



**COMPETITION RULES
OF PAHLAVANI**

Competition rules of Pahlavani.

Pahlavani (koshti) is a common name for the traditional wrestling in the ancient Persia and today Iran, which is the most esteemed sport in Iran and has a very ancient history.

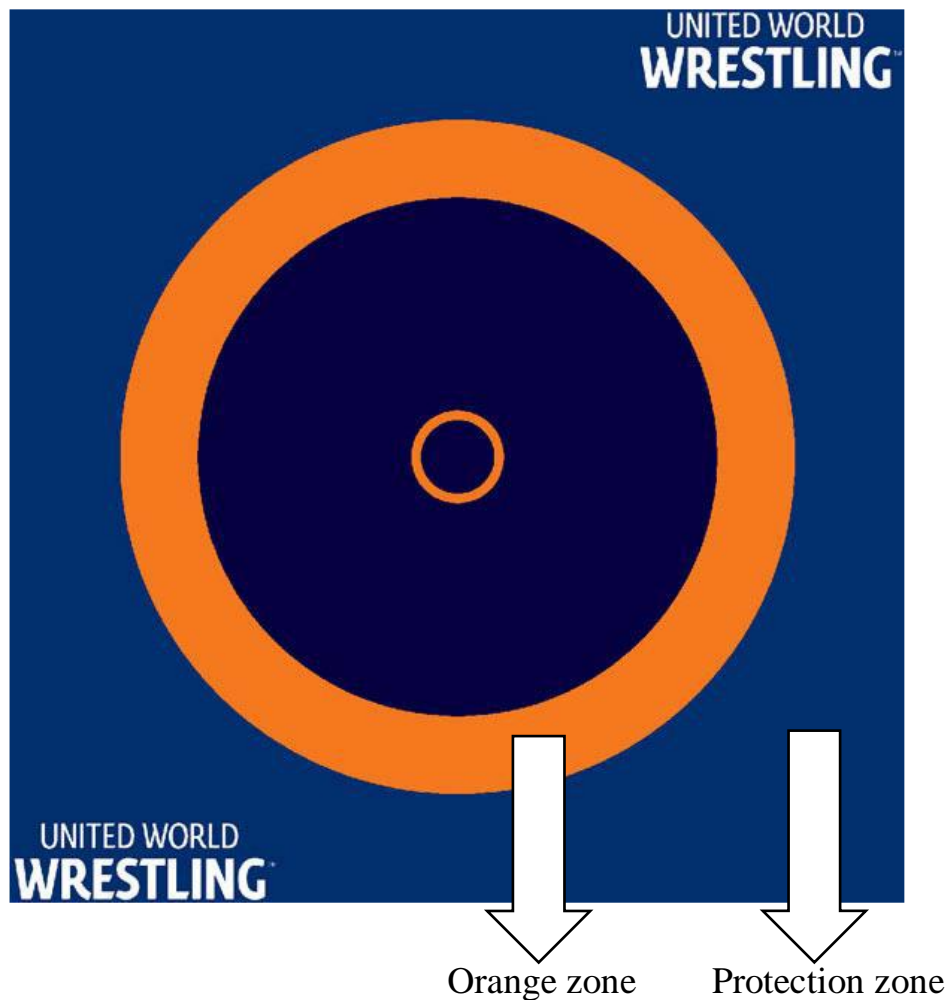
The wrestling is a part of the traditional complex of martial arts of the Persians. The nationwide style of wrestling in Iran is considered to be the koshti pahlavani or, as it is also called, the style of Zurkhane.

The wrestling technique of koshti pahlavani is extremely diverse and represents one of the best examples of freestyle wrestling.



Wrestling Mat

According to United World Wrestling, the Pahlavani Wrestling is performed on a mat 12x12 size, with regard to the protection area.(the main area of mat which is include main zone is 9 meters and protection area from each side is 1/5 meters).



