



UNITED WORLD
WRESTLING

RULES
QAZAQ KURESI
2026



PREFACE

Qazaq Kuresi, like all other sports, is governed by these Rules. It is a style of wrestling whose aim is to throw the opponent for a score of “TAZA ZHENIS” (**Pure Victory- to throw the opponent with his/her back or two shoulders onto the mat**) or to win on points. **Qazaq Kuresi is a traditional Kazakh wrestling style in which men and women wrestle in the standing position.**

In 2016, UNESCO inscribed Qazaq Kuresi on the Representative List of the Intangible Cultural Heritage of Humanity, highlighting its contribution to strengthening relations between communities based on the principles of tolerance, goodwill, and solidarity.

The Rules set out herein, which may be further amended, must be known and accepted by all athletes, coaches, referees, and officials. They call upon those who practice this sport to wrestle in a manner that earns the respect and recognition of spectators.

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Note on terminology and transcription: Kazakh terms used in the Rules are retained in uppercase Latin transcription with their meaning on first use, e.g.:

- **TAZA ZHENIS** – Pure Victory.
- **AIKYN BASYMDYLYK** – Technical Superiority (clear advantage).
- **ZHARTYLAI ZHENIS** – Half Victory.
- **ZHAMBAS** – Hip/Side score (as defined herein).
- **ESKERTU** – Caution.
- **QATAN ESKERTU** – 3rd Caution given immediately.
- **BELDESU** – One-minute tie-break bout from belt hold.
- **Beren** – The official Qazaq Kuresi uniform.

BASIC RULES

Objectives

These International Rules of Qazaq Kuresi, drafted in accordance with the UWW Statutes, Financial Regulations, Disciplinary Regulations, the general rules governing the organization of international competitions, and all special regulations, pursue the following specific objectives:

- To define and set out the practical and technical conditions under which bouts shall be conducted;
- To define the competition system, ways of victory and defeat, classification, warnings, draw, selection and elimination of participants, protest procedures, etc.;
- To approve the criteria for the allocation of points awarded to Qazaq Kuresi techniques and actions;
- To approve prohibited methods and actions; and
- To define the technical functions of the officials.

Interpretation

In the event of any disagreement regarding the interpretation of any article of these Rules, the UWW Executive Committee has the exclusive authority to determine the exact meaning of the article(s) in question. The English text shall prevail.

Application of the Rules

Application of these Rules is mandatory at all Qazaq Kuresi competitions.

The Rules also apply to all international competitions sanctioned by UWW in order to ensure optimal athlete safety and healthy development of the discipline. A UWW license is mandatory for all international Qazaq Kuresi competitions in which more than **five** countries participate. Each international competition must be reported to UWW and added to the official calendar. UWW insurance applies only to competitions listed on the UWW calendar.

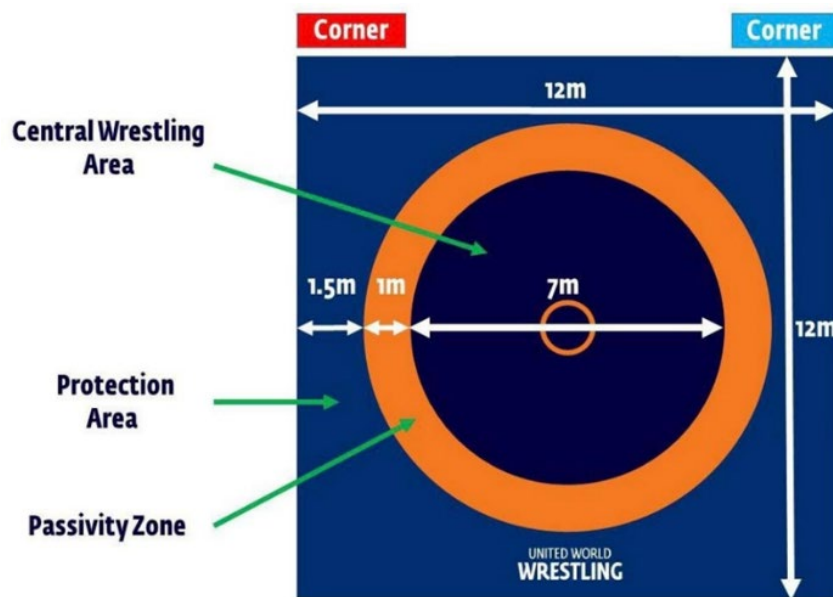
The procedure for hosting international tournaments not included in the UWW calendar shall be carried out with the consent of UWW, the Qazaq Kuresi Association, and all participating countries.

CHAPTER 1 – EQUIPMENT AND MATERIALS

Article 1.1 – Roll-Mat

As this is a widely used term in the sporting community, it is permissible to use the word “mat” in place of “roll-mat.”

A roll-mat/mat approved by UWW, measuring 12×12 metres, with a central circle 9 m in diameter and surrounded by a 1.50 m-wide safety area of the same thickness, is mandatory for Qazaq Kuresi competitions.



For international competitions, world championships and continental competitions, warm-up or training mats must also be approved by UWW and be of the same quality.

On the inner side of the 9 m circle there is an orange band 1 m wide, which forms an integral part of the wrestling area.

The following terms are used to designate parts of the mat:

- The central circle indicates the middle of the mat (1 m in diameter).
- The inner part of the mat located inside the orange circle is the central wrestling surface (7 m in diameter).
- The passivity zone (orange band) is 1 m wide.
- The safety area is 1 m 50 cm wide.

At all world championships and continental competitions, the mat may be installed on a platform not higher than 1 m 10 cm and not lower than 0 m 80 cm (safety requirement). The platform around the mat must extend 2 meters on each side. If more than one mat is used, the distance between them must be 2 meters.

In all cases, the colour of the safety area must differ from that of the mat. The wooden floor of the platform near the mat must be covered with securely fastened soft covering. For safety reasons, the scoreboard must be placed separately next to the platform.

Mats used for Qazaq Kuresi must comply with all dimensional requirements and bear United World Wrestling holograms.

Surface:

VINIL® single-sided sports fabric with embossing imitating natural leather, density 820 g/m², blue color.

Joining of strips:

VELCRO® fastening — one part recessed into the base by 5 mm, the second part glued to the surface; the covering must be even.

Documents:

- Certificate and Passport with the manufacturer's unique roll mat number.

To prevent contamination, mats must be cleaned and disinfected before each competition session.

The representative of each athlete shall be positioned on the same side of the mat in a dedicated place (box and chair). The representative of the wrestler in the red *Beren* shall be on the right, and of the wrestler in blue on the left (behind) the referee.

The mat must be installed so that it is surrounded by a wide open space to ensure safe conduct of the competition.

All matters concerning the UWW logo and the manufacturer's logo on the mat must be addressed to the United World Wrestling headquarters and follow the instructions sent to mat manufacturers.

Article 1.2 – Uniform

To participate in competitions, athletes of all age categories must comply with the UWW uniform rules for Qazaq Kuresi.

The Qazaq Kuresi uniform — the **Beren** — is of special cut and is made of white cotton fabric with red or blue stripes and a belt.

**Requirements for the *Beren***

1. The *Beren* (wrestling uniform) consists of a top, shorts, and a belt. The hem must cover part of the thigh. The overlap of the front hems when crossing over the athlete's chest and abdomen below the belt must be at least 20 cm. Sleeve length must be 10 cm below the elbow joint and 15 cm wider at the forearm line. There are two side openings for fixing the belt. Application of special emblems and marks on the *Beren* is allowed subject to agreement with the Qazaq Kuresi Association.

2. **Shorts** are made of light, durable white fabric. The leg length must be 10 cm below the knee joint and 15 cm wider at the level of the knee. The trousers have a roomy 5 cm slit at the lower part. The shorts attach to the wrestler's belt with a cord; there are two side stripes (lamps) in the corresponding colour.
3. The **belt** is made of durable fabric, 5 cm wide, blue or red in color, and must be long enough to wrap around the waist twice. After tying, about 20 cm of free ends must remain.
4. **Men (youth, boys)** must wear only the *Beren* and shorts (underwear excepted), while **women (girls)** are required to wear a white dense-fabric T-shirt under the *Beren*. If necessary, female athletes may wear a headscarf, a rashguard under the *Beren* and the **leggings of white color**.
5. Before entering a bout, the referee checks the wrestler's *Beren* for compliance; if it does not comply, the officials instruct that it be replaced.
6. The *Beren* worn at competitions must not have been used for more than two years; it must not be worn out or faded.
7. To wear the *Beren* at any event other than Qazaq Kuresi competitions, the athlete must obtain consent from the Qazaq Kuresi Association.

