



PART 1: GENERAL ARRANGEMENTS

ARTICLE 1: DEFINITION

The African wrestling style, relating to the present code, is a team sport. According to their age and weight categories the wrestlers compete among themselves in individual bouts to assess the superiority of a team over another. Whatever the type of competition, the community and traditional features of this form of wrestling will always have to be protected.

ARTICLE 2: THE ARENA

The arena is a circular place where wrestling competitions are organized and which is made up of two separated parts:

1st part

- the stands and rows for the spectators
- The official stand for the officials
- The press room

2nd part

- The competition area for the two teams and the technical officials.

ARTICLE 3: THE COMPETITION AREA

The competition area has a diameter of 20 meters and is as follows:

- A 11m diameter circular fighting area surrounded by a 1,5m circular band representing the protection zone;
- The fighting area and the protection zone will be covered by an amortizing material (sand, rug, foam, carpet etc.);
- The fighting area will be separated from the protection zone by a track of a different color and easily seen.
- A waiting zone (corner) will be placed 1m away of the protection zone in front of each lodge

ARTICLE 4: QUALIFICATION OF A WRESTLER

Any wrestler involved in a competition organized under the present rules must:

- a) Hold a valid passport or national identification card;
- b) Hold a sportive license for the current year delivered by his national federation and the United World Wrestling.
- c) Present a valid international health certificate and a certificate of fitness;
- d) Satisfy to the weighing conditions.



ARTICLE 5: AGE AND WEIGHT CATEGORIES

A.MEN

CATEGORIES	AGES	WEIGHT IN KG				
		30	35	40	45	50
BINJAMINS	11-12	30	35	40	45	50
MINIMES	13-15	35	40	45	50	55
CADETS	15-17	45	50	55	60	65
JUNIORS	18-19	60	70	80	90	100
PROMISING	20-23	66	76	86	100	+100
SENIORS	20 and over	66	76	86	100	+100
		1°	2°	3°	4°	5°

B.WOMEN

CATEGORIES	AGES	WEIGHT IN KG				
		30	35	40	45	50
BINJAMINS	11-12	30	35	40	45	50
MINIMES	13-15	35	40	45	50	55
CADETS	15-17	45	50	55	60	65
JUNIORS	18-19	48	53	58	63	80
PROMISING	20-23	48	53	58	63	80
SENIORS	20 and over	48	53	58	63	80
		1°	2°	3°	4°	5°

ARTICLE 6: UPGRADING

No upgrading is authorized in youth categories.

For the other categories, weight upgrading is only allowed for the immediate upper category. Only juniors, promising and senior athletes will be able to participate in open competitions, the minimum required weight will be 80 kg.

ARTICLE 7: REGISTRATION, MEDICAL CHECKUP AND WEIGHING

They will be completed the day before the competition by a weighing commission made up of at least three officials and a doctor in presence of an officer for each delegation. Weighing operations will last 1h30min.

The delegations will be informed about the hour and location of weighing at least 24h in advance. The operation will last 1h30min.

The wrestler will appear at the weighing dressed in underpants, bare-chested and barefoot and in suitable outfit for women. As soon as the weighing formalities are completed the jury will proceed to the draw.

Any male or female wrestler presenting a contagious affection or any disability will be eliminated from the competition

The composition of each team already written on the registration sheet and handed to the relevant commission cannot be modified.



The list of qualified male and women wrestlers is only definitive after the weighing.

ARTICLE 8: THE WRESTLER'S OUTFIT

The wrestler will enter in the competition area in panties or loin cloth or according to his country's tradition. He will be bare-chested, barefoot, toenails and hand nails cut very short. The team's outfit will be of the same color. It is formally forbidden to wear objects that can harm the wrestler himself or his opponent during the combat (necklace, ring, bracelet...).

ARTICLE 9: THE RITUAL

The ritual is a set of practices related to each country made up of drums, traditional communicators, singers, dances, challenges, symbolic incantations. Each country's ritual is accepted according to its tradition provided it does not disturb either the opponent team or the normal course of the combat. The time for the ritual must not exceed one (1) minute.

ARTICLE 10: RITUAL IN THE COMPETITION AREA

When entering the competition area, the two teams will parade and line up in front of the official tribune for the usual proceedings. Each team will then join its designated corner.

ARTICLE 11: THE WAITING TIME

The waiting time takes place just after the challenge on the dedicated spot and must not exceed three (3) minutes. The wrestler can concentrate according to his ritual, receive all the instructions and care from his coach before the combat and during the break. There cannot be more than two technical advisors

TITLE II: TECHNICAL PROCEEDING OF THE BOUT

ARTICLE 12: THE TECHNICAL COMMISSION

The technical commission in which are Technical Directors, coaches, judge-referees and technical officers chosen for the competitions are responsible for the designation of the jury for all the competitions. In case of litigation it examines the claims and homologates the results.

