



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

**FILA**

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## HEALTH REGULATIONS



**TABLE OF CONTENTS**

**TITLE I - GENERAL PROVISIONS..... 3**

ARTICLE 1 ..... 3

ARTICLE 2 ..... 3

ARTICLE 3 ..... 3

**TITLE II - MEDICAL EXAMINATIONS AND CONDITIONS FOR PARTICIPATION IN THE COMPETITION..... 3**

ARTICLE 4 ..... 3

ARTICLE 5 ..... 3

ARTICLE 6 ..... 4

ARTICLE 7 ..... 4

ARTICLE 8 ..... 4

ARTICLE 9 ..... 4

ARTICLE 10 ..... 4

**TITLE III - CASES IN WHICH A COMPETITOR WILL NOT BE ALLOWED TO PARTICIPATE IN THE COMPETITION..... 5**

ARTICLE 11 ..... 5

**TITLE IV - HEALTH AND HYGIENE – CONDITIONS LAID DOWN FOR THE ORGANIZATION OF A WRESTLING COMPETITION ..... 5**

ARTICLE 12 ..... 5

ARTICLE 13 ..... 5

ARTICLE 14 ..... 6

ARTICLE 15 ..... 6

ARTICLE 16 ..... 6

**TITLE V - MEDICAL PROCESS AND MEDICAL FACILITIES FOR THE COMPETITION ..... 6**

ARTICLE 17 ..... 6

ARTICLE 18 ..... 6

ARTICLE 19 ..... 7

ARTICLE 20 ..... 7

ARTICLE 21 ..... 7

**TITLE VI - HYGIENIC AND PROPHYLACTIC CARE OF THE WRESTLING MAT ..... 7**

ARTICLE 22 ..... 7

**TITLE VII - COMPULSORY OBLIGATIONS..... 9**

ARTICLE 23 ..... 9

**TITLE VIII - FILA MEDICAL AND ANTI-DOPING COMMISSION ..... 9**

ARTICLE 24 ..... 9

ARTICLE 25 ..... 9

ARTICLE 26 ..... 9

ARTICLE 27 ..... 9

ARTICLE 28 ..... 10

ARTICLE 29 ..... 10

**TITLE IX - RESPONSIBILITIES OF THE FILA DOCTORS ON DUTY DURING THE COMPETITION..... 10**

ARTICLE 30 ..... 10

ARTICLE 31 ..... 10

ARTICLE 32 ..... 11

ARTICLE 33 ..... 11

ARTICLE 34 ..... 11

**TITLE X - ORGANIZATION OF THE DOPING CONTROL..... 11**

ARTICLE 35 ..... 11

**TITLE XI - ORGANIZATION OF THE HEALTH PROTECTION ..... 11**

**TITLE XII - PROVISIONS REGARDING THE VALIDITY OF THIS TEXT ..... 11**

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## **TITLE I - GENERAL PROVISIONS**

### **Article 1**

These Regulations are set to establish the basic health and hygienic conditions that must be met by the competitors and the organizing country's Wrestling Federation in the competitions supervised, regulated, controlled, directed or recognized by the International Federation of Associated Wrestling Styles (FILA).

These Regulations also contain the basic health protection requirements of the participating competitors who must have received a medical certificate from their home doctor authorizing them to practise the sport of wrestling and who must undergo a medical examination carried out by the doctor in charge before the weigh-in.

### **Article 2**

According to the present Regulations, each FILA affiliated National member has the obligation to write and to adjust its own Regulations that must fully reflect the various matters covered by these Regulations, particularly in the following areas :

- a. the nature and deadline of the complete medical examination of each competitor by the National Federation and issuance of a medical passport
- b. medical facilities directed by a well qualified doctor, which must be well equipped and well prepared to be able to treat the ordinary wrestling injuries
- c. the conditions and cases that do not allow the affected competitors to participate in the competition
- d. the rights and responsibilities of the doctors of the FILA Medical and Anti-Doping Department

### **Article 3**

Only those competitors who fully meet and completely satisfy the requirements established by these Regulations are entitled to participate in FILA controlled competitions.

## **TITLE II - MEDICAL EXAMINATIONS AND CONDITIONS FOR PARTICIPATION IN THE COMPETITION**

### **Article 4**

Medical examinations should take place once a year for the senior age group and once every six months for the junior and cadet age groups at a medical institution approved and authorized by their respective Wrestling Federations. These medical examinations must be carried out by a specialist in sports medicine or by a sports medicine institution.