Examples of athletes' attire at weigh-in

Athletes weigh in wearing *Beren* shorts and a white T-shirt (a headscarf and rashguard are permitted, possible with the **leggings**).

In addition to the basic weight category, up to **500 grams** in excess is permitted to account for the T-shirt and shorts.

Responsibility for compliance

At all UWW events, national federations are responsible for ensuring that items worn or used by members of their delegations meet these Rules.

Violations

During weigh-in, the referee must check whether each participant complies with this article. If the appearance does not comply, the athlete is not admitted to the weigh-in. **The wrestlers must be warned at the weigh-in, if their appearance is non-compliant.**

If an athlete does not comply with the Rules, the athlete's federation shall be fined at the end of the competition. An athlete in non-compliant uniform will not be admitted to the bout; he/she loses the bout by annulment (disqualification), and any points earned will not be counted in the final protocol.

It is prohibited to:

- use the emblem or abbreviation of another country or team on a patch;
- wear bandages on fingers, wrists, arms or ankles (except in case of injury and on a doctor's orders) thicker than 5 millimeters;
- wear any items that could injure the opponent, such as rings, bracelets, prostheses, piercings, etc.;
- **for female wrestlers:** wear underwire bras.

Article 1.3 – Competitor's License

Any male or female athlete in the U13, U15, U17, U20, U23, Seniors, and Veterans categories participating in world championships, continental championships, cups and games, regional games, as well as in World and continental leagues and international tournaments entered in the UWW calendar, must hold an international participant license as defined in the special Regulations.

The license also serves as insurance covering medical and hospital expenses in the event of an accident occurring at an international competition in which the athlete participates.

The license is valid only for the current year and must be renewed each year.

The license request must be submitted by the athlete at least **1 month** before the competition in which he/she will participate. This timeframe is fixed to allow sufficient time to complete the license verification procedure.

Article 1.4 – Age, Weight and Competition Categories

Age Categories:

- **U13:** 12–13 years
- **U15:** 14–15 years (from age 13 with doctor's and parents' consent*)
- **U17:** 16–17 years (from age 15 with doctor's and parents' consent*)
- **U20:** 18–20 years (from age 17 with doctor's and parents' consent*)
- **U23:** 18–23 years (from age 17 with doctor's and parents' consent*)
- **Seniors:** 19 years and older (from age 18 with doctor's and parents' consent*)
- **Veterans:** over 35 years.

*Medical and parental consents are submitted in **Athena** through the annual medical certificate and the wrestler's declaration when purchasing the UWW license. A sports insurance policy and medical clearance are mandatory to participate at all levels of competition.

Athletes aged **18 years** and above may enter Senior competitions.

A certificate confirming the athlete's age is issued to each participant by the president of the national federation. This certificate must follow the template provided by UWW and be on the national federation's letterhead.

An athlete may compete only for the country indicated on his/her license. If at any time UWW establishes that a false statement has been made and fraud has occurred, disciplinary measures provided for this purpose shall be immediately applied to the national federation, the athlete, and the person whose signature appears on the forged certificate.

Athletes wishing to change their nationality must follow the procedure described in the International Regulations on change of nationality. Athletes may change nationality only once. After completion of the nationality-change procedure, they are no longer eligible to represent their former or any other country in official competitions organized under the aegis of United World Wrestling.

Each licensed athlete participating in a competition automatically agrees to the use of his/her image for advertising the competition or upcoming competitions by UWW and QKA. If an athlete refuses to agree to these terms, he/she must declare this at the application stage and may consequently be excluded from the competition.

Weight Categories

Weight categories in Qazaq Kuresi for men and women (in kilograms):

- **U13**
– boys/girls: 32, 35, 38, 42, 46, 50,55, 60, 65, +65 kg.

- **U15**
 - boys: 42, 46, 50, 55, 60, 65, 70, 75, 80, +80 kg.
 - girls: 40, 44, 48, 52, 56, 60, 65, +65 kg.
- **U17**
 - boys: 50, 55, 60, 65, 70, 76, 82, 90, +90 kg.
 - girls: 44, 48, 52, 56, 60, 65, 70, 75, +75 kg.
- **U20**
 - men: 55, 60, 66, 74, 82, 90, 100, +100 kg.
 - women: 48, 52, 56, 60, 65, 70, 77, +77 kg.
- **U23**
 - men: 55, 60, 66, 74, 82, 90, 100, +100 kg.
 - women: 48, 52, 56, 60, 65, 70, 77, +77 kg.
- **Seniors**
 - men: 55, 60, 66, 74, 82, 90, 100, +100 kg.
 - women: 48, 52, 56, 60, 65, 70, 77, +77 kg.
- **Veterans**
 - men: 60, 66, 74, 82, 90, 100, +100 kg.
 - women: 48, 52, 56, 60, 65, 70, 77, +77 kg.

Each participant, who enters voluntarily and is responsible for him/herself, may wrestle in only **one** weight category — the one corresponding to his/her weight at the time of official weigh-in. Conditions for participation in the **absolute** weight category are determined by the Qazaq Kuresi Association.

Competitions

International competitions for the various age categories:

- **U13 (12–13 years):** International competitions; Continental competitions (as required); World Championship (as required).
- **U15 (14–15 years):** International competitions; Continental competitions (as required); World Championship (as required).
- **U17 (16–17 years):** International competitions; Continental competitions (as required); World Championship (every year).
- **U20 (18–20 years):** International competitions; Continental competitions (as required); World Championship (every year).
- **Seniors (20 and older):** International competitions; Continental competitions (every year); World Championship (every year); World Cup (every year).
- **U23 (19-23 years):** International competitions; Continental competitions (every year); World Championship (every year); World Cup (every year).
- **Veterans (35 and older):** World Championship (as required); categories and special rules.

Other types of competitions may be organized following approval by United World Wrestling.

CHAPTER 2 – COMPETITIONS AND PROGRAMMES

Article 2.1 – Competition System

Athena System

At all official competitions held under the aegis of United World Wrestling (UWW), the **Athena** information system is used.

Athena is a unified international registration and management platform. Through this system, licenses for athletes, referees and coaches are issued, and officials who are part of delegations submitted by national federations are registered.

Access to Athena is provided to each national federation via an individual login and password issued by UWW. Using these credentials, federations are obliged to register all members of their delegation in a timely manner (<https://athena.uww.org/login>).

When registering in Athena, full and accurate data must be entered for each member of the delegation. The document package includes passport details, a valid photograph, a license application, and for athletes — a medical certificate. Documents submitted late or improperly prepared are not accepted.

Federations bear direct responsibility for the completeness and accuracy of the information provided. If inaccurate or incorrect data are identified, the athlete or delegation member will not be issued a license and will not be allowed to participate. In Athena, not only athletes are registered, but also coaches, referees, doctors, masseurs, team leaders, official delegates and other specialists. The system ensures transparency of delegation composition and promotes observance of the official procedures for conducting competitions.

Arena System

At international competitions under the aegis of UWW, the **Arena** (Competition Management System) program is used. Arena is a comprehensive digital tool for organizing and conducting tournaments.

Through Arena, the mandate commission works, the draw is conducted, and participants are registered for official competitions. Passport data of athletes and delegation members, their photographs and licenses are entered into the system. Medical certificates, in addition to being entered into Arena, are also submitted to the mandate commission.

Furthermore, Arena contains the official competition calendar; records the result of each bout and publishes them in real time; generates official protocols and reports; and maintains the medal table. Arena covers all stages of the tournament — from registration of delegations to the publication of official results.

Use of the Systems

The combined use of Athena and Arena ensures transparency, fairness and full compliance with international competition standards. All delegations are obliged to provide passport data, photographs, licenses and medical certificates in due time. Failure to comply with these requirements is grounds for exclusion from the competition.

Competitions are conducted by direct elimination with an ideal even number of athletes, i.e., 4, 8, 16, 32, 64, etc. If there is no ideal even number in the category, **qualification bouts (bringing to even numbers)** are organized.

Bouts are arranged randomly in accordance with the draw results. All athletes who lost to the two finalists enter the repechage.

There are two separate repechage groups: one for athletes who lost to the finalist from the top half of the bracket and one for athletes who lost to the finalist from the bottom half of the bracket (Groups A and B).

Repechage begins with wrestlers who lost in their first bout. The winners of the two repechage groups will wrestle for the bronze medal with the athlete from their group who lost the semifinal (i.e., the one who lost the final qualifying match to reach the final).

Each weight category is completed in **one day**. The draw procedure is conducted at the meeting of the mandate commission by automatic or manual method (drawing numbers) before the start of competition. Medical control and weigh-in are conducted in the morning for the relevant weight category.

