

INTERNATIONAL UNION
OF PUBLIC ASSOCIATIONS
“INTERNATIONAL
MAS-WRESTLING FEDERATION”

INTERNATIONAL RULES
OF MAS-WRESTLING

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INTERNATIONAL RULES OF THE SPORT OF MAS-WRESTLING

GENERAL PROVISIONS

The present rules of the sport of mas-wrestling (hereinafter – the Rules) are developed by the International Mas-Wrestling Federation and obligatory for all the organizations holding official international competitions in the sport of mas-wrestling.

Organizers of competitions, representatives of teams, coaches, athletes, referees and auxiliary staff, participating in the competitions are to be guided by the Rules.

CHAPTER I. FORMAT AND METHODS OF COMPETITION

Article 1. Format of the Competition

1. By format, competitions are divided into:
 - 1.1. individual;
 - 1.2. team;
 - 1.3. individual-team;
 - 1.4. qualifying.
2. The format of the competitions is determined by the Regulations or the Statute of the competitions (hereinafter – the Regulations).
3. In the individual format, only individual results of participants in their weight categories count.
4. In the team format, teams meet with each other and their places are determined according to the results of matches.
5. In the individual-team format, the place of a team is determined by the sum of individual results of the participants. The scoring for team and individual-team championship is determined by the Regulations.
6. Qualifying competitions are held to select athletes or teams for competitions of a higher rank or larger scale.

Article 2. Match and Scoring

1. The match consists of two or three bouts. A win in a match is awarded to the athlete winning two bouts. For each bout won, one quality point is awarded. The winner of a bout gets one point, the loser gets zero points.

2. In the event of a tie between two or more athletes, their places are determined taking into account the following indicators:

- wins in a head-to-head meeting (with two participants);
- quality of all matches;
- lighter weight during weigh-in.

Article 3. System of Competition

1. Subject to level and scale of a competition, the following systems are used:

1.1. The system with elimination after two losses;

1.2. The system of direct elimination with consolation matches with finalists;

1.3. The round-robin system;

1.4. The system with elimination after one loss;

1.5. The system with elimination after two losses with division into groups A and B.

1.6. Regardless of a system of competitions, with the number of participants 6 or less in a weight category, competitions in this weight category may be held in a round-robin system, which is to be stipulated in the Regulations or the Statute of competitions.

1.1. System with elimination after two losses

The compilation of pairs in each weight category is determined in numeric order by the results of drawing. On this basis, the pair in the first round is matched up in the following order:

- athlete No. 1 meets with athlete No. 2;
- athlete No. 3 – with athlete No. 4;
- athlete No. 5 – with athlete No. 6, and so on.

With an odd number of athletes in a weight category, the athlete with the last number is still free (without an opponent), and proceeds to the next round without winning points, and they will be the first in the table for the next round of compilation pairs. They keep up their place as long as the other participant, who becomes free, will not take their place at the top.

For example, with nine athletes in a weight category, the second round is composed as follows: 9 – 1; 2 – 3; 4 – 5; 6 – 7; 8 – free.

In the second round, with 6, 10, 14, 18, 22, 26, etc. athletes, not to leave two

athletes free, three athletes with the highest numbers and the fifth athlete from the bottom of the table are combined in pairs as follows: with six athletes: 2 – 5, 4 – 6; with ten athletes: 6 – 9, 8 – 10, etc.

In all cases, the compilation of pairs is so that there are no two free athletes in one round; the same athlete is not to be free twice, if there are athletes who have not been free.

With only two athletes after a round who have one loss or no losses, the first place goes to the athlete who has won a match between them. Third place goes to the athlete with the highest score among the athletes eliminated in the last round.

If two athletes have the same number of points, the third place is awarded to the winner of their head-to-head match. If they have not met each other before, they are given additional match.

If there are three not eliminated athletes, who have met with each other, the places are determined by the result of their individual meetings: the winning matches with the other two are summed and from this amount deducted is the sum of losing matches; thus, an aggregate point difference is calculated for the first-place contenders. Athletes are placed according to the reducing quality of this indicator (the first place is awarded for those who have the greatest aggregate point difference). Then, in the case of the same quality, the number of points earned in all matches; then – by the quality of all matches; then – by their lighter weight during weigh-in (according to weigh-in protocol); then, in case of the same weights on the protocol of weigh-in, additional weigh-in is carried out, and who has lighter weight is given an advantage. If in additional weigh-in their weights are the same, the first place is awarded to the both of them, the third place is given to the next athlete.

The allocation of places from the 4th and on carried out considering the round of elimination by the number of points.

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

- the victory in the mutual match (when determine the placing of two athletes);
- the quality of all matches;
- lighter weight during the weigh-in.

The protocol of competitions by the system with elimination after two losses – Attachment 1.

1.2. System of direct elimination with consolation matches with finalists

The system of direct elimination with consolation matches with finalists is used for the athletes who lose to both finalists, i.e. the athletes that compete for the 1st and 2nd places.

The system of direct elimination is used with the number of athletes multiple in the following progression – 4, 8, 16, 32, 64, etc. If there is not such number of athletes in a certain category, qualification matches (adduction round) should be held.

Qualification matches to bring the number of athletes to the multiple numbers is held at the beginning of competitions for the athletes at the bottom of the table.

Consolation matches begin with the athletes who has lost in the first round, including the adduction round, against one of the two finalists and are completed by losers in the semi-final by the system of direct elimination. Winners of two final consolation matches take the third place, each of the losers takes 5th place.

If the Regulations on competitions stipulates only one third place, then the third place is taken by the athlete who won the additional match between the winners of consolation matches, and the loser athlete takes the 4th place.

The distribution of places from the 7th and further is done according to the number of points.

In case of equality of points for two or more athletes, their places are determined taking into account the following indicators:

- the quality of all matches;
- lighter weight during weigh-in.

If the places of athletes cannot be determined by the above indicators, the places are determined by the order of elimination.

Competitions are held as following:

- qualification matches (adduction round);
- elimination matches;
- consolation matches;
- final matches.

All the matches in each weight category are held during one day. If there are less than seven athletes in one weight category, the round-robin system should be used (each athlete against every other athlete).

An example of competitions by the system of direct elimination with consolation matches with finalists with 22 athletes in one weight category – Attachment 2.

Qualification matches (adduction round)

To bring the number of athletes to the multiple number, in order to utilize the direct elimination system (16 athletes), qualification matches need to be held.

For example, there are six athletes above the multiple number of 16. Qualification matches should be held between the athletes who have pulled a number higher than 16 at the drawing, i.e. 17, 18, 19, 20, 21 and 22, and 6 athletes who have pulled the numbers lower than 17, i.e. 16, 15, 14, 13, 12 and 11. According to the compilation of pairs, there are following order of matches:

- No. 11 against No. 12
- No. 13 against No. 14
- No. 15 against No. 16
- No. 17 against No. 18
- No. 19 against No. 20
- No. 21 against No. 22

The winners of these 6 qualification matches are included in the elimination matches of the competitions by direct elimination system.

Elimination matches

After qualification matches, we have the multiple number of 16 athletes. Among them, there are 10 athletes who have pulled numbers from 1 to 10, and 6 athletes who have won qualification matches. According to the pairing principle by order, first elimination match is held as follows:

- No. 1 against No. 2
- No. 3 against No. 4
- No. 5 against No. 6
- No. 7 against No. 8
- No. 9 against No. 10
- a winner of match No.11 – No.12 vs a winner of match No. 13 – No. 14
- a winner of match No.15 – No.16 vs a winner of match No. 17 – No. 18
- a winner of match No.19 – No.20 vs a winner of match No. 21 – No. 22

As a result of elimination matches, we have two finalists. In our case, they are athletes No. 5 and No. 15.

Consolation matches

All athletes defeated by two finalists have the right for consolation matches.

Athletes defeated by finalist No. 5:

- No. 6 (defeated in round 1);
- No. 8 (defeated in round 2);
- No. 4 (defeated in round 3).

Athletes defeated by finalist No. 15:

- No. 16 (defeated in a qualification match)
- No. 18 (defeated in round 1)
- No. 21 (defeated in round 2)
- No. 10 (defeated in round 3)

Consolation matches begin with the athletes defeated by the finalists at the early stage of competitions.

1st consolation match:

- No. 6 (defeated in round 1) against No. 8 (defeated in round 2).

2nd consolation match:

- the winner of the first consolation match (No. 6) against No. 4 (defeated in round 3);
- athlete No. 6 – the winner of consolation group defeated by finalist No. 5.

The same method of competition is used for the athletes defeated by finalist No. 15:

1st consolation match: No. 16 (defeated in a qualification match) against No. 18 (defeated in round 1).

2nd consolation match: the winner of the first consolation match (No.16) against No.21 (defeated in round 2).

3rd consolation match:

- the winner of the second consolation match (No.16) against No.10 (defeated in round 3).
- athlete No. 16 – the winner of the consolation group, defeated by finalist No.15.

Two winners of two last consolation matches (No.6 and No.16) take the 3rd place.

Final:

- Both of finalists (No. 5 and No. 15) compete for 1st and 2nd places.

1.3. Round-robin system

According to this system, an athlete or a team meet with each athlete or a team.

The distribution of places is carried out by the number of points.

In case of equality of points for two or more athletes, their places are determined taking into account the following indicators:

- victory in a mutual match (when determining the places of two participants);
- quality of all matches;
- lighter weight during weigh-in.

The protocol of competitions of round-robin system – Attachment 3.

1.4. System with elimination after one loss

An athlete is eliminated after one loss. Use adduction rounds when necessary. The distribution of places is done depending on the round of elimination and by the number of points.

In case of equality of points for two or more athletes, their places are determined taking into account the following indicators:

- quality of all matches;
- lighter weight during weigh-in.

If the places of athletes cannot be determined by the above indicators, the places are determined by the order of elimination.

1.5. The system with elimination after two defeats with the division into groups A and B

In the first round, pairs are formed according to the draw. With an odd number of athletes, one of them, according to the draw, is free from a match in round 1. In round 2, they rise to the top of the table of group A. After round 1, athletes in each weight category are divided into two groups:

- A – where athletes who do not have defeats compete;
- B – where athletes with one defeat compete.

In subsequent rounds, athletes who are free in the previous round are located at the top of the table of their group.

An athlete who is defeated in group A is eliminated into group B. Of the winners, pairs of the next round of group A are formed sequentially. Matches in group B begin with the second round, in which there are losers in the first round.

A participant who is defeated in group B is eliminated from the competition.

In the upper part of group B, pairs of the next round are formed from the athletes of group B who have won in the previous round. Then pairs of athletes leaving group A are formed.

In group A, the competition continues until the two strongest athletes are identified. The winner of a match between them takes 1st place, the defeated – 2nd place.

In group B, competitions continue until two of the strongest athletes are identified. The winner of the duel between them takes 3rd place, the loser takes 4th place.

If two athletes who previously have met in group A meet in group B, the pairs are formed as follows:

- the athlete from the red side swops with the athlete from the red side of the next pair; if they have previously met, they swop with the athlete from the blue side of the same pair.

If in group B there are two athletes left who have previously met in group A, the athlete winning in the previous match between them takes the 3rd place.

If according to the Regulation on competitions there are two 3rd places, two athletes who have won against everyone in group B take the 3rd place.

The distribution of places from the 5th place and further is done taking into account the round of elimination and the number of points

In case of equality of points for two or more athletes, their places are determined taking into account the following indicators:

- quality of all matches;
- lighter weight during weigh-in.

If the places of athletes cannot be determined by the above indicators, the places are determined by the order of elimination.

CHAPTER II. PARTICIPANTS OF COMPETITION

Article 4. Age Groups

1. The competitors are divided into the following age groups:

No.	Age group	Age	Admission clarification
1.	Boys, girls	12-13 years	An athlete should turn 12 one day prior to competitions
2.	Junior boys and girls	14-15 years	An athlete should turn the set age in the calendar year when competitions are held
3.	Senior boys and girls	16-17 years	An athlete should turn the set age in the calendar year when competitions are held
4.	Male juniors, female juniors	18-21 years	An athlete should turn 18 one day prior to competitions
5.	Men, women	18 years and older	An athlete should turn 18 one day prior to competitions
6.	Men, women - Veterans I	40-49 years	An athlete should turn the set age in the calendar year when competitions are held
7.	Men, women - Veterans II	50 years and older	

Article 5. Sport Disciplines (Weight Categories)

1. Mas-wrestling competitions are held in sport disciplines (hereinafter – weight categories).

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

Boys	Girls	Junior boys	Junior girls	Senior boys	Senior girls	Male juniors	Female juniors	Men	Women	Veterans			
										Men V- I 40-49 years	Women V- I 40-49 years	Men V- II 50-59 years	Women V- II 50-59 years
12-13 years	12-13 years	14-15 years	14-15 years	16-17 years	16-17 years	18-21 years	18-21 years	18 years and over	18 years and over	65	60	60	60
35	35	45	40	45	40	55	45	60	55	75	65	70	65
40	40	50	45	50	45	60	50	65	60	85	75	80	75
45	45	55	50	55	50	65	55	70	65	95	75+	80+	75+
50	50	60	55	60	55	70	60	75	70	95+			
55	55	65	60	65	60	75	65	80	75				
60	60	70	65	70	65	80	70	85	85				
65	60+	75	70	75	70	90	80	90	85+				
70		80	70+	80	70+	100	80+	105					
70+		80+		90		100+		125					
				90+				125+					
9	7	9	8	10	8	9	8	10	7	5	4	4	4

3. When preparing the “Participants” section of the Regulations on the competition, in the “Weight categories” paragraph, national federations, organizers of international and other competitions are to be guided by this table, taking into account the availability of the necessary contingent of participants in weight categories with a possible change towards reducing the number of weight categories.