ARTICLE 13: THE JURY

The jury or technical officials is in charge of the good organization of a match between two teams and directs the combats.



- The president of the jury or chief of the desk coordinates all the activities of the jury and makes sure the rules and regulations are strictly respected. He also is in charge of the match sheet.
- The combat is directed by three (3) officials
 - . A central referee
 - . Two judges sitting right next to the fighting area under the control of the chief of the desk who decides in case of litigation, his advice being predominant.

ARTICLE 14: FUNCTION OF THE MEMBERS OF THE JURY

The referee directs the combat in the fighting area and is assisted by the two judges. From where they are seated they control and make sure everything goes in a proper way.

ARTICLE 15: THE REFEREES'S OUTFIT

He will be dressed in white. A round collar bubu $\frac{3}{4}$ sleeves, height at the mid-thigh, trousers and light sport shoes. He can eventually wear clothes with one or more sponsors' logo.

ARTICLE 16: THE ASSESSORS

The officials are helped in their work by assessors:

- A timekeeper who controls the exact duration of the combat and of the break time. He deducts the time of stops during the combat ;
- A marker in charge of the scoreboard.

ARTICLE 17: THE COACH

He is responsible of the technical supervision of his team during the competition. His name is clearly mentioned on the registration sheet at the moment of weighing. He must wear a sport outfit (track suit and sport shoes) and hold a clean and dry towel.

He can only assist his wrestlers in the designated corner of his team. But he is authorized to assist his wrestler in the waiting zone.

During the combat it is strictly forbidden for him to:

- come out of his corner to go towards the technical table or the combat area unless invited by the jury;
- do any action detrimental to the competition.

If there is a claim, he will wait until the break or the end of the combat.



ARTICLE 18: DURATION OF THE COMBAT

- For the juniors, promising and senior categories, the duration of effective combat is fixed to 6 minutes divided in two rounds of 3 minutes each with a one (1) minute break between the two. Overtime lasts three (3) minutes. Time during which there is no action being deducted.
- For the youth categories the duration of effective combat is fixed to 4 minutes divided in two rounds of 2 minutes each and one (1) minute break. Overtime lasts two (2) minutes.

ARTICLE 19: THE COMBAT

- The referee calls the two wrestlers in the middle of the competition area for the control of the outfits and various indications. Then he invites them to shake hands and blows the whistle to announce the beginning of the combat;
- During the bouts, the referee will whistle to indicate faults, exits, ground positions, dangerous grips, wounds and every time he feels it necessary;
- At the end of the first round, the referee will blow the whistle for the one minute break during which the wrestlers will remain in their respective waiting zone;
- After the break, the combat will resume in the center of the combat area after the referee whistles to get it started;
- At the end of the second round or after a fall meaning a victory, the referee will whistle the end of the combat and declare the victory;
- At the end of each combat, the wrestlers must shake hands with their opponent and their coaches;
- In case of accident during the combat, a cumulated time of care of three (3) minutes is considered.

ARTICLE 20: THE EXITS

During the combat, grips are only validated when the two wrestlers' four feet are in the competition area at the moment of the action.

But any action started and realized in the above indicated conditions and which ends in the protection zone will be validated.

Any action undertaken with a foot outside the combat zone will be cancelled.



ARTICLE 21: THE TECHNIQUE

The technique is exclusively in a standing position. In other words it is forbidden to carry any action after falling on the ground. It is also forbidden for a wrestler to start an attack when on his knees

Having one hand on the ground during an attack or a counter attack is allowed. The technique refers to the direct and active use of the arms on the entire opponent's body (arms, chest and legs), the direct and active use of legs in offensive and defensive actions

In all cases gripping the neck with a choking effect and the seizure of the belt (cloth) are strictly forbidden

ARTICLE 22: PROHIBITIONS

All seizures of the opponent's body meant to hurt are prohibited:

- Seizures and neck strangling;
- keys and twisting arms, wrists, ankles, fingers and toes;
- Pinching;
- Seizure of genital parts;
- Seizure of ears and hair;
- Put fingers in eyes, nose, ears;
- Biting;
- Blows with fists, feet, elbow, head and knees;
- Spit or throw anything on the adversary;
- It is forbidden to seize the short;
- It is forbidden to seize less than three fingers.

It is strictly forbidden to voluntarily stop the combat (except at referees' whistle), and go deliberately out of the combat area.

ARTICLE 23: THE PENALTIES

A. PENALTIES AGAINST THE WRESTLER

1. **The warning**: it is pronounced by the referee against the wrestler who breaches the regulations
 - According to the cases, it can be preceded or not by a verbal observation;
 - The warning is mentioned on the match sheet;
 - When a wrestler receives three warnings he is declared defeated for the combat.
2. **Disqualification for the combat** following a serious offense or automatic after the third warning.
3. **Exclusion from the tournament**: left to the judgment of the Technical Commission (very serious case). In this case the excluded wrestler cannot pursue any more the competition.



