	65Kg
92Kg	87Kg	68Kg
97Kg	97Kg	72Kg
125Kg	130Kg	76Kg

Weigh-ins will occur each competition day in the morning. There is no tolerance for weight deviations during weigh-ins

A. The Bout

The duration of a bout will be two periods of 3 minutes with a 30-second break.

B. Settlement of a Bout

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 (achieving at least one point more after the addition of both periods)
 - In the event of a tie on points, the winner will be determined by consecutively evaluating
 - The highest value of holds
 - The fewest number of cautions
 - The last technical point(s) scored

An athlete will be deemed to have won a bout by one of the following outcomes:

- The winner is determined by summing the points from both periods at the conclusion of the regular time.
- Technical superiority is achieved when there is a difference of 8 points in Greco-Roman Wrestling and 10 points in both Freestyle Wrestling and Women's Wrestling.
- In Freestyle and Women's Wrestling – If no wrestler has scored after 2 minutes in the first period, the referee is required to designate the passive wrestler.

Draw

Participants will be paired according to the numerical order established by the drawing of lots held the day before the competition for the relevant weight category, at the latest, using the UWW competition management system.

5.2. COMPETITION FORMAT

A. Competition (8- Athletes – Nordic Tournament)

If fewer than 6 wrestlers are registered in a weight category, a single group will be formed, and all wrestlers will compete against each other. In a two-day competition format, the final round will take place on the second day.

If there are 6 or 7 athletes in a weight category, the competition will commence with a pool phase comprising two groups.

As previously mentioned, all wrestlers within each group will compete against every other wrestler in their group. The Nordic tournament system will be used as the ranking criterion within each group. These rankings will determine the pairings for the semi-finals, which will be as follows:

- The first-ranked wrestler in Group A against the second-ranked wrestler in Group B
- The second-ranked wrestler in Group A against the first-ranked wrestler in Group B

The gold medal match will feature the winners of the semi-finals, while the bronze medal match will be contested between the losing semi-finalists.

Only one bronze medal will be awarded for this scenario

Ranking Criteria for the Nordic Tournament

In the Nordic tournament, the wrestler with the most victories will be ranked first. Within the same group, in the event that two wrestlers have an equal number of victories, their direct match will determine the ranking. For all other instances of a tie between athletes, the ranking will be determined according to the following criteria:

- The highest number of classification points
- The highest number of victories by Fall
- The highest number of victories by superiority
- The highest number of technical points scored
- The lowest number of technical points conceded
- The lowest seed number (if applicable)
- The lowest draw number



B. Playoffs (8+ athletes)

In case a weight category has 8 or more competitors, the competition shall be run as single elimination rounds with repechage

From 7th place onwards, wrestlers in each category will be ranked based on their classification points. In the event of a tie in the rankings, the wrestlers will be evaluated according to the following criteria, in the order given, across the entire competition:

- The highest number of victories by "Fall"
- The greatest number of matches won by superiority
- The highest total of technical points scored
- The fewest technical points conceded
- The lowest seed number (if applicable)
- The lowest draw number

There will be no bronze medal play-offs

C. Team Ranking

The team ranking is determined by the results of the top 10 wrestlers in the competition, remaining consistent regardless of the number of competitors in each category. The points awarded for rankings in each weight category are as follows:

FINAL CATEGORY POSITION	TEAM RANKING POINTS
1 st	25 points
2 nd	20 points
3 ^{rds}	15 points
5 ^{ths}	10 points
7 th	8 points
8 th	6 points
9 th	4 points
10 th	2 points

This points system will also apply in the event that a category is conducted under the Nordic Tournament format. In this case, an athlete finishing in 4th place will receive 12 points, and an athlete in 6th place will earn 9 points.

If multiple teams have the same total points, the following criteria will be used to determine their ranking:

- Most first-place finishes
- Most second-place finishes
- Most third-place finishes
- And so on.

