

WORLD NOMAD GAMES 2016

**COMPETITION RULES OF
“ALYSH” BELT WRESTLING**



**WORLD NOMAD
GAMES**

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Competition rules of “Alysh” belt wrestling.

I. General regulations.

Historical roots of “Alysh” belt wrestling go back into much further past. This kind of wrestling is considered to be one of the ancient sports games of Kyrgyz people.

Wrestlers wear special either a blue or a green jackets, white trousers and red belts.

In starting point, the head of the wrestler is on the opponent’s scapulae, at the same time he/she follows the movements of the opponent’s legs under his/her arms. Wrestlers hold each other’s belt by bending forward in his own lap section of the belt and left hand over the opponent’s right hand. Wrestling is held only in standing position. The task of every wrestler is to try to pin the opponent down, by holding his/her belt.

II. Uniforms of contestants in the competitions.

Contestants should wear special either a blue or a green jackets, white trousers and red belts. Contestant who is called first to the bout wears blue jacket, while the second contestant wears green one.

Uniform of contestants of “Alysh” belt wrestling should be made of cotton cloth and be in good condition. Fabric should not be too stiff and thick.

Jacket should be up to the thighs length. The length of the trousers should be till the ankles. Space between the leg and the bottom of the trousers should be 15-20 centimeters along its full length. Belt should have a width of 5-6 centimeters. Belt is made of fabric 150 centimeters in length and width, which is wrapped into bale. The overall length of the belt is 210-215 centimeters. The length of the belt for children and teenagers is 150-200 centimeters.

III. The beginning and end of the bout.

Before the beginning of every bout three referees – the mat referee and two side referees stand on the edge of the mat (kilem) together. Before taking own seats they bow, their left arms across their chests. Before leaving the mat referees stand together on the edge of the mat and bow one more time.

The mat referee and side referees should take starting position before the bout will start and the contestants will come to the mat.

Before starting the bout contestants should bow to each other on the red zone, their left arms across their chests. After the command of the referee “karmash” contestants hold each other’s belts and get prepared for the bout, then the referee gives a command “alysh” and the bout begins.

After the end of the bout the referee announces the winner by raising winner’s arm. Then the contestants shake hands and leave the mat.

All bows are done by bending forward and the referee has to monitor implementations of them.

During the checking of the mat, before the bout referees have to pay attention to the cleanness and evenness of it. There should no slots between the mats. The referee should be on the center of the mat facing the table of the mat chairman.

The referee stops the mat by giving the command “tokto”.

IV. Duration of the bout.

The bout takes place over a period of 4 minutes both for men and women.

V. General rules.

According to the rules of the “Alysh” belt wrestling, athletes contest in standing position.

In case of ties, the victory is awarded to the wrestler who makes the last technical action.

Competitions are held according to the Olympic system without repechage bouts. Athletes who win at semifinal bouts are let to the final. Athletes who lose at semifinal bouts take the third places automatically.

All technical actions on the mat and ended out of the mat are counted and assessed.

Belts are tied at chest level. The space of a fist is left between the belt and chest. At first wrestler in blue jacket holds the opponent’s belt only at the side. After this wrestler in green jacket does the same act. Athletes hold each other’s belt by thrusting hands under the opponent’s belt from the outside and screwing it to the hands. And only after the beginning of the bout they move their hands along the belt, choosing the suitable position.

VI. Commands.

“**Karmash**” - command for grabbing the opponent’s belt. After this command referee shows following gesture: holding the belt, arm bent square at elbow on the back level, hands are closed with force. After this command “alyshysts” (“alysh” wrestlers) hold “belboo” (belt) from the left and right sides on the same position. They grab the belt behind the opponent’s back by holding the belt and leaning on the side. If the wrestlers do not comply with the requirements of the referees, they will declare warning to the wrestlers within 10 seconds.

“**Alysh**” is command to start the bout. The referee stretches his arm with open hand forward; the thumb should be pointed upwards.

“**Tokto**” - command for stopping the bout. The referee stretches his arm forward on the height of the shoulder, facing the athletes.

“**Araket**” is an initial assessment. It is evaluated by two points. The referee lifts his arm bent square at elbow at a 90 degree angle to the shoulder height, the palm is open and directed forward. This assessment is given, when the wrestler made the opponent to touch the mat with his knee.

“**Jambash**” is a half of the victory. This command is evaluated by 5 points. The referee retracts his arm with palm down at the level of his shoulder. This assessment is given in the following cases:

- if the wrestler performs side-throw;
- if the wrestler performs a throw and the opponent falls on the buttocks.

“**Taza**” is a pure victory. If after the wrestler’s throw the opponent falls on the shoulders and do not touch the mat with other parts of the body, “taza” the pure victory will be given to the wrestler who performed the throw. The referee lifts his arm high with open hand which is directed forward. The wrestler is given the assessment “taza” and the pure victory is awarded in such cases:

- if he/she performs the throw “jambash”;
- if his/her opponent was given three warnings “eskertuu”;
- absence of the opponent to the carpet for 2 minutes;
- if providing his/her opponent with medical assistance takes more than 4 minutes.

When the wrestler takes the assessment “taza”, the referee lifts the wrestler’s arm.

“**Eskertuu**” is a warning. referee shows the wrestler with his forefinger. “Eskertuu” is given to the wrestler, who made minor violations:

- if the wrestler does not perform the command “karmash” within 10 seconds;
- if the wrestler abuts with head against the opponent and does not allow the wrestler to perform the technical action;
- if the wrestler loses the hold and takes the hands from the belt;
- if the wrestler does not perform technical action after command “alysh” at the first 30 seconds.

After the warning to the wrestler, his/her opponent will be given 1 point. If the wrestler was warned for three times, he would lose the bout.

“**Beker**” is a technique which is not taken into account. The referee stretches his hands and waves them two-three times to the left and then to the right. This very gesture is used to announce that the technique was not counted.

Note. Gestures are shown by referee with right or left hand according to color of the jackets of the wrestlers. Referee by showing gestures in the center of the mat should announce the corresponding commands in a loud voice.

If the wrestlers had the same amount of points and warnings, then the victory is awarded to the wrestler who performed the last technical action.

VII. Forbidden actions.

In “Alysh” belt wrestling following actions are forbidden:

- when an athlete does not give the opponent to grab the belt;
- when an athlete does the technique, holding with one hand;
- when an athlete lowers his hands from the belt during the fight;
- when an athlete abuts against his head into the opponent and does not let him to make any actions;

- when an athlete constantly abuts against the opponent's stomach by hands.