



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

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## INTERNATIONAL BEACH WRESTLING REGULATIONS



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## **INTERNATIONAL BEACH WRESTLING REGULATIONS**

### **FOREWORD**

Beach Wrestling is a new wrestling style that was codified by FILA upon decision of its Congress in 2004. Beach Wrestling can be understood in two different ways:

- As a fun sport aimed at popularizing wrestling among the general population. In this situation, the present regulations can be adjusted, as well as the age and weight categories.
- As an official competition sport. In this case, the present regulations must be strictly applied. The international tournaments and championships are subject to the same requirements as the wrestling competitions.

### **ARTICLE 1 – OBJECTIVE**

The International Beach Wrestling Regulations have notably as objective to:

- Set the practical and technical conditions in which the matches must take place.
- Set the value of each action in order to determine the victory at the end of the match.
- Define the referee's role
- Define the competition system, the ranking, the elimination, etc.

### **ARTICLE 2 – APPLICATION**

The present Regulations apply to all Continental and World Championships and to all international tournaments.

### **ARTICLE 3 – AGE CATEGORIES**

- Schoolboys: 10-13 years old in the year
- Cadet: 14-16 years old in the year
- Junior: 17-20 years old in the year
- Senior: 21 years old and more in the year

Note: Junior wrestlers aged from 19 to 20 in the year can participate in senior competitions.



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#### **ARTICLE 4 – WEIGHT CATEGORIES**

- Cadet: Men 60 kg and + 60 kg  
Women 55 kg and + 55 kg
- Junior: Men 70 kg and + 70 kg  
Women 60 kg and + 60 kg
- Senior: Men 85 kg and + 85 kg  
Women 70 kg and + 70 kg
- An absolute category for the four first of the light and heavy weight categories (only for seniors).

#### **ARTICLE 5 – COMPETITION UNIFORM**

- Men: bathing suit with no other accessory.
- Women: two-piece bathing suit with no other accessory.
- At the beginning of the match, the participants receive a red or blue ankle band and give it back to the referee at the end of the match.

#### **ARTICLE 6 – COMPETITION AREA**

The competition area is composed of a 6-meter circle made with a 10-centimeter red ribbon that must contain no metal parts. It must be filled with a 30-centimeter layer of fine sand containing no stones, shells or other objects.

#### **ARTICLE 7 – WEIGH-IN**

No weigh-in is required for promotional competition. The participants are divided according to their corpulence in order to quickly obtain an ideal divisible number.

For official tournaments and Championships, the weigh-in must take place one hour before the competition and last 30 minutes.

#### **ARTICLE 8 – TOURNAMENT PROCEDURE**

A drawing of lots is done at weigh-in and the participants are placed in the brackets according to their number, from the lowest to the highest one. The competition follows that order.

A competition sheet will be printed for all weight categories and will provide all useful information on the progress of the competition.

The results of all matches must be recorded on a billboard to enable the participants to follow the competition at all times.



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## **ARTICLE 9 – DURATION OF THE MATCHES**

The duration of the matches is set to one period of 3 minutes for all age and weight categories.

## **ARTICLE 10 – TYPES OF VICTORIES**

Beach Wrestling only takes place in standing position. Victory can be obtained in the following ways:

- Fall: when a wrestler manages to hold both of his opponent's shoulders to the ground.
- Takedown: when a wrestler manages to bring any part of his opponent to the ground twice during the match.
- Out of bounds: when a wrestler manages to bring his opponent out of the competition bounds twice during the match.
- Decision: if at the end of the 3 minutes, no action was carried out, the referee must determine the winner according to both wrestlers' manifest activity.

Note: when executing an action, the attacker can put a knee or two (or other body parts) to the ground.

## **ARTICLE 11 – COMPETITION SYSTEM**

The competitions take place according to the direct elimination system with:

- Pairing according to the drawing of lots.
- Qualification matches to find the ideal number from the bottom of the brackets.
- Elimination rounds and finals.
- The winners of the two semi-finals wrestler for the final 1-2 and the losers for the final 3-4.
- From the 5<sup>th</sup> place, the wrestlers are ranked according to the following criteria:
  - Most victories during the competition
  - Most victories by fall
  - Most victories by takedown
  - Most combined victories (takedown and out of bounds)
  - Most victories by out of bounds
  - Most victories by decision



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### **ARTICLE 12 – REFEREEING**

- For promotional competitions, the coordinator works as referee and his decisions are final. In case of official FILA competitions, the referee must bear a FILA licence. He must stop the match after each action and anytime a wrestler touches the ground. The match restarts at the referee's whistle in the centre of the circle.
- A member of the competition secretariat must record each action whistled by the referee on a score sheet and report the winner on the competition sheet.
- The referee must wear white shorts (or pants), a white short-sleeved shirt and a red wristband on the left arm and a blue wristband on the right arm.

### **ARTICLE 13 – ILLEGAL ACTIONS**

- Pulling the hair or ears, pinching the skin, twisting the fingers, etc.
- Punching and kicking
- Attacking the face
- Holds causing dislocations
- Ground wrestling
- Greasy or slippery coated skin
- Stopping the match for any reason
- Agreeing on the match's result with the opponent

### **ARTICLE 14 – MEDICAL SERVICE**

The organizer of the competition must provide medical service.

If a participant is injured or bleeds, the competition doctor will have an unlimited time to fix the injury and decide whether the match can continue or not.