The team which keeps an athlete excluded from the running tournament may find itself disqualified.

B. PENALTIES AGAINST THE TEAM OFFICIALS

The team officials (coaches or trainers) who do not abide by the present code incur the same penalties as the wrestlers.

ARTICLE 24: VICTORY

Victory in a combat is obtained in the following cases:

- Fall on the back, the head, buttocks (even following an action of the attacker);
- Fall on the belly, on the side, on the two knees and one hand, on the two hands and a knee, on three supports on the ground other than the feet;
- abandonment of the opponent;
- default after three calls spaced out of one minute each;
- warnings for no fighting spirit or for serious offence;
- Disqualification of the opponent for anti-play and flight of the combat area after three successive warnings;
- Warning after the statutory time of combat.

ARTICLE 25: THE SCORING

In order to evaluate the actions of the two wrestlers the scoring will be done as follows:

- victory by fall and warning: 5 points;
- victory by abandonment: 4 points;
- victory by disqualification: 3 points
- victory by default: 2points;
- defeat by fall and warning: 1 point;
- defeat by abandonment: 1 point
- defeat by disqualification: 0 point
- defeat by default: 0 point.

ARTICLE 26: THE RANKING

1. The largest number of victories
2. The largest number of points;
3. The smallest cumulated average victory times;
4. The victory of one over the other.

ARTICLE 27: RESERVES AND COMPLAINS

Reserves are made before the combat: for the qualification of the wrestlers, the quality of the combat area...Complains concern the violation of rules during the competitions and the combats.



Reserves and complains are formulated by the plaintiff to the technical table within (3) three minutes. To be accepted, they must be formulated with an amount of thirty-nine (39) euros. The jury can refer to videos if necessary. This amount will be left to the jury whatever the outcome of the deliberation.

ARTICLE 28: THE REWARDS

After the final ranking the best teams will be rewarded as follows

- **Team**
 - The 1st will receive the gold medal + a prize+ a trophy;
 - The 2nd will receive a silver medal + a prize;
 - The team that came out 3rd will receive a bronze medal + a prize;
 - The coach of the team will receive a medal
 - Each member the official delegation will also receive a medal

- **Individual for each weight category**
 - The 1st will receive a gold medal + a prize + a trophy;
 - The 2nd will receive a silver medal + a prize;
 - The 3rd will receive a bronze medal + a prize

ARTICLE 29: TYPES OF COMPETITIONS

Team competition: championship or trophy (playoff)

Five teams or less: one group in a Nordic tournament (all the teams meet each other). From 6 to 8 teams: two groups with as top of the list team, the winner of the last tournament and that of the host country. In each group, the teams will compete in a Nordic tournament (all the teams meet one another).

At the end of all the matches, the teams which came out first in their group will meet for the final and the runner up will meet for the 3rd and 4th places. If the number of teams is larger than eight (8), they will be split up in three or four groups:

- For a competition with three (3) groups, the teams which come out 1st in each group and the best 2nd will meet in crossed semifinals. The best 2nd cannot meet in a semifinal the team that came 1st in its own group;
- In a competition with four groups there will be crossed semifinals (A against C and B against D).

Individual competition: Championship formula - direct eliminatory formula

Each country can only register one wrestler per weight category, with no obligation to cover all the weight categories. Abandonment in a combat means abandonment of the competition.



ARTICLE 30: THE PROTOCOL

A. COMPOSITION OF THE DELEGATION

Each country delegation is made up of a maximum of 10 persons distributed as follows:

- 5 wrestlers, one per weight category;
- 1 coach;
- 1 Head of Delegation;
- 1 Federal delegate;
- 1 doctor;
- 1 National Technical Director.

The Experts, the Technical Officials and the Referees are chosen and financially supported by the leading structure

B. REGISTRATION

Delegations must present their definitive registration list before the beginning of the medical checkup. Definitive registration will precise the names and surnames of the competitors, their ages, their respective weight category and their international license number

C. RESPONSIBILITIES

1. The visiting teams.

International transport fares are supported by participating countries. The visiting teams are urged to abide by the regulations of the host country relating to police, health and customs.

2. The host country

- The organizing country is responsible for welcoming, accommodation, meals and local transport of visiting teams accordingly to financial and accounting rules.
- It is in charge of medical coverage and material and technical organization.
- It must take all necessary steps relating to insurance against accidents and civil responsibility of participants throughout the tournament.

D. EARNINGS

The revenues generated by the events are managed by the organizing country.

