

**WORLD NOMAD GAMES 2016**

**COMPETITION RULES OF  
KAZAKH KURESH**



**WORLD NOMAD  
GAMES**

---

**Kyrgyz Republic**

**2016**

*Cholpon -Ata city,  
September 3 - 8, 2016*

## **Competition rules of Kazakh kuresh.**

### **I. General regulations.**

Kazakh kuresh – is a kind of national wrestling of Kazakh people. It is one of the oldest national sports of Kazakhs.

Kazakh kuresh is held in special jackets with a fabric belt. Any clenches over and above the belt is permitted. The aim of the fight is to throw the opponent on his back.

Kazakh kuresh – is a wrestling in a standing position with actions without grabbing of feet. Wrestling on the ground or lying is not permitted. In the technical arsenal of athletes, there are many techniques. Throws in Kazakh kuresh can be made by arbitrary seizure of the clothes, the belt or by two hands, the seizure of arms and torso, and footrest throws, sweeps, hooks, shoving, throwings through the back, hip and across the chest are allowed.

### **II. Types of techniques.**

Throws by falling and throws from stand have the same score system.

- Throwing an opponent to one knee, both knees, knee-hand position, to belly.

The referee judges such techniques by stretching his arm forward at the shoulder level with palm down and simultaneous pronouncing the phrase «buk». This phrase is registered as «B» in the score-sheet of the bout, but it is not added to the scores. If the fighters end up with the same number of points, the judges decide the winner by assessing the number of «buk».

- Throwing an opponent to buttocks, to left/right hips, to belt.

The referee judges such techniques by stretching his arm forward and clenching his fist with fingers down. He simultaneously pronounces the phrase «zhambas» which is registered in the score-sheet of the bout as «zh». This technique scores points. Two times «zhambas» equals «zhartilai zhenis» which means half victory. Two times «zhambas» + «zhartilai zhenis» is considered to be victory with decisive superiority. Four times «zhambas» is considered to be victory with decisive superiority.

- Throwing an opponent to one side or one shoulder or making a wrestler's bridge.

The techniques are related to «zhartilai zhenis» (half victory) which is registered as «Zh-Zh» in the score-sheet of the bout. The referee judges these techniques by stretching his arm forward, turning his hand edgewise (with a thumb up) and pronouncing «zhartilai zhenis» (half victory). This technique is added to the score. If a wrestler throws his opponent to one side, he will win victory with decisive superiority.

- Throwing an opponent to his back or two shoulders.



**WORLD NOMAD  
GAMES**

**2016**

**Kyrgyz  
Republic**

The referee judges such techniques by putting his arm overhead with palm turned onward and simultaneous crying out «taza zhenis» which means full victory and it is registered as «T-Zh» in the score-sheet of the bout.

«II» – caution is registered in the score-sheet of bout as «E» and equals one «zhambas», caution is given four times.

Caution prohibits holding below the beltline, holding of leg (s) or knees, pushing out of the mat without a throw, inactivity and leaning with the head on the opponent during the fight.

### **III. Notes.**

If the two fighters end up with the same number of scores at prime time, they are given extra time which lasts for three minutes.

Throws by falling are allowed during «beldesu».

During a bout the fighter is considered down, if he touches the floor with any part of his body besides his feet, in such cases as mutual holding of belt «beldesu», breaking up of holding and caution.