



Association of national sports and games of the peoples of the
Republic of Sakha (Yakutia) "Sakhaada-Sport"

State Institution of the Republic of Sakha (Yakutia)
"Republican center of national sports named V.Manchaary"

International Federation of Mas-wrestling

All-Russian Mas-wrestling Federation

Federation of Mas-wrestling of the
Republic of Sakha (Yakutia)

MAS-WRESTLING

Rules of competitions

Yakutsk, 2013

INTRODUCTION

In recent years, in Russian Federation and many countries in Europe, Asia, America is extremely popular the ancient sport - Mas-wrestling. The birthplace of Mas-wrestling is – The Republic of Sakha (Yakutia) of the Russian Federation.

Mas-wrestling - it's powerful single combat, the Yakut national sport. Without any exaggeration, this simple, at first sight, kind of sports is unique. It requires universal physical training from an athlete. All Yakut celebrities, who have won honors the best in the world performing their finest kinds of sports, have passed through Mas-wrestling, persistently, engaged in it from an early age. The uniqueness of this kind of martial arts, also lies in the fact that his analogs, as far as we know, nowhere else in the world.

In the development of these Rules was attended by experts of “Republican center of national sports named after V.Manchaary”, representatives of the Commissions of the International and Russian Mas-wrestling Federations, sports referees, coaches and other professionals.

Rules approved by the Congress of the International Mas-wrestling Federation in 2012 on November 24 in Moscow.

The Rules highlights the key questions of the organization, conducting and judging competitions on Mas-wrestling, equipment requirements of competition venues, as well as reporting on their results.

These Rules are official normative document and binding for using in conducting of competitions on Mas-wrestling.

Rules are intended for sports referees, coaches, athletes and competition organizers.

As practice showed of the training and competitive processes, periodically appear necessarily to introducing some changes, clarifications and additions in the Rules of conducting competitions. Also, impetuous development of Mas-wrestling as a kind of sports needs a more specific judicial assessment of elements of the bouts to avoid disputes.

In the development of these Rules was attended by experts of "Republican center of national sports named after Vasiliy Manchaary", department of "National kinds of sports and folk games" of the Institute of Physical Culture and Sports of the North-Eastern Federal University named after Maksim Kirivoch Ammosov and the Mas-wrestling Federation of the Republic of Sakha (Yakutia), consisting of: Grigoriev I.Y., Kolodko N.A., Sharin V.Y., Afanasiev A.T., Mokhov A.A., Tsukanov V.A., Yakovlev G.I., Sharin D.I., Borokhin M.I., Zakharov A.A., Korotov V.P., Belolyubskiy I.P., Konstantinov N.E.

CHAPTER I. FORMAT AND METHODS OF COMPETITION

Article 1. Format of the competition

1. Format of the competition is divided into:
 - a) individual;
 - b) individual-team;
 - c) team.
2. The format of the competition is determined by the Statement (Regulations) of the competitions.

Article 2 System and methods of competition

The system of the competition must be specified in the Statement of the competitions.

The competitions in every weight category begins and ends in 1(one) or 2(two) days. Weigh-in in each weight category can be held a day before or on the day of competing of that weight category.

Procedure of bouts among participants determined by drawing and chosen system of the competition.

1. System with elimination after two losses.

Compilation of pairs in each weight category determine in numeric order by drawing of lots. On this basis, the pair of first circle matched up in the following order:

- participant № 1 meets with the participant № 2;
- participant № 3 - with the participant № 4;
- participant № 5 - with the participant № 6;
- participant № 7 – with the participant № 8;

- participant № 9 – with the participant № 10, etc.

In a case of odd number of participants in the weight category participant with the last number is still free, and proceeds to the next circle without winning points, and he will be the first in the table for the next circle of compilation pairs. This place he keeps up as long as the other participant, who in turn free, will not take his place at the top.

- For example, nine participants in weight category of the second circle is composed as follows: 9-1, 2-3, 4-5, 6-7, 8 - free;

• in the second circle by 6, 10, 14, 18, 22, 26, etc. participants, not to stay free two of participants, four participants with the latest numbers are combined in pairs as follows: by 6(six) participants - 2-5, 4-6, by 10(ten) participants - 6-9, 8-10, etc. In all cases, there must be make compilation of pairs so that in one circle does not remain 2(two) free participants, and the same participant was not free twice;

• if after the next circle there are only two athletes, who have one loss or no losses, then the first place belongs to the athlete who wins a bout between them. Third place goes to the athlete with the highest score among the retired in the last circle of participants. If two athletes have the same points, third place awarded to the winner of their bout. If they are not met each other before, they are given additional bout;

• in a case if there are 3(three) not eliminated athletes, the places determine by the quality of their direct individual matches: the victories of matches with 2(two) of them are summed and this from amount deduce number of defeated bouts in these matches, thus, a qualified indicator meetings contenders for first place is on. Athletes are placed according to the reducing quality of this indicator (the first place is awarded for those who have the greatest indicator of quality). Then, in the case of the same qualities - the number of points earned in all bouts, then - on the quality of all bouts, then - according to their weight during weigh-in (according to weigh-in protocol), then if equality of weights on the protocol of weigh-in – weigh-in is carried out, and who has the lightest

weight is given an advantage.

- the allocation of places from the 4th and then carried out with the circle of elimination by the number of points.

In the case of equality of points of two or more athletes, their locations are determined by considering the following factors:

- by the victory in the mutual match (when determine the locations of two participants);
- by more victories;
- by less number of defeats.

