

International rules of organization and holding of Kurash competitions

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Author: *Komil Yusupov*

1. Regulations On Competition

The regulations on competition are drawn up and approved by organization, which arranges this competition.

The regulations should include the following:

1. Type of competition;
2. Purpose of competition;
3. Sport features, age, sex, name of teams and organizations;
4. Place and date of conducting of competition;
5. Order of conducting of competition;
6. Conditions of participation in competition;
7. Responsible organization for conducting of competition;
8. Board of referees;
9. Fight duration;
10. Deadline for submitting applications for participation in competition;
11. Medical control procedure and maintenance of order;
12. Documents to be submitted to credentials committee;
13. Claims submission procedure and their consideration;
14. Date and time of conducting of competition in each weight category;
15. Procedure of rewarding of winners and prize winners of competition.

2. Types of Competitions

1. Individual championship.
2. Team championship.
3. Individual and team championship.
4. Open gilam (tatami) championship.
5. Absolute championship.
 - a. individual championship is held to determine the strongest wrestlers of the competition.
 - b. in team championship the place of every team is determined.
 - c. in individual and team championships the place of every participant is determined and according to it the place of every team is determined.
 - d. in open gilam (tatami) championship every wrestler fights to increase his/her sport qualification, title and experience.
 - e. in absolute championship the strongest wrestler is determined irrespective of weight category.

3. Board of Referees

1. Prior to conduction of every competition the federation, conducting this competition on its territory, submits a list of referees, approved by this federation. Every competition from the calendar of international tournaments, continental championships, World

Championship and Olympic Games, may be attended only by referees, authorized by the International Kurash Association.

2. Structure of the Board of referees:
 - a. Chief Referee;
 - b. Chief Referee deputy, their number should be more by one, than number of gilams (tatamis), on which the competition is held;
 - c. Chief Secretary and secretaries of gilam (tatami);
 - d. Arbitrator and side referees;
 - e. Stop-watch referee;
 - f. Scoreboard referee;
 - g. Informing referee;
 - h. Warden of competition;
 - i. Medical staff (doctor of competition).
3. Referees, entering gilam (tatami), put their right hand on left part of breast and simultaneously bow to spectators and Chief Referee.
4. Chief Referee and Board of referees control referees' actions. If referees admit actions contradicting the rules of competition, they are discharged from competition and deprived of their referee's license.

4. Chief Referee

Chief Referee is the head of competition, responsible for holding competition according to the rules. Participants, team representatives, board of referees and attendants should implicitly execute instructions of Chief Referee.

1. Chief Referee's Responsibilities:
 - a. to control accordance of a sport building (gymnasium or stadium), equipment and gilam (tatami) with competition requirements;
 - b. during the drawing to divide the strong wrestlers in two subgroups;
 - c. to distribute referees on gilams (tatamis);
 - d. to make the schedule of competition;
 - e. to nominate referees for wrestlers scaling;
 - f. to nominate referees to each fight and to supervise their actions;
 - g. prior to the beginning of competition, to hold a meeting of Board of referees;
 - h. daily after the end of competition, to gather team representatives, Board of referees and coaches, to summarize competition's results, eliminate complains, received during competition.
 - i. if necessary, to hold an assembly of Board of referees;
 - j. to evaluate readiness of referees for competition and the course of competitions;
 - k. to fill in and to hand over the reporting minutes on holding and results of competition to appropriate bodies.
2. Rights of Chief Referee:
 - a. to suspend and to forbid conduction of competition if the place of conduction, equipment and gilam (tatami) are not prepared and do not meet rules requirements;

- b. to temporarily suspend competition, if there is something that may negatively affect conduction of competition on the high level;
- c. to make changes in the procedure of conduction of competition or the schedule of competition;
- d. to discharge referees for violation of rules and give information about it to the Board of referees;
- e. to discharge the wrestlers who violated rules or does not have permission for participation in competition;
- f. to give cautions or to discharge a coach of any team for violation of Kurash rules or for inappropriate behavior during competition.

Note: Chief Referee has no right to cancel or change Kurash rules.

