



UNITED WORLD  
**WRESTLING**

# Uniform Regulations





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## 1. Introduction

To compete at United World Wrestling events, athletes of **ALL age categories** must comply with the UWW Uniform Regulations. These regulations are intended to allow innovative design features in conformity with the rules and regulations for wrestling.

### Responsibility of compliance

At all UWW events, the National Federations are responsible; and at Olympic Games the National Olympic Committees are responsible for ensuring that the items worn or used by the members of their delegation comply with the terms of these regulations.

## 2. Wrestling Singlets

### 2.1 General Considerations

The singlet is the standard uniform which is used across all Olympic styles.

The wrestling singlet must be made up of a smooth fabric without any rough edges that does not present any danger of irritation, neither for the user nor for the opponent.

The singlet shall provide to each wrestler all possibilities, to execute their holds and technique.

### 2.2 Specific Considerations

#### 2.2.1 Men's Wrestling Singlets (Greco-Roman & Freestyle)

The singlet must have the following characteristics:\*

- The neckline in the front shall not be more than 12 centimetres
- The neckline on the back shall not be more than 10 centimetres
- The cut under the arms shall not exceed 30 centimetres
- The length of the legs of the singlet must stop above the knee and shall not be shorter than 15 centimetres above the knee

#### 2.2.2 Women Wrestling

The singlet must have the following characteristics:\*

- The neckline in the front shall not be more than 15 centimetres
- The neckline on the back shall not be more than 10 centimetres
- The cut under the arms shall not exceed 21.5 centimetres
- The length of the legs of the singlet must stop above the knee and shall not be shorter than 15 centimetres above the knee

**Important:** A women's singlet shall not be alternatively replaced for a men's singlet and vice versa.

**\*Note:** The measurements of the singlet can be amended for different weight classes for men and women. Our principal objectives are to cover the undergarments discretely with the given guidelines and to discourage women using men singlets and vice versa. It is not the intentions to restrict the range of motion of the athletes.



The design and cut of the singlet back must be strictly adhered to in order to ensure correct placement of mandatory markings:

- The NOC code and wrestler's name must be positioned on the shoulder blade area, not below it
- The red or blue zone marking on the back must align precisely with the cut line under the arms

## 2.3 Colours

To avoid countries from wearing the same colours two uniform options are required.

### 2.3.1 Colour Base

All countries shall select their uniform which is based on their country colours. The design should be determined by the colours present in the country's flag. Alternatives may be considered on an exceptional case basis with the approval of United World Wrestling.

One uniform with blue markings and one uniform with red markings must be submitted to United World Wrestling for approval. Each of these uniforms has restricting colours that must be used with each of the singlets, that incorporate the red or blue markings (see below).

In addition to the country colours, red and blue markings will remain on the singlet to determine the scoring between the athletes.

#### It is prohibited to:

- Use blue colours on a red marking singlet
- Use red colours on a blue marking singlet

To avoid similar colour combinations, countries should endeavour to use the following colours with blue markings

- Black, Blue, Green, Grey, Purple, Silver

To avoid similar colour combinations, countries should endeavour to use the following colours with red markings

- White, Orange, Pink, Red, Yellow, Brown, Gold

UWW may require that the above rules are actually enforced in case the colour combinations do not allow a clear identification of the blue or red markings. For example, a singlet with blue colour will be refused when used with red markings. Or a singlet with red colour will be refused if used with blue markings.

## 2.4 Markings

### 2.4.1 Red and Blue Markings

Each Singlet will have a total of three markings consisting of:

- Two 7cm bands, one on each leg, shall be positioned across the bottom edge of the leg. For clear distinction the marking shall cover the circumference of the leg.



- One 7 cm band positioned below athlete's name and NOC code on the backside of the upper torso. The band should be exclusively placed on the back half of the singlet, not visible on the front half.

**Important:** The red and blue markings are uninterrupted sport-specific design components which must remain untouched from any graphic, logo or third party identification. The marking has to be placed below the athlete's name and country code.

- The red markings shall be: **Pantone 2347C**
- The blue markings shall be: **Pantone 299**

Please see the illustrations below for visual clarification:

