



**COMPETITION RULES
OF KURASH**

Competition rules of Kurash

I. Description.

Kurash is the national wrestling of the Uzbek nation. In translation from the Uzbek "kurash" means "achieve the goal rightly". Two rivals wrestle standing in a rack; the wrestling takes place on mats similar to those in judo.

Introduction of wrestling forbids in the prone position in kurash. It is possible to wrestle only in the rack exclusively throws and sweeps. The using of any shock, pain, stifling techniques, as well as grabbing below the belt prohibit strictly. All this makes kurash simple, understandable, spectacular, dynamic and safe kinds of sport.

Kurash originated in ancient times on the territory of present Uzbekistan, it is one of the kinds of martial arts. The history of kurash has not less than 3500 years. About 2500 years ago, Herodotus, the famous ancient Greek philosopher and historian mentions kurash in his monumental work "History" in the descriptions of customs and traditions of the ancient nation of Uzbekistan.

II. General rules.

1. In Kurash wrestlers wrestle according to the adopted rules. Methods are evaluated by referees.
2. if wrestlers have equal appraisals than victory is given according to the last appraisal.
3. if a participant has an appraisal and a caution, the appraisal has advantage.
4. if wrestlers got equal number of cautions, victory goes to wrestler who got caution first.
5. competitions are conducted according to the knock-out system without repechage fights.
6. in Kurash a method, begun inside the gilam (tatami) and finished outside the gilam (tatami) line is evaluated as well.

III. The Order Of Holding The Competitions.

1. Competitions are conducted according to the knock-out system;
2. All wrestlers are divided into two (A and B) groups with the account of the strongest;
3. The number of a wrestler is defined by a draw and is kept till the end of competition;
4. The fighters with even numbers will form group A, with odd numbers group B;
5. The winners of the fights pass to the next level of competition;
6. The winner from groups A and B will form a final pair and struggle for the 1st and 2nd places, those who have lost the fights get the 3rd place;
7. The competition in one weight category is held in one day period.





IV. Beginning And End Of Fight.

1. Before the beginning of every fight three referees (arbitrator, two referees) come together on the edge of the gilam (tatami) and, putting right hand to the left part of breast, bow and then take their places. Getting off the gilam (tatami) the referees come together on the edge and bow again with their right hands on left breast.
2. The participants with their right hand on the left breast, should bow before coming in the safe zone. After bowing before the safe zone the participants should move forward up to the specially marked place, then, with right hand on left breast, they must bow to each other.
3. After the arbitrator announces the result of the fight, the participants with right hand on left breast, should bow to each other.
4. Arbitrator and side referees should take their places before the fight prior to participants' coming on gilam (tatami).
5. All bows are executed by bending in waist forward. If participants do not bow, the arbitrator should require their bowing.
6. Examining the fight square before the fight, referees should check if the gilam (tatami) surface is plane, clean, without slots between mats, the chairs of referees are on their places, the participants meet the requirements of the rules. The arbitrator should be in the center of the gilam (tatami) initially facing the time-registration table.
7. The arbitrator when giving a command TOKHTA! should see the participants.

V. Weight categories and duration.

In the 3rd World Nomad Games competitions on Kurash will be held among men in the following weight categories:

– up to 66 kg, up to 81 kg, absolute weight category.

Athletes older than 18 are allowed to participate in the competitions. Only 1 athlete is allowed to represent team in the weight category. Duration of bout is 4 minutes of pure time.

VI. Weigh-in Procedure.

1. Participants of one weight category are weighted on the same day, on the same scales, two hours before the competition.
2. The weigh-in should proceed no more than one hour.
3. At weigh-in wrestlers should have their identification cards.
4. Without being weighted a wrestler is not admitted to competitions.
5. During weigh-in wrestlers should wear only shorts or swimming trunks.
6. At weigh-in of wrestlers, there should be a commission composed of the Chief Referee, the Chief Referee deputy, secretary, medical staff member, 2 or 3 referees. After weigh-in, surnames of wrestlers are written in the minutes of scaling.





VII. Responsibilities Of The Participants.

The participants of competition should observe the following rules:

1. greet one another by a bow before the beginning and after the end of the fight.
2. observe all Kurash rules and rules of competition.
3. obey the referee's instructions.
4. behave correctly during competition.
5. if referee calls a wrestler, he/she should immediately go to the designated place.

