



**COMPETITION RULES
OF SSIREUM**

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Description.

Ssireum is a traditional wrestling in South Korea. This is a kind of belt wrestling, in which wrestlers holding each other for the original belt (satpa), wrapped around the waist and hips, try to knock each other to the ground, using the most different methods of free style wrestling.

The area for ssireum wrestling, called "syrym jang" - a massive, has a circle shape and raised above the ground, which allows spectators see better, what is happening. The depth of the sand layer is from 10 to 20 cm.

The participants appear barefoot in the competitions, dressed only in short wrestling trunks, on top of which is tied a satba belt. It made from strong cotton material and has a length about two meters. Satba binds in such a way that it covers the right thigh of the wrestler with a ring, for which the grip is performed and then goes around the waist.

As for the bout, the "right-handed" is distinguished, when the right hand of each wrestlers lies on top of the opponent's left hand, and "left-handed", when, vice versa the left hand lies on top of the right.

It is necessary to force the opponent to touch the ground with any part of the body above the knee to win in the ssireum. Unlike sumo, pushing your opponent outside of the ring does not warrant a win, just a restart. In this case, the wrestlers simply return to their original position.

The wrestling begins with the rivals kneel in the center of the junga and take a mutual grip in the ssireum, while the right hand grasps the belt at the waist of the opponent and the left - the loop of the belt on his right thigh. Then the wrestlers rise in the rack and wait for the signal to start the wrestling, which lasts 3 minutes.

In the ssireum, punches, kicks and painful techniques on the joints prohibit, only throws with the body, hips, arms and legs allow. Since the capture for the waist-satba maintained until a certain throw made, hand grasping by the legs in the ssireum does not practiced.

Section1. General Rules

Article1 The following rules are called World Ssireum Federation (WSF) official competition rules.

Section2. Competition Space

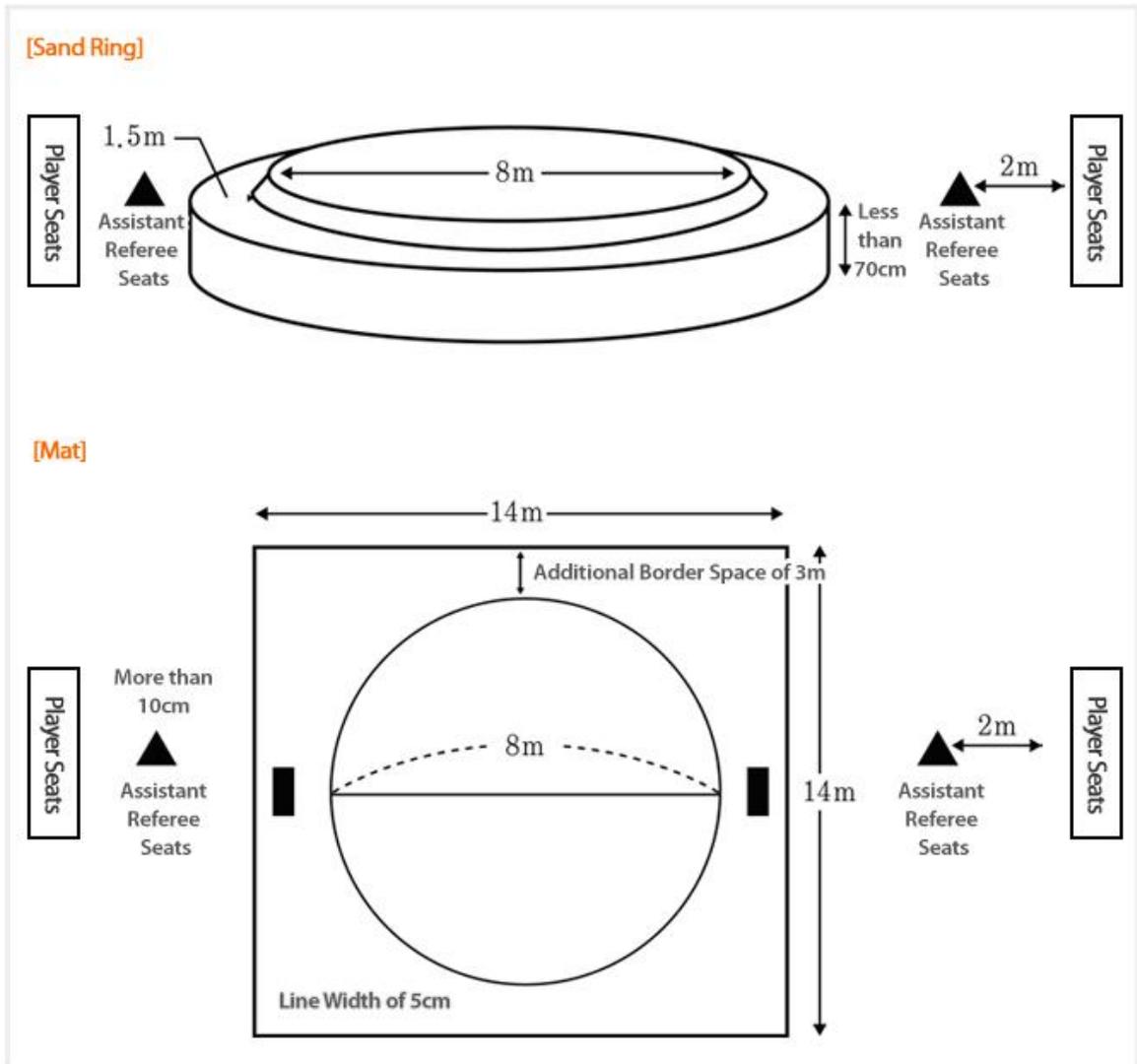
Article2 The competition space should utilize a sand-filled circular ring in principle, but indoor competitions may substitute mats instead.

