



Wrestling



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

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International rules will be followed unless specified in WPFG Guidelines

PRIORITY OF RULES, INTERPRETATION & GUIDANCE:

As per the WPFG GENERAL RULES "World Police & Fire Games Rules shall supersede all other rules.

In the event of "***ANY CONFLICT***" between the current UWW Rules for Wrestling and the WPFG WRESTLING RULES, as per the WPFG General Rules, "***WPFG RULES SHALL BE USED.***"

IDEOLOGY

Wrestling, like all other sports, obeys Rules that constitute the "Rules of the Game" and define its practice, the aim of which is to "pin" the opponent or to win on points.

Greco-Roman and Freestyle wrestling basically differ as follows:

- In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the beltline or to trip him or to use the legs actively on his opponent to perform any action.
- In Free Style wrestling, however, it is permissible to grasp the legs of the opponent, to trip him and to use the legs actively to perform any action.
- Women's Freestyle Wrestling follows the rules of Freestyle Wrestling, forbidding however the Double Nelsons.

Frequently modified and always subject to further modification, the Rules set forth below AND the current UWW Rules must be known and accepted by all wrestlers,



coaches, referees, and leaders. They call upon those who practice the sport to fight totally and universally, with complete honesty and fair play for the pleasure of the spectators.

EVENTS

GRECO-ROMAN: MEN'S 18+, 30+, 40+ & 50+;

FREESTYLE: MEN'S 18+, 30+, 40+ & 50+; WOMEN'S 18+ & 40 +ONLY.

GRECO-ROMAN: MEN'S

60 KG
63 KG
67 KG
72 KG
77 KG
82 KG
87 KG
97 KG
130 KG

FREESTYLE: MEN'S

57 KG
61 KG
65 KG
70 KG
74 KG
79 KG
86 KG
92 KG
97 KG
125 KG

PLEASE NOTE: WOMEN'S WRESTLING (FREESTYLE), 18+ AGE CATEGORY & A 40+ YEAR CATEGORY WILL BE OFFERED FOR THE WORLD POLICE & FIRE GAMES, WRESTLING PROGRAM. ALL EIGHT (8) UWW FEMALE WEIGHT CATEGORIES MAY BE CONSIDERED.

HOST CITIES MAY ELECT TO HOLD FEMALE WRESTLING, IF SUFFICIENT COMPETITOR INTEREST EXISTS.



FREESTYLE: WOMEN'S: 18+ (OPEN) & 40+ ONLY

50KG
53 KG
55 KG
57 KG
59 KG
62 KG
68 KG
76 KG

IMPORTANT: ENTRANTS MAY COMPETE IN ONLY ONE EVENT IN THE FREE STYLE PORTION AND ONE EVENT IN GRECO-ROMAN PORTION OF THIS SPORT.

Entry Deadline: 2/28/2027

Age as of Date: 12/31/2027

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician, and based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.

MEDICAL EXAMINATION & WEIGH-IN

DOCTORS WILL NOT BE AVAILABLE FOR AN EXAM IN WINNIPEG. ALL MEDICAL EXAMS MUST BE COMPLETED PRIOR TO ACCREDITATION IN ORDER TO PARTICIPATE IN THE WPMF 2023.

The medical service, which is required to operate throughout the competition, is under the authority of the UWW Doctor in charge of the competition.

FACILITY

Gymnasium with showers.

Lockers and dressing areas are required.

EQUIPMENT



MATS: Mats should be UWW approved wrestling mats, with a nine-metre diameter and surrounded by a 1.50m border of the same thickness, is obligatory.

Mats must be homologated, but not necessarily new.

A minimum of two (2) Competition Mats and one (1) Warm-Up Mat are required. Safety mats should be added to the border of wrestling area if needed. “Mat tape” is the only tape authorized. (Refer United World Wrestling (UWW) *International Wrestling Rules for Greco-Roman, Free Style and Female Wrestling*, Chapter 1, Article 4 for a detailed description of the Competition Mat).

Mats are to be cleaned, disinfected, and dried prior to each competition session. Towels are to be available at Mat side to keep Mats dry.

ICE: will be made available on site during the competition.

SPRAY BOTTLE: containing a 4 to 1 mixture of water and household bleach (like Clorox) will be kept at each mat. This mixture will be used to disinfect the Mat whenever any bleeding occurs, to avoid infections.

GENERAL SPORT RULES for Wrestling

Weight classes and pairing can and will be accommodated to the World Police and Fire Games requirements.

Technical rule changes, interpretation, clarifications will be explained at the Official’s Clinic prior to the competition.

40+ years Age Competition: If less than three (3) competitors enter into any one 40+ weight class, at weigh-in, those competitors will be combined with the appropriate 30+ weight class.