A Team Ranking award shall be given to the top three teams in each category (Greco-Roman, Men's Freestyle & Women's Freestyle)

5.3. DELEGATIONS COMPOSITION

A. Athletes

EVENTS	MEN's	WOMEN's
Greco-Roman	Max. 1 athlete per category	
Free Style	Max. 1 athlete per category	Max. 1 athlete per category
Max. 30 athletes (20 men & 10 women) per delegation		

Participating players and coaches will require a valid UWW International Competitor's License as a condition of entry

The delegations must declare their starters to the Technical Committee six hours before the official draw, no later than 12:00 pm on the day of the draw

The draw will take place one day prior to the official weigh-in, utilising the Arena software

All athletes must comply with the UWW Uniform Guidelines

At the Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of competitors accredited by the CIC

B. Officials

TOTAL NUMBER OF ATHLETES	TOTAL NUMBER OF OFFICIALS
1 athlete	Max. 1 official
2 to 5 athletes	Max. 2 officials
6 to 15 athletes	Max. 3 officials
16 to 30 athletes	Max. 4 officials

6. TECHNICAL OFFICIALS

6.1. INTERNATIONAL TECHNICAL OFFICIALS

For the FISU Championship, the ITOs are appointed by UWW, with the endorsement of FISU. This appointment process considers several critical factors, including the number of participants, the level and availability of NTOs, and the goal to minimise expenses when possible. To achieve cost-efficiency, UWW will aim to nominate ITOs from neighbouring countries whenever feasible. This approach not only fosters regional cooperation but also optimises resources.

A. Number & Roles of ITOs

INTERNATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
1	Referee Delegate
9	Mat Chairman
9	Referee
9	Judge
A total of 28 ITOs are required	

The figure for ITOs above is based on the assumption that there will be 3 competition mats at the event

B. ITOs Costs

According to the Collaboration Convention signed between FISU and UWW, the costs of the ITOs are the following:

- Organising Committee shall manage:
 - ITOs' flights
 - ITOs' per-diem
- Organising Committee shall cover:
 - Technical Delegate's accommodation in single room
 - Technical Delegate's meals
 - Technical Delegate's internal transportation
 - ITOs' accommodation in single rooms
 - ITOs' meals
 - ITOs' internal transportation

All ITOs costs for travel and per-diem should be shared among the participants. The Organising Committee will collect all expenses related to the ITOs travel and per-diem and submit them to FISU for approval. Once approved, the Organising Committee will communicate the total cost information to the delegations (according to the number of athletes registered) and provide them with the invoices for payment

6.2. NATIONAL TECHNICAL OFFICIALS

Concerning the NTOs, these individuals are appointed by the Wrestling National Federation or the appropriate governing bodies within a country, under the supervision of the Organising Committee.

A. Number & Roles of NTOs

NATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
6	Timekeeper
4	Secretariat
6	Call Room Control
A total of 16 NTOs are required	

B. Agreement with the NF

Concerning the NTOs participation, it falls outside the scope of FISU or UWW. It is therefore advisable for the Organising Committee to reach an agreement directly with the National Federation. This collaboration will help ensure clarity and alignment on the financial aspects associated with it, including the following:

- NTOs Nomination – Ensure all NTOs possess the necessary qualifications to work in an international event
- Management and distribution of the technical official's clothing/uniforms
- Arrangement of suitable accommodation for the required period, if needed

It is strongly recommended to initiate communication with the National Federation promptly regarding the appointment of these officials. This proactive approach will help avert any potential personnel shortages that may arise from conflicting event dates, thereby expanding the available options and ensuring a more successful engagement

7. SPORT MINIMUM REQUIREMENTS

7.1. COMPETITION VENUES

- Number of competition venues – 1
- Type of venues – Indoor
 - Mats – min. 5
 - Safety zone – min. 1m from the side lines
 - Floor to be approved by UWW and FISU
 - Mats should not slide on the floor
- Lighting – min. 1.500 lux

7.2. TRAINING VENUES

- Number of training venues – 1
- Type of venue – Indoor
 - Separate from the competition venue

7.3. FACILITIES

- Weigh-in room – 2
 - Official weigh-in – 1
 - Training weigh-in – 1 (preferably at the accommodation venue)

7.4. EQUIPMENT

A. Venue Equipment

- Electric scale – 2
- Display system for competitor's names
- Sound system – distinct from the one of the official table
- Electronic scoreboards – 2 per mat



- Big LED screen for challenge review – 1
- Gong – 1 per mat

Please refer to the [Minimum Requirements document](#) for more detailed information

8. TRAININGS

The Organising Committee is responsible for coordinating and communicating the training schedule to each delegation, ensuring appropriate access to facilities based on the sport and competition schedule. Some of the factors to be considered are:

- Create a training schedule based on the indications of the FISU TCC
- Consider the usage of the main competition venue, if needed and appropriate
- Provide hydration and basic medical assistance for training sessions
- Share a detailed training plan with each delegation at least 48 hours before their arrival
- Ensure training venue availability throughout the Championship