Article3 For competitions using sand, the height of the sand in the competition ring must be between 30-70cm and the diameter of the ring shall be 8m including the bordering edge. There must be a 1.5m border of additional space at the exterior of the ring in order to help prevent player injuries. The difference in heights between th





e competition ring and the additional space must be 10-20 cm. For competitions using mats, the diameter of the competition ring must be 8m with a 5cm border and 3m of additional width outside the ring; ring and border heights must be in same plane when using mats.



Section3. Match Equipment

Article4 The belt-and-thigh-band (satba) for student class players 15 years or older, as well as adult class players must have a total width of 114cm of blue or red 16 mesh cotton cloth.? The remainder of satba length after fastening must be less than 30cm. All satbas must be certified by the WSF.

Article5 The satba for the student class players under 15 years of age must have a total width of 57cm (half the width of the adult satba) of blue or red 16 mesh cotton cloth. The remainder of satba length after fastening must be less than 30cm.? All satbas must be certified by the WSF.





Section4. Weight Classes

Article7 All athletes may participate in their weight division or in weight division, which is higher, then their weight ones. However, athletes may not participate in divisions lower than their current weight ones. Athletes may not participate in more than one weight division at a time.

Section5. Competition Uniforms

Article8 A. Athletes must wear uniforms recognized by the World Ssireum Federation. The logo of sponsor-company is stuck on the back side of the uniform (women athletes: on the top of uniform). Name of a country and national flag are depicted on the left side of bottom part of uniform.

B. Coaches must wear formal traditional clothing and lead his athletes from the coach's chair. A coach may no lead the athletes if he does not keep this term. In summer period coaches may wear a short-sleeve shirt and tie.

Section6. Team Competition

Article9 Each team in a competition must present 5 players, one for each weight class. A team will be disqualified if it cannot present a full 5 player roster during weigh-in; players who are outside the range of the weight class for which they were designated will be disqualified and receive a disqualifying loss for any scheduled matches. Qualified substitute players may be used when a player cannot compete because of an accident or injury; if there is no substitute player then the player will receive a disqualifying loss.} Article10 A. Teams compete for a best 3 out of 5 matches . B. The order of competition must be in order from EITHER light weight to giant weight OR light weight to giant weight according to the discretion of the main regional office. Players who are not registered for competition may NOT enter the competition space. Article11 Players may NOT change weight classes during competition. (The same rule applies for substitute players.)

Section7. Competition Procedure

Article12 The team competitions must be preformed in EITHER tournament OR league matches according to the chief of the match operation office; the office will decide the type of matches after receiving the opinion of the match office personnel.

Article13 Individual competitions must be performed in EITHER tournament OR league matches according to the chief of the match operation office; the office will decide the type of matches after receiving the opinion of the match office personnel. The match order for individuals must be decided by players drawing lots.

Article14 All matches must be the best 2 out of 3 rounds.