4. When compiling a calendar plan for a coming year, the IMWF Presidium has the right to reduce the number of weight categories for international tournaments, continental and world championships.

5. Competitions among men and women can be held without any weight limitations in the absolute weight category. The minimum and maximum weights of participants in such competitions are set in the Regulations of the competition.

Article 6. Equipment and Personal Attributes of Athletes

1. The color of an athlete's equipment must match the color of the side of platform on which he/she is invited – red or blue.

2. The equipment of competition participants is divided into Uniform No. 1, Uniform No. 2, and Uniform No. 3.

2.1. Uniform No. 1

- for male athletes: shorts for mas-wrestling (tight-fitting or loose-fitting, knee-length or longer) of the established IMWF pattern, red or blue according to the draw; top – bare torso;

- for female athletes: shorts or tights for mas-wrestling (tight-fitting or loose-fitting, knee-length) and a sports jersey (T-shirt, top) of the IMWF established pattern in red or blue according to the draw.

2.2. Uniform No. 2

- for male athletes: shorts for mas-wrestling (tight-fitting or loose-fitting, below the knees) and a sports jersey, a T-shirt or a long-sleeve T-shirt of the established IMWF pattern in red or blue according to the draw;

- for female athletes: shorts or tights for mas-wrestling (tight-fitting or loose-fitting, below the knees) and a long-sleeve T-shirt of the IMWF established pattern in red or blue according to the draw.

2.3. Uniform No. 3

- for male athletes: shorts for mas-wrestling (tight-fitting or loose-fitting, knee-length or longer) and a T-shirt of the established IMWF pattern in red or blue according to the draw. The T-shirt can feature a name of the country, elements of the national flag, the athlete's last name. or the national federation logo;

- for female athletes: shorts or tights for mas-wrestling (tight-fitting or loose-fitting, knee-length or longer) and a T-shirt of the IMWF established pattern in red or blue according to the draw. The T-shirt can feature a name of the country, elements of the national flag, the athlete's last name. or the national federation logo

2.4. The use of the uniforms is regulated by the Regulations.

3. Competitors must wear sports shoes with soft soles.

3.1. It is prohibited to use shoes:

- with heels;
- with spikes of any material;
- soles lined with nails;
- buckles or other metal, plastic or pointed elements.

4. In order to prevent sports injuries, it is allowed to use the following personal attributes:

- solid color compression leggings under the competition shorts with the temperature in the competition area +17°C and lower;
- belts for mas-wrestling under 1.5 kg for weight categories under 75 kg, inclusive; and under 3 kg for weight categories over 75 kg;
- knee and elbow pads;
- sport taping;
- hand guards fastened at the finger phalanges, not exceeding the size of an athlete's palm.

5. It is prohibited:

- to use hand guards fixed on the wrist;
- to apply any liquid to hand guards.

6. The requirements for the equipment and personal attributes of athletes – Attachment 9, 10, 11, 12, 13, 14, 15.

7. At the opening and closing ceremony parades, as well as awarding ceremonies, Participants are to wear sports uniform of their country or a team.

Article 7. Duties and Rights of Athletes

1. The athlete is obliged to:

- 1.1. know the Competition Rules and strictly follow them;
- 1.2. follow safety requirements during competitions and at sports facilities;
- 1.3. comply with ethical standards and be fair towards all competition participants and spectators;
- 1.4. comply with the requirements of judges and doping control specialists;
- 1.5. go to the platform in a timely manner when called by the announcer;
- 1.6. return the sport inventory – the stick (hereinafter – Mas) to the arbitrator after a match.

2. The athlete has a right to:

- 2.1. receive timely the necessary information on competitions, a program of the competition, changes in a program of the competition;
- 2.2. receive information on decisions by the jury via official representative of their team;
- 2.3. two breaks to be provided for medical care with the duration up to 2 minutes each break in one day of competition;
- 2.4. additional medical breaks are provided by decision of the arbitrator refereeing a match and a competition doctor.

Article 8. Representative of Team, Coaches and Seconds

1. The team representative is a mediator between the jury of the competition and athletes (coaches) of a team.

2. If a team does not have a representative, the duties are carried by a coach or a team captain.

3. The team representative may stay in the competition or warming-up areas.

4. The team representative cannot be a referee, other staff or a doctor of the competitions.

5. The representative takes part in:

- in the drawing process;
- in joint meetings with referees and team representatives;
- in confirming the results of a day and a competition as a whole;
- in ensuring timely attendance of the team members at the competition and is responsible for their discipline.

6. The team representative is not allowed to interfere in the decisions of referees and officials of the competition, to perform actions offending referees.

7. For violation or inobservance of their responsibilities, a representative of the team can be suspended from their duties.

8. During a match, an athlete may be assisted by no more than two seconds.

9. Seconds are to be dressed in the sports uniform of the country or team that the athlete represents.

10. Seconds may assist the doctor providing medical aid to the athlete.

11. Seconds are not allowed to:

- influence decisions made by referees, argue with or insult referees;
- carry bags of magnesium into the competition area;
- bring packets, glass bottles, oversized bags, backpacks, and other unrelated items;
- leave the technical area without the arbitrator's permission;
- comment on the arbitrator's actions;
- use mobile phones and video cameras.

In case of non-compliance with these rules, the arbitrator can reprimand the seconds, and in case of repeated violation, remove them from the competition.

CHAPTER III. JURY

Article 9. Composition of the Grand Jury

1. Competitions are conducted by the Grand Jury composed by: Chief Referee, Deputy Chief Referee, Chief Secretary, Deputy Chief Secretary, Deputy Chief Referee on Medical Issues, heads of the platform, arbitrators (referees on the platform), side referees, timekeeper, secretaries, announcer, referees of athletes, technical secretary, and auxiliary referee staff (Attachment 4, 5).

2. Referees must conduct competitions under the Regulations and the Rules.

3. Referees are to have relevant qualifications and possess the powers specified in the Rules.

4. The jury of referees on one platform consists of:

- a head of the platform;
- arbitrators;
- side referees;
- secretaries;
- a technical secretary;
- a timekeeper;
- an announcer;
- referees of athletes (Attachment 4, 5).

5. The quantitative composition of the jury of referees and auxiliary referee staff for the competition is to be approved by a relevant federation or organization, hosting the competitions, depending on the competitions' status, number of participants and platforms (Attachment 4, 5).

6. The replacement of an arbitrator during a match is not allowed, except when:

6.1. a referee has an injury, confirmed by a doctor, not allowing them to perform their duties;

6.2. a referee has got an illness, confirmed by a doctor, not allowing them to perform their duties;

6.3. a referee has severely violated the Rules and demonstrated inappropriate behavior towards the competition participants.

Article 10. Chief Referee

1. The Chief Referee manages the competition in accordance with the competition Regulations and Rules. They are responsible for the competition to the organization, conducting these competitions.

2. The Chief Referee has to:

2.1. check the readiness of all premises, equipment, gear, their compliance with the requirements of the Rules; to issue the act of acceptance of the competition venue (Attachment 6), and ensure the presence of all necessary documentation;

2.2. organize and supervise the weigh-in process;

2.3. organize and control the drawing process;

2.4. approve the schedule of the competition;

2.5. instruct referees before the competition;

2.6. consider protests and to take decisions on them in timely manner;

2.7. hold meetings of referees of the competition with representatives of the teams before the competition, after each day of competition, and when necessary;

2.8. submit the report to the organization holding the event within 5 days after the end of the competition.

3. The Chief Referee has the right to:

3.1. cancel or postpone an event if the venue, equipment and facilities fail to comply with the Rules or are not ready at the beginning of an event;

3.2. terminate or suspend the competition under adverse conditions (temperature regime, weather, public nuisance);

3.3. adjust the program and schedule of competitions;

3.4. if necessary, cancel the decision made by the head of the platform;

3.5. stop a match in case of a serious violation if the arbitrator or the head of the platform fail to do that;

3.6. discharge referees who are unable to perform their duties;

3.7. remove from the competition a participant having committed gross violations of the Rules and demonstrated rude attitude towards other participants, spectators and referees;

3.8. use yellow and red penalty cards;

3.9. issue a warning or suspend from his/her duties a representative, second, coach, team captain having committed an act of rudeness towards the referees or not fulfilling their duties.

4. Execution of orders of the Chief Referee is mandatory for referees, athletes, representatives and coaches.

5. In the absence of the Chief Referee, his/her duties are carried out by Deputy Chief Referee.

Article 11. Chief Secretary and Deputy Chief Secretary

1. The Chief Secretary:

1.1. directs the work of the secretariat of competitions;

- 1.2. leads the Admission Commission and provides the registration of participants;
- 1.3. manages the panel of referees at weigh-in;
- 1.4. organizes the drawing process;
- 1.5. makes program and schedule of the competitions;
- 1.6. keeps the protocols of the competition;
- 1.7. makes the order of matches of rounds;
- 1.8. controls filling of match protocols;
- 1.9. prepares orders and decisions of the Chief Referee;
- 1.10. presents to the Chief Referee the results of the competition for approval and the necessary data for the final report;
- 1.11. compiles protocols with names of winners and holders of the 2nd and 3rd places for awarding;
- 1.12. provides information to top management, representatives, commentators and journalists;
- 1.13. makes a general technical report and after the approval of the Chief Referee, passes it to the organization holding the competition;
- 1.14. provides informational materials all services of competitions, team representatives, and media representatives;
- 1.15. ensures the availability of computer hardware and software required for the work of the secretariat;
2. Deputy Chief Secretary
 - 2.1. Deputy Chief Secretary assists the Chief Secretary during competitions and may substitute him/her, if necessary.
 - 2.2. The number of deputy chief secretaries may be increased depending on the number of platforms.

Article 12. Head of the Platform

1. The head of platform is responsible for the work of the panel of referees on the platform, directs the course of a match, ensures that the match is conducted in accordance with the Rules.
2. The head of the platform is to:
 - 2.1. organize and coordinate the work of the jury of referees;
 - 2.2. evaluate the actions of athletes;
 - 2.3. draw the arbitrator`s attention to their overseeing;
 - 2.4. if necessary, stop a bout or a match;
 - 2.5. make a final decision on the result of a match, in case of disagreement between the arbitrator and the side-referee;

- 2.6. keep the Chief Referee or his/her deputy informed on the course of the competition on the platform;
- 2.7. after a bout and a match, record the results in a protocol and sign it.
- 3. The head of the platform has the right to:
 - 3.1. interrupt a bout and stop a match;
 - 3.2. use yellow and red penalty cards;
 - 3.3. make proposals to the Chief Referee on the disqualification of an athlete violating the Rules seriously;
 - 3.4. evaluate the performance of each member of the jury of referees;
 - 3.5. provide suggestions to the Chief Referee for dismissal of referees, who have committed grave mistakes or failed to perform their duties;
 - 3.6. disallow athletes or referees whose appearance does not meet the requirements of the Rules;
 - 3.7. combine the duties of a timekeeper;
 - 3.8. draw the arbitrator`s attention to violations of the Rules during a match by competition participants (an athlete, team representative, coach).

Article 13. Arbitrator (Referee on the Platform)

- 1. The arbitrator is responsible for a match on the platform in accordance with the Rules.
- 2. Before a match, the arbitrator stands in the center of the platform facing the main stand and may move over the platform during a match.
- 3. The arbitrator evaluates technical actions of athletes.
- 4. The arbitrator is to:
 - 4.1. guide the course of a match;
 - 4.2. know how to use referee gestures, terms and commands;
 - 4.3. check the gear and equipment before every match;
 - 4.4. check the readiness of participants for a match;
 - 4.5. make timely decisions on gross violations of the Rules;
 - 4.6. issue warnings to athletes if necessary;
 - 4.7. upon request from the head of the platform, explain the reasons for his/her decisions;
 - 4.8. when evaluating an athlete`s actions, first listen to the head of the platform;
 - 4.9. make sure that athletes are present on the platform during the announcement of results;
 - 4.10. ensure that athletes greet each other at the beginning of a match and shake hands after the match (Attachment 21);

- 4.11. if necessary, grant an athlete additional 2-minute breaks for medical aid.
5. The arbitrator stops a bout:
 - 5.1. to issue a warning to an athlete;
 - 5.2. to announce a dispute;
 - 5.3. to determine the winner of a bout;
 - 5.4. when an athlete is injured;
 - 5.5. when an athlete is bleeding;
 - 5.6. when technical problems occur;
 - 5.7. when inventory and equipment become unsuitable;
 - 5.8. when it is required by the head of the platform or the Chief Referee.
6. The arbitrator should wear:
 - 6.1. a whistle;
 - 6.2. a red band on his/her right wrist and a blue band on his/her left wrist.
 - 6.3. a chevron of the International (National) Mas-Wrestling Federation on the left side of his/her chest;
 - 6.4. gloves.
7. The arbitrator uses a whistle:
 - 7.1. to call athletes on the platform;
 - 7.2. to make warnings;
 - 7.3. to announce a dispute;
 - 7.4. to stop a bout.
8. The arbitrator's command and gestures

During a match, the arbitrator is to use the following commands and gestures:

 - 8.1. after the announcer announces the name and country of the athlete on the red side, extend the arm with an open palm to the right side, from where the athlete being called comes out;
 - 8.2. after the announcer announces the name and country of the athlete on the blue side, extend the arm with an open palm to the left side, from where the athlete being called comes out;
 - 8.3. show a greeting, after which the athletes must follow the example;
 - 8.4. invite the athletes to the jamb board to take the starting position by raising arms forward with palms facing down to the shoulder level and lowering them with the command "*Olor!*" (Sit down!);
 - 8.5. place the edge of one's palm on the jamb board and with the command "*Orto!*" (Middle!) show the exact position of the Mas in the beginning;
 - 8.6. prepare the athletes for a bout with the command "*Belem!*" (Ready!);
 - 8.7. start a bout with the command "*Che!*" (Go!) with quickly raising the palm over the Mas and the jamb board;
 - 8.8. if necessary, stop a bout with a whistle or the command "Stop!";

8.9. when the Rules are violated, stop a bout with a whistle or the command “Stop!”, touch the shoulder of the athlete getting a warning, raise the index finger and slightly waive, with other fingers clenched in a fist; then reach out the arm towards the athlete getting the warning and say loudly “*Sereti!*” (First warning!);

8.10. in case of a repeated violation, stop a bout with a whistle, touch the shoulder of the athlete getting a warning, show the thumb and the index finger, reach the arm out towards the athlete getting the warning and say the command “*Ikkis sereti!*” (Second warning!), further pointing the arm with an open palm at the winner;

8.11. in case of a dispute, raise arms to the sides to the shoulder level with clenched fists and thumbs up;

8.12. when identifying a winner of a bout, face the main stand and reach out the arm with an open palm towards the winner;

8.13. to announce the winner of a match, face the main stand, invite the athletes and after the announcer announces the winner's name, raise his/her hand;

8.14. to finish a match, bring the athletes to each other for a friendly handshake and indicate with a gesture the direction of exit from the platform towards the opponents, where they should shake hands with the seconds.