5. Chief Referee Deputy

- 1. during temporary absence of the Chief Referee at competition, fulfills his/her responsibilities;
- 2. announces results of fight and names of wrestlers fighting next;
- 3. supervises and replaces the arbitrator, secretary, stop-watch referee, scoreboard referee.

6. Chief Secretary and Secretaries

- 1. The Chief Secretary examines the documents of wrestlers while they pass the credentials committee.
- 2. The Chief Secretary keeps the minutes of assembly of Board of referees, of fights and other documents.
- 3. Secretaries keep the minutes of gilam (tatamis).
- 4. Secretaries write down results and remarks on fights in the minutes.
- 5. The Chief Secretary together with Chief Referee is obliged to fill in and to sign the minutes-report of the competition.

7. Arbitrator

- 1. Before the beginning of a fight, the arbitrator examines the condition of the wrestler, accordance of his/her uniform with Kurash rules, if there is a disparity, he should demand to change the uniform (in prescribed time).
- 2. The arbitrator controls the course of the fight and observance of Kurash rules.
- 3. Takes into account appraisals of side referees.
- 4. After every appraisal of the implemented methods, the arbitrator should stop the fight (with a command TOKHTA!), give appraisal during 2-3 seconds and begin wrestling with a command KURASH!.
- 5. While announcing cautions for violation of rules the Arbitrator should stop (with command "TOKHTA") the fight and in 15-20 seconds should announce cautions (in this period of time wrestlers should remain on their places and put in order their uniforms) and begin it with command "KURASH" .
- 6. Once the stop-watch referee signals the end of fight time, the arbitrator should stop the fight with a command VAKT! and an appropriate gesture.

8. Side Referees

- 1. Side referees should help the arbitrator to evaluate all actions of the wrestlers.

2. Three referees on majority basis evaluate all actions of wrestlers on gilam (tatami). If opinions of three referees do not coincide, they must discuss it to get final opinion.
3. Side referees sit on the opposite parts of gilam (tatami), and if there is no such a possibility, they may stand watching the course of the fight.
4. If a participant needs to leave gilam (tatami) for a short time, he should be accompanied by one of the side referees.

9. Stop-Watch Referee

1. The stop-watch referee watches the duration of the fight and the time when the wrestlers come on gilam (tatami).
2. The stop-watch referee calculates and controls every minute of fight time. If the wrestler uses medical help during the fight or wrestling is stopped because of any other reason, the stop-watch referee counts the duration of stop and informs immediately Chief Referee.

10. Scoreboard Referee

1. The scoreboard referee shows on the score-board all appraisals and cautions announced by the arbitrator.
2. If the scoreboard referee has not enough time to see or to hear the result announced by the Arbitrator, he/she asks about it the secretary of gilam (tatami).
3. Appraisals should remain on the scoreboard until the winner is announced.

11. Informing Referee

1. The informing referee announces the schedule of the day, weight categories, names of the next pair of wrestlers to fight. Gives the information on each wrestler entering gilam (tatami). Also gives the information to spectators about the referees on gilam (tatami).
2. All information on competition is given only after approval by the Chief Referee or his/her deputy.

12. Warden Of Competition

1. The warden of the competition is responsible for readiness of the gymnasium, stadium or field where the competition will take place, gilam (tatami) on which the fight will be held, referees' table and chairs and other accessories;
2. The warden of the competition is responsible for the order during the competition.
3. The warden of the competition conducts his/her activity in accordance with orders of the Chief Referee.

13. Doctor Of Competition

1. Before the beginning of the competitions the doctor of the competition examines medical reference of the wrestler, signature and seal, if there are defects, does not allow the wrestler to fight.
2. The doctor of the competition examines the wrestlers during scaling.
3. The doctor of the competition controls cleanliness of the place of the competition and gilam (tatami) of the fight, the wrestlers uniforms.
4. The doctor of the competition treats the wrestlers injuries during competition.

14. Situations Not Stipulated By Kurash Rules

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

15. Referee Uniform

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

16. 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 than 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.

17. Hygiene Of The Wrestlers

1. 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.