2. System with elimination after two defeats in two preliminary groups to determine finalists.

The lot number of each participant is determined by a random draw. Participants who have odd numbers make up the group "A", even numbers - group "B". The final rounds involve athletes, who took 1st, 2nd, and 3rd place in Group "A" and "B". Athletes who took 1st place in groups, compete for 1st and 2nd places, athletes, who took 2nd place compete for 3rd and 4th places, athletes took 3rd place, compete for 5th and 6th places, etc.

3. The system of direct elimination bouts with consolation final.

The lot number of each athlete is determined by a random draw. The match ups are determined by lot number (№1 meets №2, №3 meets №4 etc.). Competitions are held by the system of direct elimination with consolation match for the athletes who were defeated in the semi-final matches. Consolation matches begin with athletes defeated in semi-final, and winner takes 3rd place.

4. System with elimination after two defeats with the division into groups "A" and "B" after the first circle.

The lot number of each athlete is determined by a random draw. The match ups are determined by lot number (№1 meets №2, №3 meets №4 etc.). After the first circle, participants are divided into groups "A" and "B". Athletes, who win their bouts, continue competing in the group "A" until the getting to the final, the losers continue to compete in group "B" and are entitled to claim only 3rd place. Athletes must not to compete twice with each other, the result is counted by the first bout. Free participant in the first circle will automatically go to the second circle in the group "A" the first number in the second circle and competes with the winner of the first pair of the first circle. In the second circle in Group "B" the pairs shall be formed in accordance with drawing lot number and the losers are eliminated, etc.

5. Circular system.

According to this system, each participant competes with every other participant.

6. Olympic system.

Compilation of matches is determined by the numerical order of the draw, the athlete eliminated after one defeat. Perhaps using preliminary rounds.

7. If the number of participants in the same weight category less than 5, in this weight category applies circular system.

8. Procedure for determining the team championship in the individual-team and team competitions will be established in the Statement (Regulation) of competitions.

Important note. Mas-wrestlers disqualified for cruelty, failure to appear, unfair contest, disrespect to the opponent or the referee does not assign any place. In this case Mas-wrestler, who has to meet with disqualified athlete, will compete with the next in the standings athlete.

CHAPTER II. ORGANIZATION OF COMPETITION

Article 3. Age groups

The competitors are divided into the following age groups.

Nº	Group	Age
1	Junior boys	12-14 years
2	Senior boys	15-17 years
3	Girls	15-17 years
4	Juniors	18-21 years
5	Junior girls	18-21 years
6	Men	18 years and older
7	Women	18 years and older
8	Male veterans Masters I	40-49 years
9	Male veterans Masters II	50 years and older
10	Veterans Women	40 years and older

Article 4. Weight categories

The competitors are divided into the following weight categories(kg):

Boys		Girls	Juniors	Junior girls	Men	Woman	Veterans		
Juniors	Seniors						MALE MASTERS I	MALE MASTERS II	FEMALE
40	50	50	60	50	60	55	65	70	60
50	60	60	70	60	70	65	75	+70	70
60	70	70	80	70	80	75	85		+70
70	80	+70	90	80	90	85	+85		
+70	+80		105	+80	105	+85			
			+105		125				
					+125				

Age is checked in all championships and competitions during the final checking, before weigh-in. To do this, the head of each delegation shall provide technical representative or chief referee following documents:

- application for participation certified by physician;
- passport or identity card with a photograph of athlete;
- insurance contract of accident, life, health and sports injuries

Each participant can be allowed to compete only in one weight category - which corresponds to the weight during the official weigh-in.

Article 5. Clothing

Form of clothes and personal outfitting of athletes

Form of clothes boys, juniors, men and male veterans - athletic shorts (pants) do not cover knees, lightweight shoes without spikes (shoes, sneakers), allowed the wearing of socks (socks) to the knees. Form of clothes for women - athletic shorts (pants) that do not cover knees, sports jersey or T-shirt (top), lightweight shoes without spikes (shoes, sneakers), allowed the wearing of socks (socks) to the knees.

Form color of an athlete must match the color of the platform on which side he is invited.

Allowed to use belts width not exceeding 100 mm, knee pads, elbow pads and wristbands factory production. Means can be used without sticking properties as powders, increasing the friction of hands on stick, such as magnesia; rosin. In case of tearing the corns on hands, upon the recommendation of a physician can be used handhelds

Forbidden go to the platform after calling to compete in brackets, with ring on fingers, watches, hats and clothing that is not listed in the rules.

Participants are allowed to have a logo and the name of the sponsor (IMWF set size) on sports shorts (pants) and singlet or T-shirt (top) for women.

Article 6. Inventory

Platform

The platform is smooth, without any rough edges platform withstand the load of 600 kg/m², dimensions: width – from 4 to 5 m, length – from 5 to 6 m, height – from 20 to 80 cm. Surface of the platform is sized - 2 m x 4 m, and should be coated with a smooth surface material(chipboard, fiberboard, etc.).

Jamb board

Jamb board should have the following dimensions:

- For men and women: the length of the inner side - 2 meters (between the bindings), height - 24 cm, width - 5 cm, height of rounded top edge - 1.5 cm, the edges of the top ribs should be rounded, smooth;
- For boys and girls: the length of the inner side - 2 meters (between the bindings), height - 22 cm, width - 5 cm, height rounded top edge - 1.5 cm, the edges of the top ribs should be rounded, smooth;

Board must have pre-start area, marked with contrast lines, spaced outer edges from the transverse axis of the jamb board for 50 cm.

