



GRAPPLING

GRAPPLING UNIFORM REGULATIONS





Introduction

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

Responsibility of compliance

At all UWW events National Federations are responsible for ensuring that the items worn or used by the members of their delegation comply with the terms of these Regulations.

Protection Gear

The use of light kneepads or groin protectors containing no metal parts is not allowed. Grapplers may also wear ear protectors that do not contain any metal or hard cover shells. The use of mouthguard is allowed. Referees may require a grappler whose hair is too long to wear ear protectors or an athletic hair cover. Also permitted as part of the female uniform a one-piece head covering made of elastic material (sports hijab) that fully covers the neck, ears, and hair. It must be entirely black, white, black and white, or match the athlete's uniform colour (red or blue).

Country's Abbreviation and Emblem

Grapplers shall wear the abbreviation of their country's name on the back of their competition rash guards.

The representation of country code must meet the following criteria:

- The font type must be "Arial", colour - white
- The letters for country code must be in upper case
- Dimension: 10 cm height
- Must be positioned on the shoulder blade area, not below it

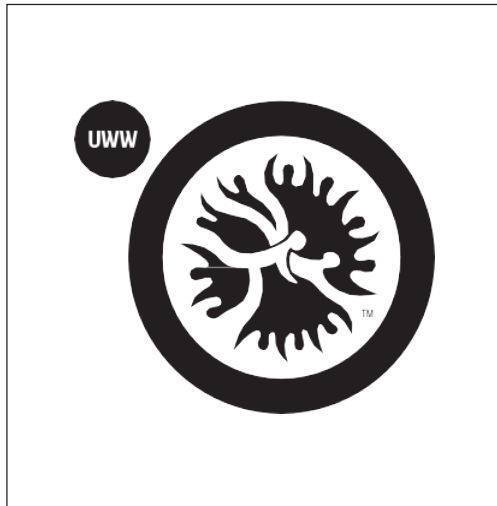
The country's emblem may also be worn on both rash guards and shall not exceed 30 cm². It is prohibited to wear the emblem or abbreviation of another country.

UWW Hallmark - Homologation mark

The official UWW Hallmark appears on designated place on both type of uniforms and has a maximum size of 30cm². 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.



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Advertising on Uniforms

Grapplers may wear sponsors' names or symbols on designated place with a maximum size of 15 cm² each. Prohibited branding includes that of companies associated with Pornography, Gambling, Drugs, Alcohol/ Tobacco, Misogynistic, racist, prejudiced, or abusive rhetoric.

At all Continental and World Championships competition uniform shall not have patch and emblems of local clubs.

Shoes

Grapplers are not permitted to wear shoes during the matches.

Appearance and Hygiene

Grapplers are prohibited from wearing **taping or** bandages on the wrists, arms, or ankles except with the approval of the UWW Doctor or the Doctor assigned by the LOC if no UWW Doctor is assigned. In such cases, the bandages must be covered with elastic straps.

Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc.

Grapplers are prohibited to wear under-wired bras.

Grapplers' fingers and toenails shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover. Grapplers shall be well groomed, and their hair and skin shall be free of any greasy, oily or sticky substance. Grapplers may not arrive at the mat perspiring at the beginning of the match or period. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

United World Wrestling

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Violations

At the weigh-in referee must check that each competitor satisfies the requirements of this article. Grappler must be warned at the weigh-in if his/her appearance is non-compliant. If a grappler fails to comply, the grapplers' federation will be fined after the competition. If a grappler enters the mat with the incorrect designated uniform, officials will allow maximum two minutes for him/her to comply. If, after this time, the grappler is still at fault, he/she will lose the match by forfeit.

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Grappling

The first grappler called shall appear on the edge of the mat wearing a red rash guard and the second grappler called shall appear in a blue rash guard.

The rash guards shall be tight-fitting, with short or long sleeves, and contain at least 60% of the assigned colour. Mixture of red and blue on rash guards is forbidden.

The shorts shall be either of the matching assigned red and blue colour or of a neutral colour, such as black, white or grey. They shall not be excessively baggy or tight fitting (compression shorts are not allowed) and the length must be enough cover at minimum 2/3 of the thigh but not get below the knee. They shall not have pockets, button/snaps that may be unsafe during competition.

The wearing of compression tights under the shorts is mandatory.

Compression tights (leggings) worn under the grappling shorts:

- Must fit tightly to the legs.
- The length of the tights must cover at least to mid-calf.

At official competitions (World Championships, Continental Championships, Cups, International Games):

- The tights must be of a neutral colour – black, white, or dark grey – or correspond to the colour of the grappling shorts or rash guard.
- Bright, multi-coloured designs and patterns are prohibited.

At all other competitions, including open tournaments and series such as the Global Grappling Series:

- The colour and design of the compression tights may be unrestricted.

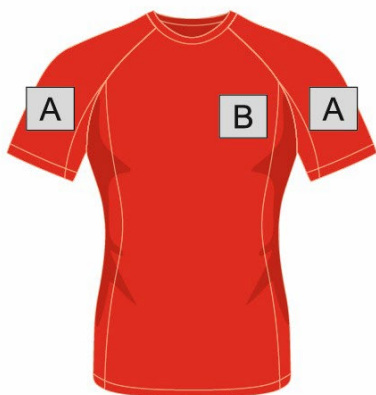
Dress code at medals and awards ceremonies

Athletes mounting on the podium must wear their national tracksuit with sport shoes and must be bareheaded. No shorts, hats, flip flops and flags are allowed to wear on the podium.



GRAPPLING

Allocation of symbols and their sizes



Front

Back

A: Brand Logo / Sponsor Logo
(15 cm² max, optional)

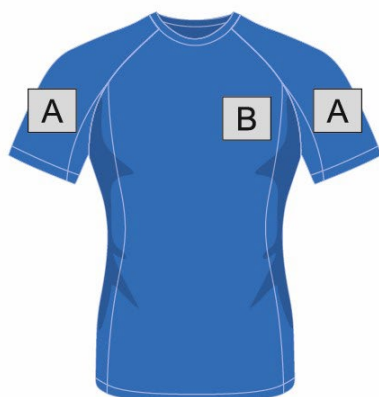
B: Country Flag (30 cm²)

C: UWW Hallmark (30 cm²)

D: Brand Logo / Sponsor Logo
(15 cm² max, optional)

E: UWW Hallmark (30 cm²)

XYZ: Country Code (10
cm height)



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