

**WORLD NOMAD GAMES 2016**

**COMPETITION RULES OF  
GYULESH**



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**Kyrgyz Republic**

**2016**

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## **Competitions rules of gyulesh.**

### **I. General provisions.**

Gyulesh – traditional wrestling in Azerbaijan.

Uniform of athletes – wrestlers are dressed in national costume of durable loose trousers patterned with embroidery with soft belt, on foot – soft shoes. Pants – just below the knees, strongly narrowed. Grips of body, legs, belt and any place of trousers are made. Trips are allowed. While fighting on the ground it is allowed to turn the opponent on his back, using the grips of the body, legs, pants and using feet.

The prelude to wrestling is called “meidan-gezmeq”. It is a kind of warming-up, athletes exchange with greetings. The fight begins in a very peculiar way: the rivals smoothly move on a circle on both sides of the carpet alternately swing hands and after they hit each other three times with shoulders alternatively then jump from each other and then they are ready to fight. In order to win, it is necessary to press the opponent to the matt with both blades. Rolls and instant touches to the matt with blades are not considered as defeat. Fight time – 5 minutes. The victory is also awarded for more number of tricks.

### **II. Description of the fight.**

Before the fight, wrestlers, dressed in national loose trousers, stand opposite on diagonals on the corners of the wrestling matt. The first invited fighter in red loose trousers goes to the red corner; the second invited one in blue loose trousers goes to the blue corner and with the whistle of the referee (arbitrator), the fight, accompanied by a dancing melody of trio, starts.

Fighters greet each other with bow and gesture of the right hand. After the greeting fighters on the whistle of referee start obligatory warm-up exercises of pekhlevans accompanied by trio: gara zurna, balaban and nagara to the music of “dzhangı”. Obligatory exercises last no more than one minute and estimated by court as the preliminary and obligatory part of the fight.

During the obligatory exercises accompanied by “dzhangı”, the wrestlers, by raising their hands upwards, come to each other, by hitting with palm, jump from each other and perform acrobatic, rhythmic, as well as special exercises. At the end obligatory exercises of the wrestlers are estimated by courts (arbitrator, side judge and the head of the matt) with an assessment + or – (plus or minus).

After the obligatory exercises, the arbitrator according to the decision of three of judges declares the wrestler who has received an assessment “plus”. In this case the arbitrator raises his hand upwards, corresponding to the color of the fighter who has received an assessment “plus”.

By the gesture of the arbitrator, wrestlers greet each other on the matt with handshakes, hit each other with shoulders alternatively and repel from each other.

After that with the whistle of the referee the fight of two pekhlevans starts, which lasts five minutes.



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### **III. Fight in a rack.**

Fight starts in a rack.

During the fight, each of the wrestlers try to throw the opponent on his shoulders to the matt, using trips, hooks, back heels, seizure one another by trousers and legs and other permitted by the rules technical and tactical actions.

The aim of the fight is to force the opponent to touch the carpet with shoulder blades at least for a moment or to take a position of “bridge”, which does not save him from defeat.

If at the end of the time of the fight one of the wrestlers is in the position of “bridge”, then the fight is not interrupted until the way out from the “bridge” position or until pressing out with his shoulder blades to the matt.

The fight lasts five minutes and if during this time any of the wrestlers doesn't manage to carry out the decisive move, or if the wrestlers have equal points, then the victory goes to that wrestler, who during the obligatory exercises accompanied by music “dzhangi” has received an assessment + (plus).

During the fight at the request of one or two wrestlers, musicians have to accompany by music the course of the fight.

The wrestler, who has achieved effective and clear victory, at own will or at the request of the arbitrator or the audience, is obliged to dance honor dance after the fight.

### **IV. Course and duration of the fight.**

The fight starts or immediately interrupted by the whistle of the arbitrator at any position of wrestlers.

At the end of the fight, the fight is interrupted regardless to the position of the wrestlers. Technical actions during the period between sound signal and the arbitrator's whistle are not count.

Duration of the fight for juniors and adult wrestlers is 5 minutes, for youngsters and teenagers – 4 minutes without break. 1-minute obligatory exercise before the fight is included into 6 minutes and 5-minutes fight. That is, duration of the fight for juniors and adult is 1+5 minutes, for teenagers and juniors – 1+4 minutes.

During the fight, wrestlers have no right to leave the matt without the arbitrator's permission.