The board should be firmly clamped from both ends. Bindings should have length of 50 cm, width – 10 - 15 cm, a height of 2-4 cm below the jamb board, smooth, with no acute angle and edges. Board and brackets are made of larch or other durable wood.

Stick

The stick is made from birch or other durable wood, of cylindrical form and has the following dimensions:

- length - from 45 to 50 cm, diameter 33 mm (might be reinforced, but the surface must be wooden).

The suitability of the platform, the jamb board, sticks determined by the chief referee and a representative of the organization conducting the competition, and recorded in a separate act (application).

Article 7. Medical service

To participate in the competition, each competitor must undergo a medical examination and has permission of doctor.

Organizer of the competition must provide medical care to conduct medical examination before weigh-in and provide medical care during competition. The medical staff is working throughout the whole process of competitions.

Before weigh-in, doctor inspects athletes to determine their health status. If the participant is ill or his condition is dangerous for him or for his opponent, the athlete will not be allowed to participate in competitions.

Throughout the course of the competition the medical staff must be prepared to provide first aid in case of injury of the athlete and to make decision about whether he is able to keep competing.

Article 8. Functions of medical staff

The physician is able to stop an athlete from competing at any time, reporting to the head of the platform and required to do so if one of the athletes is in need of medical assistance. He can also stop the bout by announcing one of the athletes unable to continue competition.

An athlete is not allowed to leave platform, except in cases of serious injury that requires immediate medical assistance.

In the case of injury of the athlete, arbitrator has to ask physician to intervene immediately and ask whether stopping the bout is justified. If the physician says that stopping the bout is intentional, the arbitrator must ask side referee or head of the platform to impose sanctions on the athlete.

In the case of overt trauma or bleeding wound, doctor is given sufficient time to assist the athlete and making a decision on the possibility of the athlete to continue the bout, but not more

than 3 minutes for whole match. If after 3 minutes athlete cannot continue the competition, he loses this match.

Athlete intentionally stopping the bout, but is not injured or bleeding, automatically receive warning.

Article 9. Doping control

Not allowed using substances intended to artificial increase performance of athlete. In this case, the rules of the World Anti-Doping Agency (WADA) and the rules of the World Anti-Doping Code (WADC) are applied.

The participants of the competition, conducted under the auspices of the IMWF, as well as official and officials should not impede in selection of samples for doping control.

Decision on application sanctions on the athletes, officials and federations have violated anti-doping requirements adopt in accordance with the rules of the WADC and WADA.

CHAPTER III. JURY

Article 10. The composition of the panel of judges

The competition conducts panel of referees: Chief Referee, Vice Chief Referee, Chief Secretary, the heads of platform, the arbitrators (referees on the platform), side referees, referee-timekeeper, referees, referee-secretaries, referee informer, physician, nurse.

Judging team on one platform consists of the head of the platform, arbitrator, side referee, referee-secretary and referee-timekeeper.

Panel of judges perform all obligations set forth in the Rules of competitions on Mas-wrestling, as well as in Statement (Regulations) on the organization of the individual tournaments.

Referees must be appropriately qualified and have the authority accordance with the Rules of Mas-wrestling.

The number of referees is determined by the Statement (Regulations) of the competitions and based on the level of competitions, amount of participants and platforms.

Replacement of a member of judicial brigade on the platform during the bout is strictly prohibited, except for a serious illness and presence of medical evidence.

Article 11. Chief Referee (Deputy Chief Referee)

The Chief Referee (Deputy Chief Referee) is responsible for the preparation and conducting of the competitions in accordance with the approved Statement (Regulations) of the competitions and these Rules.

Chief Referee (Deputy Chief Referee) must to:

- check the preparation of the place conducting the competitions, equipment, inventory and medical assistance;
- organize panel of judges (distribution of responsibilities, conduct meetings before the event and after the event for the certification of results, etc.), to coordinate head of the platform, arbitrator and side-referee;
- carefully monitor the process of the bout, without distractions and evaluate actions of other judges in accordance with these Rules;
- make a final decision in case of disagreement on result of the bout among the referee, side-referee, and the head of the platform and the number of remarks and warnings;
- in the case of conflict situations to wait for opinions of the arbitrator, side-referee and the head of platform. The Chief Referee should not be the first, who expresses his point of view, also he has no rights to influence to the accepted decision;
- consider the protests and with the jury make decisions on them at once;
- to give a three-day period after the end of the competition report and protocols to Mas-wrestling federation and to organization conducted the competition.

Chief Referee has the authority to:

- cease or suspend the competition in unfavorable conditions (weather, public nuisance);
- make an adjustment of program and schedule of the competitions when it is absolutely necessary;
- make timely change of referees during the competition;
- stop the bout in case of a serious violation and ask arbitrator, side referee and the head of the platform what motivated their decision. After the meeting with the arbitrator and the head of the platform, he can change the decision (if the majority of the votes in his favor);

- discharge of judging referees who has committed gross infringement and/or unable to cope with the duties;
 - remove from the competition participants that are not technically prepared, committed gross infringement of Rules and incorrect attitude towards other participants, spectators and judges.
- In Chief Referee's absence from competitions, his duties goes to Deputy Chief Referee.

