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INTRODUCTION OF “BEACH WRESTLING” IN THE FILA PROGRAMME

Preamble

Since the beginning of times on all continents, traditional forms of wrestling are practised on earth, sand, sawdust, etc.. These forms of wrestling with simple rules today still captivate a large public. The FILA Bureau has therefore decided to codify a form of wrestling that can be practised everywhere, without any technical means, which takes elements from these traditional wrestling forms and which is called “Beach Wrestling”.

This form of wrestling must serve to:

- popularise wrestling
- allow the practice of this sport in countries with few financial and material means
- animate through a play and natural activity the holiday clubs, etc.
- put in place for the National Federations a new activity that can stimulate wrestling in their country
- attract sponsors to wrestling through a new exciting and popular discipline.

“BEACH WRESTLING” REGULATIONS FOR MEN AND WOMEN

Age categories

- 10 to 15 years cadets
- 16 to 20 years juniors
- 21 years and more seniors

Weight categories

The person in charge divides the participants into 2 categories:

- One light category
- One heavy category

There is no weigh-in, the distribution in the categories is done according to the corpulence of the participants and in order to reach the quickest possible the ideal divisible number .

Kind of competition

- Tournament or championship open to all without any affiliation nor licence
- Tournament or championship reserved for those affiliated to a National Federation

Competition dress

- Trunks for men without any other accessory
- Swimsuit in one piece or two pieces for women without any other accessory

Competition surface

On sand, inside a circle of 6 m diameter

Duration of the matches

One period of maximum three (3) minutes

Competition system

The competition is with direct elimination and repechage. All the wrestlers losing against the two finalists will make up a repechage.

Identification of the men and women wrestlers

After having been distributed by categories, each wrestler receives an ankle band numbered from 1 to ... (different for each category) to be put around the ankle. After each match the loser hands the band to the referee.

Officiating

The person in charge acts as referee and his decisions cannot be questioned.

Kind of victories

“Beach Wrestling” is held only in the standing position. The victory can be obtained in the following manner:

- By fall when a wrestler touches both shoulders on the ground
- By throw when a wrestler has succeeded in having his opponent touch twice during the match a part of his body on the ground. In the action the attacking wrestler can put one or both knees on the ground.
- By leaving the competition area if a wrestler has succeeded in pushing twice one foot of his opponent out of the competition area.
- By adding to a throw a leaving of the competition area.
- By decision of the person in charge when at the end of 3 minutes no action was executed by one wrestler compared with the activity of the other wrestler.

Prohibitions

- Kick or punch
- Attack the face or the hair
- Cover the body with an oily and slippery substance
- Holds that can lead to a dislocation
- Stopping the match for any reasons is forbidden

Classification

One 1st, one 2nd and two 3rd places are declared for each light and heavy category .

The two first of each category must wrestle to determine the winner of the absolute category of the tournament.

1st of the light category against the 1st of the heavy category

2nd of the light category against the 2nd of the heavy category