



RULES AND REGULATIONS

Game : Wrestling (Girls & Boys)

- 1 The competition will be conducted as per the rule and regulations of wrestling federation of India (WFI), with modification wherever applicable.
- 2 At cluster level, only **one player** from each school can participate in each age group (U-14, U-17 & U-19 girls and boys) and weight category.
- 3 The participant shall be 12 years and above to participate in the competition.
- 4 The length of Bout- In Cluster/Zonal/National level, bouts are of 6 minutes (2-2-2).
- 5 The Referee calls both of the participants in the central area and checks their nails which should be cut short, their singlet and hands if they carry any sharp weapon. Using different techniques, participants try to pin down their opponent and hence win the bout. The one who scores maximum at the end wins the game.
- 6 The participants' body should not be greasy or perspired. Both of them shake hands or greet and the bout begins with referee's whistle.
- 7 Wrestlers are forbidden to twist the wrist more than 90°, hold the throat, stretching opponent's spinal section, using two arms to grab opponent's head or shoulder, Holding the opponent upside down (with head down), etc. The participants are warned if they do so.
- 8 In a case of Freestyle wrestling, if neither of the participants scored a point, then overtime bout is conducted. The referee tosses the disc, and the one who wins the toss is rewarded with a choice of grabbing any of the legs of the opponent who is forbidden to attack for 30 seconds. If the attacker pins the opponent down, he wins and if not the defensive player wins.
- 9 In the case of the tie, the participant who scores multiple points or the last who scores wins the bout. The judge makes the conclusion.
- 10 The participants are rewarded with points according to the technique attempted ranging from 1-5.
- 11 If a participant attacks violating the rules of the game, he will be given a warning or may lose points as a penalty. For major misconducts, he/she may be disqualified.
- 12 The participants can forfeit the game in case of injury.
- 13 Competitors shall be dressed in shorts (or bathing trunks) and a suitable, tight fitting t-shirt. Wrestling singlets may be worn. No sweat pants ! Unless deemed necessary by coaching staff.
- 14 Wrestling shoes or appropriate footwear must be worn. Footwear must have no sharp edges, lace tips must be covered.
- 15 Wrestlers with communicable skin conditions must not participate.
- 16 A match is won by a wrestler when :
 - (a) They win the opponent
 - (b) They win to rounds
 - (c) The opponent disqualified (behavior), or unable to continue (injury).
- 17 In all matches, the wrestlers are awarded points by the official according to the merit of the technique :

PIN/FALL	5 POINTS (ENDS THE MATCH)
TAKEDOWN	1, 2 OR 3 POINTS (2×3 PTS. ENDS THE ROUND)
DANGER POSITION / EXPOSURE	1 OR 2 POINTS
NEAR FALL	1 POINT
REVERSAL	1 OR 2 POINTS
EXTENDED DANGER POSITION (5 SEC)	1 POINT



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18. The fixtures will be drawn after having weight done of participants.
19. Merit Certificate will be provided to first, second & third positions winners. (Both the semi-finalist will be provided the certificate of Merit and Bronze Medal for the third place).
20. All other participant's will be provided with the participation certificates.
21. No protest will be entertained against the judgment of officials.
22. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

NOTE:

- (1) The Mat Chairman will be appointed by the Organizing School at the venue, who shall be a NSNIS Diploma holder in Judo.
- (2) From each Zone, in each weight category, separately in Boys & Girls, in different age groups, first & second position winners will qualify to participate in Nationals.
- (3) All teams must report at least a day before the commencement of the championship.

WEIGHT CATEGORY (IN KG)

WRESTLING F/S							WRESTLING G/R	
Sr.No	U-14 Boys KG	U-14 Girls KG	U-17 Boys KG	U-17 Girls KG	U-19 Boys KG	U-19 Girls KG	U-17 Boys KG	U-19 Boys KG
1.	35	30	45	40	57	50	45	55
2.	38	33	48	43	61	53	48	60
3	41	36	51	46	65	55	51	63
4.	44	39	55	49	70	57	55	67
5.	48	42	60	53	74	59	60	72
6.	52	46	65	57	79	62	65	77
7.	57	50	71	61	86	65	71	82
8.	62	54	80	65	92	68	80	87
9.	68	58	92	69	97	72	92	97
10.	75	62	110	73	125	76	110	130