Article 12. Chief Secretary

Chief Secretary

- Chief Secretary directs working of the secretariat of competitions;
- ensure the registration of participants;
- included in staff of referees at the weigh-in;
- organize the drawing of lots;
- make program and schedule of the competitions;
- leading protocols of the competition;
- constitute order of bouts of the circles;
- controls issuing protocols of bouts;
- formalizes orders and decisions of Chief Referee;
- gives the results of the competition to Chief Referee for approval and necessary data for the final report;
 - provides information to representatives, commentators, and journalists with the permission of the Chief Referee;
 - makes a general technical report and after the approval of the Chief Referee passes to the IMWF and to the organization conducting the competition;

Article 13. Referee-secretary

Referee-secretary:

- in accordance with the decision of the judging panel shall make entries in the corresponding columns of the referee's protocol (Appendix);
- shows the results of bouts on the bulletin board after announcement of the head of platform.

Article 14. Head of the platform

The head of the platform is responsible for the work of the judging brigade on the platform consisting of an arbitrator, side-referee, referee-timekeeper, referee-secretary, directs the course of the bout, watch that the bout goes by in accordance with the Rules.

The head of the platform is account for responsibilities, defined him in the Rules of Mas-wrestling, and he must:

- monitor the course of the bout closely, without any distractions;
- should express his opinion in all situations;
- if during the bout, the head of the platform considers that its necessary to draw the referee's attention to something (victory, prohibited method, etc.), which was not seen by referee, the head of the platform has to say it through the microphone, even if the referee did not ask his opinion.

The head of the platform must to:

- organize and coordinate the work of the judging brigade;
- evaluate the actions of competitors;
- stop the bout, if necessary;
- make a final decision on the result of the bout, in case of disagreement between the referee

and side-referee;

- inform Chief Referee or Vice Chief Referee about process of the competition on the platform.

The head of the platform has the facilities to:

- make proposals to Chief Referee of the disqualification of participant (athlete);
- assess operation of each member of the judging brigade;
- make proposals to Chief Referee for discharging of judging referees who has committed gross infringement and/or unable to cope with the duties;
 - remove from the competition participants and referees, whose conduct do not fit the requirements of these Rules;
 - combine the duties of referee-timekeeper.

In any case, the head of the platform should attract the arbitrator's attention to everything during the bout or seemed to him strange or wrong in the behavior of the athletes.

The head of the platform should write the results in the protocol and sign it at the end of the bout.

If the head of the platform and the arbitrator came to an agreement, their decision stands by virtue without the intervention of the Chief Referee.

Article 15. Arbitrator (referee on the platform)

The arbitrator is responsible for the bout on the platform in accordance with these Rules.

The arbitrator has ability to judge is not more than 4 matches without a break.

The arbitrator, while on the platform facing the main stand, evaluates the technical actions of athletes and ensures that the bout conducted in accordance with the Rules of competition.

Arbitrator has authority defined herein these Rules, and must:

- check the inventory before the bout;
- check the preparedness of the participants to the bout;
- comply with the requirements of the Rules for the bout;
- manage course of the bout, using gestures and commands of referee;
- correctly and timely evaluate the actions of athletes;
- give warnings to athletes if necessary;
- explain to the head of the platform the reasons for his decision, for request;
- while declaring the result of the bout stand facing the main stand, take hands of both participants and raise the hand of the winner.

Arbitrator terminates bout when:

- one of the participants is given warning;
- one of the participants was defeated;
- participant is injured;
- required the head of the platform or Chief Referee.

Arbitrator should have full control over the actions of the participants that they immediately followed his instructions and requirements. Arbitrator cooperates with the side-referee, the head of the platform and performs his duties watching the bout, refraining from any impulsive and untimely intervention. With an order of arbitrator starts, stops and ends bout.

The arbitrator shall wear a red bandage on his right wrist, and blue on the left wrist. Using fingers he shows number of remarks and warnings, given to an athlete, raising his right hand, if the athlete has received a warning in red shorts (athletic shorts), and the left hand, if the warning was to an athlete in blue shorts (athletic shorts).

If in the process of the bout arbitrator gives a warning, he should stop the bout.

In case of disputed decision, arbitrator should show two thumbs up in front of him, and the other fingers clenched in a fist.

The arbitrator shows winner raising a hand with outstretched open palm up.

Arbitrator must:

- timely interrupt the bout, not later and not early;
- be on the platform but not to obstruct the view side-referee, the head of the platform and Chief Referee;
- require athletes to stay on the platform until the results announced;
- in any case, requiring the agreement, first ask the opinion of the head of the platform;
- declare the winner after consulting with the side-referee and the head of the platform;
- ensure that athletes shook hands with each other, with the arbitrator and a second of the opponent after the announcement of the winner.

The arbitrator shall require the punishment for an athlete for foul or cruelty.

Article 16. Side-referee

Side referee is located in front of the arbitrator (can sitting) so that the area of the platform is in a good view and evaluate the technical actions of participants, ensures that the bout conducted in accordance with the rules of the competition.

Side-referee can judge without a break not more than 5 matches.

Side-referee must:

- properly evaluate the actions of competitors;
- express his opinion, using gestures of the referee;
- if necessary, without entering the platform to take more comfortable position from his side of his location;
- if necessary, explain to the head of platform and to arbitrator the reasons of his decisions.

Article 17. Referee-timekeeper

Referee-timekeeper shall note the time in accordance with the following moments of the competition:

- After the official call, an athlete must get to the platform in 1 minute; after "Olor!" is given no more than 30 seconds;
- to prepare the athletes before the first and second, second and third bout is given no more than 1 minute;
- in case of the disputed point announced by arbitrator, the athletes are given 30 seconds for preparing athletes to continue the bout;
- duration of the bout 2 minutes;
- duration of the break (timeout): no more than 3 times for one athlete of all bout time total of 3 minutes;
- before each bout, the participant should have rest for at least 15 minutes.