Competitor's Dress

Singlet (red or blue) with the abbreviation of the country's name on the back of the singlet, and Pahlvani pants that extend from wrestler waist to below of his knees. Pahlvani's pants are sewn of a very sturdy cloth to prevent it from being torn during wrestling competition. Pahlvani's pants shouldn't have any metal objects such as buckle. A white or blue/ red cloth belt (according to color of singlet) must be worn tight around wrestlers' waist in a way that it doesn't loosen easily.



Information about pahlavani's pants:

- 1.1 "Pish Qabz": The front part of pants' waist
- 1.2 "Pass Qabz": The back part of pants' waist
- 1.3 "Pish kaseh" The front part of knee of pants
- 1.4 "Pass kaseh": The back part of knee of pants





Shoes: Contestants must wear wrestling shoes providing firm support for the ankles. The use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape or a system which hides laces so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.

Referees clothes

Referees must wear clothes according to UWW regulation and referee must wear Pahlavani's vest, (Only the referee has to wear Pahlavani's vest).

Competitor's license

The wrestlers must have valid UWW licence or to buy it during the competition.
(CHECK BY DELEGATE)

Competition procedure

1. Weigh-in: time of weigh-in is one day before the competition and it takes 30 minutes from 18:00 to 18:30.

a. Name list should be submitted to the organizing committee 6 hours before the official weigh-in.

b. Wrestlers must be in good physical condition and during weigh-in must have short nails and wear singlet. Wearing ring, necklace, bracelet and etc. is strictly prohibited. Wrestlers must have valid passport during weigh-in.

3. Drawing: the drawing of the competition will be done by wrestlers during weigh-in.

4. Pairing: according to the current rules and regulation of united world wrestling.

5. The bout :

a. Duration of the Bout:

- For cadets: two periods of 2 minutes with a 30-second break.

- For juniors and seniors: two periods of 3 minutes with a 30-second break.

b. Call to the Mat

The contestants are called in a loud and clear voice to present themselves on the mat.

A contestant cannot be called to compete in a new bout until he has had a rest period





of twenty (20) minutes from the time his preceding bout ended.

A delay is granted to any wrestler who does not reply to the first request in the following manner: The competitors must be called three times at 30-second intervals. If the wrestler does not come forward after the third call, he will be disqualified and will not be placed. These calls are made in both French and English. His opponent will win the bout by default.

Note 1: If a wrestler's pants torn, he has maximum 2 minutes to change his pants.

Note 2: When a wrestler call for a match, the referee on the mat control the appearance (singlet, shoes, pahalavani pants, belt and etc.) if any clothes are not accordance to regulation, the referee will give him maximum 1 minute to remove defect. If he couldn't the opponent will be the winner and he lose the match and would be eliminated.

c. End of the Bout

The bout ends either when;

- end of the regular time
- victory by fall – danger position
- technical superiority of 10 points
- disqualification
- in case of 3 cautions

d. Types of Victories:

A bout may be won:

- By "fall" (Attacking or defending wrestler in main area of the mat be in danger position)
- By injury, withdrawal, default, 3 cautions, disqualification
- By technical superiority 10 points difference
- By points

In case of tie by points, the winner will be declared by successively considering:

- The highest value of holds;
- The least amount of cautions;
- The last technical point(s) scored

E. Points in score sheet :

- (5- 0)Victory by fall





- (5 – 0)Victory by withdrawal
- (5 – 0)Victory by injury
- (5-0) 3 cautions "O" due to error against the rules (for the entire bout)
- (4-0)Great superiority (10 points) – the loser without any points
- (4-1) victory by technical superiority with the loser scoring technical points
- (3-1) Decision by points – the loser with technical points (superiority less than 10 points)
- (3-0) Decision by points – the loser without technical points
- (0-0)Both wrestlers have been disqualified due to infringement of the rules

Points for actions and holds

All the techniques used in freestyle and Greco-Roman wrestling will be allowed to be used in the Pahlavani competition and also the use of waist and knee area of the pants would be allowed.

1. If a wrestler brings his opponent in the protection zone , he will be awarded 2 points .
2. If the attacking wrestler, executing an action , remain in autoroche , will lose one point.
3. Fleeing the mat and fleeing a hold : attacking wrestler will receive one point and his opponent one caution .