Article 14. Side-referee

1. The side-referee is located opposite the arbitrator and evaluates the technical actions of participants.

2. Side-referee is to:

2.1. evaluate the actions of athletes using referee gestures;

2.2. move and take a better position along the platform perimeter;

2.3. explain the reasons for his/her decisions to the head of the platform and to the arbitrator;

2.4. provide videorecording of each bout.

Article 15. Secretary and Technical Secretary

1. The secretary sits next to the head of the platform and fills in the referee's protocols.

2. The secretary is to:

2.1. fill all the information on the course of competition in the referee's protocol: score, points, warnings, time of a bout, quality of victories, etc.;

2.2. after matches, forward the information to the head of the platform for identifying winners and announcing the results of a match;

2.3. after each round, forward the referee's protocols to the secretariat.

3. The technical secretary is to show the names of participants on the

information board, the score after each bout, number of warnings and timekeeping.

Article 16. Timekeeper

1. The timekeeper provides timekeeping with the help of a special software or a sound timer.

2. The timekeeper keeps the time:

2.1. 1 (one) minute – after the official call of an athlete;

2.2. the total match time with the breaking down by bouts;

2.3. 30 seconds – after the command “*Olor!*” before a bout;

2.4. 30 seconds –before the second and third bouts;

2.5. 30 seconds – when the arbitrator announces a dispute;

2.6. 2 (two) minutes – for breaks by medical reasons.

3. If a sound timer is not available, the timekeeper is to use a stopwatch and a mechanical gong.

4. The timekeeper shall inform the head of the platform and the arbitrator about violation of the time limits of the competition.

Article 17. Announcer

1. The announcer informs participants and spectators with sound equipment.

2. The announcer is to:

2.1. inform athletes and referees on time;

2.2. call athletes to the platform;

2.3. announce the next pair of athletes;

2.4. announces the result of a match;

2.5. repeat the decisions made by the arbitrator;

2.6. make announcements by orders of the Chief Referee and his/her Deputy;

2.7. brief on the athlete’s background;

2.8. announce changes in the program and the conditions of the competition.

Article 18. Referee of Athletes

1. Referee of athletes is to perform the following functions:

1.1. before each match, check the presence of athletes and in case of their absence, report to the head of the platform;

1.2. check the compliance of equipment in accordance with the Rules of competition; if necessary, they have the right to measure and weigh personal equipment of athletes;

1.3. familiarize athletes with the order of their going on the platform;

1.4. accompany athletes to the competition area;

- 1.5. accompany athletes to the doping control area;
- 1.6. ensure the presence of all medal winners at the awarding ceremony;
- 1.7. accompany medal winners to the victory area for the awarding ceremony.

Article 19. Doctor

1. The doctor of the competition is a part of the Grand Jury with the rights of the Deputy Chief Referee on medical issues, taking part in its work.
2. The doctor of the competition is to:
 - 2.1. take part in the Commission for acceptance of the competition venues;
 - 2.2. check applications of participants to make sure they can be admitted;
 - 2.3. be present at weigh-in and examine athletes;
 - 2.4. upon the end of competitions, submit a report on medical issues regarding number of cases, injuries and illnesses to the Chief Referee.
3. The doctor of the competition has the right to:
 - 3.1. stop a match after consulting with the head of the platform;
 - 3.2. permit the use of a hand guard should an athlete get an injury or bleeding on their palms;
 - 3.3. forbid the athlete's further participation in the competition due to an injury or illness.

Article 20. Commandant

1. The commandant is responsible for:
 - 1.1. preparation and decoration of a competition venue;
 - 1.2. security and keeping order during a competition;
 - 1.3. accommodation and service of athletes and spectators;
 - 1.4. installation of wired radio;
 - 1.5. preparation and suitability of equipment and gear;
 - 1.6. other activities by the instructions of the Chief Referee.

Article 21. Uniform of Referees

1. Referees are to wear official uniform.
 - 1.1. Male Chief Referee, Chief Secretary, Deputy Chief Referee and Secretary, heads of the platform, secretaries and timekeepers – dark suit, light shirt, red tie and dark shoes;
 - 1.2. Female Chief Referee, Chief Secretary, Deputy Chief Referee and Secretary, heads of the platform, secretaries, announcers and timekeepers – dark suit (jacket or vest, pants or a skirt below knees), light shirt, red kerchief and dark shoes;

1.3. Arbitrators and side-referees – white short-sleeved shirt or T-shirt, white pants, and white rubber-soled shoes;

1.4. The members of the Grand Jury are not allowed to use logos or names of manufacturers, companies, sponsors and other names on clothes and shoes without permission from the IMWF Presidium.

Article 22. Sanctions Imposed on Referees

1. In case of violation of the Rules by a referee, the Chief Referee has the right to apply the following disciplinary actions:

- 1.1. issue a warning;
- 1.2. remove from the refereeing the competition.

CHAPTER IV. COMPETITION PROCEDURE

Article 23. Weigh-in

1. The weigh-in procedure establishes the correspondence of the athlete's weight to the limits of a certain weight category.

2. At weigh-in, referees record the exact weight of an athlete in the Weigh-in protocol.

3. An athlete is entitled to participate only in one weight category during one competition.

4. Weigh-in may be held the day before an event or on the day of the event. The order and time of weigh-in is indicated in the Regulations of the competition.

5. Weigh-in procedure is conducted by a commission composed of the Deputy Chief Referee, a referee of participants, a secretary, and a doctor.

6. The athlete who has not been weighed-in is not admitted to the competition.

7. Control weights should be available 60 minutes before the weigh-in start.

8. Control weights should be identical to the official weigh-in weights.

9 Weigh-in is carried out by weight categories or by teams.

10. At weigh-in, athlete must provide a document proving his/her identity and be examined by the competitions doctor.

11. Weigh-in of the participants is carried in a specially designated and equipped place. Athletes are weighed without shoes in mas-wrestling uniform.

12. During the official weigh-in, an athlete is allowed to be weighed only twice.

13. Weigh-in results are recorded in a protocol and signed by the members of weigh-in commission (Attachment 7).

Article 24. Admission of Athletes to Competition

1. Admission of participants is carried out by the Commission for Registration and Admission of Participants of the Competition.
2. The Commission for Registration and Admission of Participants of the Competition includes: a representative of the IMWF and the organizing committee, the chief secretary and members of the Commission.
3. The terms for admission of participants to the competition and the list of necessary documents are stipulated by the Regulations.

Article 25. Drawing of Lot Numbers and Compilation of Pairs

1. The draw procedure is conducted to determine the pairs of participants in the competition according to the numbers selected on the tokens.
2. The draw is conducted openly. The tokens are placed on the table with the numbers facing down.
3. The number selected by the athlete is entered into the weigh-in protocol and the start protocol.
4. The drawing procedure can be conducted using electronic systems.
5. Competition pairs are formed according to the numbers selected by the participants in ascending order and in accordance with the competition system determined by the Regulations.

CHAPTER V. MATCH

Article 26. Call and Presentation of Athletes

1. To begin a match, the announcer calls athletes to the platform, announcing their first name, last name and country.
2. The athlete should go out on the platform within one minute after the official call. If the athlete fails to step onto the platform within one minute, he/she will be disqualified and not awarded any place. His/her opponent is declared the winner of the match.
3. The athlete cannot be called to compete in a new match in 15 minutes after the end of the previous match in which he/she competed.

Article 27. Beginning, Going and End of the Match

1. The match consists of two or three bouts up to two victories.
2. The athlete, who has been called first, must take the platform side marked in red, to the right of the arbitrator, and the second athlete – to the side marked in

blue, to the left of the arbitrator.

3. Stepping onto the platform, the athletes are required to greet each other at the arbitrator's command as a sign of respect and fair play (Attachment 18).

4. After the greeting, the athletes have 30 seconds maximum to prepare before the "*Olor!*" (Sit!) command. Upon the "*Olor!*" (Sit!) command of the arbitrator, the athletes sit opposite each other, their feet abut on the jamb board inside the marked start area.

5. The athlete from the red side chooses the gripping position of the Mas: internal or external. The athlete selecting the external grip shows the position of the grip (left grip – the left hand's palm up and the right hand's palm down; right grip – vice versa). The athletes cannot change the selected grip.

6. After the selection of the grip, opponents take **the starting grip**. The athlete, who has chosen the internal grip, grabs the Mas first and holds it over the board, with the space between hands not exceeding 1.5 cm in the middle of the Mas. The second athlete makes the external grip. Hands and fingers should not touch and overlap each other, meanwhile the distance between the athlete's hands and the opponent's hands should be under 1.5 cm.

7. At the starting grip, wrist joints must be straight.

8. After making **the starting grip**, the athletes should not lower the Mas or let it go and grip again. The athlete releasing **the Mas without the arbitrator's command** gets "*Sereti*" (warning).

9. With the arbitrator's command "*Orto!*" (Middle!), athletes should even the Mas over the jamb board and as much in parallel with it as possible. Deviation of the Mas ends along the longitudinal axis of the board to 5 cm is allowed, at the arbitrator's decision, with the center of the Mas above the board.

10. After the "*Olor!*" (Sit!) command, under 30 seconds is given before the "*Belem!*" and "*Che!*" commands (Ready! and Go!). If the start is not done after 30 seconds, the arbitrator gives a "*Sereti*" (warning) to the athlete whose fault has caused the delay.

11. After the "*Belem!*" command, the athletes are obliged to stop any movements of their torsos and legs, take the pre-start position: sitting straight, with the Mas tight evenly over the board, and maintain this position until the "*Che!*" command.

12. The bout begins after the arbitrator's command "*Che!*" (Start!). The pause between "*Belem!*" and "*Che!*" commands should be 1 (one) second.

13. After determining the victory of one of the athletes, the arbitrator stops the bout by whistling or commanding "*Stop!*" and reaches the arm towards the winner.

14. In case of a dispute, the arbitrator stops the bout and shows a corresponding gesture. The competitors are given an additional bout with the same

grip of the Mas.

15. If during the match one of the athletes receives “*Ikkis sereti*” (Second warning), the arbitrator stops the bout, touches the shoulder of the athlete receiving a warning, shows the thumb and the index finger, arm outstretched towards the athlete who has received the warning, and stops the bout with the “*Ikkis sereti*” (Second warning) command, then stretches the arm with the palm open in the direction of the winner.

16. In the second bout, the athlete from the blue side chooses the grip.

17. The interval between bouts is 30 seconds.

18. In case of score 1–1 before the 3rd bout, drawing should be conducted by tossing a two-colored (red-blue) cube. With the athletes present, the arbitrator tosses the cube and when it falls down on the platform, identifies the draw by the color of the cube’s upper side (red or blue). The athlete winning the toss chooses the grip (internal or external).

19. During the breaks, the athlete has no right to leave the technical area without the arbitrator's permission.

20. Upon the end of the match, the arbitrator faces the main stand for the declaration of the winner, with the athletes standing on both sides of the arbitrator. After the announcement of the results, the arbitrator raises the hand of the winner, then athletes must shake hands with each other and the opponent's seconds.

Article 28. Interrupting the Match

1. If necessary, the following people have the right to interrupt a match: the Chief Referee, the head of the platform or the arbitrator of the match.

2. A match can be stopped if an athlete cannot continue the match for medical reasons. The doctor of the competition can withdraw him/her from the competition, issuing a relevant report.

3. The head of platform can interrupt a bout due to serious mistake made by the arbitrator and side-referees. In this case, he/she along with the jury of referees watches a video recording of the episode and makes a final decision.

4. Participants cannot interrupt a match themselves.

5. If the bout is stopped due to intentional injury of an athlete by his/her opponent, the perpetrator athlete will be disqualified and the injured athlete – declared the winner.