Referee-timekeeper shall inform the head of the platform, the arbitrator about abusing of time regulations of the competition.

Article 18. Referee-informer

Referee-informer:

- is responsible for informing the participants and referees;
- calls athletes to the platform;
- announce the next couple of athletes, the result of the finished bout;

- speaks issuing cautions and disputed provision ("... the first warning", "... a second warning," "disputed");
- making announcements by indication of the Chief Referee and Vice Chief Referee;
- as far as possible inform the participant of the results;
- announces changes in the program and the conditions of the competition.

Article 19. Uniform of referees

Depending on the status of the competition the jury during the performance of their duties

must wear:

- Chief Referee, Chief Secretary, the head of the platform, the referees-secretaries, referees-timekeepers - judicial suit, approved by the International Mas-wrestling Federation: black jacket, white shirt, dark tie and black pants;
- Arbitrators, side-referees - a white short-sleeved shirt, white pants, light rubber-soled shoes;

and have:

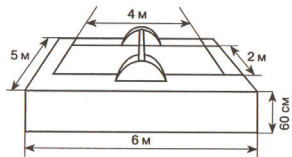
- whistle.

Members of the jury are not allowed to have on clothes and shoes logo or name of the sponsor.

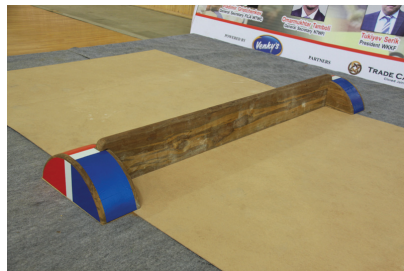
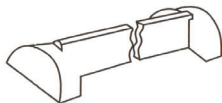
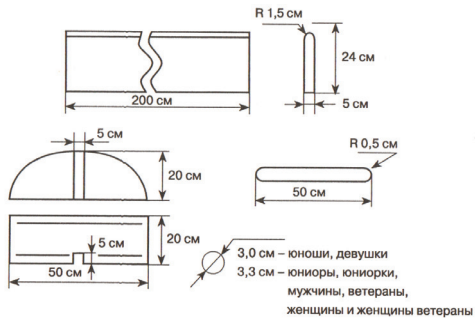
Article 20. Gestures and commands of referees

Gestures:

- *whistle of arbitrator* - call the athletes at the center of the platform for beginning the bout;
- «*Olor*» ("sit!") – pull the hands with palms down at shoulder level and lower down;



Вид помоста по перетягиванию палки





«Belem»



«Olor»



«First warning»

GESTURES AND COMMANDS OF REFEREES



«First warning»



Disputed provision



The winner is ...

GESTURES AND COMMANDS OF REFEREES



Pre-starting position ...



*An athlete receives a warning for losing grip
before referee said: "Che!"*



Victory goes to the athletes pulled out the stick



Art. 31.3 Victory in the bout is goes to the athlete if he overtighten the opponent with the stick



The participant loses, if he picked both feet off from the jamb board



Disputed provision: both of participants fell down at the same time and can't continue bout



Disputed provision: breaking a stick



Action "Stoika" ("Stand")



Action "Ushnitskiy"

- «Belem» - attention;
- «Che» ("Start") - at the same time with command to hike palm of his right hand between the participants over the stick;
- «Stop!» and/or whistle - stop the bout.
- *first warning*: stop the bout referee's whistle or command "Stop!" to touch the shoulder who took the warning, raise thumb up, the other fingers are clenched in a fist, pull the hand in the direction of warning and say "first warning!";
- *second warning*: stop the bout referee's whistle or command "Stop!" and touch the shoulder who took the warning, to show the thumb and index fingers of the hand, arm outstretched towards the participant who took warning and stop the bout say: "second warning" and pull the hand in the direction of the winner;
- «disputed provision» - two thumbs up in front of a display at an angle of 135 degrees from the torso, and the other fingers clenched into a fist;
- «win the bout» - pull the open hand in the direction of the winner.

Article 21. Sanctions imposed on referees

In case of violation of the judge rules the Board of the International Mas-wrestling Federation has the right to apply to referee (referees) the following disciplinary actions:

- issue a warning to the referee (referees);
- removed from the judging in the competition;
- lower in the category;
- temporarily remove from the judging;
- deny the right to judging and to withdraw from the jury.

CHAPTER IV. COMPETITION PROCEDURE

Article 22. Weigh-in

Weigh-in procedure is intended to establish a correspondence weight of the participant within one of the weight categories. The participant has the right to participate in competitions only in the weight category that is set for him at weigh-in.

Method and time of weigh-in indicates in the Statement (Regulations) of the competitions. Weigh-in should take no more than 4 hours. An athlete who late or did not come to weigh-in is not allowed to take part in the competition.

The delegate representative must provide the organizer of the final list of participants no later than 30 minutes before weigh-in. After that, no changes are allowed.

Within 1 hour before weigh-in, participants are given the chance to control their weight on scales on which will be officially weighted.

At any competitions weigh-in is carried out by weight categories or between teams.

Before weigh-in all the participants pass external medical examination by a doctor of competitions. The athlete will not be admitted to the weighting procedure, if he has not passed the medical examination.

At the weigh-in procedure participant must have a document with a photograph proving his identity.

Weighting of each participant conduct in a room behind closed doors, where are the participant himself, his coach or team representative, two (three) referees and a doctor.

