



TO ALL NATIONAL WRESTLING FEDERATIONS

Corsier-sur-Vevey, 17th of March 2026

Subject: Beach Wrestling Rules

Dear President,

As the Beach Wrestling Season will restart soon, we would like to provide you with the updated Beach Wrestling Rules.

The Beach Wrestling committee met last year and decided to do few adjustments to the Rules. The idea behind that is to simplify the discipline and find a way to increase the number of matches for the athletes who have to pass through the Knockout rounds.

You will find below the changes made into the Rules.

Knockout rounds format

Introduction of a best-of-three system to determine which wrestler advances to the group phase.
Outcome of double sanctions: In cases of double disqualification, double forfeit, or double injury in knockout rounds, no athlete advances; the vacant spot may be filled by the best-ranked knockout loser or recorded as Victory by Forfeit (VFA) if no replacement is available.

Rest period

Introduction of a mandatory 12-minute minimum rest period between bouts.

Knee on the ground during an attack

The knee on the ground during an attack is not anymore allowed in Beach Wrestling.
Contact of the attacker's arms/forearms with the sand during certain throwing actions is not penalized if the action is continuous and offensive.

Challenge review procedure:

Establishment of a standardized process for reviewing and announcing decisions on challenges.

You will find attached the updated Beach Wrestling Rules. We thank you in advance to share that document to your athletes and coaches.

Sincerely Yours,



Jean-Daniel Rey
Sports Director
United World Wrestling

Attached: BW Rules