### **Article 5**

The medical examination should include :

- a. medical history and past history
- b. family history



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

c. complete clinical examination including :

- orthopaedic examination
- neuropsychiatric evaluation
- dermatological examination

d. routine laboratory examination, including venereal disease and AIDS detection

e. functional and ergonomic evaluation

f. the “gender” of female wrestlers must be certified by a medical certificate. This certificate is obligatory from the junior age group. This medical certificate will be valid for the whole duration of the woman wrestler’s sport carrier.

#### **Article 6**

The results of these examinations and laboratory tests of each competitor must be recorded on the Wrestler’s Medical booklet.

The wrestler’s medical booklet must be submitted by the wrestler to the FILA Medical and Anti-Doping Department one day prior to the competition during the medical examination, to be studied.

#### **Article 7**

The doctor of the National Federation must sign and certify the medical certificate of each competitor willing to participate in the wrestling competitions. The certificate must be inserted in the wrestler’s medical booklet.

#### **Article 8**

All the competitors selected to participate in a competition supervised by FILA must undergo an additional “clearance” medical examination, by a sports medicine specialist of their respective National Federation, minimum 3 days prior to the competition. This evaluation must be signed by their appointed doctor.

#### **Article 9**

A competitor shall not be allowed to participate in an official FILA competition if his medical certificate does not contain the proof of the medical examination. Women wrestlers must submit a medical certificate attesting their “gender”.

#### **Article 10**

One hour before the weigh-in, each competitor must undergo a medical clearance carried out by a doctor appointed by the FILA Medical and Anti-Doping Department. This clearance medical examination is necessary and is being done to inspect for contagious and dermatological diseases. On this occasion, the competitor must present his wrestler’s book, his signed and stamped medical certificate and his passport.



### **TITLE III - CASES IN WHICH A COMPETITOR WILL NOT BE ALLOWED TO PARTICIPATE IN THE COMPETITION**

#### **Article 11**

Participation in the competition is not authorized if, in the opinion of the FILA doctor, a competitor :

- a) has open or infected wounds
- b) has a condition which, through contact, may develop into open wounds that can affect the opponent or may cause an epidemic
- c) if the competitor is suffering from a condition or a disease which, as a result of strain exerted during the competition, might adversely affect his health or his opponent's health
- d) if for health reasons, the competitor is not in a position to take part in the competition
- e) if the competitor is unable to present his wrestler's book duly authenticated and containing the results of all the laboratory tests required. However, in this case, the competitor could be authorized to participate by the doctor, after a complete medical examination. The cost of this medical examination must be born by the competitor concerned.
- f) if a woman wrestler cannot submit a medical certificate attesting her gender.

### **TITLE IV - HEALTH AND HYGIENE – CONDITIONS LAID DOWN FOR THE ORGANIZATION OF A WRESTLING COMPETITION**

#### **Article 12**

The National Federation and the wrestling competition organizer are obliged to ensure that all the requirements set in these Regulations are met.

#### **Article 13**

The Medical Commission of the organizing country must fill in the questionnaire prepared and supplied by the FILA Medical and Anti-Doping Department six months prior to the competition.

The competition organizer must ensure that all the health and hygienic requirements set out in these Regulations are met.

The president of the FILA Medical and Anti-Doping Department or his representative must approve the quality and adequacy of the medical coverage of the competition.

If the president of the FILA Medical and Anti-Doping Department or his representative would not approve the quality and/or the adequacy of the medical coverage, the competition will be cancelled or postponed until the requirements are met.



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

#### **Article 14**

Before the competition, the technical delegate together with the appointed doctor of the FILA Medical and Anti-Doping Department must inspect the conditions of accommodation for competitors, the food and the condition under which it is prepared and the conditions of its distribution.

Food tests should be carried out throughout the competition. If it was established that the quality of accommodation and food required in the Regulations was not complied with, FILA will decide upon the sanction to be imposed to the organizing National Federation.

#### **Article 15**

The organizing committee of any competition supervised by FILA must provide a permanent medical service, headed by the FILA doctor, at the place where the competitors are accommodated.

#### **Article 16**

The competition shall take place in a sports hall well prepared with all the necessary sanitary facilities.

The capacity of the hall shall depend on the number of the participating countries as well as on the size and the importance of the event.

The competition hall must be clean, well lit and ventilated with temperature control. The number of spectators must not exceed the capacity of the hall.

For Continental Championships, the capacity of the hall must be of minimum 3'000 seats, plus the reserved seats for the participating teams, the media and VIPs

For World Championships, the minimum number required is 5'000 seats.