Participants are weigh-in in a special room or behind a cover - men in swimsuits, women - in swimsuits open. Naked weigh-in is allowed.

Reweigh-in participant is allowed if his weight does not fit the applied weight category no more than two times before the end of the weigh-in procedure.

Weigh-in results are recorded in the protocols and signed by the Chief Referee and the Chief Secretary of the competition.

Article 23. Drawing

Before starting the competition, participants are divided into pairs according to numbers obtained by drawing lots during the weigh-in.

The drawing shall be held in public. Numbered tokens, the number of which equals the number of participants that have passed a medical examination, put in the ballot box, a bag or other similar object.

The athlete is weighed leaves the scales and pull themselves number which will be used for determining flow of competition. This number must be immediately recorded in the table, hung for all present, as well as starting protocol and protocol of weigh-in.

Article 24. Drawing up of pairs

Drawing up of pairs is based on the system of the competition, which is registered in the Statement (Regulations) of the competitions, with lot numbers pulled themselves while at weigh-in.

Compose a document that clearly sets out the procedure, the time conducting the bouts and other information about the features of the competition. Formed on each circle pair and competition results are posted so that participants can see this information.

Article 25. Disqualification of athlete

If an athlete does not come out to the platform after his name was called, without having the medical reasons and without notifying the official secretariat, then the athlete will be disqualified at the end of the time allotted for it, and he does not take up any place in competition. His opponent is the winner of this match.

If an athlete expresses rude and unethical behavior towards an opponent, participants, referees, spectators or brutality, deception of the referees, he will be immediately disqualified and excluded from the competition by decision of the Chief Referee of the competition. In this case, he takes no place.

If for rudeness two athletes were disqualified during the same bout, they will be eliminated by the Rules. Pairs, drawn up in the next circle, should change.

If due to disqualification before the final bout was changed summary table, athletes, occupying the next position, climb up the standings and will take part in the bouts in determining the final classification.

Article 26. Awarding ceremony

The method of awarding is determined by the Statement (Regulations) of the competition.

In honor of the athletes who took 1st, 2nd and 3rd places raise the flags of the countries they represent, and in honor of the winner play the national anthem of the country he represents.

CHAPTER V. Match

Article 27. Call and presentation of athletes

Match consist of 2 or 3 bouts.

Participants call on platform with a loud, clear voice in English, Russian or the language of the country where the competition is holding. You cannot call an athlete to participate in a next bout, if after the end of the previous match, in which he participated, ended less than 15 minutes ago.

If an athlete does not come out with the first call to the platform, referee- calls him every 30 seconds. If an athlete does not come out to the platform after the third call, he is disqualified and does not take any place. His opponent declared the winner of that match.

The finalists, who will compete for 1st and 2nd places, go to the platform with the coaches. Referee-informer announces their achievements and the names and achievements of the Chief Referee, arbitrator, side-referee and the head of the platform.

In conducting intra-regional competitions and festivals making national tradition and flavor is allowed.

Article 28. Beginning, process and the end of match

Before the start of the bout referee-informer invites athletes to the platform. The athlete should go out on the platform after the invitation before the expiration of one minute.

The athlete, who was invited first, must take place on the platform, indicated in red, on the right side from the arbitrator and the second invited - a place marked in blue on the left side of the arbitrator. Stepping onto the platform, the participants welcome shaking hands of the arbitrator and each other. After the greeting at the beginning of the bout, before the first bout the

arbitrator immediately gives the command "*Olor!*" (Russ.lang. – "sit"). In between bouts, athletes are given time to prepare, but no more than 30 seconds. Upon command of the arbitrator "*Olor!*" participants sit opposite each other middle of the jamb board, their feet about on the jamb board marked inside of the jamb board the starting area (100 cm), grip the stick, an athlete came out from a red corner chooses the gripping position of the stick (inner or outer).

Selected outer grip shows the position of the grip (left grip - left hand is palm up, and his right hand - palm down, right grip - on the contrary), and has no right to change it. . An athlete, who has an inner grip, grabs the stick first in the middle so as to leave space for external grip and holds a stick over the board. The second athlete takes outer grip. Hands and fingers should not overlap each other. After making the capture athletes should not let him go. Athlete released the first before the command of the arbitrator "*Che!*" (Russ.lang. - start), takes a warning. Stick before the bout should be located above jamb board and in parallel with it, a deviation allowed in any direction of ends of the stick about the longitudinal axis of the board to one thick stick, the center of the stick must be above board.

At the pre-start preparation is given no more than 30 seconds (after "*Olor!*" till "*Belem!*" (Russ. lang. - attention, get ready!).

If after expiration of this time the start was not given, then the arbitrator gives a warning to an athlete whose fault was launched.

Bout begins after the command "*Che!*" (Start!). Pause between "*Belem!*" and "*Che!*" should be 1-1.5 seconds.

- In case of the victory one of the athletes the arbitrator stops the bout whistling or commanding "*Stop!*" and reaches out with open hand to the side of the winner.
- In case of the disputed provision, the arbitrator stops the bout whistling or commanding "*Stop!*", and with two reaches hands in front of him with thumbs up, the other fingers clenched in a

fist. Competitors are given an additional bout and the gripping the stick does not change.

- If during the bout one of the athletes received a second warning in this bout, the arbitrator touch the shoulder who took the warning, shows the thumb and index fingers of the hand, arm outstretched towards the participant who took warning and stop the bout say: *"Stop!"* or whistling and then reaches hand out with palm open to the side of the winner.

The duration of the bout no more than 2 minutes, if at the end of this time the winner is not revealed, then both participants forfeit in the bout with a score of 0:2.

