



**COMPETITION RULES
OF ASHYRTMALY ABA GURESHI**

Competition rules of Ashyrtmaly Aba Gureshi.

I. Description.

Ashyrtmaly aba gureshi is one of the traditional kinds of Turkish wrestling.

It presents a wrestling with free holds on clothes and body of an opponent throwing his opponent on his back, holding him on his belt. 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 (davul) and wind instrument (zurna).

II. Dress of Judges.

In the competition judges must wear special black shalvar, white shirt, red or black yemen (special shoes), cap and belt.

III. Contest area and order of competitions.

Competitions of ashlyrtmaly aba gureshi are held on grassy soft earth with the musical accompany of the national instruments: davul and zurna as well as observance of traditions and customs. If the competitions are held in the winter, then they must be held on a special wrestling carpet in the gym.

If the weather conditions are not allowing to holding contest, then it must be hold in closed premises.

IV. Weight categories and duration of the fight.

Competitions of ashlyrtmaly aba gureshi on the third World Nomad Games are held in 3 weight categories:

- up to 65 kg., up to 80 kg., more than 80kg., absolute weight category.

Each battle consists of a maximum of three periods; the time in each of the periods is unlimited. A wrestler is declared winner in a fight if he has won in two periods.

Each fight consists of a maximum of three periods; the time in each of the periods is unlimited. A wrestler is declared victorious in a fight if he has won in two periods.

V. Athletes' clothing.

The athletes must be dressed in aba costume, (special clothes made of bristles or textile yarns) and shorts. During the competition, athletes should not wear any items that could injure the opponent. That is, who is not following the rules won't be allowed to the competition.

At the weigh-in athletes go in shorts.

VI. Composition of pairs.

The composition of pairs of athletes is based on the principle:

- in the first round, wrestlers are met in pairs by wrestlers, in which the lot number is closest to their number. After the fight, the lost wrestler is eliminated, and the





victorious player moves to the next round;

- the athlete who is left without a pair in the first round as a result of the draw will be moved to the next round. An athlete cannot move to the next round more than once;

- when there are 3 sportsmen remaining in the penultimate circle, a pair of wrestlers with the smallest draw numbers determines the first finalist, the remaining athlete immediately passes to the final.

- if there are 4 athletes in the penultimate circle, they will fight in pairs. Winners will meet in the finals and will contest the first and second place, and the losers will fight for the third and fourth place.

VII. The beginning of the competition.

Athletes, whose names were announced by the judges, wear aba, shorts and wait the referee's command. The wrestler who lost in the draw, with his right hand, grabs the opponent's belt over his shoulder (it is forbidden to grab with the left hand in the ashyrtnaly aba gureshi) and at the command of the judge begins the fight.

Since there are not so many struggles on the ground in the ashyrtnaly abagyureshi, the judges, in accordance with the position, decide to continue the wrestling on the ground or in the standing position.

If within three minutes after the announcement by the judges the athlete does not enter the field, he is recognized as a loser, and his opponent is awarded a victory.

IX. Taking off the aba.

When the competition ends, athletes at first should untie their belts – than take off their aba. If this rule is not observed, the wrestler may be punished.

X. Determination of the winner.

The wrestler is announced as winner in the fight in the following cases:

- when he throws an opponent on his shoulder blades;
- when his opponent touches the ground with his stomach;
- when his opponent, who began the fight with a hold on the belt behind him, drops his hand.
- in some ways a wrestler is also considered as winner when he throws an opponent on his side if both the hip and shoulder touch the ground.

At the end of the fight, the athletes take their seats on either side of the referee, and he raises the winner's hand.

XI. Draw.

If in a fight after two periods of a draw, then the third period is held, in which the drawing of the draw for the belt is again carried out. The winner in the third period is announced the winner.



If, after the third period, the winner has not been determined, then it will be revealed as a result of the draw.

XII. Forbidden actions and techniques.

It is forbidden in ashirtmaly aba gureshi:

- perform grips on the an opponent's arms or legs and bend them;
- throw the opponent upside down;
- prod the opponent's eyes, mouth and nose with fingers;
- bite or scratch the opponent;
- despite the referee's commands, keep doing prohibited actions
- constantly fall dawn the ground;
- constantly go out of the field and push the opponent towards the audience;
- to squeeze the opponent's throat, to twist the opponent's throat and jaw;
- wearing metal rings, watches, necklaces and metal objects;
- carry out grips under the knee of the opponent;
- To lower a head on a breast of the contender;

Any actions that put the life and health of an athlete in danger are prohibited.

Violating these rules, athletes are first given a note, then a warning is issued. If the athlete continues to break the rules, he may be disqualified. The athlete, who received three warnings, is removed from the competition.

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.

XIII. Withdraw from competitions.

Athletes can be removed by decision of the judges in the following cases in the competitions in ashirtmaly aba gureshi:

- absence in the fight;
- in gross violation of rules, interference or attack on a judge, rival or representatives of a rival team (leader, coach, his assistants, officials);

Athletes, managers, coaches and other persons must obey all the rules before the end of the competition.

XIV. Judges of competition and their duties

In the aba gureshi competitions 1 chief judge, from 2 to 4 judge leaders and a sufficient number of referees are involved depending on the number of participants.

At the same time three fights are held and in each fight two judges are involved on the field (one of them watches the fight, the other helps the athlete wear an aba, tie a belt and helps to remove the form at the end of the bout) in ashirtmaly aba gureshi.

Duties of the chief judge:



- controls the work of judges;
- assesses the protests of teams in conjunction with other judges;

- prepares a report on the conduct of the competition;

Duties of the judge leaders:

- compilation of pairs of wrestlers participating in competitions;

- after the finishing competitions provides protocols;

Duties of the referee:

- tie belts wrestlers;
- Manage the fight and identify the winner;
- Evaluate the protests of teams in conjunction with the chief judge.