UWW Singlets / Men / White + Red stripes



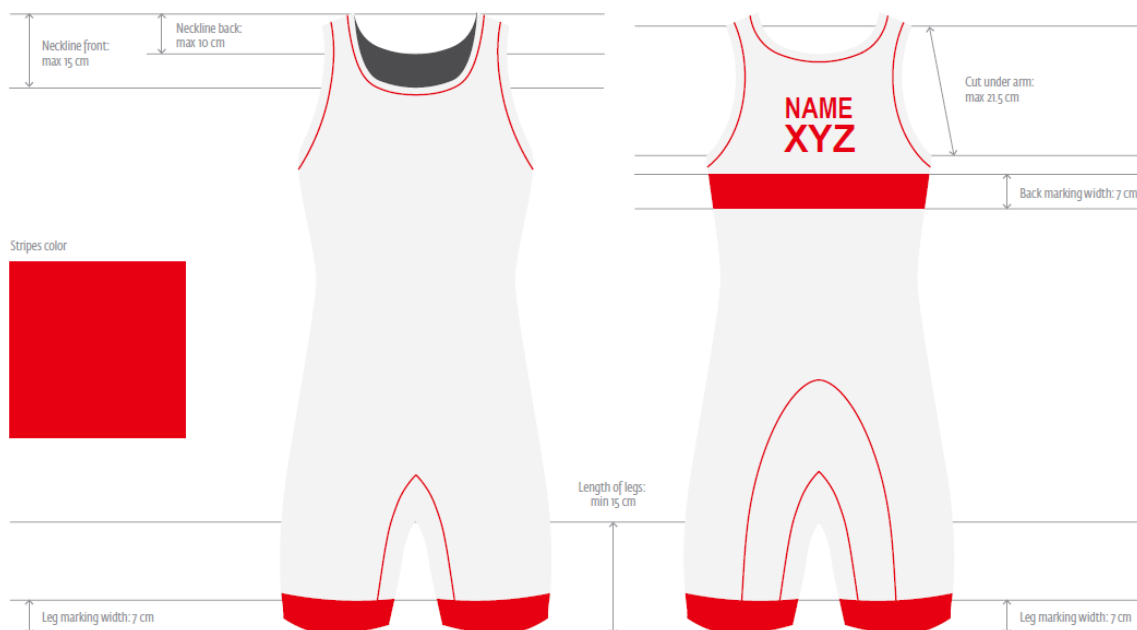


UWW Singlets / Men / Anthracite + Blue stripes





#### UWW Singlets / Women / Red stripes





#### 2.4.2 Family Name and NOC Emblem and National Identity

The representation of both family name and country code must meet the following criteria:

- The font type must be “Arial Narrow” for the family name and “Arial” for the country code
- The letters for the family name and country code must be in upper case, unless the name is more than 8 letters, in which case lower case letters shall be used following the first capital letter. Symbols such as ‘ - and space are considered as characters
- Height: the family name and the country code shall be 5cm height, regardless the number of letters in the name
- Position: the family name and the country code must be positioned on the should blade area

Please see illustration for visual clarification.







Järveläinen  
FIN

The athlete's name must appear in Latin letters, above or in a half-circle around the NOC code.

The flag or the NOC logo must appear on the left side of the chest. The NOC code must appear on the back of the singlet, below the athlete's family name. The size of the NOC code on the back side shall not exceed 5cm x10cm.

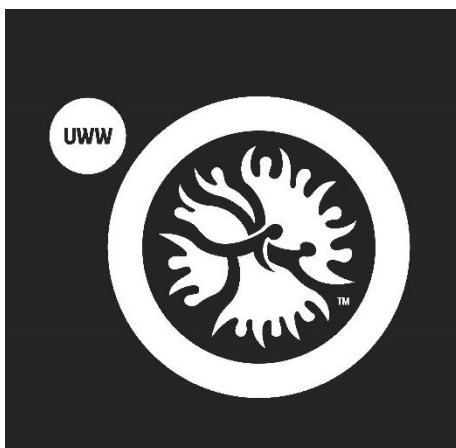
#### 2.4.3 Third Party Identification

One Identification of the manufacturer shall be permitted on the front right side of the chest and one shall be permitted, below the waist on the backside to a maximum size of 30cm<sup>2</sup>.

One Product Technology Identification shall also be permitted above and below the waist. All such identifications must be in accordance with the maximum size of 10cm<sup>2</sup> and shall not be placed immediately adjacent to each other.

#### 2.4.4 UWW Hallmark – Homologation mark

The official UWW Hallmark will appear on the backside of the lower right leg or below the neckline on the backside of the singlet to a maximum size of 30cm<sup>2</sup>. The white version of shall be applied to dark coloured uniforms, the black coloured version shall be applied to the light-coloured uniforms. The graphics below shows the correct layout for the UWW Logo.



#### 2.4.5 Sponsor Placement

Sponsorship placements will be allowed for all UWW events (excl. Olympic Games) and shall follow the guidelines below. A maximum of three sponsor placements can be used on the singlet. The sponsors shall be placed at space **A**, **B** and **D** or at space **C** and **E**. The sponsor placements can be used for one sponsor or several sponsors. Please see the illustrations below for visual clarification:

**Sponsor Space A:** Front side; right leg

**Sponsor Space B:** Front side; left leg

**Sponsor Space C:** Front side; below Country Flag and Manufacturer Logo

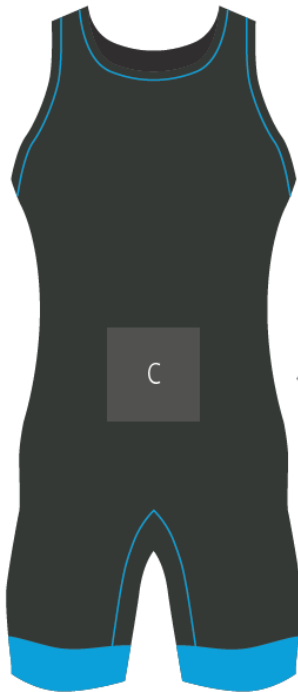
**Sponsor Space D:** Back side; upper back