In the second bout grips are changing (inner, outer).

With the score 1-1 the head of the platform shall draw lots: the athlete of the blue corner pulls the ball from an opaque bag, where are 4 balls (2 red and 2 blue). The athlete, who won the toss, chooses the grip position (inner or outer).

During the bout, the participant has no right to leave competitive zone (the area of platform) without the arbitrator's permission. If necessary (athlete is injured, the changing of form) with the arbitrator's permission an athlete has right to take a break (time-out) only 2 times for whole the bout. The total duration of the break is not more than 3 minutes. If after 3 minutes athlete cannot continue the interrupted bout, he loses in this bout.

At the end of the bout arbitrator for the declaration of the winner stands in front of spectators face-to-audience, the participants are on both sides of the arbitrator. After the announcement of the winner, the arbitrator raises the hand of the winner, athletes shaking hands with each other.

Article 29. Interrupting the bout

If an athlete cannot continue the bout for medical reasons, the decision is made by the tournament doctor, who will inform the coach of the athlete and the head of the platform, the head of the platform then stops the bout.

The Chief Referee can interrupt the bout due to a serious mistake made by the arbitrator. In such cases, he shall held consultations. Under any circumstances the participant has no right to interrupt the bout himself.

If the bout to be stopped due to intentional injury of Mas-wrestler by his opponent, the perpetrator athlete will be disqualified and an injured - declared the winner.

Article 30. Coach

During the bout, the coach should stay at least 2 meters from the edge of the platform.

In addition to helping physicians providing medical assistance to his athlete, coaches strictly prohibited to influence the decisions of referees or insulting. The coach is permitted to speak only with his athlete.

In the case of non-compliance with these rules the referee must ask the head of platform to make a comment and if he continues to violate the rules, the head of platform can remove him or give warning of his athlete. Since then, the coach pulls away from the competition and cannot continue to fulfill his duties. However, the athlete can use the services of another coach.

CHAPTER VI. ASSESSMENT OF METHODS AND ACTIONS

Article 31. Assessment of methods and actions

Actions of the participants in the bout evaluated by the head of the platform and side-referee. In case of disagreement referees in determining the winner, the head of the platform or Chief Referee makes the decision.

31.1. Prohibited acts and methods.

After "Olor!" and till the end of the bout athletes are prohibited:

- talk to each other;
- talk and argue with the referee;
- take on the opponent's arm;
- abruptly pull the stick before the start, i.e. before command, "Che!";
- hold the stick on one side on the board concerning the board before the start;
- capture and twist the stick before start;
- engage and abut stick and/or hands on board and/or sock of feet;
- abut by legs, torso or head for cross-device for fastening the board;
- twist the stick more than 90 degrees in all directions concerning to the longitudinal axis of the board;
- intrude before the start of the start area on the board.

31.2. Warning for violation of rules

The arbitrator warns athlete, without asking the consent of the other members of the judging panel. Warning declares:

- for using of the prohibited act or method;
- to the first who released his grip before command "Che!";
- if the victory achieved by use of a prohibited act or method, then the athlete to apply the prohibited act or method, given a warning, the victory does not count and the bout resumed;
- for violation of discipline, in flagrant violation of the rules of an athlete may be removed from the competition.

31.3. Determination of the winner in the match and bout

Victory in the bout is goes to the athlete if he:

- outweighed (tore) a stick;
- overtighten the opponent with the stick;
- opponent rive both feet from the board;
- opponent took the second warning in this match;
- opponent moved one foot or both across the board till the knee;
- opponent rive hand (hands) from the stick;
- opponent touches the board on and/or side binding of the board by body and/or head, knee, thigh (except hands) and/or abuts by foot the side binding of the board, at the same time without touching with other foot the board.

For winning in the match athlete is awarded one point for a loss - zero points.

31.4. Disputed provision

Disputed provision is declared if:

- a) opponents fell at the same time and cannot continue the match;
- b) broke a stick;
- c) opponents at the same time released a stick;
- d) there was a creeping hands on each other during the match.

CHAPTER VII. PROTESTS

Article 32. Protest

The protest shall be given in written form addressed to the Chief Referee by the representative of team. The protest is considering a jury in the absence of the jury - the judicial colleague. The initial statement makes by the representative orally immediately after the announcement of the official results. Written statement of the protest should be given no later than 10 minutes after the official announcement of the results, in this case, the decision on appeal registers in written.

The protest provided the introduction of cash collateral in the amount of \$100 or other amount determined in the Statement (Regulations) of this competition. If the protest is upheld, money goes back to person gave protest.

Objector must provide evidence of a breach or outcome of the match, giving his photo or video if the video camera mounted on the competition did not record it or the video is not visible since the disputed situation.

The final decision on the protest, having carefully studied and viewing videos and photos, taking the jury or the Chief Referee of the competition, after consulting with the arbitrator and head of the platform.

CHAPTER VIII. INTERPRETATION OF THE RULES

Article 33. Amendments to the rules and unforeseen events

IMWF Executive Committee has the exclusive right to interpret the rules of interpretation of certain articles.

In the event of litigation legal power only has Russian text of the Rules.

The national federations of other countries may translate the document on its official language.

Each referee of competitions on Mas-wrestling should have these Rules.

Appendix 1

MAIN DICTIONARY

Each member of the jury should carefully review the data dictionary and use it. This dictionary contains the formal terms by which referees communicate with each other and athletes.