ARTICLE 31: SCOPE OF APPLICATION

The present code will be applicable during:

- 1) All African Wrestling national events
- 2) International African wrestling events



- 3) All African championships and African cup tournaments
- 4) African Games
- 5) Francophone Games
- 6) Commonwealth Games.

The texts of the present code written in French and English will be the only interpretation reference in case of dispute.

ARTICLE 32: THE REFEREEING BODY

1. COMPOSITION:

In all competitions and for each match, the refereeing body is composed of:

- The President of the jury, 1 referee, 2 judges, 1 timekeeper, 1 marker;
- It is strictly forbidden to change a member of the refereeing body in the course of a match except in case of uneasiness formally attested medically;
- The refereeing body (for the same match) cannot, in any case, be composed of two officials of the same nationality;
- Moreover it is strictly forbidden for a referee to fulfill his mission for matches disputed by his nationals.

2. OVERALL FUNCTION

- the refereeing body takes care of all the functions indicated by the rules of wrestling events and by specific dispositions eventually fixed for the organization of some of them;
- the president of the jury, the referee and the judges appreciate together the seizures and the actions. In order to formulate a definitive decision, they must collaborate under the supervision of the president of the jury who coordinates their work.

3. THE REFEREE

- He is in charge of the normal pursuit of the combat which he has to direct according to the rules;
- He must make himself respected by the wrestlers and exercise full authority on them so that they immediately obey his orders and instructions as he must direct the match without tolerating any irregular and inappropriate intervention coming from outside;
- He works in tight collaboration with the judge under the direction of the president of the jury, and must carry his action in the management of the



combat avoiding stepping in an unthinkable or inappropriate way. His whistle starts, interrupts or ends the combat.

-Only the referee is allowed, after consulting the judges, to declare the warnings.

According to the circumstances, the referee must never hesitate to:

-call on the passive wrestler(s) (watch out, wrestle);

-interrupt the combat at the right time (danger);

-pronounce the warning after having asked the judges' agreement (clear fall) or if not, the president of the jury's (doubt).

The referee must simply make sure:

-Not to be too close to the wrestlers to avoid preventing the judges and the public from seeing, notably if a victory by fall is under way;

- the wrestlers are active during the combat, pretending to be bothered, or wounded, in this case, he must interrupt the combat and give a signal to the timekeeper;

-he is able to change position at any time in the combat area or around it (rotation opposite that of the wrestlers);

-he is ready to whistle if the wrestlers go near the protection zone.

The referee must also

-clearly designate the faulty wrestler when he has a warning to distribute;

-oblige the wrestlers to remain in the combat area until the result is declared;

-vote (for or against) with all the other members of the refereeing body in case of disqualification;

-require warnings for breaches of the rules, or brutality or if a wrestler refuses the combat even at its early beginning.

4. THE JUDGE

-Respects all the duties indicated in the general wrestling rules;

-Must carefully watch the combat without being disturbed in any case;

-Gives his advice or require that the warning be given publicly;

-Witnesses the fall himself;



- Must make a signal to the referee by raising his arm when he sees something he thinks necessary to inform the referee about, even if the latter did not ask;
- Must, in all circumstances, draw the referee's attention on things that seem abnormal or irregular in the match, or on the wrestlers' behavior;
- In order to facilitate the supervision of the match when in a delicate position, the judge is allowed to move but only along the side where he finds himself.

5. THE PRESIDENT OF THE JURY

- His functions are predominant;
- .He must carry all the obligations indicated in the wrestling rules;
- After distribution of their role, he coordinates the work of the referee and the judges;
- He must carefully watch the combats without being disturbed in any way and appreciate the behavior and the actions of the referees' body accordingly to the rules;
- Ask the bases of referee's and judges' decisions;
- He obligatorily summons his refereeing body at the end of the 1st round of each combat during which there was no action, no warning distributed so that he can decide together to distribute warnings to a wrestler or to the two of them;
- If there is a disagreement between the judges and the referee, he must decide to determine the results, the warning, disqualification etc.

6. THE TIMEKEEPER

- He starts his chronometer at the referee's whistle;
- He takes the time of the combat for the 1st and 2nd rounds as well as the time devoted to the break;
- He takes the time given to wrestlers to get cared for as well as the time for concentration;
- With any sign (whistle, gong etc...) he informs the referee of the end of the first round and of the combat time.

7. THE MARKER

- Writes readably all the results on the proper board;
- Works in tight collaboration with the other members of the refereeing body.

N.B: The President of the jury can call on an animator (master of ceremony) who will announce the order of combats and the results declared by the refereeing body. As for the wrestlers and coaches, the members of the refereeing body have to respect the disciplinary rules governing the competition they officiate in (warning, blame, suspension, disqualification, radiation from the refereeing body).

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For the World African Wrestling Commission.
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