### **TITLE V - MEDICAL PROCESS AND MEDICAL FACILITIES FOR THE COMPETITION**

#### **Article 17**

The organizing country must prepare 3 or 4 large rooms for the medical examination, equipped with tables and chairs and an adequate space for the pre-competition examination of the competitors.

#### **Article 18**

The host country's organizing Federation must provide a wide table and 3 chairs per each wrestling mat in the sports hall.

Each table must be adequately supplied with the first aid material for the most common minor injuries.

At each table one doctor and a medical auxiliary from the organizing country or another doctor must be present.



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#### **Article 19**

The organizing country must prepare an emergency room facility equipped for casualty, staffed with emergency specialist and sports medicine physician able to handle the minor injuries. This emergency room will also be used in case of need for first aid to the public or officials.

This emergency station, located in the building of the sports hall, must be provided with all the equipment required for intensive care, such as the following :

- cardio respiratory resuscitation equipment, defibrillator
- oxygen breathing apparatus
- ECG systems, sphygmomanometer, endotracheal tubes
- sterile surgical instruments for suturing lacerations
- sufficient quantity of splints and bandages
- sufficient quantity of sterile syringes and needles
- all the necessary medications needed in the following emergency situation :  
resuscitation, pain control and local anaesthesia

#### **Article 20**

A stretcher and an ambulance have to be permanently on site for the immediate transportation of the severely injured competitors to the nearby hospital.

#### **Article 21**

A close-by-hospital must be consulted, informed and approved by the doctor in charge of the organization prior to the competition in order to be ready to accept and care for any injured competitor immediately.

### **TITLE VI - HYGIENIC AND PROPHYLACTIC CARE OF THE WRESTLING MAT**

#### **Article 22**

The wrestling mat on which the competition is to take place must be clean and meet the FILA standards and requirements.

- a) after each round of the competition, that means at the end of the morning session and at the end of the evening session, the mat must be cleaned with a mop soaked with soap and water and dried.
- b) if a wrestling mat becomes dirty during the course of the competition, the referee must stop the competition to allow the mat to be cleaned and disinfected.
- c) when the mat is contaminated by blood , the "special procedure" should be followed in order to prevent and eliminate the possibility of spreading blood born pathogens



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

- d) the bleeding competitor, the source of contamination, must be attended immediately. The FILA doctor and / or the team doctor must strive to stop the bleeding. If the laceration is rather severe and the injured competitor cannot be cared for in the two minutes allowed time, the competition should be terminated for this competitor and he or she should be sent to the emergency room or possibly to the hospital.
  - e) the decision of the FILA doctor to forbid the competitor to resume the bout in case of injury is final. When a competitor is injured, he or she must be placed on the protective part of the mat, outside the competition area. The medical intervention should not take place in the wrestling space.
  - f) the declaration of the winner of the competition and the awarding of various recognitions or medals should not be done on the wrestling section of the mat.
  - g) the wrestling shoes must be worn only on the mat. The competitors are not authorized to walk in their wrestling shoes outside the mat.
  - h) when the wrestling mat is contaminated by blood, he must be cleaned with the special antiseptic solution, selected by the FILA Medical and Anti-Doping Commission and approved by the FILA Bureau.
  - i) nobody is authorized to step on the wrestling mat with ordinary shoes
  - j) for antiseptic measures, the competitor and / or his trainer can choose from one of the following procedures :
    - 1. to apply the shoe covers provided by the organizing Federation before stepping on the mat
    - 2. clean the sole of the wrestling shoes with the antiseptic solution provided by the organizer
      - 2 a. the antiseptic may be in the form of a spray. The coach should spray the sole of the shoes with antiseptic and dry them with towels.
      - 2 b. the antiseptic may be provided in the form of a soaked towel. The towel must be rubbed on the bottom of the shoes or the competitor can step on the towel and rub the bottom of his shoes on the soaked towel
- Care must be taken not to spray on the face or skin and not to step on the mat with wet shoes.





## **TITLE VII - COMPULSORY OBLIGATIONS**

### **Article 23**

The competitors and all other persons participating in the competition have the obligation to comply with the provisions of these Regulations.

During these competitions, the competitors must wear clean sport clothes and clean shoes.

The referees must wear the FILA approved regulatory dress. They are not allowed to step on the mat with ordinary shoes.

The competitors must have their beard completely shaved. If beards are worn, they must not be shorter than 5 mm.

The nails of all competitors must be cut short.

## **TITLE VIII - FILA MEDICAL AND ANTI-DOPING DEPARTMENT**

### **Article 24**

The members of the FILA Medical and Anti-Doping Department are appointed by the FILA President with the approval of the FILA Bureau and on the basis of the proposals submitted by the National Federations.