On the whistle of the arbitrator, wrestlers are obliged to continue the fight immediately.

In case of damage or trauma of the wrestlers, or in case if his uniform is not in order, the fight is interrupted, but no more than 3 minutes. If during 3 minutes he could not continue the fight, then he loses.

The fight ends with a signal to the gong.

### **V. Results of the fight.**

Results of the fight can be:

- victory of one of wrestlers;



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- defeat of both wrestlers (in cases provided by the rules);

The victory is awarded to the wrestler as a result:

- clear victory;
- winning the fight on points;
- disqualification of the opponent during the fight;
- refusal of the opponent to continue the fight or not coming out to the matt.

### **VI. Clear victory.**

When the wrestler touches the matt with his both shoulders or rolls on his back so that he touches the matt with his shoulder blades, occurring one after another as the continuous movement, defeated wrestler gets defeat and 4 penal points, his winner-opponent gets clear victory and 0 penal points.

Accidental touch to the matt by shoulder blades or accidental fall on “bridge” is estimated as defeat to the fighter.

If both wrestlers touch the matt at the same time, fight continues in a rack.

If the wrestler’s head at the time of touching his shoulder blades to the matt appeared behind the matt, defeat is not scored.

If, at the time of contact of shoulder blades with matt, his lower part and legs appeared behind the matt, defeat is scored.

Winning the fight because of the absence of the opponent is considered as the clear victory. In this case duration of the fight is 0 minutes and 0 seconds.

Clear victory is scored:

- when it is admitted by the head of the matt or at least by one of the judges;
- when it is admitted by two of judges at abstention of the head of the matt;
- when it is admitted by the head of the matt and side judge, despite the difference of opinion with the arbitrator.

### **VII. Victory on points.**

If at the time set to the fight there was not counted a clear victory, then in case of equal points, judges determine the winner by one-minute obligatory exercise. The victory is awarded to that wrestler, who has got “plus” for this exercise.

If the score of the fight is not equal, then at the end judges sum up the points of each wrestlers. The wrestler, who has received the highest amount of points for the entire fight, wins.

The victory on points is awarded for carrying out a method, due to which the score, big in comparison with the opponent, for the entire fight is gathered.

The wrestler, who won in this fight, gets one point, and the loser – three penal points.

Victory on points is determined by a majority of three of judges (arbitrator, the head of the matt, side judge).

### **VIII. Results of the fight.**

Victory on touché is awarded to the wrestler when he forces his opponent to touch the matt with his both hands at the same time and fixes this position. In case of determining the touché, the arbitrator must raise his hand upwards, gets the permission of the head of the matt or the side judge, hit with palm on the matt and blow the whistle.

If the wrestler, on the same capture, touches with shoulder blades the matt twice (or more), but is not fixed by attacking in this position, then it is regarded as a kind of threat position and touché is not determined.

If at the time of fixation of touché the lower part of attacking is behind the matt, then the defeat is scored.

Touché is not scored, if at the time of fixation the head of the attacking is behind the matt.

If both wrestlers at the same time touch the matt with blades, actions are not estimated, and the fight continues in a rack.

Clear victory is awarded:

- when the fight is over by 12 or more points;
- in case of the removal of the opponent for a violation of the rules with ratio of preventions 0:3; 1:3; 2:3, if the winner had technical points for the conducted methods;
- in case when the opponent exceeds the time (3 minutes), allotted for the provision of medical care or putting in order of the suit;
- for non-appearance of the opponent on the fight.

The wrestler, who has won a victory on touché or clear victory, gets 0 penal points, and the loser – 4 penal points.

The victory with a clear advantage is awarded to the wrestler, if at the end of fight his advantage reaches 8-11 points.

The wrestler, who won with a clear advantage, gets 0.5 penal points, and the loser – 3.5 penal points.

Victory on points is awarded to the wrestler, if at the end of the fight his advantage reaches 1-7 points.

The wrestler, who won victory on points, gets 1 penal point, and the loser – 3 penal points.

Victory on activity is awarded to the wrestler:

- who doesn't have technical points, if his opponent gets 3<sup>rd</sup> warning. In this case, winner gets 1 penal point at the ratio of warnings 0:3 and 2 penal points at the ratio of warnings 2:3;

- who has least number of warnings, if the fight ends without technical points. The loser at his 3<sup>rd</sup> warning gets 4 penal points.