Article 29. Number of Matches

An athlete is allowed to have up to 8 (eight) matches a day if the competition is going for one day.

An athlete is allowed to have up to 5 (five) matches a day if the competition is going for two and more days.

CHAPTER VI. ASSESSMENT OF METHODS AND ACTIONS

Article 30. Assessment of Methods and Actions

The arbitrator and the side-referee evaluate the actions of participants during a match. In case of disagreement of referees in determining the winner, the head of platform or the Chief Referee give the decision.

Article 31. Prohibited Actions and Methods

1. Athletes are not allowed to step onto the platform:
 - 1.1. wearing a uniform not complying with the Rules of the competition;
 - 1.2. wearing jewelry (charms, chains, bracelets, rings, earrings, watches);
 - 1.3. wearing headpieces without permission of the Grand Jury.
2. After the “*Olor!*” command and till the end of the bout, athletes are not allowed to:
 - 2.1. talk to each other and seconds;
 - 2.2. talk to and argue with the arbitrator;
 - 2.3. grab the opponent’s arm or overlap it;
 - 2.4. receive and give things to seconds.
3. Between the “*Belem!*” (Ready!) and “*Che!*” commands, it is prohibited to make any movements with torso and legs.
4. Before the “*Che!*” command, athletes are prohibited to:
 - 4.1. hold the Mas on one’s side;
 - 4.2. push the Mas towards the opponent;
 - 4.3. release the grip and take the Mas again, twist it;
 - 4.4. make abrupt movements, pull the Mas too much and abruptly;
 - 4.5. with the external grip, hold the Mas twisted;
 - 4.6. hook on and abut the Mas and/or arms on the board and/or toes;
 - 4.7. rest one’s legs against the side-supports, touch them with the torso or head;
 - 4.8. intentionally twist the stick more than 90 degrees in all directions to the longitudinal axis of the board;
 - 4.9. overstep the start area on the board;
 - 4.10. lower the Mas after the starting grip;
 - 4.11. create obstacles for the opponent with one’s feet;
 - 4.12. detach the pelvis from the platform;

- 4.13. bend to the left or right.
- 4.14. lie on the left or right side.

Article 32. Warnings

1. The arbitrator on the platform announces a warning without asking permission from members of the jury of referees.
2. An athlete get a warning for:
 - 2.1. using prohibited actions or methods stipulated in article 31;
 - 2.2. unsportsmanlike behavior or breaking discipline.
3. If a victory is achieved by using a prohibited action or method, the athlete who has used the prohibited action or method is given a warning. The victory does not count, and the bout is resumed.

Article 33. Withdrawal of an Athlete from the Competition

1. An athlete or a participant is withdrawn from the competition by decision of the Chief Referee.
2. When an athlete is withdrawn from the competition, the match is stopped, and the victory goes to the opponent.
3. An athlete is withdrawn from the competition:
 - 3.1. when receiving an injury of illness preventing them from competing;
 - 3.2. for unsportsmanlike behavior.
4. If an athlete is withdrawn from the competition for medical reasons, their results are recorded as of the moment they are withdrawn from the competition. His/her individual and team results are recorded and counted in the individual and team scores. The secretary of the competition is to enter a proper record in the competition protocol.

Article 34. Determining the Winner in the Bout and the Match

1. A victory in a bout is awarded to the athlete who:
 - 1.1. has pulled the Mas out of the opponent`s hands;
 - 1.2. has pulled the opponent over the board with the Mas.
2. A victory in a bout is awarded to the athlete if the opponent:
 - 2.1. has taken both feet off the board;
 - 2.2. has got the second warning in the bout;
 - 2.3. has moved one foot across the board and touched the platform or the athlete;
 - 2.4. has lost the grip of the Mas with one hand;

- 2.5. has touched the board with their torso and/or head, knee, hip;
- 2.6. has stepped on the side-support.
- 3. A victory in a bout is awarded to the opponent if the athlete:
 - 3.1. has failed to fix the equipment or gear within 1 minute;
 - 3.2. has failed to enter the platform within 1 minute after being called;
 - 3.3. has been withdrawn from the competition by the doctor or the Grand Jury.
- 4. A victory in the match is awarded to the athlete who wins two bouts.

Article 35. Dispute

- 1. A dispute is declared if:
 - 1.1. opponents' hands have overlapped;
 - 1.2. opponents have fallen down at the same time and cannot continue a bout;
 - 1.3. the equipment or gear have become unusable;
 - 1.4. opponents have released the Mas at the same time.

Article 36. Disqualification

- 1. Athletes are disqualified by the decision of the Chief Referee or a jury composed of: the Deputy Chief Referee, a head of the platform and a representative of the federation or an organizer.
- 2. An athlete is disqualified if an athlete:
 - 2.1. fails to appear on the platform within 1 minute after being called;
 - 2.2. displays unethical behavior;
 - 2.3. deliberately hits/kicks the opponent with an arm, leg or head;
 - 2.4. insults with words or gestures the opponent, referees, participants and spectators;
 - 2.5. refuses to fix the attire and appearance in accordance with the Rules;
 - 2.6. argues with the opponent, referees or other participants;
 - 2.7. deliberately scatters personal belongings and equipment;
 - 2.8. leaves the platform without a solid reason during the announcement of the winner;
 - 2.9. performs a rough physical contact towards the referee or another athlete;
 - 2.10. provides false information and falsifies the documents;
 - 2.11. refuses to greet or shake hands;
 - 2.12. abuses alcohol and/or drugs and/or psychotropic substances during competitions;
 - 2.13. fails to appear at the awarding ceremony for no solid reason.
- 3. In case of disqualification, the match is stopped and the win with score 2:0 goes to the opponent.

4. If an athlete is disqualified, their results are annulled and not counted in the team score.

Article 37. Using Penalty Cards

1. Penalty cards can be used by the Chief Referee, Deputy Chief Referee and the head of the platform.

2. Penalty cards are used when the Rules of the competition are violated or unethical behavior is demonstrated; threats and insults are made; defiant and aggressive behavior is displayed; insulting gestures are made; fighting occurs; alcohol or drugs/psychotropic substances are used during competitions.

3. There are two types of penalty cards: yellow and red. The yellow card stands for warning. The red card means disqualification. The second yellow card leads to getting the red card and automatic disqualification of the offender in the competition.

4. Penalty cards have dimensions of 8 x 11 cm. The cards are made from water-resistant material.

5. In case of severe violation of ethics or discipline, referees are entitled to show the red card to an athlete, coach or participant without showing the yellow one first.

CHAPTER VII. PROTESTS

Article 38. Procedure of Filing a Protest

1. The protest can be filed by a representative, a coach or a second of the team for breach of the Rules of refereeing and an extraordinary situation.

2. A coach or a second file a protest by throwing a cube on the platform, red or blue depending on the side. A protest is to be filed right after the end of the bout, where, they believe the breach has taken place, and before the following bout or before the announcement of the match result.

3. The limit of protests for one match is three, all of which can be used in one bout.

4. Before considering a dispute, after throwing the cube, a protest must be submitted in written form on the official form indicating the articles in the Rules describing the breach (Attachment 8 (card)).

5. Throwing the cube is automatically considered as filing a protest and obliges to making a monetary deposit. The procedure and amount are stipulated in the Regulations.

6. A protest is considered by the Chief Referee with the assistance of the referees' team involved in the refereeing the match.

7. A protest is not considered if the side-referee, arbitrator and a head of the platform make the same decision.

8. The coach, second and the representative of the party filing a protest have no right to discuss a dispute and influence the decision-making.

9 A decision on the protest is taken immediately after the discussion of the situation. The Chief Referee informs concerned parties of the taken decision, and then the match continues.

10. If the protest is upheld, the deposit should be returned minus 20%.

11. If the protest is rejected, the deposit is not returned.

12. The deposit is done to the accounting office of the IMWF.

CHAPTER VIII. REQUIREMENTS FOR THE COMPETITION VENUE

Article 39. Requirements to the Gear and Equipment

1. The official world and continent mas-wrestling championships are to be held using new certified or IMWF approved gear and equipment.

Article 40. Competition and Warming-up Areas

1. The competition area includes:

1.1. a platform with a technical area and supplementary equipment;

1.2. tables for officials, the Grand Jury, heads of the platform, referees, secretaries, doctors, technical personnel, announcers;

1.3. space for free area referees and auxiliary staff;

1.4. space for media: accredited TV staff; people organizing streams; TV, video and photo cameramen.

2. At the same time, matches can be held in several platforms set on an even surface.

3. The platform is a rectangular construction, capable of supporting loads of up to 600 kg/m², sized at least 600 cm x 600 cm, 20–100 cm high.

The technical area with the dimensions 150–200 cm is located on the sides the platform (Attachment 16).

4. The competition area is to be of the sizes ensuring safety for participants.

5. The tables for officials, the Grand Jury, heads of the platform, referees, secretaries, doctors, technical personnel, announcers, and media, as well as chairs and equipment for technicians and announcers, are to be presented on a separate plan based on the technical rider.

6. The warming-up area is for athletes to get ready. It should be close to the competition area.

7. The warming-up area is to be equipped with the following:
- 7.1. enough boards and Mases, depending on the competition level;
 - 7.2. the video display or information board showing current state of the competition;
 - 7.3. speakers connected to the announcer's audiosystem;
 - 7.4. changing rooms and toilets;
 - 7.5. other auxiliary rooms and equipment according to the technical rider.

Article 41. Sports Inventory and Equipment for the Competition

The sports inventory includes: flooring, a jamb board, a Mas, red and blue protest cubes, two-color (red and blue) drawing cube.

1. The flooring is attached to the platform, should be smooth and have the following characteristics: 1.5–2 cm thick, 250 cm wide and 400 cm long.

2. The jamb board should be fixed on the platform and have the following dimensions:

- the inner length between the side supports is 200 cm, height – 24 cm, thickness – 4–6 cm; ends of the upper edge should be rounded, smooth, height of the rounded upper edge – 1.5 cm. These parameters apply to senior boys and girls, male juniors and female juniors, men and women, veteran men and women;

- the inner length between the side supports is 200 cm, height – 22 cm, thickness – 4–6 cm; ends of the upper edge should be rounded, smooth, height of the rounded upper edge – 1.5 cm. These parameters apply to boys and girls, junior boys and girls (Attachment 17).

The jamb board must have a 100-cm-wide start area marked by lines, spaced from the outer edges of the jamb board to 50 cm.

The jamb board should be secured at both ends with side-supports with the width of 15–25 cm, the height of 22–24 cm.

The side-supports should be smooth, without sharp angles (Attachment 18).

3. The Mas is a sports tool for pulling, cylinder-shaped, made from birch or other durable species of wood with following dimensions: length of 40–50 cm, diameter of 34 mm (+/- 1 mm).

The Mas can be reinforced with metal in the middle, the surface still wooden.

The Mas should have a mark of the center with the width of 1 (one) cm (Attachment 18).

4. The cubes for filing protests should be equilateral, made of artificial leather, stuffed with foam rubber, red and blue in color depending on the side of the platform. The cube dimensions: 18 x 18 cm.

5. Drawing cubes should equilateral, made of artificial leather, stuffed with

foam rubber. Three sides are in red and three sides - in blue. The cube is to have distinct and even edges. The cube dimensions: 18 x 18 cm. (Attachment 19).

6. In IMWF official competitions, the inventory, gear and equipment must be new and certified.

7. Magnesium is provided by organizers in special vessels at both corners of the technical area.

8. Cleaning and disinfecting means, clothes, brushes, gloves and other supplies for maintaining the inventory and equipment are to be provided by organizers.

Article 42. Information Table and Referee's Equipment

1. The informational table (for each platform) should be in good view. The table should display the following information: the athlete's last name, country, weight category, score and number of warnings.

2. A video system and a timer for recording matches should be used.

3. The timer is an electronic device or a special software counting the time of a match, counting time up to 15 minutes. The timer should automatically produce sounds after 30 seconds, 60 seconds, and 120 seconds.

4. Video cameras for recording matches are placed as in the scheme (Attachment 22).

CHAPTER IX. OFFICIALS

Article 43. Officials of the Federation

1. For official competitions, depending on the level of the event, the following officials may be appointed:

1.1. Organizational Delegate (hereinafter referred to as OD);

1.2. Technical Delegate (hereinafter referred to as TD);

1.3. Doping Control Delegate (hereinafter DCD).

2. The list of officials must be approved by order of the IMWF.

3. The organizational delegate is appointed when preparing for large complex sporting events, the program of which includes mas-wrestling.

4. The technical delegate is appointed to all official IMWF competitions according to the Regulations on TD.

The technical delegate is responsible for:

4.1. preparation and implementation of the technical rider of the competition;

4.2. approval and control over the execution of the program of the event;

4.3. preparation, decoration and technical equipment of the competition area;

- 4.4. compliance and quality of inventory and equipment;
- 4.5. drawing up a written report on the progress of preparation and conduct of the competition.
- 5. The doping control delegate is responsible for:
 - 5.1. ensuring proper conditions for doping control;
 - 5.2. other issues related to the doping control procedure.

CHAPTER X. INTERPRETATION OF THE RULES

Article 44. The Right to Interpret

- 1. The Presidium of the IMWF has the exclusive right to interpret certain articles of the Rules.
- 2. In case of legal procedures, the Russian text of the Rules has a legal priority.
- 3. National Mas-Wrestling Federations can translate the Rules into their official languages.