18. Gilam (Tatami) Of Competitions

1. Kurash gilam (tatami) 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 (tatami) 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 (tatami) 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.

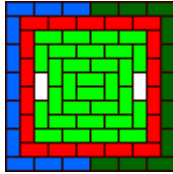
Kurash gilam is made in following sizes:

200 x 100 x 4 cm or 5 cm

150 x 100 x 4 cm or 5 cm

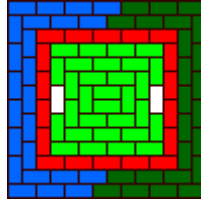
100 x 100 x 4 cm or 5 cm

12 x 12 m



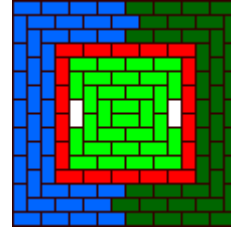
Red 18 pcs
Light green 30 pcs
White 2 pcs
Blue 11 pcs
Green 11 pcs

14 x 14 m



Red 18 pcs
Light green 30 pcs
White 2 pcs
Blue 24 pcs
Green 24 pcs

16 x 16 m



Red 18 pcs
Light green 30 pcs
White 2 pcs
Blue 39 pcs
Green 39 pcs

7. Made as following:

Sheet is open from below, red / light-green / white / dark-blue / green; paralane of second-time foaming, knotted with special tent.

20. Equipment

7. 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, small flags of yakhtaks color for referees to determine the winner of the fight.

8. Two light chairs should be located in the safe zone in the opposite corners, not closing the score-board.

9. 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.

10. In case of use of electron clock, mechanical clock is used for control.

11. Gong or a sound device should be used to signal the arbitrator about the end of the fight.

12. Spectators (press, TV, etc.) should be not closer than 3 m from the gilam (tatami) of competition.

13. Manual stop watches (chess clock) and scoreboard should be used simultaneously with electronic equipment in case of failure of electronics.

21. Beginning And End Of Fight

0. 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 the their right hands on left breast.

1. 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.
2. After the arbitrator announces the result of the fight, the participants with right hand on left breast, should bow to each other.
3. Arbitrator and side referees should take their places before the fight prior to participants' coming on gilam (tatami).
4. All bows are executed by bending in waist forward. If participants do not bow, the arbitrator should require their bowing.
5. 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.
6. The arbitrator when giving a command TOKHTA! should see the participants.

21. 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.

22. Scaling Procedure

1. Participants of one weight category are scaled on the same day, on the same scales, two hours before the competition.
2. The scaling should proceed no more than one hour.
3. At scaling wrestlers should have their identification cards.
4. Without scaling a wrestler is not admitted to competitions.
5. During scaling wrestlers should wear only shorts or swimming trunks.
6. At scaling 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 scaling, surnames of wrestlers are written in the minutes of scaling.

23. Age And Weight Category Of The Wrestlers

1. Participants of competitions are divided into the following weight categories:
 - a. **Children (12-13 years):** 33, 36, 40, 44, 48, 52, 56, 60, 65, 70, +70 kg.
 - b. **Teenagers (14-15 years):** 38, 42, 46, 50, 55, 60, 65, 71, 77, 83, +83 kg.
 - c. **Youths (16-17 years):** 42, 46, 50, 55, 60, 65, 71, 77, 83, 90, +90 kg.
 - d. **Adults (18-35 years):** 60, 66, 73, 81, 90, 100, +100 kg.
 - e. **36-45, 46-55, 56-60, 61-65 years and older -** 60, 70, 80, 90, +90 kg;
2. Age and weight categories for girls and women:
 1. **Girls (12-13 years):** 30, 33, 36, 40, 44, 48, 52, 57, +57 kg;
 2. **14-15 years:** 33, 36, 40, 44, 48, 52, 57, 63, +63 kg;
 3. **16 - 17 years:** 36, 40, 44, 48, 52, 57, 63, 70, +70 kg;
 4. **Women (more than 18 years):** 48, 52, 57, 63, 70, 78, +78 kg.
3. Irrespective of the weight category, youths and adults can (with the sanction of the Chief Referee) participate in competitions in absolute weight category.

