

**TURKISH TRADITIONAL WRESTLING FEDERATION
ASHYRTMALY ABA WRESTLING COMPETITION REGULATIONS**



CHAPTER ONE

Introductory Provisions

ARTICLE 1- (1) The purpose of this Instruction is to bring discipline to the ashyrtmaly aba wrestling matches and to ensure that they are held within the common rules.

Content

ARTICLE 2- (1) This Instruction covers the duties, authorities and responsibilities of officials in ashyrtmaly aba wrestling competitions, as well as the technical, procedural and fundamental principles of ashyrtmaly aba wrestling competitions to be organized.

Referee uniforms



ARTICLE 3-(1) Referees in the traditional ashyrtmaly aba wrestling competition wear black trousers, a white shirt, red or black headscarves, and a regional sash around their waist.

Postponement of the match and change of location.

ARTICLE 4-(1) Competitions;

- a) Matches are held at the location, date, and time determined by the Federation.
- b) Postponement or relocation of matches included in the Federation's activity program requires the Federation's permission.
- c) The authority to postpone matches due to adverse weather conditions or other unavoidable reasons rests with the match organizing committee up to two hours before the match, and with the chief referee after that time.

d) In cases of postponement due to unforeseen circumstances on the day of the match, the decision on when and where the match will be held is made

by the match organizing committee (if any), or by the chief referee and the referee committee if there is no such committee.

e) The final decision regarding the postponement of matches rests with the Federation.

Competition area and layout

ARTICLE 5- (1) Ashyrtmaly aba wrestling competitions are held according to tradition and custom, accompanied by drums and zurnas (a type of wind instrument).

(2) The ground of the competition area must be sand, soil, grass, or a mat. If weather conditions are unsuitable, Ashyrtmaly aba wrestling competitions are held indoors on mats.

(3) In case of adverse weather conditions or other necessary reasons during official or private competitions, the competitions continue in indoor sports halls.

(4) The organizer of the official competition (Federation, Provincial Directorate, or District Directorate) shall provide a medical team and an ambulance or a vehicle capable of performing this duty at the competition area.

(5) In Federation competitions, the Provincial Directorate shall ensure that security measures are taken.

(6) In private competitions, all necessary health, security measures, etc., shall be provided by the organizers of the private competition to ensure that the competitions are held in an orderly manner.

(7) It is forbidden to have any advertisement, writing, emblem, etc. on the aba without the permission of the Federation.

(8) Depending on the size of the competition, an aba officer is appointed by the Federation to be responsible for the distribution and collection of the abas that the athletes will wear in the competitions.

Weight categories and match durations of ashlyrtmaly aba wrestling

ARTICLE 6-(1) The weight categories and match durations for ashlyrtmaly aba wrestling are as follows:

(2) In the traditional ashlyrtmaly aba wrestling matches held at village weddings, there are 12 weight classes: 30 kg, 35 kg, 40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 65 kg, 70 kg, 80 kg, 90 kg, and 90+ kg.

(3) Athletes in all age groups can only wrestle in the weight class above their own if they wish.

Category	Age	Period	Weight classes															
			30	35	40	45	50	55	60	65	70							
U15	12- 15	5+5+5																
U17	15- 17	5+5+5														80	85	85+/100
U20	17- 20	10+10+10																
Seniors	18 - over	10+10+10																
Heavyweight 90+	18- over	10+10 In a heavyweight competition, if the third round has begun, there is no 10-minute time limit. The competition continues until a winner is determined.																

(4) Weight classes can be reduced or increased by the Federation or the competition organizing committee if necessary.

(5) A weight class for which at least 3 athletes do not apply may be cancelled by the competition organizing committee. Athletes in the cancelled weight class can wrestle in the next weight class if they wish.



Athlete attire

ARTICLE 7-(1) The attire of the traditional ashyrtnaly aba wrestlers is as follows:

a) They will wear an aba (a special garment made of goat hair, wool, cotton or woven textile yarn) on top and shorts underneath (shorts must be above the knee), and their feet will be bare (naked).



b) During the competition, athletes cannot wear or carry any jewelry or other items that could cause injury to their hands, feet, arms or any part of their bodies.

(2) Those who do not comply with these rules will not be allowed to wrestle.

Weighing and tolerances

ARTICLE 8-(1) Unless a specific time is announced by the federation or the competition organizing committee, weigh-ins must begin at least 3 hours before the competition time, or at a time determined by the referee committee, and must be completed at least 1 hour before the competition starts.

(2) Athletes will weigh in wearing shorts.

(3) Athletes who are weighed will present their athlete license, have their name and surname written on the scale by the judges, and draw lots.

(4) Foreign athletes will participate in the weigh-in by presenting their passports or identity cards.

(5) The weight of the athletes will be written on their chests by the weigh-in judges using a special pen determined by the judging panel.