Protocol of the competition by the system with elimination after two losses

(competition)

Competition venue

“ _____ ” _____ 202__

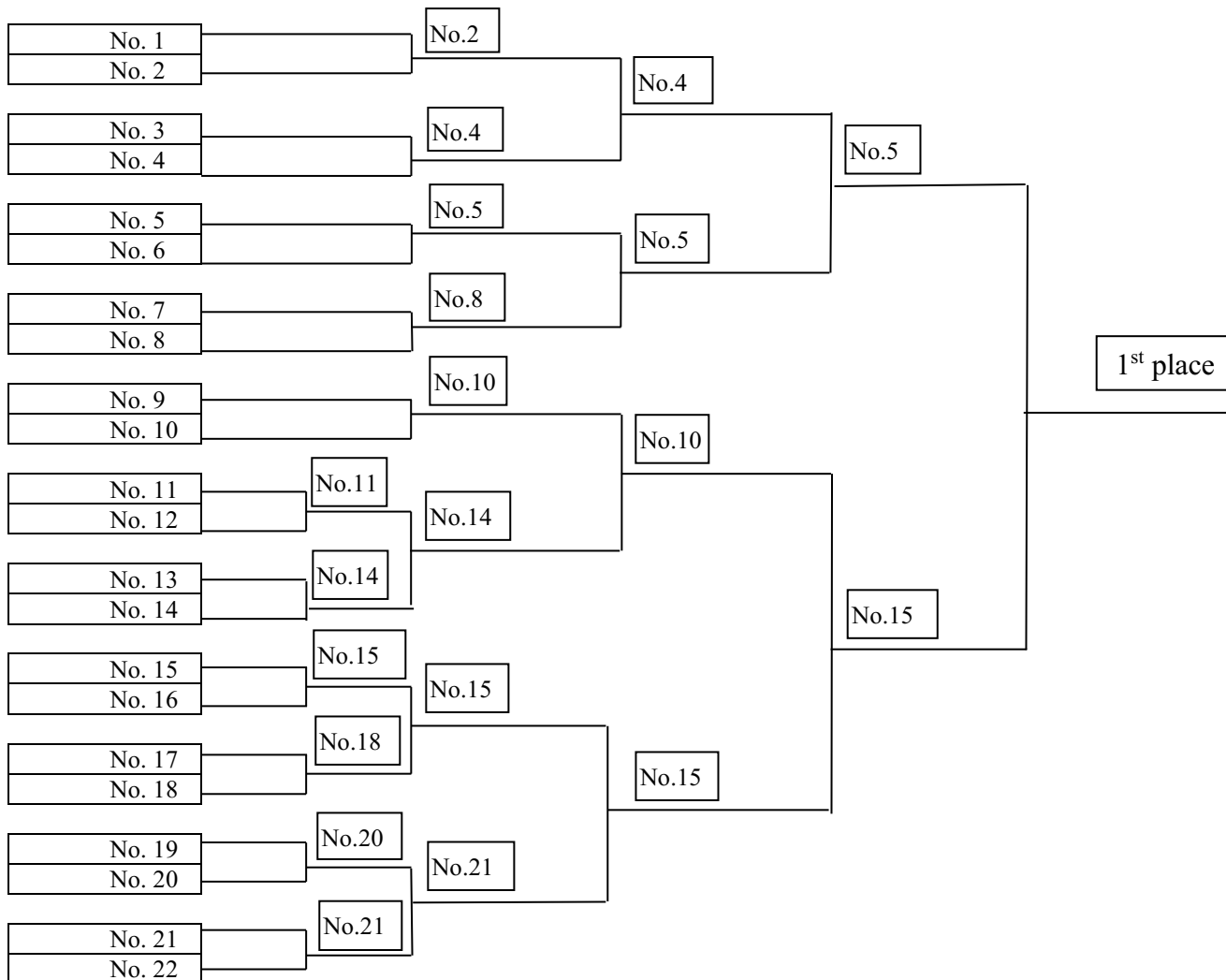
Weight category _____ **kg**

Drawing number	Name	Team	Date of birth	Rounds							Elimination round	Points	Place
				1	2	3	4	5	6	7			

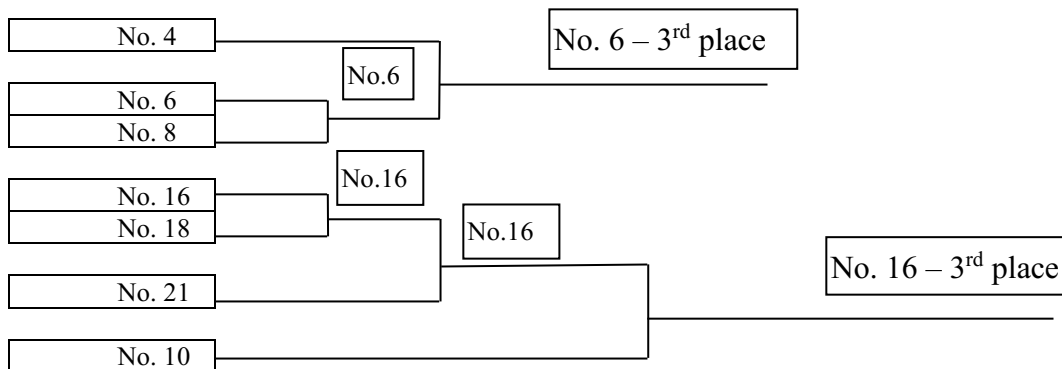
Chief Referee:

Chief Secretary:

An example of competitions by the system of direct elimination with consolation matches with finalists (an example with 22 participants)



Consolation matches



Round-robin system protocol

(competition)

Competition venue

“ _____ ” _____ 202_____

Weight category _____ kg

Number of participants/rounds	1 st round	2 nd round	3 rd round	4 th round	5 th round
3 participants	1-2	3-1	2-3		
	3 free	2 free	1 free		
4 participants	1-2	1-3	3-2		
	3-4	2-4	4-1		
5 participants	1-2	5-1	4-1	3-1	2-4
	3-4	2-3	5-2	4-5	3-5
	5 free	4 free	3 free	2 free	1 free
6 participants	1-2	1-3	1-4	1-5	1-6
	3-4	2-5	2-6	2-4	2-3
	5-6	4-6	3-5	3-6	4-5

Chief Referee:

Chief Secretary:

Number of referees for mas-wrestling competitions

No.	Position	Number of referees on the platforms			
		1 platform	2 platforms	3 platforms	4 platforms
1	Chief Referee	1	1	1	1
2	Deputy Chief Referee	1	1	1	1
3	Chief Secretary	1	1	1	1
4	Deputy Chief Secretary	1	1	2	3
5	Secretary	1	2	3	4
6	Head of platform	2	4	6	8
7	Arbitrators	3	6	9	12
8	Side-referee	3	6	9	12
9	Timekeeper	2	4	6	8
10	Technical secretary	1	2	3	4
11	Referees of athletes	2	4	6	8
12	Announcer	2	3	4	5
	Total:	20	35	51	67

Number of auxiliary referee staff for mas-wrestling competitions

No.	Position	Number of auxiliary referee staff			
		1 platform	2 platforms	3 platforms	4 platforms
1	Doctor	1	1	1	1
2	Nurse	1	2	3	4
3	Commandant	1	1	1	1
4	Radio operator	1	1	1	1
5	Workers	2	3	4	5
6	Manager of communications	1	1	1	1
7	Victory ceremony group	6	6	6	6
8	Specialists of electronic table	2	3	4	5
	Total:	15	18	21	24

Act of
acceptance of a mas-wrestling competition venue

(competition)

City _____ “ _____ ” _____ 202_____

(competition venue (sport center), address))

This act is made by the Chief Referee, a representative of the hosting organization, a representative of the sport center, and a doctor, and confirms that the competition venue and inventories (platform, jamb board, Mases, referee and informational equipment) are in compliance with the Rules of mas-wrestling and safe for conducting the competition.

Chief Referee:

Representative of the hosting organization:

Representative of the sport venue:

Doctor:

Weigh-in protocol

 (competition)

“ _____ ” _____ 202____

Weight category _____ kg

No.	Drawing number	Name	Date of birth	Team (country)	Weight (kg)	Name of coach

Members of the Weigh-in Commission _____

Doctor _____

To the Chief Referee

(competition)

(name of Chief Referee)

Protest

A representative of a team in the person of (name, position)

files a protest to the match in the weight category _____ of _____

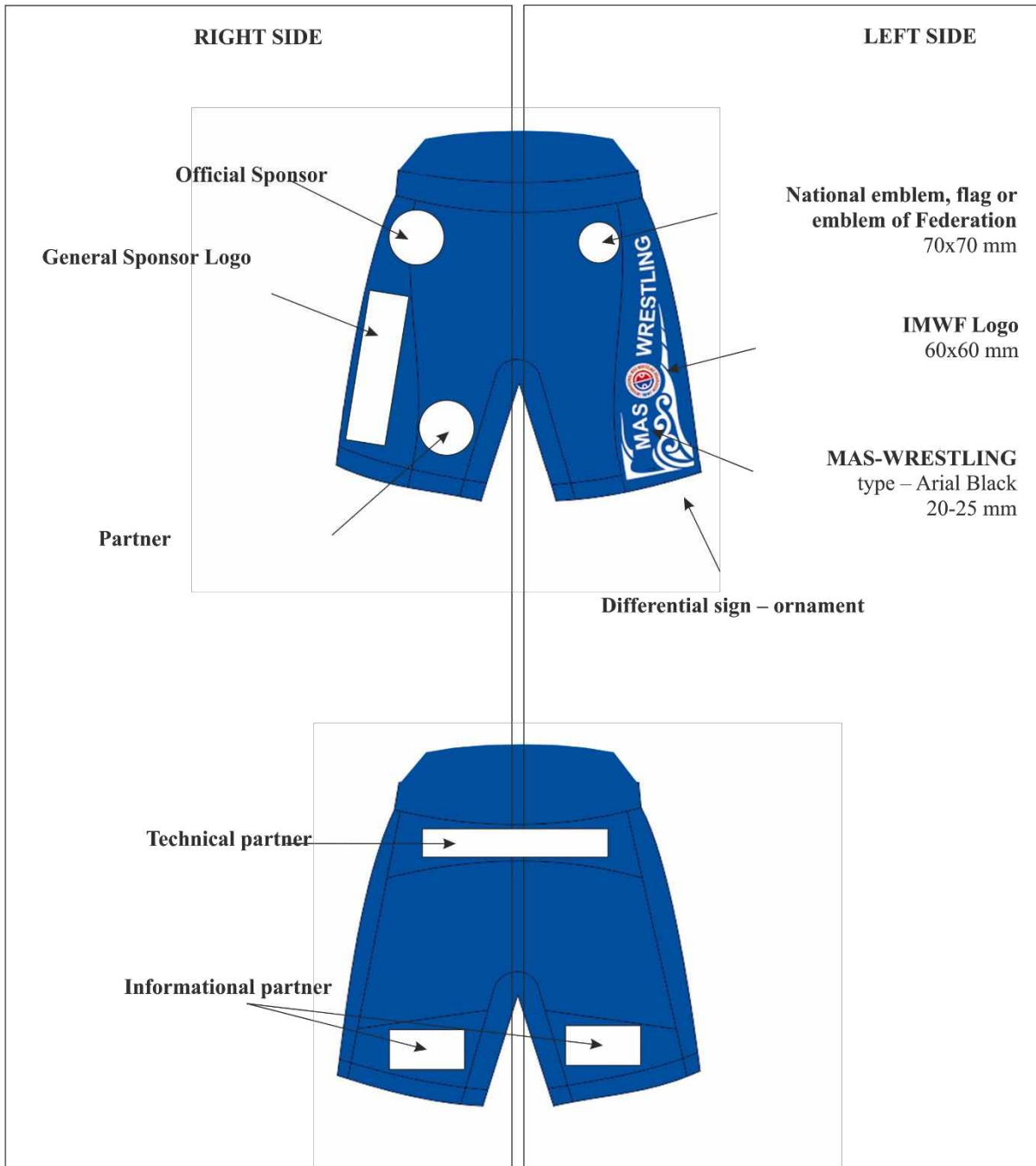
between _____

Detailed description of the circumstances related to the violation of the competition rules (reasons for filing a protest)