COMPETITION SYSTEM AND METHOD

The competitions take place by direct elimination system with an ideal number of wrestlers, i.e., 4, 8, 16, 32, 64, etc. If there is no ideal number of wrestlers in a category, qualification matches will take place.

- Pairing is made in the order of the numbers drawn at random (see UWW Rules, Chapter. Article 12, for detailed method for the ‘*Drawing of Lots*’).



- All wrestlers who lost against both finalists will have repêchage matches. There are two separated groups of repêchage: one group of wrestlers who lost against the first finalist, and another group of wrestlers who lost against the second finalist. The repêchage matches begin with wrestlers who lost in the first round including in matches to obtain the ideal number against one of the two finalists up to the losers in the semi-finals by direct elimination.
- The winners of the two repêchage groups will each receive a Bronze Medal.
- Each weight category begins and ends in a day. Each category weigh-in takes place the day before the beginning of the category concerned.

If there are less than 6 wrestlers in a weigh-in category, the Nordic round (*'Round Robin'*) will take place (each wrestler against each wrestler).

For a comprehensive explanation please refer to the current UWW Rules, Chapter 2 'Competition System and Method', Article 8, including full detail of the conduct of 'Direct Elimination'; 'RRepêchage Matches and the Competition Method, to determine final Medallists.

COMPETITION PROGRAM

The World Police and Fire Games Wrestling Competition are conducted over two (2) days, for the two (2) styles (Greco-Roman & Freestyle), on two (2) Competition Mats. However, depending on the number of entries received, one (1) Mat can be added or withdrawn for each competition type.

In principle, for each competition type, the matches shall not last longer than three (3) hours.

For all competition types, a weight category begins and ends after a maximum of one (1) day.

For each competition round a weight category must, in principle, take place on the same Mat and not on several Mats, at the same time.

All Medal Matches, for the 1st, 2nd and 3rd placing, competition must take place on one (1) Mat.



DRESS

Each contestant must be closely shaven or have a beard of several months' growth. They must have two (2) singlets, one red and one blue, or a reversible singlet. They must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue). It is forbidden to have a mixture of red and blue colors on the singlet.

It is not a requirement for competitors to wear their country's emblem on their wrestling attire and any advertising or sponsorship must comply with the provisions, contained in the World Police and Fire Games "GENERAL RULES".

Relevant competitor Dress requirements can be sourced from the current UWW rules, "Competitors Dress" (refer Chapter 1, Article 5).

At the weigh-in, the referee must check that each competitor satisfies the requirements of these rules, relevant to the WPPFG Wrestling Competition. The wrestler must be warned at the weigh-in that, if his appearance is not correct, he will not be allowed to enter the competition. If the wrestler enters the mat with a non-compliant appearance, officials will allow maximum one minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by default.

WEIGH-IN PROCEDURES

SCALES

Two certified calibrated scales available for weigh-in. A scale should also be available prior to weigh-ins for contestants to check their weight.

The weigh-in for each category always takes place on the day before the beginning of the competition concerned

The weigh-ins shall be conducted in a private room. The room will be available to the officials' 15 minutes before the start of the weigh-in.

Two chairs and a table shall be provided for the officials to record the body weights.

Duration of the weigh-in: 30 minutes.



No wrestler may be accepted at the weigh-in if he has not undergone medical examination. **MEDICAL EXAMINATIONS ARE ALWAYS PERFORMED ONE HOUR AND A QUARTER (1HR. 15MIN.), BEFORE THE WEIGH-IN.**

The contestants will be weighed with their singlet on (without shoes) after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease.

NO WEIGHT TOLERANCE IS ALLOWED FOR THE SINGLET.

Contestants must be in perfect physical condition, their fingernails cut very short. Fingernails must be checked at the weigh-in.

Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish.

For competitions where bouts last two days, the competitors involved will be weighed on the day before the competition for their category begins. For all competitions, there is only one weigh-in per category.

ELIMINATION FROM THE COMPETITION

Relevant details of on-compliance or infringements, incurring elimination from the WPMF competition, are contained in the current UWW rules, (Chapter 3 “Competition Procedure”, Article 15 refers).

BOUTS

For all the competitions on the score/time boards, the timing will start from zero (0) to three (3) minutes.

A light of the same colour as the wrestler concerned must indicate the winner of each period, and the result of each period must remain indicated.

The duration of all Bouts will be two (2) periods of three (3) minutes, with a thirty (30) second rest between periods.

No liquids are allowed for either wrestler during this break period.

The fall automatically stops the match whatever the period.



FOR ALL DISCIPLINES:

TECHNICAL SUPERIORITY:

A match will end at 10-point advantage in Freestyle and 8 point in Greco-Roman.

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (UWW Rule, Chapter 5, Article 29 refers).

