



**COMPETITION RULES
OF ER ENISH**

Competition rules of Er Enish.

I. General regulations.

Er enish is a traditional Kyrgyz equestrian wrestling. This discipline has military character. So in ancient times aggressive actions toward opponent were allowed. Its techniques looked like brutal and melee wrestling with the aim of defeating the opponent. Today in er enish both equestrian's strength and his horse play a great role. The horse in er enish must be very strong, hardy and endurance, have even temper, be maneuverable and the horse must obey the equestrian.

Nowadays er enish competitions are held on flat circular area. In the battle, two wrestlers are competing. They are naked to the waist, they must wear "kushak" (belt), a scarf, and made of strong material pants, boots, in hand should be kamcha. At the beginning of the wrestling, wrestlers on horseback come to the center of the circle by referee command. According to command, the battle begins. In order to win, you need to pull off opponent wrestler from his horse, so that he touched the ground with any part of the body.

II. Conditions for horse rentals.

If foreign teams, participating in er enish competitions will not be able to bring their horses for any reasons, they have to inform the State Agency for youth affairs, physical culture and sports under the Government of the Kyrgyz Republic until August 7, 2016. In this case, the team will be provided with host country's horses. The host country will take all necessary measures to select the appropriate horses for foreign teams.

Horse rentals carried out at the expense of host country.

II. Rules of er enish. Weight categories.

Athletes at the age of 18 and older who have appropriate training and sports doctor's certificate could participate in er enish competitions.

Admission to the competition gives the main panel of judges, which included the chief judge of the competition, the chief secretary, doctor and veterinarian.

Er enish competitions are held in three weight categories:

- up to 70 kg, up to 90 kg and over 90 kg.

Weighing of participants is conducted on the first day (day of arrival) of the competition. On the second day will be held preliminary wrestling and on the third day - the final wrestling.

At weighing all participants must show their documents with photo, which identify the athlete. During weighing the athlete must be weighted in underwear only. As part of the weighing commission are present Chairman of the Credentials Committee, the Deputy Chief Justice, the Chief Secretary of the competition and the doctor.

Weighing results are recorded in the weighing protocol. Athletes who are late or do not present themselves on the weighing are not allowed to participate in the competition.





III. Wrestling rules – the beginning and end of the wrestling.

At the beginning of the wrestling the referee checks the readiness of athletes to the wrestling, the correctness of tying the belt. The wrestling will be held according to the following statements:

- by referee's command, participants are obliged to ride up to the center of the circle and stand opposite each other;
- by referee's command, participants are required to greet each other by performing a handshake, then turn around and ride off to the edge of the circle;
- by referee's command (whistle) participants begin the wrestling;
- after the announcement of the wrestling results by referee, participants show their respect to each other by shaking hands and go out from the circle.

IV. Duration of wrestling.

Wrestling duration is 6 minute. When one of the participants is injured or has some problems with clothing or with horse saddle, the wrestling stops and 2 minutes will be given to provide medical care or for the amendment of the saddle and clothing of the athlete. If in 2 minutes a participant does not return to the middle of the circle, then he loses.

If after 6 minutes of wrestling, none of the participants wins a total victory, the winner will be determined on points.

V. Types of victory and techniques.

Total victory.

Total victory is awarded to the participant who pulls off the opponent from the horse, and he touches the ground with any part of the body. For total victory participant gets 4 points, 0 points is given to the loser. For the failing to appear, participant will be removed from competition.

Winning by points.

Winning by points is awarded to the athlete with the highest amount of points. If the number of points is same, and the time of the wrestling ends, so 2 additional minutes with the capture of both hands on the "kushak" (belt), should be provided and accumulated points are counted. In extra time all techniques of athletes should be taken into account. The athlete, who completely lets off capture from the opponent and does not hold his arm or his belt, gets defeat.

For the victory on points athletes get 3 points, losers get 1 point.

If the athlete receives three warnings, according to the referee's decision (for passivity or for violation of competition's rules), the wrestling will be stopped and the athlete will be removed from the wrestling. He gets defeat, and 0 points. His opponent is awarded a total victory, and gets 4 points.