24. Fight Duration

1. For men - 5 minutes of pure time (time of wrestling);
2. For teenagers and wrestlers older than 35 years - 4 minutes of pure time;
3. Children, wrestlers older than 56 years and women - 3 minutes of pure time.

25. Requirements To Wrestlers

1. The participants of competition are required to have the following:
 - . identification card, above mentioned uniform, document verifying wrestler's class;
 - a. team application, permission of doctor with a seal.

All these documents are examined before the competition by credentials committee and are approved by the chief doctor and members of committee. The chiefs of teams are responsible for meeting conditions and requirements mentioned above.

2. With the sanction of the Chief Referee, youths (16-17 years) may also participate in adults competitions.
3. Wrestlers competing in one weight category are not permitted to participate in another weight category, but they may wrestle in absolute weight category with the sanction of the Chief Referee.

26. Responsibilities Of The Participants

The participants of competition should observe the following rules:

- . greet one another by a bow before the beginning and after the end of the fight.
- a. observe all Kurash rules and rules of competition.
- b. obey the referee's instructions.

- c. behave correctly during competition.
- d. if referee calls a wrestler, he/she should immediately go to the designated place.

27. General Kurash Rules

1. In Kurash wrestlers wrestle according to the adopted rules. Methods are evaluated by referees.
 - . if wrestlers have equal appraisals than victory is given according to the last appraisal.
 - a. if a participant has an appraisal and a caution, the appraisal has advantage.
 - b. the victory is given in accordance with the referees' opinion on majority basis when there was no technical action or both wrestlers got equal cautions during all the fight. Referees express their opinion using small flags colored in blue and green - the colors of yakhtak.
 - c. if wrestlers got equal number of cautions, victory goes to wrestler who got caution first. If cautions were given simultaneously, referees determine a winner on majority basis.
2. competitions are conducted according to the Olympic system without repechage fights.
3. in Kurash a method, begun inside the gilam (tatami) and finished outside the gilam (tatami) line is evaluated as well.

28. Commands And Gestures Used During Fight

1. TAZIM

2. 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.

3. KURASH

4. 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.

5. TOKHTA

6. to raise a hand forward parallel to gilam (tatami) 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.

7. **KHALOL** (pure victory)

8. 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:

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



9. **YONBOSH**

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

This appraisal is given:

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



11. **CHALA**

12. 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:

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



13. **TANBEKH**

14. to point at the participant with a forefinger

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



0. the wrestler, running away in purpose, does not let the opponent catch him/her;
1. the wrestler pushes in purpose the opponent out of gilam (tatami) or himself/herself runs beyond the dangerous zone of gilam (tatami);
2. the wrestler disorders in purpose his/her clothes (unties or reties his/her belt, trousers without the sanction of the arbitrator);
3. the wrestler grips opponent's trousers or legs;
4. after a grip, the wrestler does not make attacking actions during 20-25 seconds.

15. DAKKI

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



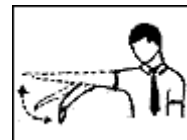
DAKKI is announced to the participant, who made a medium violation, or has already received a

TANBEKH caution:

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

17. GIRROM

18. 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:

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

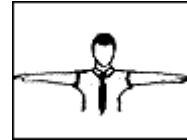
19. BEKOR

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



21. TENG

22. to spread both hands on the level of shoulders, with palms turned downwards
TENG command is used, when wrestlers do not have appraisals.



