



**COMPETITION RULES
OF KYRGYZ KUROSH**

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I. General regulations.

Historically, each nation takes special care of the preparation of its valiant heroes, who represented the nation and defended its honor during the military campaigns as well as during large-scale celebrations, in which the central place was occupied by competitions in national kinds of wrestling.

Legends, parables, and historical documentary sources left plenty of evidence of the outstanding wrestlers. The wrestling itself has become part of the traditional culture, the importance of which persists even today.

Kyrgyz kurosh is one of the ancient national kinds of wrestling of Kyrgyz people.

Athletes wear loose white trousers; the upper body must be bare. They stand facing each other on a special mat and hold the capture of an opponent's belt with both hands. It is allowed to release the belt by one hand during the bout. An athlete who will be able to throw the opponent on the scapula during the bout will be considered as a winner.

II. Conditions of holding the competition.

Competitions are held according to the Olympic system, when an athlete after a defeat is eliminated from the tournament. Wrestlers who lost to finalists will take part in the repechage bouts. Athletes who lost in the first and second round to one of the two finalists start the repechage bouts, and completed by the bout with an athlete who has lost in semifinals. Each of the winners of the last two repechage bouts is ranked third, and the loser takes the fifth place.

In case the number of wrestlers in the weight category reaches five, the competition will be held in a circular system.

Kyrgyz kurosh competitions are held on a special mat size of 12x12 meters. The diameter of the circle within which the wrestling will be held is 9 meters. The width of the control red stripe is 1 meter.

III. The beginning of the wrestling.

Belt tying. At the very beginning of the bout wrestlers should tie belts. Wrestler who was invited to the bout first, takes the red belt, and second wrestler takes the blue one. The belt should be fastening very tightly to the body.

Alignment of wrestlers. Wrestlers are keeping the belt with both hands from its sides; they stand closely to each other and put their head to each other waiting for the referee's whistle.

Duration of the bout is 5 minutes.

IV. Age categories.

- adult athletes from 20 years and older. In case 18-19-year-old wrestlers have appropriate training and mastery, the resolution of the doctor and personal trainer they have the right to compete in the adult age group.



- juniors - athletes of 18-19 years.
- cadets - athletes of 15-17 years.

V. Weight categories.

Wrestlers' weight categories in adult-athletes competitions:

- up to 55 kg, up to 60 kg, up to 66 kg, up to 74 kg, up to 84 kg, up to 96 kg, more than 96 kg.

VI. Composition of judging panel:

- chief referee;
- deputy chief referee;
- chief Secretary;
- mat chairman;
- referee (judge on the mat);
- side referee;
- timekeeper.

VII. Neatness and the form of wrestlers' clothing.

Wrestlers' clothing form: loose white trousers; the upper body must be bare (naked torso). Wrestlers have to go to the mat in soft leather shoes (bortsovki). Belts are of red and blue colors. Belts are tightened firmly to the body in the lumbar region. Wrestlers' bodies should not have any wounds (injuries), nails should be trimmed.

Wrestlers without the above-mentioned sports equipment are not allowed to participate in the bout. All teams participating in the competition must have their own sets of forms.

VIII. Weighing of wrestlers.

Weighing is held the day before the competition. Only those athletes who are in the official application of team that was provided by team leader or coach are allowed to the weighing. Athletes who miss the weighing are not allowed to participate in the competition.

Athletes will be allowed to the weighing only after a medical examination. The draw takes place during the weighing. The responsibility of supervising the weighing takes the chief referee and the chief secretary of the competition.

IX. Bout conducting rules.

The bout begins after the whistle made by referee.

The referee conducts surveillance and monitoring of the process of wrestling. If the wrestler does not show active actions and avoids the fight, the referee gives him a first oral remark. If the wrestler will continue to show a passive wrestling, he will be declared the first note, and his opponent will get one point.

If the wrestler gets a third note he loses the bout.





The wrestler is entitled to remove one hand from the opponent's belt to make a technique or to improve his position in the bout. If during ten seconds, the wrestler does not conduct any techniques, he returns the arm to the initial position.

If the wrestler removes both hands from the opponent's belt and avoids the wrestling, he will get a note while his opponent will get one point.

If after throwing both wrestlers fall on the mat at the same time, none of them will get points.

If during the bout wrestlers will be outside of the mat, the bout will be stopped and the wrestlers will be returned to the center of the circle.

If the wrestler, dodging the wrestling, intentionally goes beyond the mat, he is declared the note while his opponent is given one point.

If after conducting a technique the opponent of the wrestler falls on the red strip by most of the body and both of his shoulders are on the mat, he loses.

During the wrestling wrestlers are not allowed to tie a belt, and consult a doctor without the permission of the referee.

X. Evaluation of techniques.

The wrestler gets two points, when:

- after conducting a technique, his opponent falls on his side;
- after conducting a technique, the opponent falls on the scapula outside the mat.

The wrestler gets one point, when:

- after conducting a technique, his opponent falls on his stomach;
- after conducting a technique, his opponent falls on his side outside the mat;
- after conducting a technique, his opponent falls on the buttocks.

XI. Warnings.

Wrestlers get warnings in the following cases:

- if a wrestler intentionally stalling for time while tying the belt;
- if a wrestler intentionally goes beyond the mat by foot or the whole body;
- if the belt was fastened loosely or intentionally relaxed;
- if the wrestler with one or both hands rests on the front part of the opponent's thigh, thus not allowing him to conduct an action;
- if the wrestler removed his hand from the belt and during ten seconds he does not conduct any actions and not returning his hand on waist;
- if the wrestler shows a passive bout and avoids an active actions;
- if the wrestler is late for the bout to one minute;
- if the wrestler slowly adjusts the belt and clothing in order to recover and catch his breath;
- if a fighter had used prohibited methods.





XII. Elimination from the competition.

The wrestler may be eliminated from the competition in the following cases:

- if the wrestler was late to the bout for more than one minute;
- if the providing of medical assistance to the wrestler took more than 3 minutes;
- if the wrestler gets 3 warnings.

XIII. Disqualification.

An athlete will be removed from the bout in case of dispute or fight with the referee. Then he may be disqualified from the competition for a period of one to three years by the decision of the federation.

XIV. Types of the victory.

- Clear victory;
- Victory on points;
- If athletes have the same amount of points, an athlete who has the highest amount of warnings will lose;
- If athletes have the same amount of points and warnings, an athlete who provide the last action will win;
- If the difference in points makes 8, an athlete gets a victory automatically.