Points are awarded in following actions:





- if the athlete presses opponent's hand on the horse's neck for three seconds he gets 1 point;
- if the athlete presses opponent's hand on the saddle for three seconds, e gets 1 point;
- if the athlete is forcing the opponent to hold horse's neck or saddle in order not to fall from the horseback, he gets 2 points;
- if the athlete twisted opponent's hand to the back, but the opponent doesn't fell, the athlete gets 2 points;
- if the athlete tries to get away from the wrestling, he gets warning for being passive and his opponent gets 1 point;
- if the athlete meets his opponent with his horse, rather than letting him come near to him, he gets a warning, and his opponent gets 1 point.

VI. The winners and prize-winners of the competition.

The winner in the weight category is determined by the highest amount of points that he get during the competition. Other places are also determined by the amount of points that athletes get during the competition.

If two athletes have the same amount of points, the athlete who won personal meeting between them will be ahead.

If three or more athletes have the same amount of points, the athlete who has the highest amount of total victories will win. If these amounts are equal, the winner is determined by the least expenditure of time on the total victories.

Places in the team standings are also determined by the amount of points of all team members. If two or more teams have the same amount of points, the winner will be determined in the individual competition.

If in a wrestling athletes have the same amount of points and warnings, then, when to the end of wrestling is left 2 minutes, the wrestling stops, and to both athletes will be given the capture with both two hands from the "kushak" and a whistle signal will start the wrestling. If one of the athletes eliminates the hand from the capture from the "kushak", the opponent gets 1 point, and after the wrestling he will be awarded the victory by points.

If after 6 minutes of wrestling the winner will not be determined, 2 additional minutes will be given to athletes for the capture of both two hands from the "kushak" of the opponent.

VII. Allowed techniques.

Following techniques are allowed in the wrestling:

- seizing opponent's hand;
- pressing opponent's hand to the saddle;
- seizing from the "kushak" by one hand or both;
- pulling out the opponent out of the saddle by the capturing the "kushak";
- seizing opponent's body;
- seizing opponent's leg in order to pull it out from the saddle;



- pushing with hands opponent's body and hands in any direction;
- holding your horse's neck;
- if an opponent pulls a participant, he is allowed to baulk his knee or feet of his horse;
- seizing of opponent's neck.



VIII. Prohibited techniques.

Following techniques are prohibited in the wrestling:

- if the athlete kicks the opponent or his horse, he will be removed;
- if the athlete hits or whips with kamcha the opponent, he will be removed;
- if the athlete seizes the opponent by his hair, ears or face, he will be removed;
- it is prohibited to hold the opponent's finger or to perform the movement against the joint of hands and press opponent's arms under feet;
- if the athlete will throw a bridle on arm or neck of the opponent or his horse, he gets a warning, and the opponent gets 1 point.

IX. Location of the competition, athletes' clothing and equipment.

Er enish competitions are held on a flat ground in a circle with a diameter of 30 meters. At site there should be no stones or pits or hillocks or protrusions. The audience should be from the circle where the competition is held at a distance of not less than 25-30 meters.

Athlete's clothing: stripped to the waist (bare torso), "kushak" (belt), scarf, trousers made of strong material, boots. Behind the saddle must be "boktorunchok" in the hand of the athlete must be kamcha.

X. The panel of judges.

Referee (judge) directs the course of wrestling, and ensures that it is carried out according to the rules. Referee stops the wrestling when one of the athletes wins a wrestling, when performed an illegal hold, when one of the athletes injured, when there are problems with clothing, when it is necessary to refer to one or both athletes.

Arbiter is obliged to follow the course of the wrestling, and decide who is wrestling honestly, and who avoids the struggle and makes the visibility of wrestling. In order to conduct honest and fair wrestling, the judge is obliged to comply with their duties honestly to the end of wrestling.

When the wrestling ends, the referee turns to the Chief Judge and the hand pointing to the athlete, who won the battle.

Timekeeper.

Timekeeper is located behind the main judges' table. He announced the beginning of wrestling, and signals the end of wrestling time.