Competition Day Structure:

Morning:

- Qualification bouts
- Elimination bouts

Afternoon:

- Repechage bouts
- Finals

Classification Criteria

From 8th place onward (8, 9, 10, etc.), athletes in each weight category are ranked according to the classification points they have earned.

In the event of a tie in ranking, they are ranked by successive analysis of the following criteria throughout the competition:

- the direct match (if applicable);
- the most victories by **TAZA** scores;
- the most match won by **AIKYN BASYMDYLYK** (technical superiority);
- the most match won by **ZHARTYLAI ZHENIS** scores;
- the most match won by **ZHAMBAS** scores;
- lowest draw number.

Competition with less than 8 athletes (Nordic Tournament)

Competitions with fewer than **8** athletes in a weight category are held in a **round-robin** system.

If fewer than 8 athletes are registered in one weight category, they are divided into two groups and each athlete wrestles everyone in his/her group.

If only one athlete participates in a weight category at continental and world championships, his/her result shall be annulled (no title or medal shall be awarded).

As noted above, all athletes in each group wrestle all the others in their group (ranking criteria for the round-robin system are used to identify the strongest in Groups A and B). Group ranking is used to determine the semifinal pairings.

Semifinals:

- 1st place in Group A (top bracket) vs 2nd place in Group B (bottom bracket);
- 2nd place in Group A (top bracket) vs 1st place in Group B (bottom bracket).

The gold medal bout is between the winners of the semifinals; the bronze medal bout is between the semifinal losers. In this case **only one** bronze medal is awarded (no repechage).

Round-Robin Ranking Criteria

In a round-robin, the athlete with the greatest number of victories ranks first. If two athletes in one group have the same number of victories, their head-to-head result determines the winner.

In all cases of equal results among athletes in one group, ranking shall be determined by the following criteria at all competitions:

- the direct match (if applicable);
- the most victories by **TAZA scores**;
- the most match won by **AIKYN BASYMDYLYK (superiority)**;
- the most match won by **ZHARTYLAI ZHENIS scores**;
- the most match won by **ZHAMBAS scores**;
- lowest draw number.

Article 2.2 – Competition Programme

The competition programs of all championships and tournaments are published in the UWW calendar and in the competition regulations.

Article 2.3 – Awarding Ceremony

The first four athletes in each weight category participate in the awarding ceremony and receive medals and diplomas according to their ranking:

- **1st place:** Gold medal + diploma
- **2nd place:** Silver medal + diploma
- **Two 3rd places:** Bronze medal + diploma

Only one bronze medal will be awarded in the weight categories where the Nordic System is used.

Note: Athletes may not bring their national flags or any other club/team flags or pennants onto the awarding podium. They must appear without headgear, in the *Beren* or in the national team suit, depending on the organizer's requirement.

CHAPTER 3 – COMPETITION PROCEDURE

Article 3.1 – Weigh-In

For all competitions, the weigh-in is organized each morning of the concerned weight-category. The weigh-in and the medical control lasts 60 minutes. Athletes must appear at the medical examination and the weigh-in with their license and accreditation.

Athletes must weigh in wearing white T-shirts and *Beren* shorts (women may, if necessary, weigh in wearing rashguards and a headscarf, **with the leggings is optional**). Due to the additional clothing (T-shirt and shorts), **500 g** over the declared weight category is allowed. The doctor has the right to exclude any athlete who presents a contagious disease risk.

Participants must have short trimmed nails.

Throughout the weigh-in period, athletes may, each in turn, step on the scales as many times as they wish..

The referees responsible for the weigh-in must check that all athletes are of the weight corresponding to the category in which they are entered for the competition, that they fulfil all the requirements and to inform any athlete of the risk he runs if he presents himself on the mat in incorrect uniform.

If an athlete fails to appear for the weigh-in or exceeds the weight, he/she shall be excluded from the competition and will not be awarded a place or points. (Exception: see Article 11.1 – Medical Interventions.)

Article 3.2 – Draw and Pairing

Participants are paired in accordance with the sequence of numbers determined by a draw conducted no later than the day before competition for the relevant weight category. The UWW competition management system must be used for the draw and management of all international competitions entered in the UWW calendars.

If the UWW management system cannot be used, numbered tokens must be placed into an urn, bag or any similar container. Numbers are then drawn at random.

If another system is used, this must be clearly announced. If a team leader (or deputy) cannot attend the draw for an exceptional reason, he/she must inform the organizer and UWW delegates; otherwise his/her athlete(s) will not participate in the draw. The organizer is responsible for informing the UWW group of this.

Important: When the person responsible for weigh-in and draw notices a procedural error, the draw for the weight category concerned must be cancelled; then the draw shall be repeated for that weight category with the consent of the Technical Delegate.

The Technical Delegate or IT specialist is responsible for the smooth conduct of the draw and for ensuring compliance with these rules. He/she must also confirm the weigh-in list. After the draw has ended, no protest may be lodged.

Placement of Athletes in the Bracket (Protocol)

In competitions with **6 or 7** athletes, the athlete with the lowest draw number will be in Group A; the second lowest number will be in Group B; the third lowest in Group A; and so on — distribution **A-B-A**.

Distribution for categories with 6 or 7 athletes:

- **Group A:** Draw numbers 1, 3, 5, 7
- **Group B:** Draw numbers 2, 4, 6

For competitions with **more than 7** athletes — if the number in a weight category exceeds 8, 16, 32, etc. — qualification bouts must be organized. To balance the top and bottom halves of the bracket, qualification bouts are placed per the pattern “top-bottom-bottom-top.” The same approach is used to determine the position of the seeded (brought-in) athlete in the bracket.

Distribution in the protocol

All types of bracket protocols are available at:
<https://uww.org/governance/regulations-olympic-wrestling>

If one or more higher ranked athletes are not entered (replaced or not registered), their places are taken by the next best ranked athlete(s).

Article 3.3 – Start List

If one or more wrestlers do not attend or fail the weigh-in, their opponent(s) will win the bout by forfeit. These wrestlers will be eliminated from the competition and will be ranked last, without rank. NO pairing will be made again on the day of the competition.

The loser is eliminated and ranked according to the established classification points, except for athletes who lost to one of the finalists, as they enter the repechage for 3rd or 5th places.

Article 3.4 – Elimination from Competition

The loser is eliminated and ranked according to the established classification points, except for athletes who lost to one of the finalists, as they enter the repechage for 3rd or 5th places.

If an athlete fails to appear for a bout without a medical decision signed by the UWW doctor or competition doctor, and without notifying the competition secretariat, he/she loses the bout **(by forfeit)** and is excluded from the ranking; the opponent wins the bout.

If UWW or competition doctors can prove that an athlete has simulated an injury for any reason, he/she shall be disqualified, with no points, with the notation “DSQ” (disqualification) next to his/her name.

If an athlete commits a manifest violation of sporting ethics within the spirit of fair play proclaimed by UWW, or displays brutality, he/she shall be immediately disqualified and excluded from the competition by decision of the referees. In this situation, he/she will be last in the ranking, with no points, and marked “DSQ.”

If both athletes are disqualified for roughness during the same bout, they will be disqualified as stated above. The bracket composition for the next bout will not be changed. The athlete scheduled to meet one of the disqualified wrestlers wins the bout **by forfeit**.

If two semifinalists are disqualified for violation of sporting ethics during the same bout, they will be excluded, and their quarterfinal losers will wrestle in the semifinal; the repechage will be adjusted accordingly. If semifinals are held during the evening session, this bout will be organized at the end of the session to give athletes sufficient preparation time. If this occurs on the same day, athletes will be given one hour (because it is a double disqualification) to prepare.

If a **double injury (2VIN)** occurs in one bout, the next scheduled opponent wins “by injury.” If a double injury occurs in a semifinal, the classification criteria (Articles 2.1 and 7) will be used to determine which athletes should enter the repechage.

If a forfeit(s) or disqualification(s) happen during a medal match (1-2 or 3-5), the following athletes (from the part of the bracket of the disqualified/forfeited athlete(s)) will move up the table to establish the final classification. If the two finalists are disqualified, then it will be necessary to make the bout between the two bronze medalists to determine the 1st and the 2nd place. All other participants will go up in the ranking, the two in 5th position will become 3rd. If the two finalists are forfeits despite their successful second weigh-in, the same process will apply (an additional match between the two bronze medalists).

For all type of forfeit and disqualification, the concerned athlete will be ranked last, without rank.

Ranking in case of doping violations

If a doping test is positive, the athlete is disqualified and automatically occupies the last place in the ranking, without any title or points, with the note “DSQ.” The following athletes move up in the ranking. If this concerns an athlete placed 3rd, then the athlete from the same bracket section moves up. In this case, only **one** athlete occupies 5th place.