**Sponsor Space E:** Back side; left leg

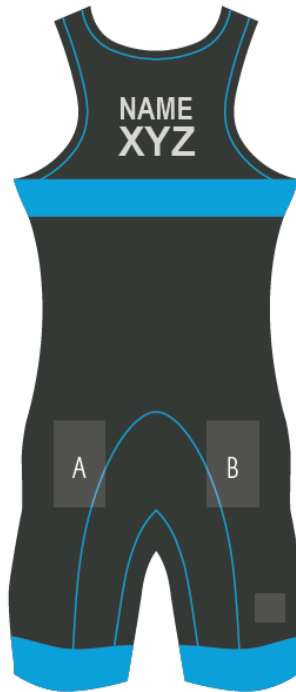
The maximum size for A, B and D (legs) will be maximum 30 cm<sup>2</sup>.

The maximum size for C and D (front and back waist) will be 50 cm<sup>2</sup>.



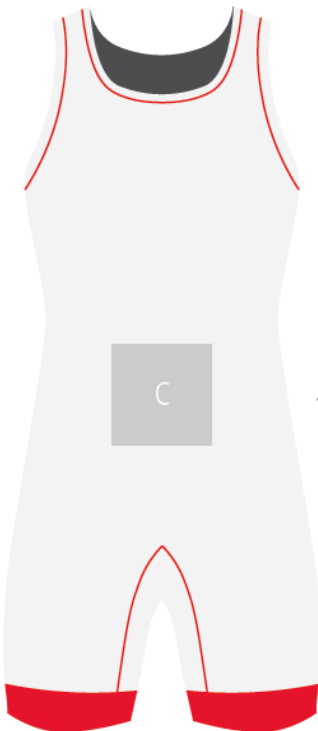


← Primary sponsor

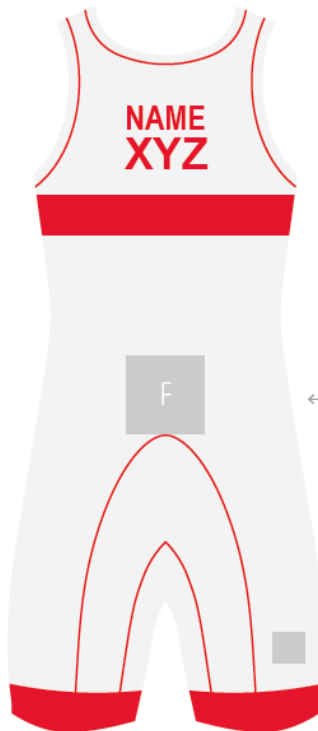


← Secondary sponsors

← www Hallmark: 30 cm²



← Primary sponsor



← Secondary sponsor

← www Hallmark: 30 cm²





## 2.5 Graphics

Graphics or traditional designs may be incorporated in the singlet's design. However, they must stay within these parameters:

- any graphic shall not affect the 70% of the colour base
- graphics shall be water marked to maintain the colour base
- small accents of contrasting colours may be permitted with final approval by United World Wrestling





### 3. Ear Protectors

The ear protectors must be made of flexible and elastic material without any hard buckle. The ear flaps must be elastic and covered with a shock absorbing material presenting no danger for the opponent.

One Identification of the Manufacturer per clothing item will be permitted, to a maximum size on 10cm<sup>2</sup>.

### 4. Shoes

The wrestling shoes can be made of several pieces of fabric or leather. The seams must be from edge to edge and not present any roughness which could injure the opponent.

The lacing of the shoe shall not have any hard eyelet holes and the tips of the laces shall consist of a material that is not hazardous to the wrestler or their opponent.

To insure the laces do not become unbound during the competition adhesive tape and/or an elastic fabric must cover the laces.

The soles must be made of flexible material, not presenting any roughness and an absence of metal.

All footwear items may carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of 6 months or more prior to the Games.

### 5. Submission Process

All National Federations must comply with these requirements.

UWW remain at disposal for any doubt concerning any of the rules addressed in these Regulations and queries may be sent to [uniform@uww.org](mailto:uniform@uww.org).

During the competition, a uniform check will also be administered by UWW.

In case of non-compliance, the concerned National Wrestling Federation will be warned and will be requested to make the necessary corrections and submit them to UWW for review.

If case of repeated non-compliances, administrative penalties will be imposed on the National Federation as follows:

- First time - Warning letter + request for corrective action
- Second time - 2'000 CHF penalty
- Third time - 4'000 CHF penalty

Beyond, disciplinary proceedings pursuant to the UWW Disciplinary Procedure & Dispute Resolution Regulations will be initiated. A suspension of the federation in the range between one month and three years and a fine may be imposed.



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