(6) The tolerance in weighing is 1 (one) kg in all weight classes. In addition, the Federation may increase it by a maximum of 2 (two) kg according to the competition conditions.

(7) For club athletes whose age is in doubt, a written statement from the club manager/administrator or coach will be requested. The athletes' identity cards will be examined.

(8) The decision regarding individual and club athletes whose age is in doubt will be made by the competition organizing committee. In cases not covered by this instruction, the Board of Directors is authorized to make decisions, provided that it does not contradict the main statute of the Turkish Traditional Wrestling Federation and related legislation.

(9) Athletes who do not arrive on time for weigh-in or whose licenses are invalid will not be allowed to weigh in.

Matching

ARTICLE 9-(1) Matching athletes in competitions;

a) Wrestlers are paired according to their draw numbers, from smallest to largest, with those whose numbers are closest to each other. The losing wrestler is eliminated, and the winning wrestler advances to the next round.

b) If only one wrestler remains after the pairing, they advance to the next round. A wrestler who advances cannot advance more than once.

c) When only 3 wrestlers remain in the final round, the wrestler with the higher draw number advances to the final and competes against the winner of the other two wrestlers' matches to determine the ranking.

d) The draw for the senior heavyweight wrestling matches is held in the first round in the presence of the spectators, with the wrestlers being introduced on the field (grassland). Wrestlers are again paired from smallest to largest with the closest number

Announcement

ARTICLE 10-(1) Athletes are called to their designated area, their weight classes specified, where their names are read out and they are paired with their opponents. Athletes are called to the ring by name. If the athletes whose names are called do not come to the ring within 5 minutes, they are considered to have lost by default.

Start of the competition

ARTICLE 11-(1) Wrestlers whose names are called for the match wait ready next to the referee in the arena. After the referee explains the rules to the athletes, a coin toss determines which wrestler will perform the handshake. After the match begins, the referee signals the start of the match by tapping both athletes with his hand. In some tournaments and international tournaments, a whistle may be used by the decision of the Organizing Committee.

Wrestling on the ground

ARTICLE 12-(1) In traditional ashlyrtmaly aba wrestling, since there is not much ground wrestling, the referees decide whether the match continues on the ground or standing up, depending on the position.

Stopping the wrestling

ARTICLE 13-(1) Ashlyrtmaly aba wrestling competition the match is stopped if:

- a) one or both of the wrestlers leave the arena,
- b) the belt of the aba (wrestling cloak) is undone,
- c) the aba goes over the head,
- d) the wrestlers get injured or are in a position to get injured,
- e) the wrestling match ends or a victory occurs.

The end of the match

ARTICLE 14-(1) The match ends in the following situations:

- a) If one of the athletes wins,
- b) If the referee deems it necessary to end the match due to a foul or violation of the rules, the match ends.

Removing the aba

ARTICLE 15-(1) At the end of the competition, the athletes, in accordance with protocol, first untie their belts, then remove their aba, and leave them in a predetermined place.

(2) Since untying the aba and throwing it haphazardly before leaving the arena is not in keeping with sportsmanship, the athlete who does this will be referred to the Federation Disciplinary Board if necessary.

Winning and losing

ARTICLE 16-(1) In Ashlyrtmaly aba wrestling matches, the winning and losing methods are as follows:

- a) A wrestler is considered defeated if their opponent falls onto their back.

b) A wrestler is considered defeated if their opponent's stomach touches the ground (when they fall face down).

c) A wrestler is considered defeated if they release their hand after a throw.

d) In some techniques, a wrestler is also considered defeated if they fall on their side (the shoulder and hip must touch the ground simultaneously).

e) A wrestler is considered defeated if they lift their opponent into the air.

The situation is a draw.

ARTICLE 17-(1) When a wrestling match ends in a draw;

a) As with the first match, a coin toss is used.

b) The wrestler who loses the coin toss takes the lead and the third round begins. If there is still no winner after 10 minutes, the winner is determined by a coin toss or a blank ball.

c) In heavyweight wrestling, if the match is not over when the time limit expires, the third round continues until the winner is determined. Time is not considered in the third round.

Arranged-fixed wrestling

ARTICLE 18-(1) Arranged wrestling (or fixing) refers to those who refuse to wrestle for personal gain, due to an invalid excuse, or who intentionally lose.

(2) Regardless of the reason, wrestlers who engage in collusion are referred to the Federation Disciplinary Board.

(3) Except for those who document the reason for not wrestling with a doctor's report, wrestlers who do not participate in the competition without any valid excuse are removed from the ranking even if they have placed in the competition.

Foul wrestling, disqualification, and treatment time.

ARTICLE 19-(1) Those who wrestle unscrupulously will be warned. A wrestler who receives 3 (three) warnings during the competition will be disqualified.

(2) The treatment period for injuries sustained during the competition is 5 (five) minutes.