If **both finalists** test positive and are disqualified, the two bronze medalists receive gold medals. In this specific case, no silver medal is awarded, and both athletes who were 5th move up to 3rd place.

In the case of a positive doping test during team competitions, the team of the offending athlete is disqualified and placed last in the ranking without a place, with the note “DSQ” next to its flag.

CHAPTER 4 – OFFICIATING BODY

Article 4.1 – Composition

At all competitions, the officiating team for each mat shall consist of the following persons:

The Composition of the officials per mat

- **1** -Mat Chairman
- **1** -Referee (*on the mat*)
- **1** -Score/Timekeeper (at the scoreboard)

The Referee Delegate (RD) coordinates the work of the entire officiating body and is the head of the competition.

The procedures for appointing these officials are set out in the Regulations of the International Officiating Body. Replacement of a referee during a bout is strictly prohibited, except in cases of severe illness confirmed by medical indications. Under no circumstances may there be two officials of the same nation or team on the same mat crew. Moreover, an official is strictly prohibited from officiating bouts involving compatriot athletes or athletes from his/her own team.

Article 4.2 – General Obligations

The officiating body shall perform all tasks set out in the United World Wrestling competition regulations and the special provisions established for organizing the specific competition.

The Referee and Mat Chairman shall use the basic terminology and gestures of Qazaq Kuresi corresponding to their functions. They are forbidden to speak to anyone during the bout except to each other, when they must consult to correctly perform their duties.

Article 4.3 – Officials’ Uniform

At international competitions, officials must wear black trousers, a black UWW polo shirt, and black soft sports shoes (trainers). Officials must wear a red wristband on the right wrist and a blue wristband on the left wrist.

At specially organized competitions with individual design, the officiating attire sample may be modified with the consent of the relevant federation.

Article 4.4 – Referee (Center)

The referee on the mat must:

- know the Rules of Qazaq Kuresi and the Competition Regulations in full;
- correctly evaluate each action during the bout in accordance with these Rules;
- organize work in the center of the mat during the bout;
- evaluate the result of an action or technique during the bout and then give the command “TOKTA” (Stop); when necessary, an action may be evaluated after “TOKTA” (upon video review);
- start, stop and end the bout on the mat;
- stop the bout in due time at its conclusion in accordance with the Rules;
- determine actions executed at the edge of the mat;
- comprehensively control bout quality;
- require replacement of a *Beren* if it does not comply or is torn;
- ignore external influence from team leaders, athletes, coaches, etc.;
- when wrestlers go outside the mat, stop the bout, call them to the center and resume the bout;
- raise the right or left hand corresponding to the winning wrestler;
- control greetings of the wrestlers at the beginning and end of the bout;
- present the first-named wrestler (red) with the **RIGHT** hand and the second-named wrestler (blue) with the **LEFT** hand;
- issue commands during the bout (points and warnings) verbally: “BASTA” (Start), “TOKTA” (Stop), “ZHAMBAS,” “ZHARTYLAI ZHENIS,” “TAZA ZHENIS,” “ESKERTU,” “DARIGER” (Doctor), “BELDESU,” “AIKYN BASYMDYLYK,” “ADIS NATIZHESIZ” (No Result) in oral form;
- behave correctly during the bout and express his/her own opinion clearly;
- announce the winner after consultation with the Mat Chairman at the end of the bout;
- when a coach violates sports ethics and interferes with the referee's work, remove him from the bout, request disqualification of the concerned coach for violation of the Rules, sports ethics or brutality.

Article 4.5 – Mat Chairman

The Mat Chairman, whose functions are very important, assumes all duties provided for by the Rules of Qazaq Kuresi and United World Wrestling.

Duties of the Mat Chairman:

- know the Rules of Qazaq Kuresi and the Competition Regulations in full;
- observe the course of bouts, evaluate the referee’s work;
- coordinate the referee’s work;
- seek a decision from the Referee Delegate if the referee’s opinion on the mat differs;
- express an opinion on scoring during the bout;
- fully control the progress of bouts;
- control cleanliness and safety on the mat;
- where a contentious moment occurs during the bout, **the mat chairman must review the video evidence together with the Referee Delegate.**

- complete the **score sheet**.

Rights of the Mat Chairman:

- If the Mat Chairman believes that the referee's decisions in the centre do not comply with these Rules, he/she must immediately stop the bout;
- in case of disagreement the **Mat Chairman** has the right to invite the Referee Delegate for discussion (**video review**);
- request assistance from the Referee Delegate to decide a contentious issue.

Article 4.6 – Penalties against the Refereeing Body

The UWW Bureau and the Qazaq Kuresi Association, as part of the superior jury, have the right collectively to impose the following disciplinary measures on a member(s) of the officiating body who has committed a technical error as stated in the Referee Delegate's report:

- issue a warning to the referee concerned;
- suspend from one or several sessions;
- remove from the competition;
- demote to a lower category;
- impose a temporary suspension;
- order a final suspension.

CHAPTER 5 – THE BOUT

Article 5.1 – Duration of Bouts

- **U13, U15, U17 and Veterans:** one period of 3 minutes; **BELDESU** 1 minute.
- **U20:** one period of 4 minutes; **BELDESU** 1 minute.
- **U23, Seniors:** one period of 5 minutes; **BELDESU** 1 minute.
- **Seniors:** one period of 5 minutes; **BELDESU** 1 minute.

The winner is declared by the addition of the points at the end of the regular time.

The “TAZA”, “AIKYN BASYMDYLYK” (technical superiority), third “ESKERTU” (caution) and QATAN ESKERTU (Strict Caution/3rd caution given immediately) automatically stops the match.

Article 5.2 – Call to the Mat

Before being called to the mat, athletes must come to the *Beren* inspection point **two bouts in advance**, where the designated official will check their sports uniform — *Beren* and patch — for full compliance with these Rules. The official must also check the compliance of coaches' or team leaders' attire as defined by the competition regulations. After this, the participants and team representatives are admitted to their assigned mat.

Both athletes must be invited in a loud and clear voice by the secretary or announcer (in two languages if necessary). Athletes must be called **three times** at intervals of at least **30 seconds** between calls. If an athlete does not appear after the third call, he/she loses the bout by **forfeit**. After the first call, the timekeeper at the scoreboard must start the timer.

An athlete may not be called to the next bout until he/she has had a rest period of **twenty (20) minutes** from the end of the previous bout.

Article 5.3 – Presentation of Athletes

For each weight category in the final for first and second places, the following ceremony is held: the finalists are presented, and their achievements may be announced when they enter the mat.

Article 5.4 – Start and Restart of Bouts

As soon as the athlete steps onto the mat, he/she and the second, already standing behind the stand, must place the right hand to the left side of the chest and bow towards the organizers, then the seconds bow to each other (after which the seconds sit in their designated places). Next, the referee calls the two wrestlers to the centre of the mat. There, the wrestlers shake hands, exchange greeting embraces (twice), and take one step back. At the command “**BASTA**” they begin the bout.

After the bout, the second must wait for the winner to be announced, bow towards the organizers, and a second bow towards the opponent’s second; after this, the second and the athlete leave the competition area. All participants must change clothes only in designated changing rooms. In the venue it is strictly forbidden to walk bare-chested in front of spectators or with the belt untied. Any participant failing to comply may be excluded from the competition.

Article 5.5 – Interruption and Continuation of the Bout

(a) If for any reason (injury/bleeding time, officials’ consultation, etc.) the bout is suspended, both athletes do not speak to anyone and do not take drinks; they remain in their corners facing the centre and wait to be invited by the referee to the centre and the command “**BASTA**” to resume the bout.

(b) If a bout cannot be resumed for medical reasons, the decision is taken by the competition doctor, who informs both the athlete’s coach and the Mat Chairman, who then orders the bout to be stopped. The decision of the competition doctor cannot be overturned.

(c) Under no circumstances may a participant independently interrupt the bout or refuse to continue.

(d) If a bout must be stopped because one athlete intentionally injured the opponent, the offending athlete shall be disqualified.

(e) In case of bleeding by one athlete, the referee must stop the bout to allow bleeding to be stopped. The timer starts as soon as the doctor begins treatment on the mat. If the **total time** taken to stop bleeding exceeds **4 minutes** during the entire bout, the Mat Chairman orders the bout to end. In this case the athlete loses the bout (**by injury**). If the bout continues to the end, the timer is reset for the next bout.

(f) After medical assistance, the bout is resumed.

(g) If the bout is interrupted due to an incident beyond the athletes’ control, the referee may stop it, and the remaining time will be counted as soon as the interruption ends. If the session cannot be completed as scheduled, it may be postponed to the next day. If it is the last day of competition and extraordinary reasons apply, the competition may be postponed and held at another time and place.