Prior to their assignment, their credentials must be approved by the head of the FILA Medical Department.

The FILA doctors must wear a white coat / jacket and the arm-band "Official FILA Doctor" from the FILA Medical Department.

### **Article 25**

The President of the Medical and Anti-Doping Department is appointed by the FILA President.

The FILA President has the authority to appoint associated members.

### **Article 26**

The representative of the FILA Medical and Anti-Doping Department is responsible for the entire organization of health protection and doping control during the competition organized under the auspices of FILA.

### **Article 27**

During every competition supervised by FILA, the FILA Medical and Anti-Doping Department appoints from among its members, the doctor to be responsible for :

- a. accommodation and food
- b. medical examination
- c. health protection on the mat
- d. doping tests for each day of the competition
- e. check on the medical equipment, the smooth running of the infirmary and all the issues connected to medical matters



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

### Article 28

Immediately after the completion of the competition, the doctor assigned to the doping tests must hand over the doping reports to the FILA President.

The head of the FILA Medical and Anti-Doping Department or an appointed member of this Department, must, within 10 days after the end of the competition, submit a full report of the entire medical coverage of the event.

This report should include all information on accommodation, food and injuries and must be sent to the FILA President who will forward a copy to the President of the FILA Medical and Anti-Doping Commission.

It is the FILA President's discretion whether to report or not to the FILA Bureau.

### Article 29

Prior to any competition supervised by FILA, the president of the Medical Department or his deputy, is obliged to organize a meeting with all the doctors of the National Federations and to give them the following information :

- a. the place and time of the medical examination
- b. names of the doctors who will each in turn provide the medical services required for each day of the competition.
- c. place, time and requirements of the doping tests
- d. place where the complaints and requests may be submitted.
- e. to give them instructions regarding the report (applications for therapeutic use exemptions) which must be submitted if one of the competitors has received and used any drug after medical prescription, within ten days prior to the start of the competition.

## **TITLE IX - RESPONSIBILITIES OF THE FILA DOCTORS ON DUTY DURING THE COMPETITION**

### Article 30

If one of the competitor is injured, the FILA doctor on duty can request the officiating body and the mat chairman to stop the competition.

### Article 31

During the competition, upon request of the referee, the FILA doctor on duty is required to give an injured competitor immediate medical assistance. Depending on the severity of the injury, the FILA doctor decides and gives his opinion to the referee on the ability of the said competitor to continue the competition or not. In the event of an injury simulation medically admitted, the wrestler concerned will be sanctioned.



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#### **Article 32**

Each injury should be reported by filling out the injury report provided by the FILA Medical and Anti-Doping Department.

The FILA doctor appointed to the competition is responsible to provide this report. Upon his request, this report may also be provided by any of the doctors appointed to each mat.

#### **Article 33**

At the end of each day of competition, the FILA doctor on duty must submit injury and other reports to the head of the FILA Medical and Anti-Doping Department. On the basis of these reports, the head of the FILA Medical and Anti-Doping Department shall draw up a complete report which must be submitted to the FILA President within 10 days after the competition.

#### **Article 34**

If, in the opinion of the FILA doctor on duty, an official seems physically or mentally unable to work or if he is found to be under the influence of alcohol or drugs, he is obliged to inform the Technical delegate and the head of the Officiating Department. If the FILA doctor on duty considers it necessary, he may also require a special medical examination including laboratory tests for alcohol and drugs.

In the event of a positive result of these tests, the official concerned will be excluded, notwithstanding the fine to be imposed on his National Federation.

### **TITLE X - ORGANIZATION OF THE DOPING CONTROL**

#### **Article 35**

The doping control is governed by special regulations (for detailed information, please review the FILA Antidoping Regulations and the World Antidoping Code of the WADA).

In brief, 2 to 5 random doping tests can be carried out on the participants per each day of the competition.

All the medal winners (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup> place) of each weight category are required to undergo doping tests.

### **TITLE XI - ORGANIZATION OF THE HEALTH PROTECTION**

In accordance with article 2 of these Regulations, all National Federations must organize health protection within the framework of their internal structure.

The organizing committees for Championships and tournaments supervised by FILA are required to strictly comply with these Regulations.

### **TITLE XII - PROVISIONS REGARDING THE VALIDITY OF THIS TEXT**

The FILA Bureau is the only body which is authorized to submit to the FILA Congress, for approval, any modifications, adding and suggestions of the FILA Medical Department concerning the present Regulations.