Please refer to the [Section 5.2.3 of the General Handbook](#) for more detailed information regarding Trainings

9. MEDICAL SERVICES

A. FISU Requirements

- First aid and Emergency Medical care
- Medical transportation
- OC on-call first aid medical services shall be available on a 24-hour basis
- A minimum of two ambulances per venue should be available and on duty from the start of warm-up until at least 45 minutes after the final competition of the day

B. Participants Medical Insurance

All participants must have valid travel medical insurance, covering:

- 24/7 Emergency Assistance
- Emergency Medical Expenses
- Medical Evacuation/Repatriation
- Trip Cancellation/Interruption
- Accidental Death or Injury

The OC is solely responsible for providing first aid, emergency medical care, and transportation to the designated hospital. All other medical costs shall be borne by the participant's insurance

Refer to [Section 3.4.1 of the General Handbook](#) for more detailed information regarding Medical Services

10. DOPING CONTROL

A. FISU Requirements

- The requirements regarding the number and type of doping tests, as well as the total number of tests to be conducted, can be found in the *FISU Doping Test Requirements* document. This information is available exclusively to the Organising Committee.
- The OC Doctor or Head of the Medical area shall coordinate the doping testing and contact the FISU CMI to clarify the moment or disciplines in which the tests will be carried out.
- All doping tests costs (including collection, transportation, laboratory analyses) shall be borne by the Organising Committee.

B. Athletes Selection

- Athletes are eligible for testing once accredited until departing from the official event accommodation.

Please refer to Section 3.4.2 of the General Handbook for more detailed information regarding Doping Control

11. PROTOCOL, SPORT PRESENTATION & AWARDING

11.1. MEDALS TABLE

WRESTLING – GRECO-ROMAN							
WEIGHT CATEGORIES		MEN			WOMEN		
MEN	WOMEN	G	S	B	G	S	B
55Kg	-	1	1	2			
60Kg	-	1	1	2			
63Kg	-	1	1	2			
67Kg	-	1	1	2			
72Kg	-	1	1	2			
77Kg	-	1	1	2			
82Kg	-	1	1	2			
87Kg	-	1	1	2			
97Kg	-	1	1	2			
130Kg	-	1	1	2			
TOTAL		10	10	20	0	0	0



WRESTLING – FREE STYLE							
WEIGHT CATEGORIES		MEN			WOMEN		
MEN	WOMEN	G	S	B	G	S	B
57Kg	50Kg	1	1	2	1	1	2
61Kg	53Kg	1	1	2	1	1	2
65Kg	55Kg	1	1	2	1	1	2
70Kg	57Kg	1	1	2	1	1	2
74Kg	59Kg	1	1	2	1	1	2
79Kg	62Kg	1	1	2	1	1	2
86Kg	65Kg	1	1	2	1	1	2
92Kg	68Kg	1	1	2	1	1	2
97Kg	72Kg	1	1	2	1	1	2
125Kg	76Kg	1	1	2	1	1	2
TOTAL		10	10	20	10	10	20

A. FISU Requirements

The Organising Committee is responsible for providing the medals as shown in the table above. Medals must be awarded for all categories. The top 3 athletes in each category are eligible for medals.

As there will be no play-off for the bronze medal, both semi-final losers will be awarded bronze medals (only in categories with a minimum of 8 athletes.) A single bronze medal will be awarded in weight categories that feature fewer than 8 competitors

The table below provides a comprehensive overview of the total number of medals awarded across all competition disciplines. Please note that extra/reserve medal sets and the FISU set are not included in these figures.

WRESTLING MEDALS	
Gold	30
Silver	30
Bronze	60

The Organising Committee must provide FISU with a set of medals of the event

B. Recommendations & Considerations

It is crucial to have additional sets of medals on hand as a contingency. Some medals may be defective and may need to be replaced.

A trophy should be awarded for the top 3 ranked teams in Team Ranking

Medals are not mandatory for Officials in Wrestling

11.2. SPORT PRESENTATION

Sports presentation is vital for elevating a Championship from a competition to an unforgettable experience. It encompasses everything from music and lighting to commentary and fan engagement, creating a unique atmosphere that engages the audience.