(h) In case of a serious error not noticed by the officiating team (timekeeper’s error, incorrect scores or **cautions** shown on the scoreboard, announcement of the wrong winner, etc.), the Referee Delegate or Mat Chairman may intervene and request correction of the error after consultation or video review.

(i) **The command "TOKTA" is indicated by an outstretched hand directed at the wrestlers, while the referee's palm rises to a straight chest and the command "TOKTA" is pronounced aloud.**

The command “TOKTA” is given in the following cases:

- if the athlete (with both feet) steps beyond the boundary of the passive circle of the mat, 9 meters in diameter;
- if the referee gives an *ESKERTU* to both wrestlers or to one of them;
- in the case of a *TAZA ZHENIS (Pure Victory)* or *AIKYN BASYMDYLYK (technical superiority)*;
- upon expiry of the regular match time;
- if the Referee Delegate requests a video review;
- if the belt of either wrestler becomes untied;
- in the event of technical malfunction (scoreboard, music equipment, video camera, lighting, etc.) during the bout;
- if the coach requests the challenge.

Article 5.6 – End of the Bout

The bout ends either upon declaration of *TAZA ZHENIS* or *AIKYN BASYMDYLYK*, upon *QATAN ESKERTU (Strict Caution)*, due to an injury to one of the athletes, or upon completion of the regular time.

At the end of the bout, the referee **stands in the centre of the mat facing the Mat Chairman's table**. The wrestlers stand on either side of the referee and wait for the decision. **The referee shall declare the winner after confirmation from the Mat Chairman**, and raises the arm wearing the wristband of the corresponding color- red or blue. Wrestlers are prohibited from removing any part of their *beren* until they have left the competition hall.

Article 5.7 – Types of Victory

A bout may be won:

- by *TAZA ZHENIS (Pure Victory)*;
- by *AIKYN BASYMDYLYK (technical superiority)* - through the total points accumulated within one bout (a clear advantage of at least four *ZHAMBAS*, or two *ZHARTYLAI ZHENIS*, or one *ZHARTYLAI ZHENIS* and two *ZHAMBAS*);
- by **3 cautions** (*ESKERTU / QATAN ESKERTU*) given to the opponent during a bout;
- by points;
- **in case of a tie in points**, a victory is awarded to the wrestler who has fewer or no *ESKERTU (cautions)* (in this case, no additional one-minute *BELDESU* is held);
- **by injury**;
- **by following a forfeit**;
- by a disqualification;
- by the result of *BELDESU*;
- or by the weigh-in result after *BELDESU*.

BELDESU

In case of a tie at the end of regular time, one additional minute is given, called *BELDESU*.

- The referee at the centre signals *BELDESU* — a mutual tight belt grip.
- Both wrestlers are called to the centre and take a belt grip with both hands.
- The right hand of each wrestler holds the belt over the opponent's left arm (outside), and the left hand passes underneath the right arm — or vice versa, depending on whether a right-sided or left-sided grip is chosen by the wrestler with the advantage in quality or the last score.
- **In case of equality of scores**, the right to choose a left- or right-sided grip is granted to the wrestler with higher-quality scores/points or who executed the last scoring action.
- If *ESKERTU cautions* are equal, the wrestler who received the last **caution** loses the right of grip choice.
- The second wrestler may not alter the grip side chosen by the advantaged wrestler.
- In case of deliberate avoidance of the grip, the wrestler receives an *ESKERTU*.

- The Mat Chairman and the referee stand **in the centre of the mat around the wrestlers and follow very carefully their bout.**
- Once both wrestlers are ready, the referee gives the command “BASTA”.

During the belt grip wrestlers are forbidden to:

- move before the referee’s “BASTA” command;
- release or alter the grip;
- press the head against the opponent’s chest;
- kneel;
- bend forward into a defensive position before “BASTA”.

Determining the winner and loser in *BELDESU*:

- If any part of a wrestler’s body (toe or heel - visible on video) goes **out of the passivity zone (orange zone)**, that wrestler loses;
- A wrestler who first releases the belt grip loses (even if executing a scoring throw);
- A wrestler who first touches the mat with any part of the body other than the feet loses (unless the touch occurs in the course of a valid throw during which the attacking wrestler also touches the mat, **inside of the mat**);
- A wrestler holding only one layer of the belt loses;
- **If the attacking wrestler lifts and carries the opponent out of the orange zone and steps first out - he loses the bout.**

Note:

If a scoring throw is executed with contact of shoulders, head or other body parts to the mat, the decision is made in favor of the attacking wrestler, provided the move is performed quickly and continuously **inside the mat**.

The rule of *QATAN ESKERTU* (Strict ESKERTU - 3rd caution given immediately) also applies during *BELDESU* (see Chapter 9, Article 1).

If *BELDESU* time ends in a draw, a weigh-in is conducted, and victory is awarded to the wrestler with the lower weight.

The weigh-in is carried out with the *Beren* and all items used during the bout. If both wrestlers’ weights are equal, **a victory** goes to the wrestler with the lower draw number. If, during a throw, both wrestlers release their hands from the belt simultaneously, the victory is awarded to the attacking wrestler.

Article 5.8 – Coach

The coach may remain near the platform or at a distance of at least two meters from the mat edge during the bout. If authorized by the UWW doctor (or the competition doctor), the coach has the right to assist in treating an athlete’s injury. Except during this situation and during the break, it is strictly forbidden to the coach to step on the mat. **It that case he can be sanctioned by the referee.**

The coach is strictly prohibited from influencing or insulting the officiating body. He may speak only to his athlete and must not comment on the referee’s work.

Failure to comply with these requirements entitles the referee to remove the coach from the corner.

During one competition day, if a coach loses 2 times a Challenge, he will be suspended from further participation that day and may not coach any wrestler. This fact is recorded in the official score sheet.

However, the team or athlete may use another coach. The national federation of the removed coach shall be fined according to the provisions of the Disciplinary and Financial Regulations.

The coach must not approach the refereeing area unless summoned by the Referee Delegate or **Mat Chairman**.

Article 5.9 – Challenge

A *Challenge* is an action by which the coach is permitted, on behalf of the athlete, to stop the bout and request that the refereeing body review the video of a moment and reconsider its decision. This option is available only at competitions where video control is provided by UWW and the Organizing Committee.

During a bout, video review may be initiated only at the request of the Referee Delegate or the coach who submitted the *Challenge*.

If the Referee Delegate confirms the decision by the refereeing body, the wrestler loses the challenge and his/her coach will receive an ESKERTU.

This rule applies depending on the competition status (international) and is regulated by the Qazaq Kuresi Association.

After the bout is over, a *Challenge* cannot be requested.

The Referee Delegate may order a video review during the bout if he observes a judging error, but under no circumstances may the result of a bout be changed after the victory has been announced on the mat. The decision of the Referee Delegate is final and binding in all disputed cases.

In the event of a controversial situation, the coach must immediately request a *Challenge* by standing up, removing his coach accreditation or badge from his neck, and raising it upwards. At that moment, the Mat Chairman must stop the bout. The Referee Delegate and the Mat Chairman then review the video recording and make the final decision, taking into account the referee's decision on the mat.

If necessary, the Referee Delegate may view the video without stopping the bout and subsequently communicates the decision to the mat referee.

Article 5.10 – Team Ranking in Individual Competitions

Team ranking points are determined by the results of the first 10 athletes.

Points are awarded as follows:

Weight-Category Ranking	Points
1	25
2	20
3–3	15
5–5	10
7	8
8	6
9	4
10	2

Nordic System (7 athletes or fewer):

Weight-Category Ranking	Points
--------------------------------	---------------

1	25
2	20
3	15
4	12
5	10
6	9
7	8

In competitions where a country may enter more than one athlete per weight category, team points are counted only for the highest-placed athlete of that country in the given category.

The distribution of team ranking points remains unchanged.

Note: A medal-based team ranking may be applied outside the *Arena* system in accordance with the regulations approved for a particular competition.

Chapter 6 – Evaluation of Throws

Article 6.1 – Recording of Points

The **Mat Chairman** records and notes in the **score sheet** every score obtained by the wrestlers during the bout.

TAZA ZHENIS (Pure Victory) must be marked in the **score sheet** with a circled TZ.

A **caution (ESKERTU)** is indicated by the letter “E”. In the case of a draw, the last **caution** must be underlined.

Article 6.2 – Recording of Scores

The **Mat Chairman** records in the **score sheet** the scores for actions and techniques executed by the wrestlers as each action occurs during the bout.

An action leading to a clear advantage (**AIKYN BASYMDYLYK**) must be marked in the protocol with a circle.