23. **VAKT**

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



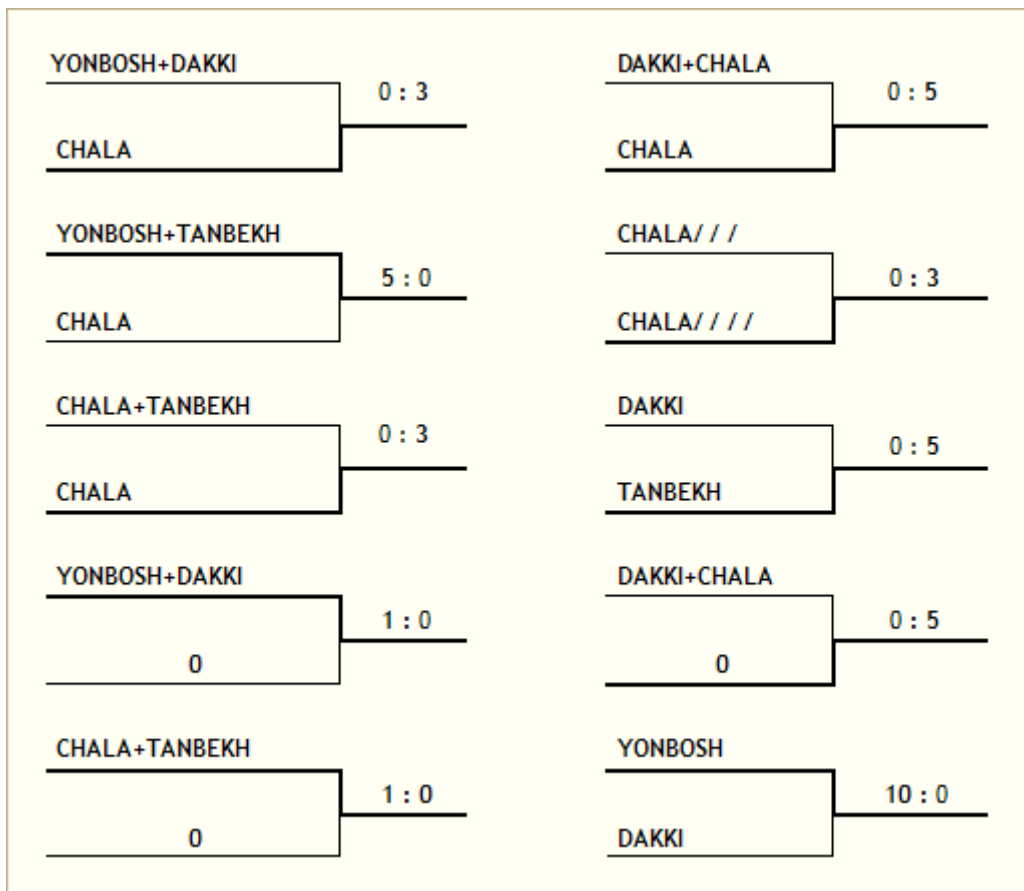
25. **Notes:** Gestures are shown with right and left hands according to color of yakhtak (judogi) of wrestlers standing on two sides of Arbitrator.

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.

29. 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

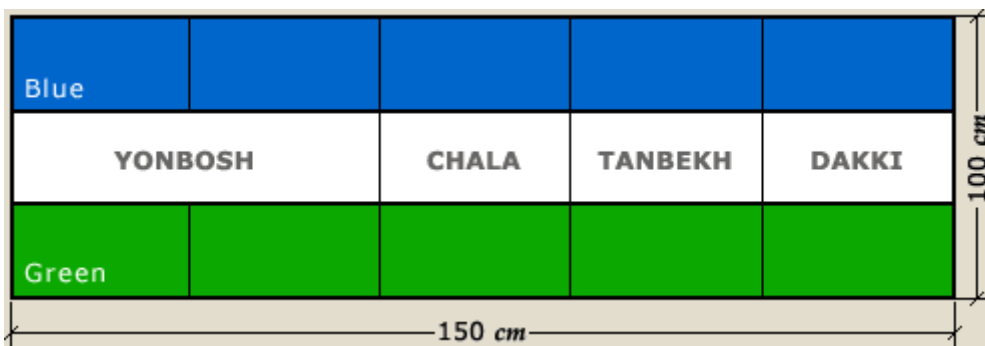


30. Forbidden Actions

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

31. Appraisals On Scoreboard

1. At every gilam (tatami) 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.

31. The Order Of Holding The Competitions

1. Competitions are conducted according to the Olympic 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;

32. The Minutes Of Kurash Competitions

A

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

33.

B

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