« ___ » _____ 202 ___

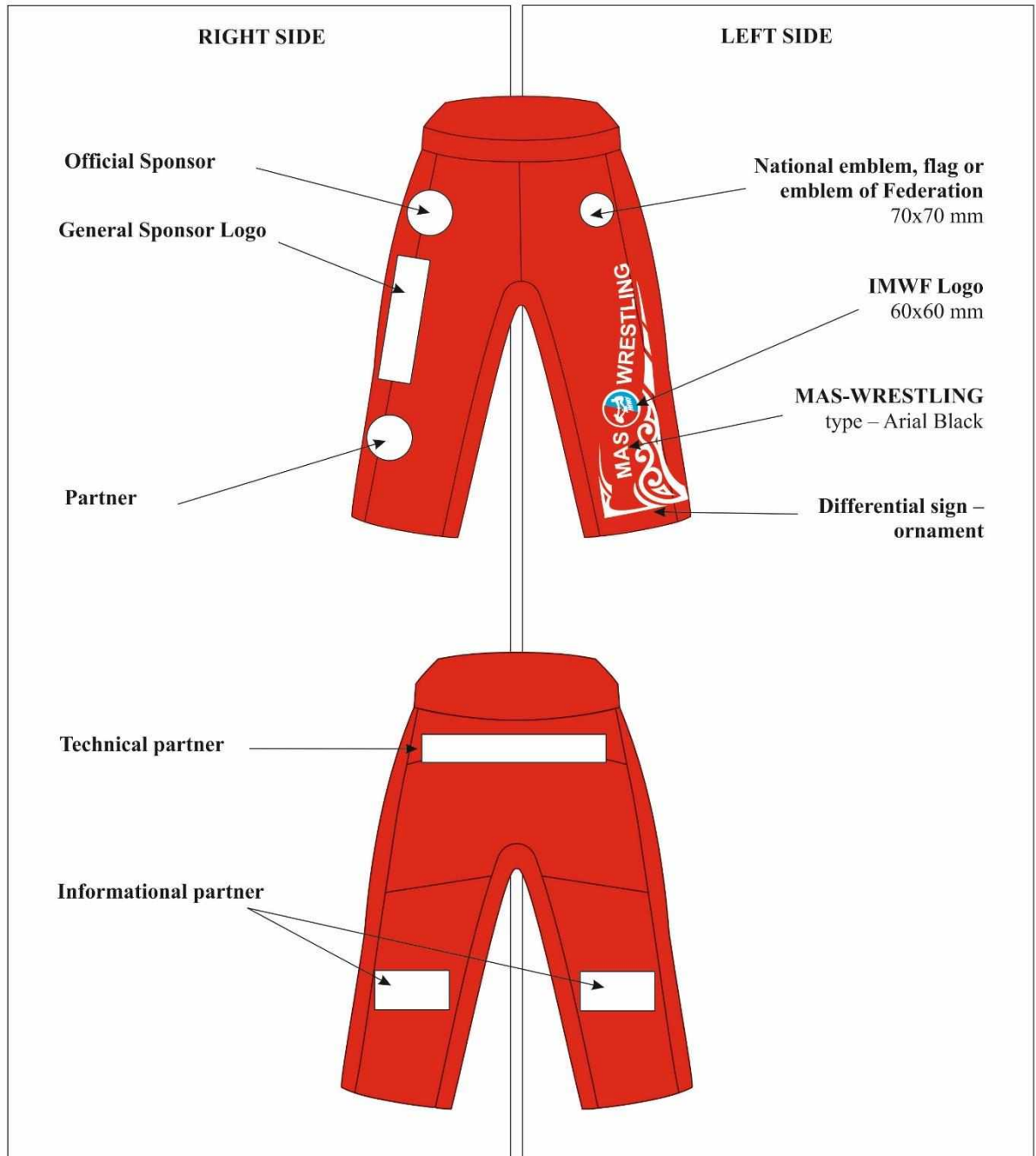
_____/_____/_____
(Position) (Signature) (Print full name)

**Athletes Equipment Standards
Shorts**

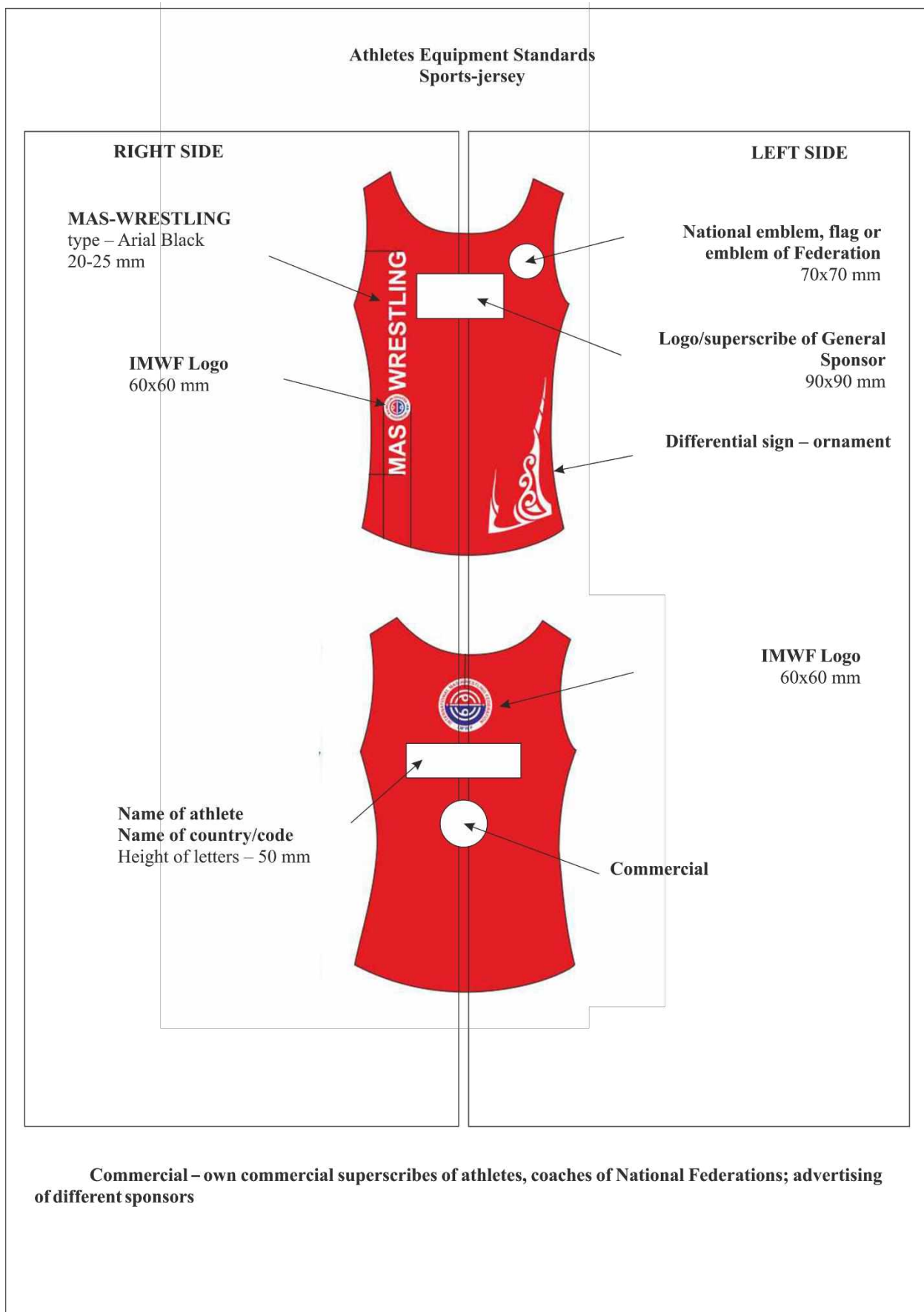


Commercial – own commercial subscribes of athletes, coaches of National Federations; advertising of different sponsors

**Athletes Equipment Standards
Shorts**



Commercial – own commercial subscribes of athletes, coaches of National Federations; advertising of different sponsors



**Athletes Equipment Standards
Top**

RIGHT SIDE

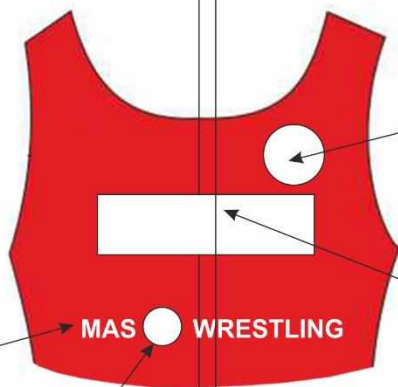
LEFT SIDE

MAS-WRESTLING
type – Arial Black
20-25 mm

IMWF Logo
40x40 mm

**National emblem, flag or
emblem of Federation**
70x70 mm

**Logo/superscribe of General
Sponsor**
90x90 mm

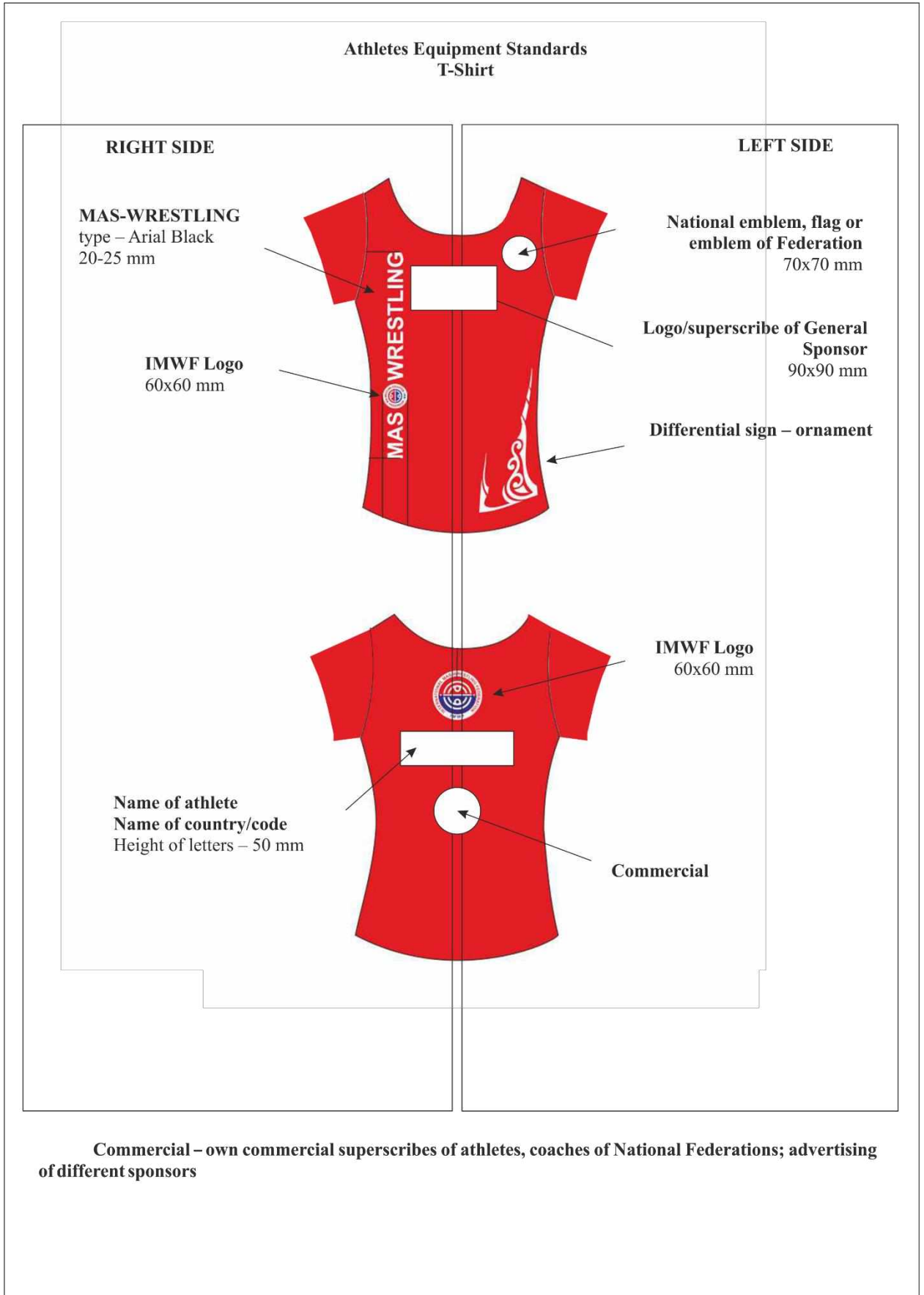


IMWF Logo
60x60 mm

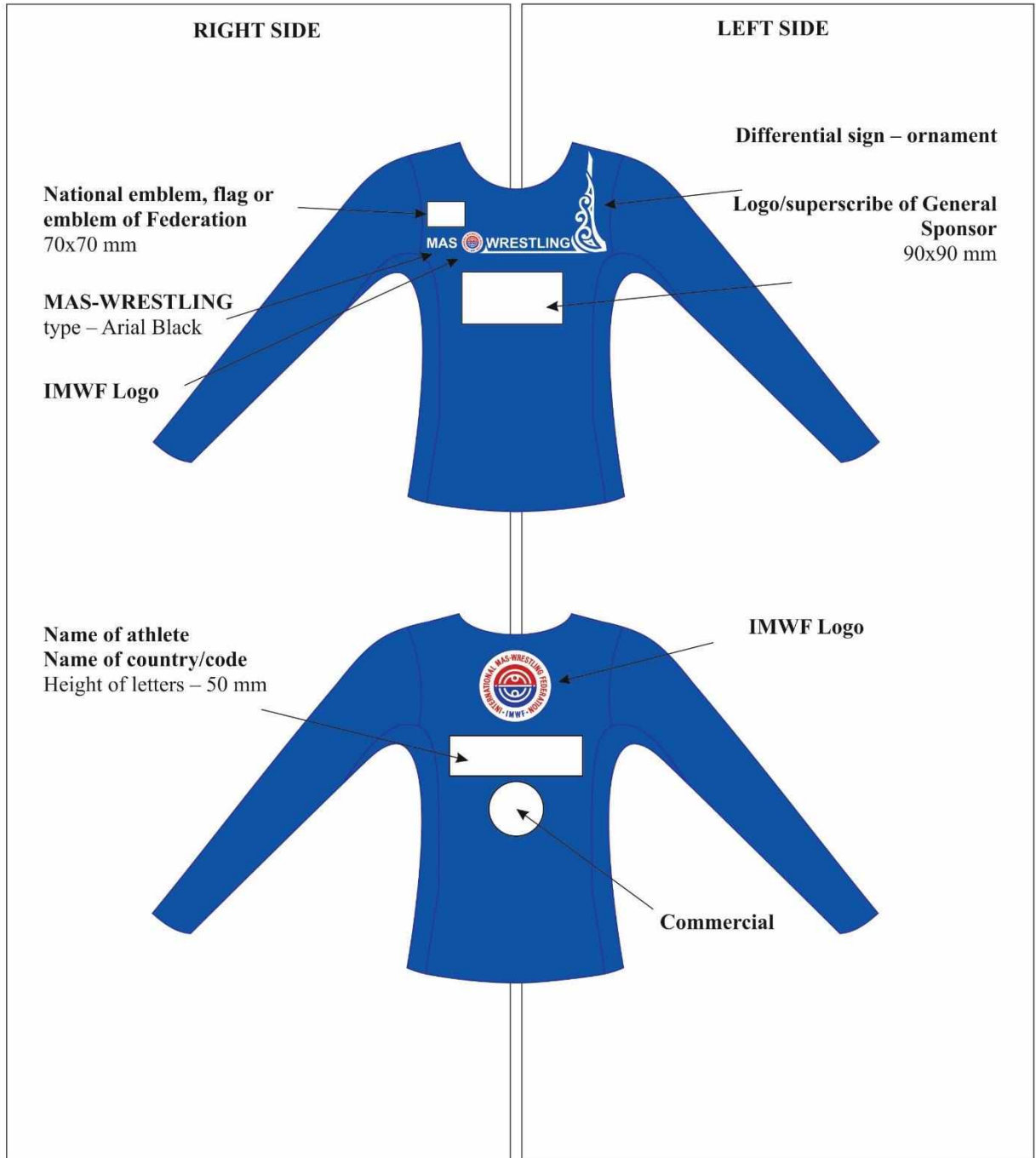
Name of athlete
Name of country/code
Height of letters – 50 mm