Article 6.3 – Scoring of Techniques and Actions

If one wrestler, while standing, steps outside the passive area during the execution of a move, the referee must wait until the attacking action is completed before evaluating it (the action must have been initiated inside the mat area).

Throws that begin from a standing position and include touches of the knee, head, arm, or shoulder during continuous execution without interruption shall be evaluated according to the throw-assessment criteria listed below.

Evaluation of Throws

1. Wrestlers’ techniques during the bout are called **ADIS**.
2. Effective techniques or actions during a bout are evaluated according to the following biomechanical indicators:
 - completion of the throw phase (whether or not it is finished);
 - speed of the throw;
 - control after the throw;
 - contact of the opponent’s back with the mat.

Effective **ADIS** or actions are evaluated as follows:

2.1 ADIS NATİZHESİZ – Ineffective Action;

2.2 ZHAMBAS;

2.3 ZHARTYLAI ZHENIS – Half Victory;

2.4 TAZA ZHENIS– Pure Victory.

Note: The scores **TAZA ZHENIS**, **ZHARTYLAI ZHENIS** and **ZHAMBAS** are announced verbally by the referee on the mat and accompanied by the corresponding gesture

TAZA ZHENIS (Pure Victory)

Referees shall evaluate throws according to the following criteria:

1. Full completion of the throw phase;
2. Speed of execution;
3. Control over the opponent after the throw;
4. Contact at the moment of fall.

TAZA ZHENIS is one clear throw - when an attacking wrestler, by any (not prohibited) technique, throws an opponent onto the mat on the entire back or two shoulder blades, or the opponent rolls (without stopping) on the two shoulders, the entire phase of the throw is considered completed and the quality of the throw is considered higher than **ZHARTYLAI ZHENIS**.

If the defending wrestler shows a protective reaction and falls on the stomach or turns onto a half-back position, the throw cannot be evaluated as **TAZA ZHENIS**. In all cases, referees must judge throws using all the above biomechanical criteria reflecting throw quality.

The referee signals **TAZA ZHENIS** by raising the corresponding arm upwards, palm facing the Mat Chairman.

In the case of **TAZA ZHENIS**, the bout is immediately stopped and victory is awarded to the wrestler who executed the throw.

ZHARTYLAI ZHENIS (Half Victory)

The score **ZHARTYLAI ZHENIS** is awarded when the attacking wrestler executes a throw but the opponent shows a defensive reaction and falls only on one shoulder blade or bridges (*most* position). Although control after the technique is present, the throw phase is considered incomplete.

If the opponent lands on the side, supporting himself with a backward-placed leg (which usually continues into the bridge position), the action is scored as **ZHARTYLAI ZHENIS**. Similarly, if the wrestler lands on the back but the throw is executed too slowly, it is scored only as **ZHARTYLAI ZHENIS**.



The quality of **ZHARTYLAI ZHENIS** is higher than **ZHAMBAS** but lower than **TAZA ZHENIS**. It does not end the bout — wrestling continues.

The referee signals **ZHARTYLAI ZHENIS** by raising the hand to chest level towards the Mat Chairman, palm edge downward in a horizontal position, and then moving the hand towards the wrestler who earned the score.

Two **ZHARTYLAI ZHENIS** equal one **AIKYN BASYMDYLYK** (technical superiority/dominant victory – early win by clear advantage).

ZHAMBAS

The score **ZHAMBAS** is awarded when the throw phase is not fully completed and the defending wrestler, demonstrating a defensive reaction, falls on the thigh or rolls onto the stomach through the thigh. In such a case, contact and control are present, so the action is evaluated as **ZHAMBAS**.

If the opponent falls onto the mat via the outer part of the thigh with contact on the inner part of one shoulder, it is also scored as **ZHAMBAS**.

The **value** of **ZHAMBAS** is lower than **ZHARTYLAI ZHENIS** and does not determine the bout's outcome — wrestling continues.

When giving a **ZHAMBAS** score, the referee directs the arm toward the Mat Chairman, raised horizontally to chest level, fist clenched, and then moves it towards the wrestler who receives the score.

- Two **ZHAMBAS** equal one **ZHARTYLAI ZHENIS**;
- Two **ZHARTYLAI ZHENIS** equal one **AIKYN BASYMDYLYK**;
- Three **ZHAMBAS** equal one **ZHARTYLAI ZHENIS** + one **ZHAMBAS**;
- Four **ZHAMBAS** equal one **AIKYN BASYMDYLYK** (clear advantage – early win).



ADIS NATİZHESİZ – Ineffective Action

ADIS NATİZHESİZ is given when the executed technique or counter-technique cannot be evaluated. It is awarded in the following cases:

- when the technique is performed from one or both knees (even if the opponent falls);
- when the attacking wrestler performs a move from a lying position on the back or through contact with the back — which cannot be scored according to the criteria — without counter-action or hold by the opponent, and both wrestlers fall simultaneously.

Referee's gesture: both hands are raised to waist level, palms down and crossed, directed towards the Mat Chairman.



Note: Actions performed continuously without pause, but involving contact of a knee, hand, or shoulder with the mat, are evaluated according to the standard throw-assessment criteria.

Article 6.4 – Decision and Voting

Referee's evaluation on the mat:

Initially, the referee on the mat evaluates the action and displays the corresponding gesture.

In the following controversial situations, the video-review procedure is applied:

- when the Mat Chairman or Referee Delegate disagrees with the mat referee's decision and reviews the disputed moment;
- when the Referee Delegate disagrees with the unanimous opinion of both the mat referee and the Mat Chairman;
- when a coach requests a *Challenge*.

Final decision:

The final decision is made by the Referee Delegate and may differ from the mat referee's opinion. The mat chairman and the referee on the mat then give the corresponding gesture, **cancelling** the previous score and signaling the final decision. All referees' opinions are recorded in the **score sheets**.

If the bout lasts until the end of the **regular** time, the Mat Chairman's **score sheet** shall be used to determine the winner. The scoreboard must correspond to the Mat Chairman's **score sheet** throughout the bout.

Note: A *Challenge* is not accepted regarding **ESKERTU (caution)**.

Article 6.5 – Injury and Bleeding Time

If an athlete sustains an accidental injury (for example, an eye blow, head clash, etc.), the referee stops the bout according to the rules. Upon announcing compensation time, the timekeeper must start the stopwatch and ensure that the total compensated time for one athlete does not exceed 4 minutes during the entire bout; otherwise, the injured wrestler automatically loses the bout (**by injury**).

In case of injury or bleeding, the medical staff must intervene immediately. Appropriate cleaning materials and disinfectant solutions must be readily available. It is the Head Doctor's responsibility to determine whether the bleeding and blood spread have been effectively stopped and whether the athlete can resume the bout.

The match shall resume only after all materials used to clean blood have been properly disposed of. In the event of bloody or torn clothing that needs replacement, the coaches of all athletes must have and provide a spare *beren*.

Chapter 7 – Classification Points

Article 7.1 – Classification Points

The classification points that athletes receive for their matches will be used to determine their final ranking.

1. **Victory by TAZA ZHENIS (Pure Victory) – 6 points to the winner, 0 to the loser (TZ 6:0)**
If an athlete wins the bout by "TAZA".
2. **Victory by Injury – 6 points to the winner, 0 to the loser (VIN 6:0)**
If a athlete is injured before or during a bout and the injury is certified by the UWW Doctor.
3. **Victory by Forfeit – 6 points to the winner, 0 to the loser (VFO 6:0)**
A victory by forfeit is declared when an athlete fails to appear on the mat for the match or

does not comply with the present rules as far as competition uniform or if an athlete doesn't attend or fail the weigh-in.

4. **Victory by Disqualification – 6 points to the winner, 0 to the loser (DSQ 6:0)**

A victory by disqualification is declared when an athlete is banned from the match or competition in case of unfair behavior (brutality).

5. **Victory by 3 Cautions – 6 points to the winner, 0 to the loser (VCA 5:0)**

If an athlete receives three cautions (ESKERTU) during a bout or receives directly QATAN ESKERTU. Participation in subsequent bouts remains valid for the penalized wrestler.

6. **Victory by Technical Superiority (AIKYN BASYMDYLYK) – 5 points to the winner, 0 to the loser (VSU 5:0)**

Wins the match by Superiority Criteria.

7. **Victory by Technical Superiority (AIKYN BASYMDYLYK) – 5 points to the winner, 1 to the loser (VSU1 5:1)**

Wins the match by Superiority Criteria and the loser had some score.