In case there is a big screen in the venue for the spectators, some educational video (provided by UWW) regarding the rules of the sport can be displayed at the beginning of the competition day

A. FISU Requirements

- **Audio Elements**
 - Sound System: A high-quality sound system is essential for announcements, music, and commentary, ensuring clear communication and an engaging atmosphere.
 - Microphone: Essential for general announcements such as schedule, results, athletes introduction, general information, and others.
 - Thematic Music: Curate an energetic playlist to be played during introductions, warm-ups, and medal ceremonies to elevate the excitement.
- **Commentary and Announcing**
 - Live Announcements: Make timely announcements regarding event schedules, combat results, and athlete backgrounds to keep the audience informed and engaged.
- **Athletes Introduction**
 - Ceremonial Introductions: Develop exciting and personalised introductions for the athletes, showcasing their achievements and backgrounds.

B. Recommendations & Considerations

- **Audio Elements**
 - DJ: Enhances the atmosphere and overall experience of a sports competition, by creating and maintaining energy, motivating the athletes and engaging the crowd, but only when no bouts are taking place.
- **Commentary and Announcing**
 - Engaging Commentary: Hire knowledgeable commentators who can provide insights about the athletes, techniques, and race strategies. This adds depth to the viewing experience.

11.3. WRESTLING PRE-COMPETITION PROTOCOL

A. Athletes Introduction (Finals)

Event Host:

"Now, let's introduce our contenders for the [men's/women's/teams] Championship! Please join me in welcoming our athletes with enthusiasm!"

- Country Flag Display (if any big screen available)
 - "Representing [Country], we have [Athlete's Name]!"
 - "[He/She] recently finished [insert notable performance], and holds a personal best of [insert time, if available]."
 - "Notably, [he/she] has also won [mention any major titles or accolades, such as national championships]."



12. SERVICES

The Organising Committee should provide a variety of services for the event, including:

- Ice
- Laundry
- Wi-Fi

12.1. ICE

The supply of ice is one of the most common requests from participating delegations, particularly for injury treatment and recovery purposes.

- The Organising Committee must supply ice for treating injuries during both practice and competition, as part of the medical coverage for the event. It does not cover large quantities of ice needed for recovery treatments, such as cryotherapy.

The Organising Committee secure a reliable ice provider on standby, anticipating the request from teams and establishing clear procedures for ice procurement, including pricing and how to access this service

12.2. LAUNDRY

Laundry services are essential for many sports, particularly in long-duration competitions and team sports, where athletes may require frequent changes of clothing.

- Laundry services must be provided in all Team Sports Championships and in all sports with more than four competition days.
- Self-Service or Full-Service Laundry can be considered (hotel/accommodation and external services included in the latter)

Self-Service is the preferred option, giving more flexibility and control to the teams. If not, it is important to negotiate reduced pricing and adjust the timing for collection/delivery of uniforms with the provider

12.3. WI-FI

Wi-Fi is an essential service for university students, as it serves as a critical infrastructure that fosters communication and supports their academic responsibilities.

- Participants can easily access real-time information about event schedules, results, and updates. This allows them to plan their day effectively, ensuring they don't miss out on key events and activities.
- Participants can engage with live broadcasts, social media updates, and other digital content related to the event.
- For many students, academic responsibilities continue even during events. Wi-Fi connection ensures they can access study materials and educational resources, maintain communication with professors, and keep up with online courses.

Wi-Fi should be provided free of charge for all participants at the event, both at the accommodation sites and at the competition venues

Please refer to the Section 3.11 of the General Handbook for more detailed information on all services

13. GENERAL TIMELINE

TIMELINE	ACTIONS
Event -12 months	<ul style="list-style-type: none"> • Coordination Visit <ul style="list-style-type: none"> ◦ Venues visit and Equipment approval (FISU TCC) • Competition programme approval (FISU TCC) • Venue medical plan approval (FISU TCC)
Event -6 months	<ul style="list-style-type: none"> • General Entries (NUSFs)
Event -3 months	<ul style="list-style-type: none"> • Quantitative Entries (NUSFs) • 50% payment from participating countries (NUSFs / OC) • ITOs & NTOs list (FISU / UWW)
Event -1 months	<ul style="list-style-type: none"> • Individual Entries (NUSFs) • 100% payment from participating countries (NUSFs / OC) • Final Bulletin (OC / FISU / FISU TCC)
Event -1 day	<ul style="list-style-type: none"> • Accreditation and participants list confirmation (NUSFs) • Technical Officials Meeting (ITOs / NTOs / TCC / OC) • General Technical Meeting (NUSFs / OC / FISU)
EVENT	
Event +1 week	<ul style="list-style-type: none"> • Send all documents and media to FISU (OC)
Event +1 month	<ul style="list-style-type: none"> • Final Report to FISU (OC)

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