Article15 The referee will give a verbal signal for matches to begin. Both players





will step inside the ring and bow at the waist to each other as directed by the referee. After bowing they will proceed to the center of the ring and assume the ready position. Players will grasp each other's satbas, stand, and begin play each step under the verbal direction of the referee. Rounds will conclude with the decision of the referee. Matches will conclude with the referee directing players to the edge of the ring where they will bow at the waist to each other again and then turn to exit the ring.

Article 16

A. Under the verbal direction of the referee, players will assume the ready position by kneeling on both knees facing each other close enough to grasp each other's satba as (approximately within 30cm); next they will position their heads side-by-side and their right shoulders in contact with each other. After assuming these position players will first grasp the satba on the right leg of their opponent with their left hand by positioning their left arm outside their opponent's right arm; next they will grasp the satba on the left side of their opponent's waist with their right hand by passing their right arm under their opponent's left arm. The referee may adjust the satbas to be within reach of the player's hands if necessary; once successfully grasped satbas will not be adjusted again.

B. The thigh band shall be centered at the sewing line on the uniform and the sewing line shall be the point for grasping.

C. After players have grasped their opponent's satbas the referee will give them a verbal signal to stand. Players will stand by simultaneously placing their weight on their left legs while extending their right legs behind them, keeping their feet in contact with the ground at all times

D. After standing, players must maintain shoulder-to-shoulder contact while grasping their opponent's satba. Players must also maintain their shoulders horizontally and level with the ground.

E. The referee has the discretion to discipline players who hinder or excessively interfere with this process prior to the signal to begin play.

F. When satisfied with the player's positioning, the referee will give a verbal signal for a round to begin. The referee will direct rounds to restart (following the procedures specified in Section 7, Article 17, Parts A-F) if both players release their opponent's satba or if one of them steps out-of-bounds. The referee has the discretion to issue players a verbal signal to stop play if they appear to be delaying or approaching the out-of-bounds area without having yet reached it; the referee will then guide the players back to the center of the ring before issuing a verbal signal to resume play. If players have been ordered to stop play they are not allowed to adjust their positions relative to each other and the referee has the discretion to discipline them if they attempt such an action.

G. Injured players must be treated and released for play within two minutes.

H. The referee has the discretion to discipline players who intentionally step out of bounds during play by issuing them a warning; the only valid out of bounds move





ment occurs when a player with both feet in the ring topples his opponent in such a way that the opponent falls outside the ring. A player who receives two warnings within a round will automatically lose that round. A player who receives three warnings within a match will receive a disqualifying defeat. This rule applies to both individual and team play regardless of tournament or league organization.

I. Warnings do not carry over between rounds. If a round ends in time over, the player with the fewest warnings wins.

J. The referee has the discretion to issue warnings to player's coaches during competition for inappropriate behavior. Coaches who have been issued a warning must leave their designated seat outside the ring. Coaches who have been issued two warnings will not be allowed to participate in any additional matches during that day's competition.

Article 17 Players will loop their satba around their right thigh and then around their waist before tying it. The knot of the satba will be located along the seam of their uniform. The satba should be secure, but flexible enough to allow their opponents to grasp it without interference.

Article 18 The time limit for rounds is as follows.

	Round	Break	Round
All Division	2 minutes	1 minute	2 minutes

Article 19 If the first round ends in time over, the winner of the second round wins the match. If the second round ends in time over, the winner of the first round wins the match. If the match ends in a draw by 0:0 or 1:1 after the third round, the athlete having a caution or warning becomes a loser, the athlete with the fewest warnings wins the match. If all three rounds end in a draw and neither athlete has any caution or warning, an additional round without time limit will be conducted after 1 minute rest.

Article 20 The order shall be decided by the winning of the pre-winner in case of two athletes of same score in the scoring method of round robin. The order shall be decided by the gain and loss of total number of winning and losing at the matches in case of three athletes of same score. The athlete with more cautions or warnings shall be the loser if the gain or loss is same. The one time of extended round among the athletes of same score shall be performed in case of three athletes of same score.

Article 21 Athletes who fail to report to the competition area after being called 3 or more times will automatically be disqualified.

Article 22 A. Weigh-in of the athletes is held on the day prior to the competition or on the first day of the competition and must be finished 1 hour before the competition.