8. **Victory by ZHARTYLAI ZHENIS – 4 points to the winner, 0 to the loser (ZZ 4:0)**

9. **Victory by ZHAMBAS – 3 points to the winner, 0 to the loser (ZB 3:0)**

10. **Victory in BELDESU – 2 points to the winner, 0 to the loser (VBO 2:0)**

A victory in overtime occurs after an athlete is declared the winner according to the "Beldesu" criteria.

11. **Double Disqualification – 0 points to both wrestlers (2DSQ 0:0)**

In case both athletes have been disqualified due to infraction to the rules

12. **Double Forfeit – 0 points to both wrestlers (2VFO 0:0)**

Applied when both athletes fail to weigh in or fail to appear on the mat.

13. **Double Injury – 0 points to both wrestlers (2VIN 0:0)**

In case both wrestlers injured

Note:

A wrestler who loses a bout due to injury must provide a medical certificate to the Referee Delegate or to the **Competition** Secretary before the next call to the mat.

Without proper medical documentation, the athlete shall not be allowed to continue competing and will be excluded from the final ranking.

Chapter 8 – ESKERTU (Caution)

Article 8.1 – Cautions for Passivity

1. If a wrestler performs no attacking actions while the opponent executes three consecutive attacking actions, the inactive wrestler receives an ESKERTU **caution**.

(An attacking action means any technical action forcing the opponent to lose balance or fall.)

2. If a wrestler bends the body, lowers the head, assumes a defensive posture, or avoids engagement, he receives an ESKERTU.

3. A wrestler is considered passive if he blocks the opponent's actions with a straight arm to avoid engagement (from below, above, by collar, sleeve, belt, etc.) for more than 5 seconds.

4. If a wrestler executes a false technique, he receives an ESKERTU.

A false technique is an action performed to waste time or interrupt the fight, without unbalancing the opponent.

5. If a wrestler avoids combat and completely steps out of the passive area of the mat with both feet *(the wrestler located in the outer circle is considered passive, while the wrestler closer to the center is considered active)*, he receives an ESKERTU.

6. If a wrestler retreats on the mat for three or more steps to avoid engagement.

7. If a wrestler, without performing attacking actions, pushes the opponent off the mat to stop the fight.

8. If a wrestler does not rise in time (remains seated or lying down) and does not return to the center of the mat to continue the bout.

9. If a wrestler avoids engagement and performs a technique from one or both knees, he receives an ESKERTU.
10. The referee may penalize both wrestlers for passive fighting if neither performs technical actions or shows activity. In such a case, the referee may issue **cautions** to both wrestlers. If the wrestlers continue to fight passively, the referee may issue a repeated **caution** or even disqualify both if he considers that they fail to fulfill their wrestling obligations under the rules.
11. If after a regular time the bout ends in a tie, the wrestler who has received more *ESKERTU* **loses the bout**. In this case, no additional one-minute *BELDESU* is held — the match ends with the expiration of regular time.
12. If a *Challenge* is deemed incorrect, an ESKERTU is given to the wrestler whose coach requested the challenge.
13. In the additional one-minute *BELDESU*, an ESKERTU is given if a wrestler obstructs the grip.

Article 8.2 – Cautions Related to Prohibited Actions

1. If a registered wrestler who must be on the mat arrives **30–59 seconds** later, he receives the **first caution**.
If he arrives **60–89 seconds** later, he receives the **second caution**.
If **90 seconds or more** later, he receives the **third caution**, is considered absent, and loses the bout. He is deemed disqualified and excluded from the ranking.
(The referee activates the scoreboard immediately after both wrestlers are announced.)
2. If a wrestler intentionally unties the belt without the referee's permission.
3. If a wrestler deliberately steps over the opponent with a leg, violating etiquette.
4. If a wrestler performs a leg sweep without a proper grip, he receives an ESKERTU.
The same applies to any kicking attempt that does not unbalance the opponent.
5. If a wrestler grips the opponent's fingers or hair, or the lower edge of the *beren* below the belt, he receives an ESKERTU.
A **caution** is also given for gripping the opponent's shorts or legs.
If a wrestler's forearm or fingers touch the opponent's leg or shorts, it is considered a leg hold.
6. Tripping the opponent's supporting leg from behind or inside during entry into a technique.
7. It is forbidden to perform techniques solely by squeezing the opponent's neck with both hands or to use moves that cause damage to the elbow, knee, or shoulder joints.

Note: However, if the defending wrestler intentionally touches the mat with the hands, grabs the legs, or below the belt to avoid attack, the referee must not stop the attack with the "TOKTA" command — he must allow the attack to finish, evaluate it, and then issue the corresponding warning.

8. If a wrestler prevents the opponent from taking a collar grip by holding his own collar with one or both hands.
9. If a wrestler rolls up his *beren* sleeves or pulls them up to the armpits to avoid a grip.
10. If the coach appears in clothing not compliant with the rules, the athlete receives an ESKERTU (**caution**).
11. If the athlete's *beren* does not comply with the uniform requirements.
12. If the refereeing body fails to notice a prohibited action by one wrestler, the opponent is allowed to signal vocally or otherwise. A false signal is considered a prohibited act and is punishable by an ESKERTU (**caution**).

Chapter 9 – QATAN ESKERTU (Strict Caution)

1. If a wrestler, during the bout, executes a technique by driving the head directly into the mat, thereby creating a risk of serious cervical spine injury to himself or the opponent, **3rd caution is given to him immediately**. However, if the downward head movement does not correspond to the throw's direction, does not create pressure on the cervical vertebrae, and the head contacts the mat safely, the wrestler is not disqualified. This rule also applies during *BELDESU* (see Article 5.7).

2. In competitions among children and younger age groups (U13 – 12–13 years, U15 – 14–15 years, U17 – 15–16 years), a wrestler who performs a dangerous head-down action is immediately disqualified.
For these same age groups, the use of an inner leg wrap with a backward throw over the chest is strictly prohibited.
3. If a wrestler, through any action, causes injury to the opponent.
4. If a wrestler, team, or representative violates sports ethics or shows disrespect towards the referee or opponent — for example, by arguing, speaking on the mat, disobeying the referee, or removing the *beren* in front of spectators after the victory announcement — he shall be suspended from the competition by decision of the Referee Delegate or **Mat Chairman**.
5. It is forbidden to pull the opponent by the hair, ears, or genitals; pinch the skin; bite; twist fingers or toes; kick; head butt; choke; push; apply any technique that endangers the opponent's life or may cause fractures or dislocations of limbs; perform twisting actions that cause suffering; or deliberately throw the opponent head-first onto the mat from a vertical position.
6. Insulting or morally/ethically offending the referees.

ESKERTU (Caution) – after performing the corresponding gesture, the referee extends the arm toward the shoulder of the respective wrestler.

- **1stESKERTU – no score is awarded to the opponent.**
- **2ndESKERTU – no score is awarded to the opponent.**
- **3rdESKERTU– is equal to AIKYN BASYMDYLYK (technical superiority) for the opponent.**

QATAN ESKERTU - Strict Caution (3rd Caution given immediately).

Article 9.1 – Negative Wrestling

If a wrestler on the mat retreats, avoids grip, behaves roughly, or argues, he receives an *ESKERTU* (caution) or *QATAN ESKERTU* (3rd caution given immediately).

Chapter 10 – Protest

Article 10.1 – Protest

No protest after the end of the bout, nor any appeal to the Court of Arbitration for Sport (CAS) or to any other jurisdiction against a decision made by the refereeing body, shall be considered. Under no circumstances can the result of a bout be changed after the victory has been announced on the mat.

If a UWW representative or the person responsible for refereeing establishes that the Refereeing Body has abused its authority by altering the result of a bout, they may review the video recording and, with the consent of the UWW Bureau, impose sanctions on the responsible individuals in accordance with the **Regulations of the International Refereeing Body**.

CHAPTER 11 – MEDICAL SERVICES

Article 11.1 – Medical Care

The organizer of the competition must provide a **medical service** responsible for conducting medical examinations prior to weigh-in and for ensuring medical supervision throughout all bouts. The medical service, which must operate during the entire competition, is under the supervision of the **UWW Chief Medical Officer**. Medical requirements are described in specific regulations.

Before the weigh-in, **the doctors** examine the athletes and assess their health condition. If an athlete is deemed to be in poor health or in a condition that endangers either **himself** or **his** opponent, **he** must be **excluded from the competition**.

Throughout the event and at any time, the medical service must be ready to intervene in case of an accident and to determine whether the athlete can continue to compete. Team doctors have the full right to treat their injured athletes; however, during medical treatment conducted by the event doctor, only the coach or team representative may be present. Under no circumstances shall **UWW** or **Qazaq Kuresi Association (QKA)** be held responsible for any injury, disability, or death of an athlete.

At all levels of Qazaq Kuresi competitions, an **ambulance team** with full resuscitation capabilities must be on standby throughout the event.

