



## BEACH WRESTLING

Beach Wrestling is similar to traditional forms of wrestling but most importantly involves getting rough with guys on the beach! The rules are simple and it makes use of what Australia does best (once again, guys and beaches!!)

### Weight categories

- The person in charge divides the participants into 2 categories:
  - One light category and one heavy category
  - There is no weigh-in, the distribution in the categories is carried out according to the size of the participants and in order to reach the quickest possible ideal divisible number .

### Competition dress

- Swim suites/ Trunks for men without any other accessories



### Competition surface

- On sand, inside a circle of 6m diameter

### Duration of the matches

- One period of maximum three (3) minutes

### Competition system

- The competition takes place with direct elimination.
- The losers of the ½ finals are both ranked in the 3rd place

### Identification of the men and women wrestlers

- After having been distributed by categories, each wrestler receives an ankle band numbered from 1 to n (different for each category) to be put around the ankle. After each match the loser hands the band to the referee.

### Officiating

- The person in charge acts as referee and his decisions cannot be questioned.

### Rules, points and winning

- “Beach Wrestling” is held only in the standing position.
- Gaining 2 points or attaining a “Fall” wins you the match.
- Points can be obtained in the following manner:
  - ‘Fall’ when a wrestler touches both shoulders on the ground (2 points- Win!)
  - ‘Throw’ when a wrestler has succeeded in having his opponent touch a part of his body on the ground (1 point). In the action the attacking wrestler can put one or both knees on the ground.
  - ‘Leaving’ if a wrestler has succeeded in pushing one foot of his opponent out of the competition area (1 point).
- Winning by decision:** at the end of 3 minutes if no action was executed by one wrestler compared with the activity of the other wrestler.

**Penalties:** 1 warning (2<sup>nd</sup> offence - wrestler defaults the match)

- Kicking or punching
- Attack the face or the hair
- Cover the body with an oily and slippery substance
- Holds that can lead to a dislocation
- Stopping the match for any reasons is forbidden (except by referee or to get sand out of face)

### Classification

- One 1st, one 2nd and two 3rd places are declared for each light and heavy category .
- The two first of each category must wrestle to determine the winner of the absolute category of the tournament.
  - 1st of the light category against the 1st of the heavy category
  - 2nd of the light category against the 2nd of the heavy category



Name:  
Harbour City  
Wrestling Club