English	Yakut	The actions and gestures of an arbitrator
1. Hi	Ilii tutuhun	
<i>Stepping onto the platform, the participants welcome the arbitrator and each other by handshaking.</i>		
2. Sit down, please	Olor!	
<i>Mas-wrestlers sit on the platform in front of each other to start the bout.</i>		
3. Hold the stick	Tuttubut!	
<i>Took a stick in the grip.</i>		
4. Attention, please	Belem!	
<i>Ready (or attention) to start the bout.</i>		
5. Start	Che!	
<i>Announcement beginning the bout.</i>		
6. Finish ("Финиш")	Tohtoo!	Stop the bout.
7. Drawing («дрюинг»)	Zherebyevka	
<i>With the score 1-1 conducted the draw of capture.</i>		

8. Controversial ("контровёрсил")

The controversial point during the bout.

Myokkyordakh tygen

9. Notice («ноутис»)

The arbitrator warns Mas-wrestler before to give him a warning.

Seretii ylaary gynnyn

10. Warning ("уорнинг")

Warning during the bout for violations of the competition rules. Given two warnings.

Seretii

11. Penalty ("пэнлти")

Penalties for violating the rules to Mas-wrestler.

Seretii

12. Do not speak ("ду нот спик")

Do not talk during the bout

Kepsetimen!

13. Harm («харм»)

Insecurity athletes, the possibility of injuries

Kuttallakh, seren!

14. Fault («Фолт»)

Prohibited method or technical breach of the rules.

Kenyllemmet

15. Do not thrust ("ду нот сраст")

Do not hang back stick on jamb board

OluYuma

16. Time out («Тайм-аут»)

When one of the Mas-wrestlers intentionally stops bout or as a result of an injury or for any other reason, an arbitrator thus commands a timekeeper to stop the stopwatch.

Tohtobul

17. Centre («Сэнтэ»)

Mas-wrestlers must return stick to the center and continue bout here.

Ortotugar

18. Intervention («Интервеншн»)

Byhaarsyy

The referee on the platform or head of the platform requires the entrance of the second side referee.

19. Out («Аут»)

Tyhylge tahygar

During the meeting, the participant has no right to leave the competition area (area of platform) without the permission of the referee on the platform.

20. OK («О кей»)

Syop

Action is counted (action was made correctly). Consent to anything.

21. Disregard («дисрегад»)

Aaghyllybat

This word indicates that the action is not valid. I do not agree with anything the referee.

22. Touch («Тач»)

Taariyda

The referee says when there was touching the body, head or knee joint of the jamb board.

23. Loss («Лос»)

Hottordo Opponent has been defeated.

24. Disqualification («Дисквалификэйшн»)

Kyrehtehiitten uhullar

Disqualification for improper conduct or brutality.

25. Finish («финиш»)

Bytte

Completion of the bout.

26. Time («тайм»)

Birieme

For this command the referee shall stop the timer or stopwatch to start up.

27. Gong («Гонг»)

Gong

The sound of a gong signals the beginning or ending of the bout.

- | | |
|--|---------------------|
| 28. Jury («Джури») | Sujuyalar |
| 29. Referee («рэфэри»)
<i>A member of the board of judges, judging the bout on the platform.</i> | Arbitr |
| 30. Chief referee («чиф рефери»)
<i>A member of the board of judges, who is responsible for the actions on this platform.</i> | Pomost salayaachita |
| 31. Consultation («Консультэйшн»)
<i>Before make a decision on disqualification or any other decision, on which there is disagreement, the head of platform must consult with the referee.</i> | Sybelehii |
| 32. Protest («Протест»)
<i>Protest supplied by the decision.</i> | Protest |
| 33. Doctor («Дактэ»)
<i>The official doctor of the bout.</i> | Emchit, Byraas |
| 34. Winning («Уининг»)
<i>The referee declares the winner.</i> | Kyayii |

Application

Forms of documents required for competitions in Mass-wrestling

1. **Application Form** (Album Form, A4).

A P P L I C A T I O N

To participate _____ on Mas-wrestling

Team _____.

Team _____.

Name _____ Date of birth _____

Sports category _____ Weight category _____ The best result _____

Name of coach _____

Signature of physician _____

Coach: _____

Physician: _____

"__" ____ 20__.

2. Form of weigh-in protocol (A4, bookish)

T H E P R O T O C O L O F W E I G H - I N .

Weight category _____kg.

Place _____

" " _____20__.

Control №

Drawn by lot №

Name

Date of birth

Category, rank

Command Actual weight, kg*

Note:

RD - removed by doctor;

NW - does not match the weight category;

NA - not appeared on weigh-in.

* Weigh-in accuracy - 10 gramm.

Physician:

Chief Secretary:

Chief Referee:

3. The form of the reception venue of the competitions Mas-wrestling

(A4, bookish):

A C T
reception venue of the Mas-wrestling competitions on
_____.

" _ " _____ 20__.

This act is made by Chief Referee, representative of the organization conducting the competition and the doctor that the venue of the competition and equipment (platform, jamb board and sticks) match (do not match), the Rules of Competition on Mas-wrestling.

Address of place of the competition: _____

_____.

Chief Referee:

Representative:

Physician:

4. Form of protocol on weight categories (f. album, A4):

PROTOCOL OF THE COMPETITION ON MAS-WRESTLING

Place _____ weight category _____ kg. " " _____ 20__.

Protocol №

Name

Team

Date of birth

Category	Circles	Circle of disposal	Score	Place	Name of coach	
1	2	3	4	5	6	7

Chief Referee:

Chief Secretary:

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