Commercial – own commercial superscribes of athletes, coaches of National Federations; advertising of different sponsors



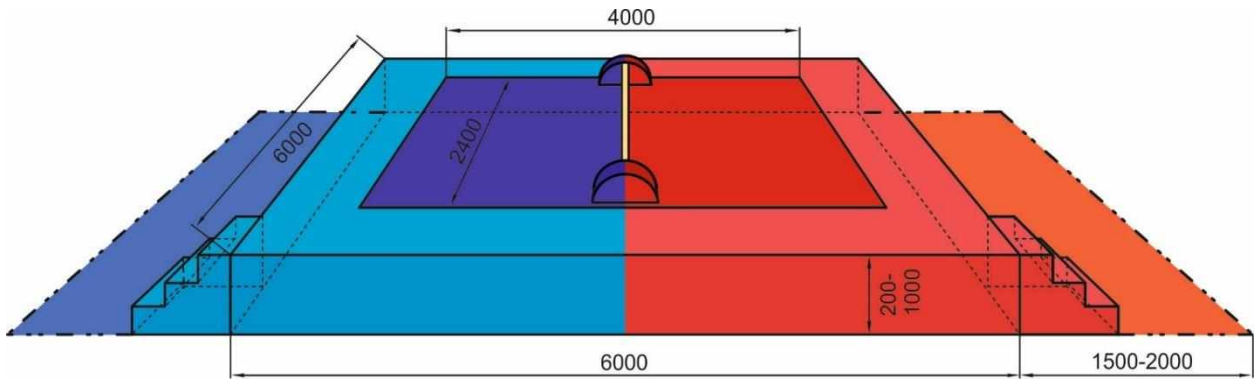
**Athletes Equipment Standards
T-Shirt**



Commercial – own commercial superscribes of athletes, coaches of National Federations; advertising of different sponsors

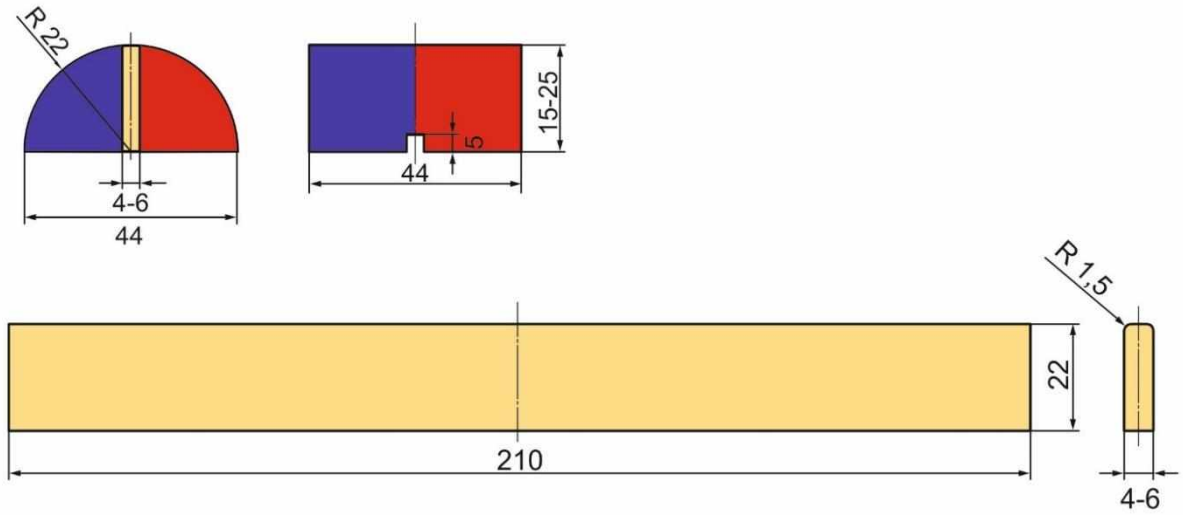
Hand guards fixed on fingers



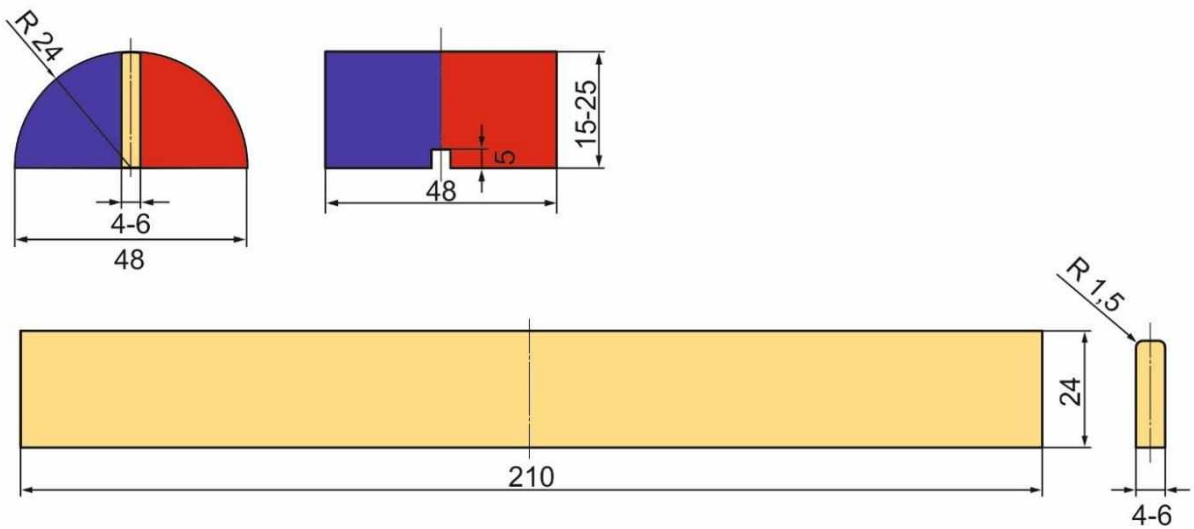


Inventory dimensions - Jamb board for boys and girls, cm

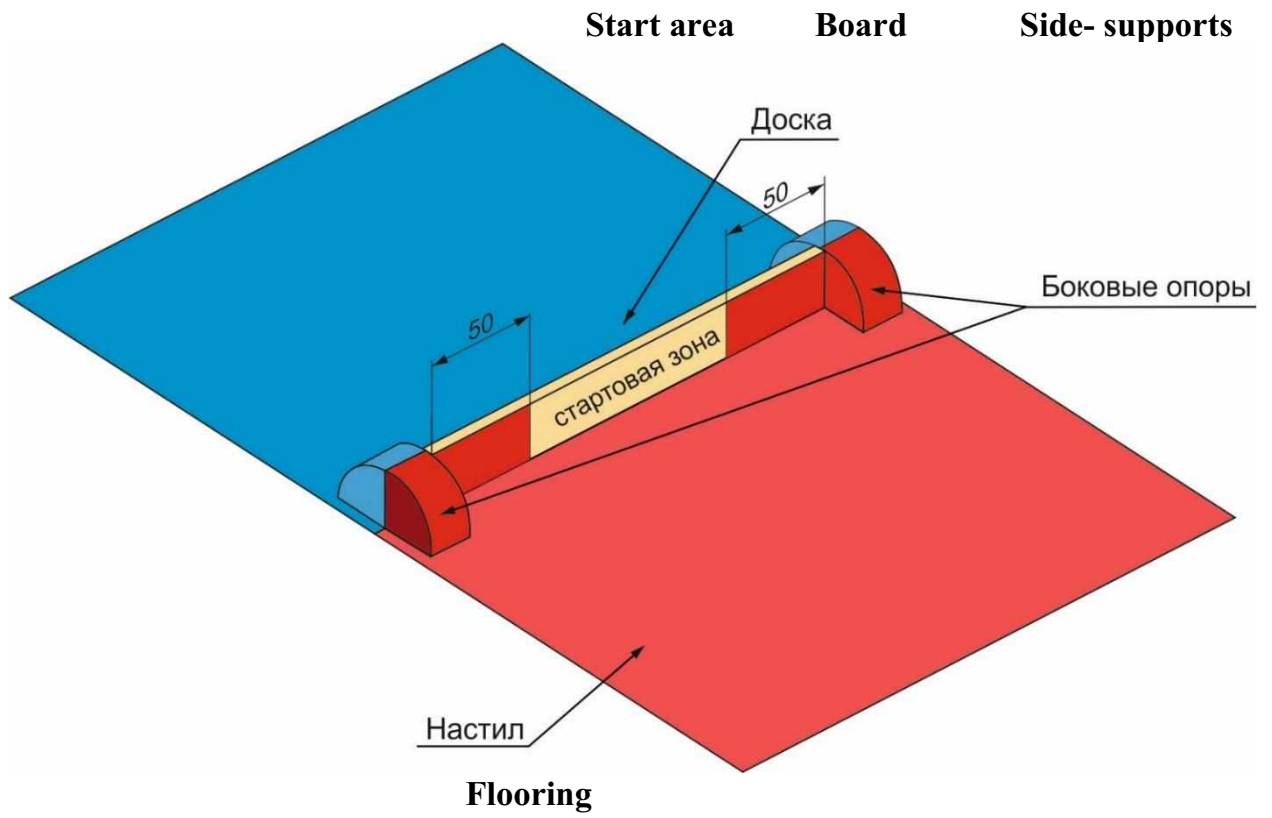
Размеры инвентаря - доски упора для юношей и девушек, см.



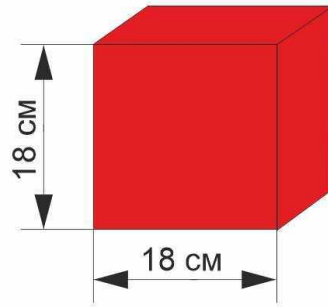
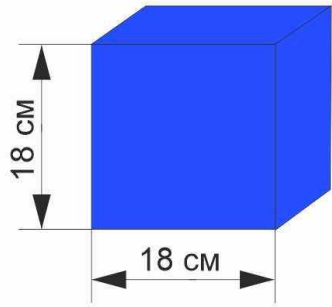
Размеры инвентаря - доски упора для мужчин и женщин, см.