VIII. Kurash Uniform.

1. The participants of the competition should wear a dark blue or green yakhtak, white trousers, a red belt. And, the participant called first comes in a dark blue dressing gown, and the second one — in a green dressing gown. Types of colors used: blue — 5-zm; green — 4-kx.
2. The uniform should be made from cotton, be in good condition, the material should not be very rigid or dense.
3. The following marking is allowed:
 - * State Emblem (on the left part of breast, maximum size: 10x10 cm);
 - * trade mark of manufacturer (3x3 cm in front below the jacket);
 - * shoulder marking (not more then 25 cm, width up to 5 cm);
 - * tabs (25x25 cm, allowed on back, may include wrestler's surname).
4. The yakhtak should be 15-20 cm above knees. The yakhtak sleeves should not cover wrists. 8 cm should be between a hand and a sleeve. The trousers should be up to feet. 15-20 cm should be between a trouser-leg and a leg. A belt should be 4-5 cm in width. It should be such in length that after two turns round the waist and tying up, the ends still have not less than 20 cm in length.
5. Women-participants should wear a durable white sports shirt or tricot with short sleeves under their yakhtak, tucked into trousers.
6. If a yakhtak of a participant does not meet the requirements, the arbitrator should require from participant to change yakhtak. Participant must draw out his/her hands before him/her and thus show the arbitrator that the length and width of yakhtak sleeves correspond to the rules.
7. The wrestlers of both sexes wrestle on bare feet.

IX. Hygiene Of The Wrestlers.

Clothes of participants (yakhtak and trousers) should be clean, dry, without a bad smell. Nails on hands and feet should be shortly cut. Long hair should be assembled, in order not to cause inconveniences to the other wrestler. Any participant violating rules of hygiene, loses his/her right to participate in competition.





X. Commands And Gestures Used During Fight.

TAZIM

to spread hands on the level of shoulders with palms turned upward, then, bending hands in elbows to join the fingers before oneself with palms turned downward «TAZIM» is the command for a bow of the wrestlers one to another, with right hand on the left breast.



KURASH

to hold out a straight hand before oneself, the palm should be opened and thumb should be directed upwards «KURASH» is the command for beginning the fight.



TOKHTA

to raise a hand forward parallel to gilam on altitude of shoulder, with a palm turned forward, the palm should be directed to the stop-watch referee «TOKHTA» is used to stop a fight.

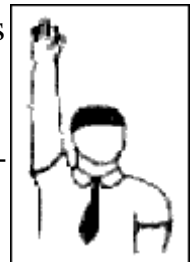


KHALOL (pure victory)

raise a hand high above head, with palm directed forward

The arbitrator announces the appraisal in case if the throw on back is done by a beautiful and accurate motion. This appraisal is awarded:

1. for two throws evaluated by YONBOSH appraisals;
2. if after the grid the opponent falls on his/her back (on both shoulder-blades);
3. after announcement of «GIRROM» punishment.
4. for a throw evaluated by YONBOSH, and the opponent has caution of DAKKI.
5. for not coming to gilam (tatami) in 3 minutes.

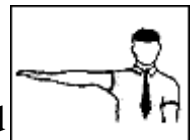


YONBOSH

to raise a hand on the level of shoulder, with palm turned downwards

This appraisal is given:

1. when wrestler made a throw by a strong, sharp, beautiful motion and opponent falls on his/her side;
2. after the announcement of DAKKI caution to the opponent.





CHALA

to raise a hand, bent in elbow, so that the thumb is on the level of the shoulder, the palm is open and is directed forward, the elbow is taken aside This appraisal is given:

1. if a wrestler throws the opponent on thigh, buttocks, belly or side, but with serious technical errors, slowly and inaccurately;
2. if TANBEKH caution is announced;
3. CHALA appraisals, irrespective of their quantity, could not be transformed into another appraisal.
4. if both wrestlers have several marks of CHALA the victory is given to one who has more marks of CHALA.



TANBEKH

to point at the participant with a forefinger

TANBEKH is announced to the participant, who made minor violations:

1. the wrestler, running away in purpose, does not let the opponent catch him/her;
2. the wrestler pushes in purpose the opponent out of gilam or himself/herself runs beyond the dangerous zone of gilam;
3. the wrestler disorders in purpose his/her clothes (unties or reties his/her belt, trousers without the sanction of the arbitrator);
4. the wrestler grips opponent's trousers or legs;
5. after a grip, the wrestler does not make attacking actions during 10-15 seconds.



DAKKI

to raise a hand, bent in elbow, clenched in fist, with fingers turned forward, and the elbow thus is taken aside

DAKKI is announced to the participant, who made a medium violation, or has already received a TANBEKH caution:

1. for repeated intentional falls on knees;
2. if the wrestler does not follow the arbitrator's commands, talks or cries out obscene expressions.

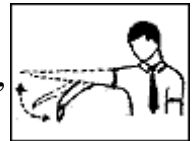




GIRROM

to hold a hand, bent in elbow, being before oneself with a palm, directed towards one's body, then by a sharp motion to straighten the hand towards the punished participant

GIRROM is announced to the participant, who made a serious violation, or has already received a DAKKI caution:



1. for obscene cries or gestures during the fight, offensive to opponent and referees;
2. if a wrestler is injured by fault of the opponent, he/she receives a KHALOL appraisal and the opponent receives a GIRROM caution.