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The defeat for both wrestlers is given in case, if they violated the rules or got 3 warnings or if the fight ended without estimated technical points at the ratio of warnings 1:1, 2:2.

Note.

Victories, obtained in case if the opponent did not come out to the matt, while assigning sports category, are not counted.

The wrestler who didn't come to the matt or weighting without valid excuses, as well as removed from competitions, received at this competitions victories, while assigning sports category, are not counted.

The results of the fight are entered in Protocol.

Board of referee award points as follows: R – red wrestler, B – blue wrestler, 0 – zero points.

### **IX. Uniform of wrestlers.**

Uniform of the wrestler: trousers, loose trousers, protective bandage (trunks).

Loose trousers of special cut for national wrestling “Gyulesh” are made of cotton fabric in red and blue colors.

At competitions below the republican scale, it is permitted to wear loose trousers of any color with removable belts of red and blue color.

Wrestlers' suits are made of soft leather and are soft-soled shoes with no exposed hard parts.

During the team competition, participants wear sportswear with an emblem of organization or country.

Wrestlers are not allowed to have on hands rings, bracelets or other objects that can cause injury.

### **X. Assessment of techniques and actions in fight.**

Mat chairman, arbitrator and side judge estimate the wrestlers' actions during the fight.

In case of disagreement of judges in assessment of actions and fixation of touché, the decision is made by majority of votes of board of judges during the fight.

Actions (techniques) depending on their quality and amplitude of throw are estimated at 1,2,3,5 points.

1 point is given:

- for technique, as a result of which the opponent is in a position lying on his stomach or stalling of the opponent;
- for a way out of stalls or lying on his stomach, including the way out from a dangerous situation;
- for leaving of opponent in capturing the matt;
- in case of a punishment of an opponent for a forbidden action without disrupting the technique of an opponent.



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Note. Dangerous position is a position in which the head of the wrestler touches the surface of matt, and his back from the surface of matt makes an angle of less than 90°.

2 points are given:

- in a rack – for a technique carried out without isolation of the opponent from the surface of the matt, as a result of which he is in a dangerous position;
- in a stall – for carrying out techniques without isolation of the opponent from the surface of the matt, but in which the opponent is in a dangerous position;
- for touches of the opponent (rolls) with shoulder blades to the matt, and also for touches (rolls) with shoulder blades of the wrestler, who is carrying out technical action;
- in case of the punishment of the opponent for forbidden action, which is disrupted the technique of the attacking.

3 points are given for technical actions in a stall or in a rack, if they are carried out with the isolation of the opponent from the surface of the matt, after which attacking is in a dangerous position and if that the high amplitude of the attacking was not fixed.

5 points are given for technical actions, if they are carried out from the position of a stall or rack and if that the high amplitude of flight of the attacking is fixed, and the opponent is in a dangerous position.

Note. Flipping, as result of which attacking is in a position with his back to the matt and touches the matt with his head or elbow, is estimated at 2 points. If the attacking during the flipping balks with hands to the matt or flips back to the matt without touching the matt with head or hands, then the technique is estimated at 1 point. If during the flip attacking is in a position sitting on an opponent, then the technique is not estimated.

The wrestler is allowed to perform in a row only two flips. The type of seizure or in which way the technique is done is not taken into account.

After two flips of different types, the attacking wrestler must completely change the seizure and has to perform different in structure technical actions. Moreover, position after trips of the given types should not be the beginning of the subsequent combination. Otherwise, the referee's whistle will interrupt the started attack.

The arbitrator is obliged to give the time to the attacking wrestler after two flips for the change of original seizure.

If after two flips, the attacking wrestler carries out different in structure technique, then he will have the right to carry out another two techniques, etc. if the attacking wrestler violates this agreement, the arbitrator interrupts the fight and continues the fight in a rack.

Stalling is estimated when the attacking wrestler forced his opponent to kneel down and lean on hands or head to the matt, to get down on one knee and lean on hand

and head. The attacking wrestler should be behind or next to his opponent, getting on one or both knees.

If the attacking wrestler is in a stall in a lower position as a result of the poor carried out technique without an effort from the part of the opponent, then he gets losing points. The fight is stopped and resumed only when the wrestlers are in a rack.

If at the end, the attacked wrestler is in a position, sitting with a support of his waist behind his back, then the attacking wrestler gets one point.

Repeated flip is estimated only when the attacked wrestler, having risen from the still, turn the breast to the attacker.