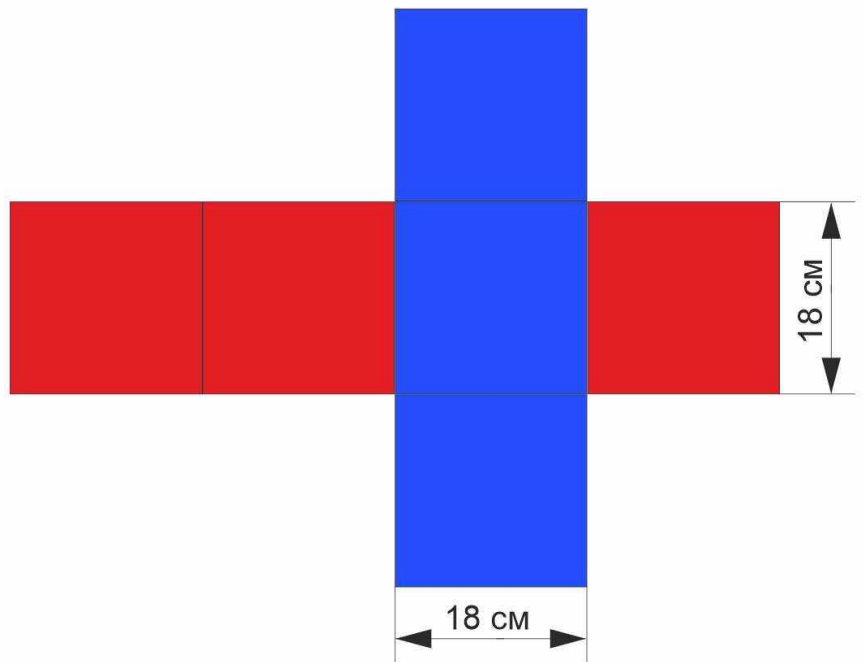
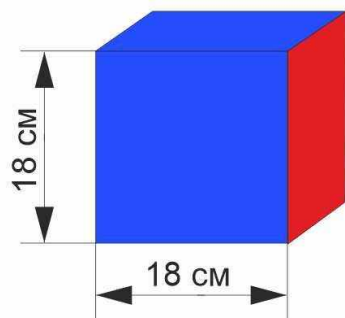
Inventory dimensions - Jamb board for men and women, cm



Protest cubes

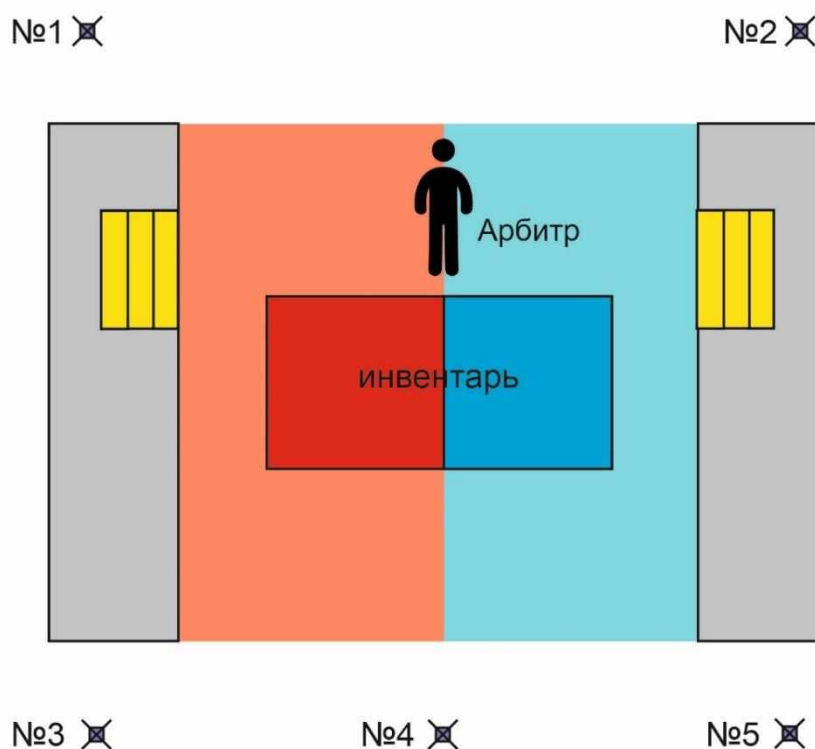


Drawing cubes



Location of Cameras for Video Recording of Disputes

Схема размещения видео камер для видеоповторов спорных моментов



📷 – видео камера

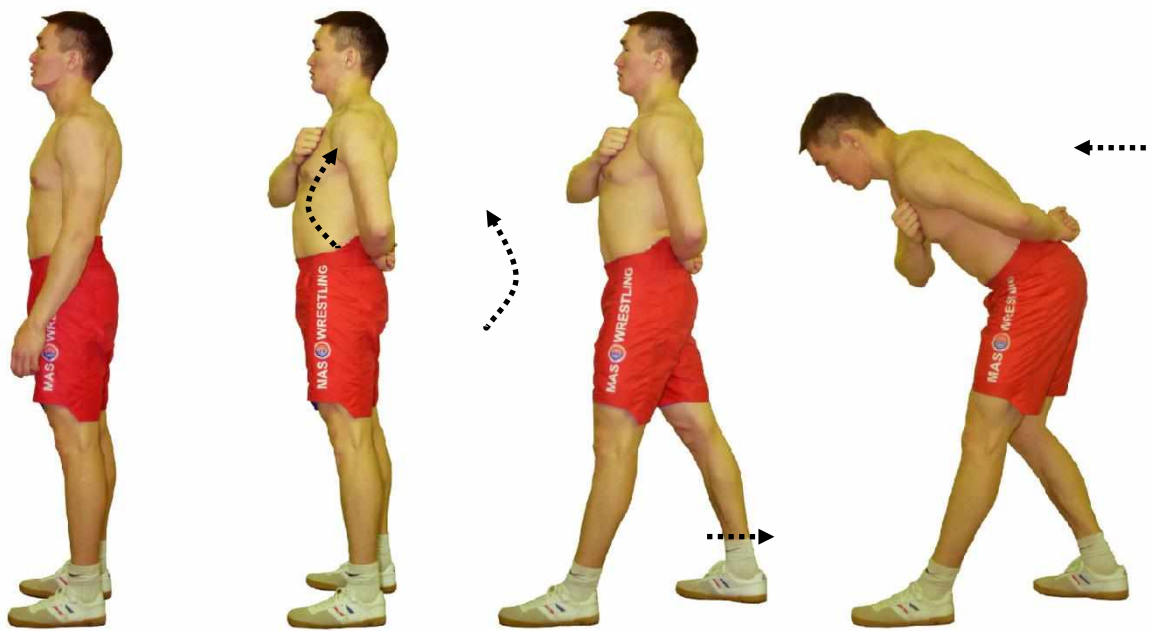
Высота расположение видео камер до 1,5 м.

Расстояние от угла помоста до 1,5 м.

video camera

The video cameras are located up to 1.5 m high

The distance to the platform corner is up to 1.5 m

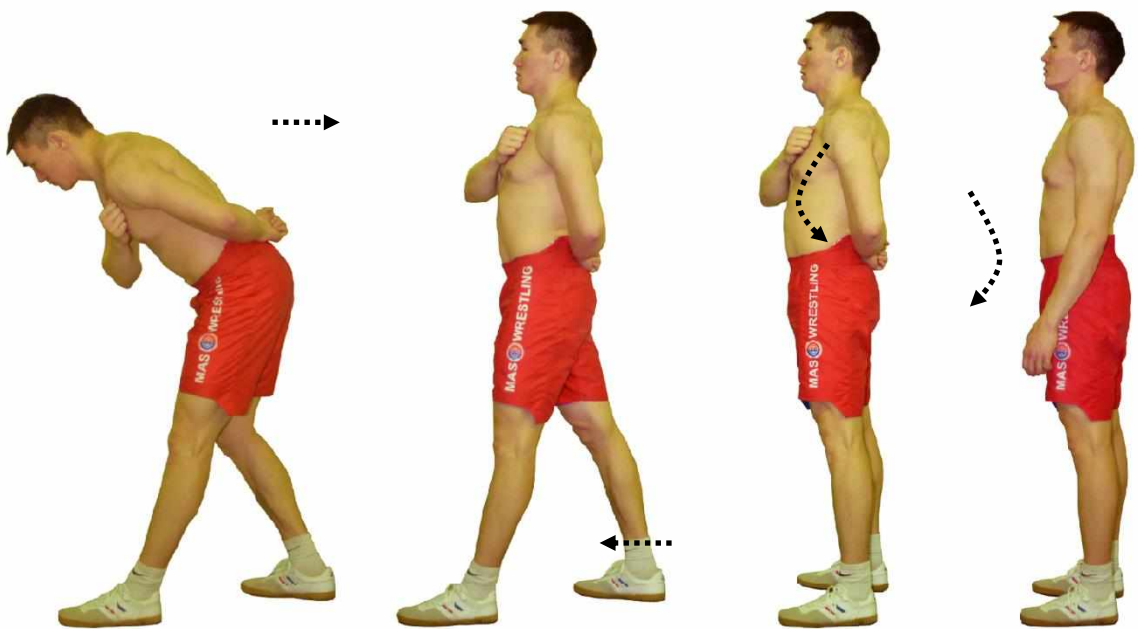


1

2

3

4



5

6

7

8

The official uniform of the arbitrator and the side-referee: a white short-sleeved shirt or a T-shirt.



Injury Report

(competition)

_____ has got an injury on

“ _____ ” _____ 20 _____

Weight category _____ kg.

(medical report)

Doctor:

Chief Referee:

GLOSSARY

Basic concepts, terminology and referee gestures

1. **Mas-wrestling** is a non-contact type of combat sport. It originates from the traditional sport of the Sakha people *mas tardyhy*, which means ‘tugging the stick’. Two athletes sit opposite each other, resting their legs against the jamb board and grabbing a wooden stick *Mas* with their hands, and try to snatch it from the hands of the opponent or pull the opponent to their side;

2. **Mas** is a sports equipment for tugging. The Mas is not just an item of equipment, but a carefully preserved heritage of ancestors, which must be treated with respect. The Mas cannot be dropped or thrown onto the platform. After the end of a bout, the Mas must be returned to the referee's hands.

3. A mas-wrestling **match** consists of two or three bouts. A victory in the match is awarded to the athlete who wins two bouts.

4. **Arbitrator commands and gestures**

The arbitrator must give commands loudly and clearly, duplicating them with gestures.

"**Olor!**" (Sit down!): the arbitrator invites the athletes to sit down on both sides of the jamb board and take the starting position by stretching his/her arms forward with palms down at shoulder level and lowers his/her arms with palms down, together with the command "Olor!".

"**Orto!**" (Middle!): the arbitrator indicates the location of the Mas for the start over the jamb board, for which he/she places the edge of the palm right above the jamb board together with the command "Orto!".

"**Belem!**" (Ready!): the arbitrator, holding his/her hand over the jamb board, gives the command "Belem!"; the athletes must take the pre-start position, stretching the Mas over the jamb board, stopping any movements of the body and legs.

"**Che!**" (Go!): approximately 1 second after the command "Belem!", the arbitrator gives the command "Che!" to start a bout, simultaneously raising the arm

sharply over the Mas and the jamb board.

"Stop!" (Stop!): the arbitrator interrupts a bout with the command "Stop!". The arbitrator can also interrupt a bout with a whistle without a voice command.

"Sereti!" (Warning!): the arbitrator warns the athlete about the violation of the Rules by touching the shoulder of the person being warned with his/her palm, raises the index finger up and slightly shakes it, while the other fingers are clenched into a fist, then extends his/her hand towards the person being warned and loudly pronounces the command.

"Ikkis sereti!" (Second warning!): the arbitrator notes a repeated violation and stops a bout by touching the shoulder of the person being warned with his/her palm, opens the thumb and index finger from his/her fist, extends his/her hand towards the person being warned and pronounces the command out loud. "Ikkis sereti" automatically means a loss, and the arbitrator immediately extends his/her hand with an open palm towards the winner.

"Dispute" is an unresolvable situation that has arisen during a bout, allowing it to continue. In a dispute, the arbitrator spreads his/her arms to the sides, raising them to shoulder level with clenched fists and thumbs up, and then gives the command to start the bout again.

6. **Starting grip:** after choosing the grip of the Mas (internal or external) and its position (left or right), at the arbitrator's command "Grab!", athletes perform the starting grip of the Mas. After the starting grip, the athletes must not release or intercept the Mas. An athlete who releases the Mas without the arbitrator's command receives "Sereti". During the starting grip, the wrist joints must be straightened.

7. **Pre-start position:** the starting position of the athletes after the command "Belem!", evenly stretching the Mas over the jamb board, stopping movements in anticipation of the command "Che!" In this case, bending the body to the left and right, as well as lying on the side, is prohibited.

8. The **drawing procedure** is carried out to determine the pairs of participants in the competition according to the selected numbers on the tokens. The draw is open. The tokens are placed on the table with the numbers down.

9. **Penalty cards** are used to punish for serious violations of the Rules. They are yellow and red. The yellow card means a warning, the red card means disqualification.

10. The **platform** is a structure for mas-wrestling competitions, has a rectangular shape, at least 600 cm x 600 cm in size, 20-100 cm in height and can withstand a load of up to 600 kg/m².

11. The **technical area** is designed to accommodate the athlete and his/her seconds before entering the platform. The technical area is 150-200 cm wide and is located at the side of the platform. Technical areas must be on both sides of the platform.

12. **Flooring** is a smooth competition surface that is attached to the platform and has a thickness of 1.5-2.0 cm, a width of 250 cm, and a length of 400 cm.

13. **Jamb board** is a wooden board for mas-wrestling competitions, 15-25 cm wide, 22-24 cm high, secured at both ends with side supports.

14. **Start area** is a strip 100 cm wide in the middle of the jamb board, within which the athletes' feet must be located at the start. Leaving the start area is considered a line fault and is a violation.

15. The **protest cube** is used by the athlete's seconds to protest the arbitrator's decision. The cube is red or blue in color, depending on the side of the platform from which the athlete is performing. The seconds throw the cube onto the platform, after which they file a complaint for consideration. The cube size is 18 cm x 18 cm.

16. The **drawing cube** is used by the arbitrator in the event of a tie in the bout. Three sides of the cube must be red, three sides must be blue. In the presence of both athletes, the arbitrator throws the drawing cube up and, depending on the color of the upper side of the cube that falls on the platform, makes a decision on the draw. The athlete who wins the draw chooses the grip for the next, decisive bout. The cube has clear even edges. The cube dimensions: 18 cm x 18 cm.

17. **Mas-wrestling uniform**

Mas-wrestling **shorts** have a special shape with a high waistband on the back; they can be knee-length or below the knee, red or blue depending on the draw.