Prohibited games and actions

ARTICLE 20-(1) The following are prohibited games and actions:

a) Holding and bending the fingers and toes in the opposite direction.

b) Deliberately throwing the opponent, whom the wrestler has lifted into the air, to the ground headfirst.

c) Deliberately sticking fingers into the opponent's eyes, ears, nose, and mouth.

- d) Biting and scratching the opponent.
- e) Headbutting the opponent, open neck grab, slapping and punching, kicking, deliberately loosening the belt.
- f) Disobeying the referee's warning to stop and arguing with the referee.
- g) Making humiliating gestures towards the opponent.
- h) Engaging in unsportsmanlike conduct.
- h) Chewing gum.
- h) Constantly kneeling down.
- i) Constantly running out of the ring (fleeing) and pushing the opponent onto the spectators.
- j) Applying pressure to the opponent's throat, squeezing the throat and chin with a robe. k) Wearing rings, watches, necklaces, and jewelry containing metal.
- l) Holding below the knee.

1) A wrestler who does not throw his hand cannot rest his head on his opponent's chest. If such a situation occurs, the referee will give a warning during the match. If he continues to rest his head on his chest, the referee will give a caution.

(2) In other words, any action that endangers the life of the athlete is forbidden.

(3) Those who perform these forbidden actions are first warned, and a caution penalty is applied upon repetition. An athlete who receives 3 (three) cautions is disqualified.

Announcement of the winning wrestler

ARTICLE 21-(1) At the end of the competition, the athletes take their places on either side of the referee. The referee raises the winning athlete's hand, first facing the table judges and then the audience.

Announcement of competition results

ARTICLE 22-(1) The results of the competitions included in the Federation's activity program are as follows:

- a) The competition results are submitted by the referees on duty at the competition to the head referee, and the head referee submits them to the Federation representative.
- b) The competition results are published on the Federation's website.

Defeat by default

ARTICLE 23-(1) In wrestling matches involving abrasions, clubs and athletes who commit one or more of the following offenses will be declared defeated by default, and the Federation

Disciplinary Regulations may be applied to the managers, coaches, and athletes who participated in the said offense:

- a) If athlete licenses are not submitted to the competition organizing committee at the technical meeting; or, in cases where the technical meeting is not held or cannot be held, to the referee committee during the preparation of the competition group and name lists,
 - b) Failure of athletes to arrive at the competition area until the final call by the referee committee.
 - c) Wrestling by an athlete who is not licensed in their own club or whose visa has expired.
 - d) Use of a license that has not been issued in accordance with the procedure or damage to the license.
 - e) Interference or physical assault of the referee or the opposing team by athletes, administrators, coaches and assistants, officials and fans, separately or together, causing the match to be disrupted, and the referee to suspend the match as a result of the interventions,
 - f) In league-style matches, the team that is declared the winner by default is given victory points. If both teams are involved in the incidents, both teams may be declared defeated by default. In addition, points are deducted from the team that is declared defeated by default as if they had lost another match.
 - h) Wrestling by an athlete who is penalized or under precautionary measures.
- (2) Athletes, managers, coaches and officials are subject to all penal provisions until the match ends and they leave the field.

CHAPTER TWO

Discipline

Acting contrary to the competition regulations

ARTICLE 24-(1) Managers, coaches, referees, and other officials who act contrary to these regulations will be referred to the Federation Disciplinary Board.

CHAPTER THREE

Miscellaneous Provisions

Appeal and procedure

ARTICLE 25-(1) The appeal must be made in writing by the manager, administrator, coach, or athlete.

(2) The appeal fee, determined by the Federation Board of Directors at the beginning of each competition season, is paid to the Federation account by the person making the appeal.

(3) The appeal must be made in writing to the Federation within one week of the completion of the competition and together with the receipt showing that the appeal fee has been paid to the Federation account.

(4) The fees paid by those whose appeal is unjustified are recorded as income for the Federation.

(5) The fees paid by those whose appeal is justified are returned to the bank account specified by the person making the appeal.

(6) The Federation has the final authority to make the decision regarding all appeals.

Doping

ARTICLE 26-(1) The following principles are complied with in doping controls:

a) The Federation can have doping control performed on any athlete it wishes, at any time.

b) An athlete found to have committed doping cannot participate in competitions until the amount of the prohibited chemical substance used in the blood is reported to be 0 (zero) or ineffective.

c) If it is confirmed that an athlete has committed doping; the club president, coach and athlete, as well as other officials suspected of involvement, are referred to the Federation Disciplinary Board.

(2) The Turkish Anti-Doping Instructions published by the Turkish National Olympic Committee Anti-Doping Commission are applied regarding doping offenses and the disciplinary penalties to be applied to these offenses.

<https://www.tdmk.org.tr/turkiye-dopingle-mucadele-talimati/>