B. Athletes must be weighed while wearing their uniform only.





C. The order list of the matches for team competition shall be submitted after the first weighing of corresponding contest in principle. However, the team which wants to change the athletes shall submit the changed list of the matches to Department of Competition and they shall perform the matches according to the changed list. However, if the order of the changed athlete is changed, the corresponding athlete shall be the loser and it is valid in corresponding contest.

D. The list of matches shall be submitted to Department of Competition within 30 minutes after the finishing of weigh-in time. It shall be disqualified at the corresponding contest in case of no submission.

Section 8. Fouls

Article 23 The following actions are regarded as fouls.

- A. Interfering with an opponent's breathing or blood flow to the brain through strangling, grasping, or prying against the neck.
- B. Prying, bending, or otherwise locking an opponent's arm.
- C. Head-butting an opponent
- D. Kicking an opponent
- E. Hitting an opponent with a fist.
- F. Attacking an opponent's eye in any manner.
- G. Any actions which may cause imminent or permanent injury to an opponent.

Article 24 Players who receive a foul corresponding to the items in Section 8, Article 24, Parts A-G will be immediately disqualified from play and may face additional disciplinary action up to and including permanent expulsion from the WSF.

Section 9. Appeals

Article 25 All appeals must be filed prior to the match to which they apply. Decisions regarding player qualifications and in-match referee decisions may not be appealed by players, teams, or coaches. In-match referee decisions may only be appealed by assistant referees or the chief of referees.

Article 26 The department of contest headquarters at the local regional office is responsible for all affairs related to contest management, including contest procedures, scheduling, regulations, and appeals. All appeals must be filed with the department of contest headquarters in person or with one of their representatives.

Section 10. Commendations and Reprimands

Article 27 All commendations and awards are subject to regulation by the prize and punishment committee of the WSF.

Article 28 The prize and punishment committee is responsible for settling issues





related to competition by enforcing referee committee decisions, or reprimand requests from any applicable committee.

Article29 The following persons or actions are subject to reprimand by the prize and punishment committee.

- A. Persons who disobey or resist referee judgments.
- B. Persons who swear at, threaten, or physically assault a referee.
- C. Persons who deliberately hinder a competition.
- D. Referees and assistant referees are subject to reprimands for faulty judgments as follows.

- ① First offense: Verbal and written warning.
- ② Second offense: Suspension of the referee qualifications for three competitions.
- ③ Third offense: Disqualification.

Article30. Reprimands may also be issued if a coach or non-competing player attempts to interfere with an opponent through the use of threats, foul language, or other derogatory conduct that demonstrates a lack of good sportsmanship. Such reprimands may include warnings, disqualification from competition, or the revocation of prizes or awards pending the decision of the prize and punishment committee.

Section11. Referees

Article31 Competitions are judged by one head referee, one referee, and two assistant referees.

Article32 The referee will judge competitions and the assistant referees shall provide support.

Article33 All referees must wear the appropriate uniform and a pair of white shoes.

Article34 The referee is free to move about the interior and exterior of the ring, while assistant referees must be positioned outside the ring parallel to each other near the ring's player entry points.

Article35 No one aside from the referee and players are allowed entry into the ring. However, the chief of contest headquarters may allow others to enter in special circumstances.

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Article37 The referee and assistant referees must confer with each other in order to reach a decision if the referee was unable to accurately see the outcome of the match.

Article38 Players lose a round if one of their knees or any part of their body above the knee touches the ground.

Article39 If a player topples their opponent from inside the ring and the opponent then falls outside the ring then the opponent loses that round.



Article 40 If a player sets foot outside the ring while toppling their opponent the player does not win the round; instead, the round must be reset.

Article 41 In the event that the referee and assistant referees cannot reach a decision because of an accident during a competition, the matter will be referred to the chief of contest headquarters and the chief of the match committee for a decision.

Article 42 Winning or losing actions that are performed either before the referee's starting cue or after the termination cue are not valid.

Article 43 After a round or match ends the referee must promptly return to the starting position, blow his whistle, and announce his decision. The referee must declare his decision by raising the arm which corresponds to the ring's entry point of the winning player.

Article 44 As mentioned in Section 11, Article 38, the referee must confer with the assistant referees in when he cannot clearly see the outcome of a competition; assistant referees may appeal the referee's decision to the head referee. In such cases, all four referees will confer inside the ring and the head referee will declare the outcome.

Article 45 Any cases which are not specified herein shall be addressed at the regional level through the chief of contest headquarters; if necessary, the chief will confer with contest committee members who must always be present during competitions.