Fall and its conditions:

When the defensive wrestler is held by his opponent with his two shoulders against the mat:

- Both Shoulder and back on the wrestling and orange zone .
- One elbow in contact with the mat and contemporary exceeds the 90 degree vertical line with the other shoulder (acute angle) – Danger Position
- The wrestler rolls on his shoulders

The resulting manoeuvre is considered to be a fall.

Note1: Whenever the defending or attacking wrestler in the zone area brings in to danger position, the match will be over by fall.

Note 2: If one of the above conditions happened in protection area, the wrestler will score 2 points and the bout restarts on the center of the mat.

the wrestler whose opponent goes in the protection zone with one entire foot (in standing position) , will score 1 point.





Note 3: If the attacking wrestler in standing position, during executing his hold steps out from orange zone with one foot, the referee must wait that attacking wrestler finish the action and must attribute the point that he scores. In case that attacking wrestler lift and steps out from orange zone with two foot , the referee must stop the bout without penalization for the attacking wrestler .

Note 4: Non- compliance of referee's decision, refusing to continue the competition and doing any unfair action which approved by referee of competition, the wrestler will be disqualified.

Note 5: All take down without danger position awarded by two points .

Note 6: When attacking wrestler receives points and immediately has been brought in to take down , his opponent awarded by one point.

Note 7: When the wrestler who is in take down position turns and brings his opponent in take down position , attacker wrestler receives one point .

Note 8: When the attacker wrestler without any point goes to take down position , his opponent receives 1 point .

Procedure for enforcement of penalties for inactivity in Pahlavani wrestling

1. First violation : Strong and obvious verbal warning to the wrestler without stopping the bout.
2. Second violation : After confirmation by judge or mat chairman , the referee stops the bout and recall the passive wrestler. On the score sheets will record P sign.
3. Third violation : After confirmation by judge or mat chairman , the referee stops the bout and attributes caution for passive wrestler and one point for his opponent. The bout restarts on the center of the mat and the opponent of the passive wrestler has to take the 'Pish Qabz' and 'Pish Kaseh' .
4. Every further two passivity, will be punished by a caution and one point will be awarded to his opponent, and a wrestler who receive 3 cautions during a match, will be disqualified.

Penalties for fleeing mats or fleeing hold:

in case a wrestler both in standing or "parterre" positions, fleeing mats or fleeing hold, will be punished by a caution, and one point will be awarded to his opponent, the bout resumed at the center of the mat in the standing position, and the attacking wrestler take "Pish kaseh " and " Pish Qabz".

When a challenge is requested by a coach except for penalties , the mat chairman interrupts the bout in neutral position and referee must asks the wrestler for



approving the challenge and video will be reviewed by Jury of appeal.



Competition System:

The competition takes place in the following manner:

- Qualification rounds
- Elimination rounds
- Repechage rounds
- Finals

Doping:

In order to fight against doping, which is formally prohibited, international Pahlavani wrestling federation reserves the right to require that wrestlers undergo doping examinations or tests. Under no circumstances, any of team members are not allowed to stop or disagree with the doping control.

Medical

Medical service:

The organiser of the competition in question is obliged to provide a medical service responsible for conducting medical examinations prior to the weigh-in and give medical control during the bouts.

- Before the competitors weigh in, the doctors shall examine the athletes and evaluate their state of health. If a competitor is considered to be in poor health or in a condition that is dangerous to himself or to his opponent, he shall be excluded from participating in the competition.
- Throughout the competitions, and at any time, the medical service must be prepared to intervene in case of an accident , and the official doctor will decide if the wrestler can carry on the match or not.
- Each wrestler for medical service has maximum 3 minutes in a match. The time-keeper for the mat concerned will announce each 30-second interval to the coach, after finishing the 3-minute medical service, the wrestler who is not able to continue the match; will be the loser of the match.
- The wrestler, who deliberately stops the bout without being injured or bleeding, automatically loses 1 point to his opponent.