BEKOR

to wave twice or thrice a straight hand, held out before oneself BEKOR command is used to announce a throw without result.



JAZO

In case if by half time of the bout none of players have any score or penalty, the center referee shall stop the bout and announce the "Jazo". When the "Jazo" is announced, the center referee shall rise his right arm up with fingers fist-ed-in and say loudly "Jazo".

1. "Jazo" shall be announced only once at a bout. If during "Jazo" players perform a technique and both fall on the Gilam similarly at the same time, "Jazo" shall be carried out again.
2. When "Jazo" is announced the corner referees shall check the yakhtaks of the closest players respectively. The center referee shall call the players to the center of the Gilam. The players shall grip on the belt of the opponent (right hand under the left hand of opponent, left hand over the right hand of opponent) and once the center referee announces "Kurash", they shall start action. The distance between two arms gripping the belt shall be 20 centimeters. Head of players shall be parallel to each other. The players must be upright. Chests of the players must be in touch. Any bending and avoiding gripping is strictly prohibited and shall be punished by the referees immediately.
3. The players should perform a technique in 5 seconds. The player eluding from fighting or purposely falling on knees shall be given "Tanbekh". If any of the players purposely releases the belt grip trying





to avoid being thrown the referees shall give “Girrom” after discussion with corner referees.

4. If during the “Jazo” a player gets “Khalol”, the bout is finished. If any player gets “Yonbosh” or “Chala” or any penalty, the bout shall be continued in normal Kurash without belt gripping with remaining time of the bout.

VAKT

to cross both hands above the head with palms directed downwards
VAKT command is used to show the end of the fight.



Notes: Gestures are shown with right and left hands according to color of yakhtak of wrestlers standing on two sides of Arbitrator. When showing the gestures Arbitrator stands still in the center of carpet and should announce the corresponding commands with a loud voice. The appraisals and cautions are announced with (10,5,3,1,0) numbers but they are not made up.

XI. Results Of Fight.

Appraisal		Caution	
KHALOL	10:0	GIRROM	0:10
YONBOSH	5:0	DAKKI	0:5
CHALA	3:0	TANBEKH	0:3
DAKKI-YONBOSH	0:10	YONBOSH-DAKKI	10:0
TANBEKH-CHALA	0:3	CHALA-TANBEKH	3:0
YONBOSH-YONBOSH	0:1	DAKKI - DAKKI	1:0
CHALA-CHALA	0:1	TANBEKH - TANBEKH	1:0





YONBOSH+DAKKI	0 : 3	DAKKI+CHALA	0 : 5
CHALA		CHALA	
YONBOSH+TANBEKH	5 : 0	CHALA///	0 : 3
CHALA		CHALA////	
CHALA+TANBEKH	0 : 3	DAKKI	0 : 5
CHALA		TANBEKH	
YONBOSH+DAKKI	1 : 0	DAKKI+CHALA	0 : 5
0		0	
CHALA+TANBEKH	1 : 0	YONBOSH	10 : 0
0		DAKKI	

Forbidden Actions

1. Grips of trousers of the opponent.
2. Application of methods, which may cause dangerous injuries.
3. Application of painful, strangling techniques.

Referee Uniform

1. The referee uniform includes a black suit and trousers, black socks, white shirt and black tie.

Gilam Of Competitions

1. Kurash gilam should have minimum size 14x14 m. The maximum size is 16x16 m, it should be covered with a fabric, colored usually green, white, red, light-green, dark blue.
2. Gilam of competitions is divided into two zones. The line dividing these zones, is called «the dangerous line», it is always red and 1 m in width.





3. The fight area inside the line, including the dangerous line itself, is called «the safe zone», with minimum size 8x8 m, and maximum size 10x10 m.

4. The zone beyond the red line is called «the dangerous zone», 3 m in width.

5. The white lines 1 m in width and 2 m in length on two sides, designate the place of beginning and end of fights. These lines are drawn in the safe zone no more than in 6 m from each other.

6. The gilam should be on an elastic floor or a special platform. There should be a free zone not less than 1 m in width surrounding the wrestling spot. Kurash gilam is made in following sizes:

200 x 100 x 4 cm or 5 cm

150 x 100 x 4 cm or 5 cm

100 x 100 x 4 cm or 5 cm

Team Chiefs, Coaches And Representatives

1. Only the team chief, coach or representative has the right to directly address to the Chief Referee and his/her deputies.