THROWS:

Four (4) points will be awarded for all throws in Freestyle. In Greco-Roman four (4) points will be awarded for throws that are followed and controlled and five (5) points will be awarded for grand amplitude throws.

PAR TERRE:

Elimination of the five (5) - second count for the one (1) additional back point exposure and any penalty for a false start will receive one (1) point. (UWW Rule, Chapter 8, Article 45 refers).

GREGO-ROMAN WRESTLING:

Passivity: For the first warning the match is not stopped.

Match ending in 0-0: The last wrestler warned loses.

Takedown: Two points are awarded from a standing or neutral position for a throw without back exposure.

CHALLENGE PROCEDURE:

The Appeal Jury will render its decision without consulting the refereeing body. If the Appeal Jury overturns the decision of the refereeing body, the referees will be warned. A second warning will result in the suspension of the referees. The decision of the Appeal Jury is final. There will be no challenge authorized in case of penalties for passivity.

UWW kept its one-day competition format for each discipline: Greco-Roman, Men's Freestyle and Women's Freestyle, but changed the competition times to 10 a.m. for the first session. A 30-minute minimum time between matches has also been made compulsory.

GENERAL DUTIES

Officials shall perform all the duties set forth in the Regulations governing wrestling Competitions (Refer UWW Rules, Chapter 4, Article 17) and in any special provisions which might be sanctioned by the World Police and Fire Games Federation, for the competition.



It is the duty of officials to follow each bout very carefully and to evaluate the actions of the wrestlers so that the results shown on the Judge's score sheet accurately reflect the specific nature of the bout.

For full explanations of individual officials' roles and responsibilities refer current UWW rules, Chapter 4, Articles 17 to 21 (inclusive).

THE CALL

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

A recent UWW ruling requires a mandatory, thirty (30) minute, minimum time, between matches, for Wrestlers.

All other provisions of UWW rules, Chapter 5, Article 24, remain unchanged.

THE COACH

The Coach may remain at the foot of the platform or at least two (2) metres from the edge of the Mat during the bout. Full explanation of the role of 'The Coach' is provided (refer UWW Rules, Chapter 5, Article 31). Competitors and Coaches must familiarize themselves with the relevant rules, governing the behaviour and sanctions, applicable to a Coach, attending the WPFJG Wrestling competition.

POINTS FOR ACTIONS AND HOLDS

Evaluation of the importance of the action or hold is provided and explained in UWW Rules, Chapter 6 refers.

DANGER POSITION

A wrestler shall be considered in the 'danger position' when the line of his back (or the line of his shoulders) vertically or in parallel with the mat, forms an angle of less than 90 degrees to the said Mat and when he resists with the upper part of his body to avoid a 'fall'. (Refer UWW definition of 'THE FALL' at Chapter 7, Article 43).

For a detailed definition of the 'danger position' (refer UWW Rules, Chapter 6, Article 36).



ALL ILLEGAL HOLDS AND ACTIONS AS STATED IN THE CURRENT UWW RULES, FOR FREE STYLE AND GRECO ROMAN WRESTLING, ARE STRICTLY PROHIBITED AND WILL BE ENFORCED WITHOUT HESITATION BY THE WPFPG OFFICIATING TEAM. COMPETITORS MUST BE TOTALLY FAMILIAR WITH THE RELEVANT UWW RULES GOVERNING THE CONDUCT OF THE WRESTLING COMPETITIONS.

BASIC VOCABULARY

Every member of the WPFPG Host City Wrestling Management Team and all competitors must be perfectly familiar with and apply the vocabulary, as set out in the current UWW rules.

This vocabulary is the official means of communication between Officials and Competitors.

PROTEST AND APPEALS

Protest and Appeals will be conducted as per the provisions contained in the World Police and Fire Games Rule Book (“APPEALS AND PROTESTS” Section refers).

Under no circumstances may the result of a match be changed after victory has been declared on the Mat.

If the responsible person for refereeing notes that the refereeing body have abused their power to change a match result, they can examine the circumstances and, with the agreement of the responsible Federation Director for Wrestling, change the result and refer those responsible to the WPFPG Federation Discipline Committee, for possible sanction.

DISCIPLINARY ACTION / INTERVENTION

The WPFGF may impose Disciplinary Action on any person or persons under the auspices of the WPFPG and may take immediate action known as Intervention, for violations of WPFPG Rules, for reasons of safety or security or for inappropriate or unprofessional conduct not in the best interest of the WPFG.



Allegations of Misconduct/Incidents that do not require immediate Intervention will follow the “APPEALS AND PROTESTS” section of the GENERAL RULE Book or may be independently brought by the WPFGEF.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete’s Credential. If the athlete does not present their Athlete’s Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report with all of the new weight classes after all competitors have weighed in. This will determine and verify which event the athlete was entered into.