

WORLD NOMAD GAMES 2016

**COMPETITION RULES OF
ABA KUROSH**



**WORLD NOMAD
GAMES**

Kyrgyz Republic

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Competition rules of aba kurosh.

I. General regulations.

Aba wrestling is a traditional Turkish wrestling. Aba wrestling is one of the oldest forms of wrestling and one of the first wrestling where athletes perform in clothes. It was used in military trainings.

Aba wrestling is a wrestling with free holds on clothes and body of an opponent. Technique of this wrestling is rich for different methods with the usage of legs, throws with the holding to the belt and wrestling jacket or one leg and the belt. Fights invariably held with the musical accompany of the national instruments: drum and wind instrument. Opponents go to the grappling in short capes with the slots for hands or in jackets made of sheepskin (aba), from which the name of this kind of a wrestling derives.

The goal of the wrestlers of aba wrestling is to throw his opponent on his back, holding him on his belt.

II. Weight categories and duration of the fight.

Contest is held between men in absolute weight category more than 80kg. Athletes who are 18 years old are allowed to contest.

Duration of the fight is 30 minute, 10 minute for the 1st, 2nd and 3rd single combat.

III. Contest area.

Competitions on aba wrestling are held on a 30x30 meters, grassy soft earth or sand field. The edges of the field are enclosed with the wire without thorns or with the rope. In the evening performances there must be a lighting. If the weather conditions are not allowing to holding contest, then it must be hold in closed premises.

IV. Athletes' clothing.

In the competition athletes wear aba costume, made of wool or ortarpaulin, on the foot – shorts, not longer than the knees, feet are barefoot. That is, who is not following the rules won't be allowed to the competition.

V. Forbidden maneuvers and techniques.

In aba guresh the following maneuvers and techniques are prohibited:

- to inflict double blows and double grabs;
- to press on a loin of lying opponent and to press with elbow on the spine of the opponent;
- to twist the fingers and toes;
- intentionally hitting an opponent's head to the ground;
- intentionally poking the eye, ear, nose and mouth of the opponent;
- biting and scratching the opponent;



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- hitting the opponent by head, slaps, punches, unleashing of the belt, kicks and blows to the back of the opponent's head are prohibited;
- despite the referee's commands, keep doing prohibited actions;
- to hold opponent's shorts and unleash a taut aba;
- ignoring the referee's "stop" command and discussing with the referee;
- to make degrading actions towards the opponent;
- to make actions that is incompatible with the sports spirit;
- to chew a chewing gum;
- constantly fall onto the floor;
- deliberately going out of the match area and escaping from the opponent, to push the opponent to spectators;
- to squeeze the opponent's throat, to twist the opponent's throat and jaw with a help of aba;
- wearing metal rings, watches, necklaces;
- wearing shirt or other clothes under the aba.

In other words, all movements and techniques that can harm the athlete and pose a threat to his life and health are prohibited. Those who will use these prohibited techniques will get a warning, after repeated warning the athlete will be punished.

VI. Taking off the aba.

When the competition ends, athletes at first should untie their belts and take off their aba, and leave them to a certain place. In case the athlete before leaving the area of competition will take off the aba and throw it to somewhere – this very action will be considered as disrespect to sports spirit and the athlete will be directed to the Disciplinary Committee.