2. Team chief is responsible for wrestlers uniform, their well-timed coming on gilam (tatami) and for general order.

3. Team chief also participates the drawing together with the Chief Referee and other referees.

4. During the fight team chief should be on spot, specially allocated for him/her.

5. If team chiefs or coaches have referee license, they also have the right to be a referee on competition.

6. Team chiefs having infringed the above-stated rules, are dismissed from their post and the appropriate organizations should be informed about it.

7. During the fight team coach may be in spot, specially allocated for him/her or near gilam (tatami) on distance not closer than 2 meters.

8. Team coach can come nearer to the wrestler in case of wrestler's injury when the wrestler is receiving medical aid from the doctor, but the coach must obey the instructions of referees or arbitrator.

9. If team coach does not observe the above-stated rules, the arbitrator can require the Chief Referee deputy to give the coach a caution DAKKI!. If it is repeated, the Chief Referee deputy gives a caution GIRROM! and may dismiss the wrestler from fight.

Equipment.

1. At each gilam (tatami) there should be:

* a table and three chairs

* two light chairs

* a stop watch

* a microphone

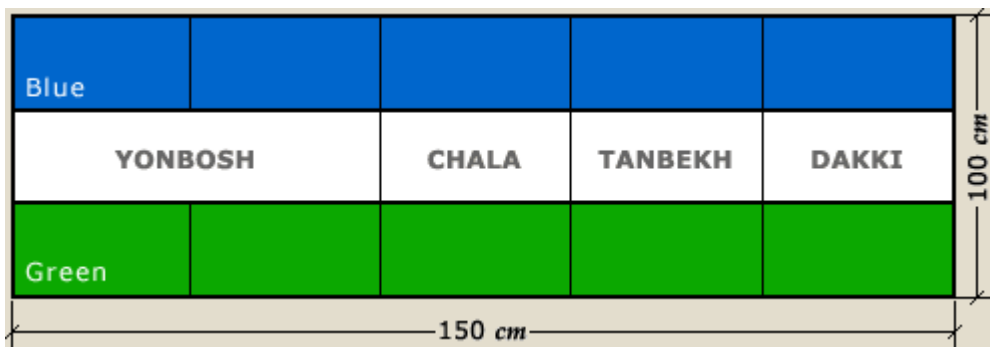




- * a score-board (showing the pure time of a fight) with a sound signal of the end of fight.
- 2. Two light chairs should be located in the safe zone in the opposite corners, not closing the score-board.
- 3. The score-board should be located outside the working zone so that referees, members of the Board of Referees and spectators can easily see it/them (there always must be in reserve a mechanical score-board for control). The score-board should meet the requirements of the International Kurash Association.
- 4. In case of use of electron clock, mechanical clock is used for control.
- 5. Gong or a sound device should be used to signal the arbitrator about the end of the fight.
- 6. Spectators (press, TV, etc.) should be not closer than 3 m from the gilam (tatami) of competition.
- 7. Manual stop watches (chess clock) and scoreboard should be used simultaneously with electronic equipment in case of failure of electronics.

Appraisals On Scoreboard

At every gilam there must be a separate scoreboard. The received appraisals must be shown on a two-color scoreboard:



As shown above, appraisals and cautions should be in two colors. Between two colored lines there should be white line for designation of nomination of appraisals and cautions.

The Minutes Of Kurash Competitions

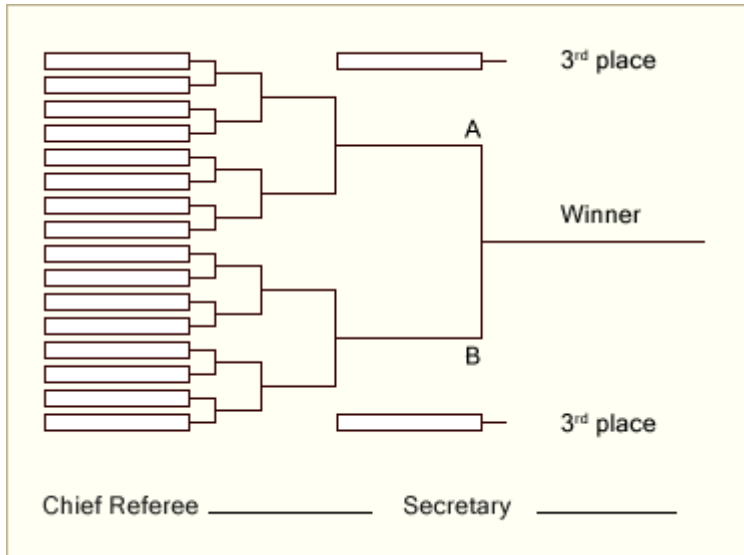
A.

Name & Surname	City	1	2	3	4	Result	Place
1							
2							
3							
4							

B.

Name & Surname	City	1	2	3	4	Result	Place
1							
2							
3							
4							





Situations not stipulated by Kurash rules are solved by the Board of referees.

