



Competition Format and Rules

Gold Coast 2018 Commonwealth Games Competition Format

The wrestling competition at GC2018 features men's and women's events and will be delivered in accordance with the current United World Wrestling (UWW) Competition Rules (unitedworldwrestling.org)

Men's medal events: six	Women's medal events: six
57kg	50kg
65kg	53kg
74kg	57kg
86kg	62kg
97kg	68kg
125kg	76kg

Athlete Qualification for GC2018:

Athletes must hold a valid UWW License. Athletes must also satisfy the medical requirements according to UWW Health Regulations.

Sport Rules and Procedures

Competition format:

Wrestling is a classic contest between two athletes seeking dominance through a range of technical actions. Athletes use their physical qualities and skills to execute techniques with calculated risk to take their opponents down 'to the mat' and control them through a series of moves called takedowns, throws and turnovers. Athletes compete in different positions and use a variety of holds and grips to gain the advantage over their opponent.

Each 'bout' consists of a maximum of two periods of three-minute duration, with a 30-second break in-between.

Each bout starts from standing position with possible continuation on 'the ground', called "parterre". The dominant wrestler will use different parterre techniques to score points or to put their opponent onto his/her shoulder blades.

Technical points classification:

1 point – step out the mat; passivity points; challenge lost

2 points – takedown; turnover; caution penalty

4 points – throw; any technique from standing position leading directly into dangerous position, when opponent's back exposed to the mat.

Points are awarded for successful techniques. The more spectacular the move, the more points it generally earns.

A match may be won by:

1. A fall/pin:
When both shoulder blades touch the mat, referee immediately will call a pin/fall and stop the bout.
2. By technical superiority:
This may occur when one of the athletes has an advantage of 10 or more points, without consideration of points that have been lost (i.e. 10-0; 15-25; 4-15)



3. By points:

The athlete that has scored the most technical points will be identified as a winner of the bout, once match time is over. In case of a tiebreak score, the winner will be identified based on the criteria: quality of technical points; number of cautions; last scored point.

4. By injury, withdrawal, disqualification of the opponent:

May occur prior and during the bout.

Sport Rules and Procedures

Competition format:

Wrestling at GC2018 is a direct elimination freestyle competition for both women and men. Unless there are fewer than eight wrestlers in a weight category, the competition will follow the Nordic System, where each wrestler competes against each other in the weight category.

Draws:

Athletes shall be paired off for each round according to the numerical order determined by the drawing of lots. This occurs for all weight classes during the Technical Meeting and Competition draw on 11 April 2018. The drawing of lots will be conducted in public. Pairing is made in the order of the numbers drawn at random.

Refereeing body:

This is composed of the mat chairman, a judge and a referee, and is designated for each match. Refereeing body members are all International Technical Officials.

Protests/appeals:

During a match, a coach acting on behalf of their athlete, and with his/her agreement, is allowed to ask for one video replay (challenge) on the public video board in case of disagreement with the refereeing body. The match is interrupted during this review. In the case of a positive outcome of the review, the score will be corrected and the team will retain the right to call for another challenge. Otherwise, the opponent will be awarded with one point for bout interruption.

Techniques:

Most common technique names:

- From standing position: single leg attack; double legs attack; arm drag; arm throw; arm spin; fireman carry; suplex
- From parterre: gut wrench; half Nelson; arm bar; ankle laces