Article 11.2 – Intervention of the Medical Service

a) The **UWW Chief Medical Officer** has both the right and the duty to stop a bout at any moment through the Mat Chairman if he/she believes that any participant is in danger. Initially, treatment shall be provided only by the UWW doctor. If support is required, they may allow the athlete's team doctor or coach to assist.

b) The doctor may also immediately stop a bout and declare one of the athletes unfit to continue. An athlete shall never leave the mat except in the case of a serious injury requiring immediate removal. In the event of an injury, the referee must immediately call for medical intervention; if the event doctor does not report the injury, the referee must seek authorization from the Mat Chairman.

c) If an athlete has a visible injury, the doctor shall be given sufficient time to treat it and decide whether the athlete can continue or not.

d) A maximum of **four (4) minutes** is allowed per athlete during the entire bout to treat any bleeding injury.

e) In the event of a medical dispute, the athlete's team doctor has the right to intervene in any necessary treatment or to give advice regarding the intervention or decision made by the medical service. Only the **delegate of the UWW Medical Commission** may request that the referees stop the bout. At international competitions where no UWW Medical Commission is present, the decision to interrupt the bout is made by the competition doctor in agreement with the UWW delegate or appointed UWW referee and the injured athlete's team doctor.

f) In all cases, a doctor deciding to prohibit an athlete from continuing must be of a **different nationality** from both the injured athlete and their opponent, and must not be affiliated with the same weight category. If such a situation arises, the decision shall be referred to another doctor appointed by the Referee Delegate.

g) All first-aid treatments (not requiring hospitalization) that occur at UWW international competitions are covered by the **organizing committee**. Injuries requiring hospitalization are covered under the athlete's **UWW license insurance**, provided that the incident was reported to the insurance company (using the number indicated on the back of the license card) on the same day.

h) If an athlete is injured and cannot continue the bout, they **lose by injury**. The losing athlete will be ranked according to the points earned up to that moment. If the injured athlete is able to compete in the next bout, **he/she** must first obtain medical approval from the UWW doctor.

Article 11.3 – Weight Reduction

Regarding weight reduction during competitions, UWW has adopted the following rules:

Any practice of **dehydration** or **excessive calorie restriction**, use of **diuretics**, **emetics**, **laxatives**, or **self-induced vomiting** is strictly prohibited. Athletes **under 18 years of age** are forbidden to use saunas, steam rooms, or **non-permeable suits** at competition venues.

Article 11.4 – Medical Suspension

If an athlete sustains any **head injury** as a result of a fall - whether during training or competition - **he/she** shall be suspended from participation for **a minimum of 45 days and up to 90 days**, depending on the severity of the injury. If the medical staff determine that the injury involved a head impact, the same rule applies. If a serious head injury is diagnosed, the athlete may be suspended for an **indefinite period** or until UWW authorizes their return to competition.

The national federations must ensure that every medical suspension is properly recorded in the athlete's **licence booklet** and reported to the **UWW office** for entry into the international athlete database.

Doctors appointed to international Qazaq Kuresi competitions are required to submit to UWW a **complete report** on injuries and severe impacts, along with their recommendations and/or decisions concerning medical suspensions.

Article 11.5 – Anti-Doping

In accordance with the provisions of the Constitution and for the purpose of combating doping, UWW reserves the right to require athletes to undergo medical examinations or **doping tests** at all competitions on the official calendar. This regulation applies to **Continental and World Championships** according to the UWW Rules, and to the **Olympic and Continental Games** according to the IOC Rules.

Under no circumstances may any participant or official oppose such testing without facing sanctions as provided by the **UWW Anti-Doping Rules**. The UWW Medical Commission determines the timing, number, and frequency of these controls, which may be carried out by any methods it deems appropriate. Samples shall be collected by a **UWW-certified doctor** in the presence of the athlete's representative.

The organization and financial costs of doping control during competitions are borne by the **host country** and the **national federations**.

In case of a positive result, sanctions stipulated by the **UWW Anti-Doping Regulations** shall apply. As UWW complies with the **Convention against Doping** signed with the **IOC** and implemented by the **World Anti-Doping Agency (WADA)**, all corresponding rules, procedures, and sanctions apply to UWW.

After all internal appeal provisions under the UWW Anti-Doping Rules have been exhausted, the **Court of Arbitration for Sport (CAS)** in Lausanne (Switzerland) shall act as the final appellate body.

CHAPTER 12 – APPLICATION OF THE RULES OF QAZAQ KURESI

These Rules supersede all previous editions.

The **UWW Executive Bureau** is the sole authority empowered to make decisions concerning any amendments to the abovementioned provisions that are deemed desirable for the improvement of the Technical Rules of **United World Wrestling** for Qazaq Kuresi.

These Rules shall remain the only valid document of this kind until the next Congress, which will be invited to decide on any possible amendments or interpretations adopted by the Executive Bureau.

In the event of any legal dispute, **only the English version of this document shall be deemed authoritative**. National Federations are required to translate this document into their official language.

Each referee officiating at a competition must have a copy of these Rules in their own language **and** in one of the official languages of UWW (French or English).

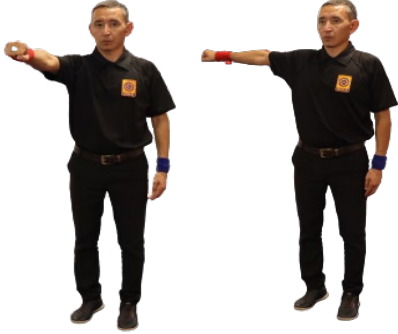
APPENDIX 1 – OFFICIAL REFEREE GESTURES

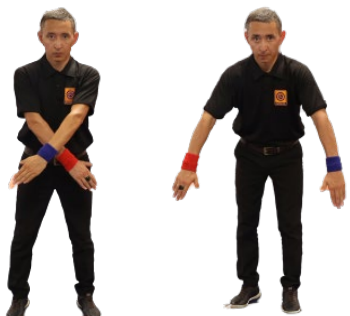
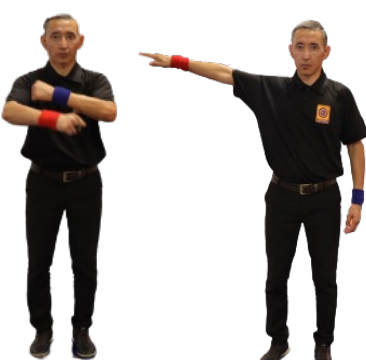
Gestures of the official members of the Referee Team

R – Referee, C – Mat Chairman

A detailed visual guide to gestures and referee movements can be found at:

🔗 <https://youtu.be/v5BVUfv-K8Q?si=qRTUJyC17kOJMhKR>

	Start of Refereeing Work	The referee steps onto the mat first and bows.
	Invitation of Wrestlers to the Center	The referee may invite the wrestlers to the center of the mat and ask them to take their positions if necessary.
	TAZA ZHENIS (Pure Victory)	The referee clearly announces “TAZA” and raises the straight arm wearing the wristband of the corresponding color upward, with the palm open and facing forward.
	ZHAMBAS	The referee loudly announces “ZHAMBAS,” raising the arm with the wristband of the corresponding color to chest level in front of the body, with the fingers clenched into a fist and directed sideways.

	ZHARTYLAI ZHENIS (Half Victory)	The referee loudly announces “ZHARTYLAI,” raising the arm with the wristband of the corresponding color to chest level in front of the body, with fingers together, the edge of the palm horizontal, and the little finger pointing downward and to the side.
	ADIS NATIZHESIZ (No Score / Ineffective Action)	The referee extends both arms forward toward the mat chairman, raising them to waist level, palms facing down, and crosses them in front of the body
	Time Stop	The referee holds one forearm horizontally at face level, palm open and facing downward, and places the fingers of the other open hand vertically against the middle of the first palm (forming a “T” shape).
	BELDESU (Tie-Break)	The referee raises both hands to the chest and interlocks them to indicate the “Beldesu” grip.
	ESKERTU (Caution)	The referee points in the direction of the wrestler receiving the caution and shows the corresponding gesture indicating the reason for the caution.

	ESKERTU (Caution)	Talking Caution: points to the mouth and directs the caution gesture toward the wrestler.
	ESKERTU (Caution)	Finger Grip Caution: points to the fingers and directs the caution gesture toward the wrestler.
	ESKERTU (Caution)	Defensive Position Caution: indicates that the wrestler is staying in a defensive position or on all fours and directs the caution toward the wrestler.
	ESKERTU (Caution)	Below-the-Knee Technique Caution: gestures to show that the technique was made below the knee and directs the caution toward the wrestler.



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