



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

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COMPULSORY STANDARDS

FOR THE WRESTLER'S SINGLET



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TITLE I - WRESTLING SINGLETS

Article 1 - General considerations

The modern wrestling singlet has a design which facilitates the printing of the sponsors' name.

The wrestling singlet must be made up of a fabric presenting no danger of irritation neither for the user nor for the opponent.

The fabric used for the wrestling singlet must give all possibilities to the wrestlers to execute their holds.

Article 2 - Dimensional norms

Greco-Roman wrestling

The wrestling garment must be a smooth, one-piece garment with no rough edges, held at the shoulders with braces which leave 10 centimetres of the upper part of the chest and shoulders exposed and 20 centimetres of the back exposed.

The cut-out part of the arms consists in the straps and the body of the singlet itself. It goes down to maximum ten centimeters.

The legs of the singlet, according to the current Rules of Wrestling, can have two lengths:

- either covering the thigh and stopping above the knee,
- or down to the ankle, entirely covering the leg, like tights or leggings. In this case the leg of the singlet must be fixed with an elastic going under the foot of the wrestler to keep it in his shoe.

In no way shall the Greco-Roman garment have another design or other dimensions.

Freestyle wrestling

The dimensions of the singlet are exactly the same as for the Greco-Roman singlet, with the exception of the legs which must imperatively stop above the knee (maximum length) and not be shorter than 25 centimetres above the knee.

Feminine Wrestling

The Feminine Wrestling singlet is made up of one piece presenting no roughness.

The singlet must have the following characteristics:

- the cut-out part on the front must not be more than 15 centimeters
- the cut-out parts under the arms must not be more than 10 centimeters
- the upper part of the back is exposed on twenty (20) centimeters
- the length of the legs must stop above the knee and must not be shorter than 20 centimeters above the knee.



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Article 3 - Colours

Each wrestler (man and woman) must have two garments, one dominantly red and the other one dominantly blue.

The wrestling singlet cannot be dominantly red on the front and blue on the back or vice-versa. It must either be totally red or blue so that the referees can identify the wrestlers without any risk of error. The decorating motif is left to the choice of the users and manufacturers.

Article 4 – Inscriptions (name of the wrestler, emblem of the National Federation and abbreviation of the country)

For the three wrestling styles:

Surname of the wrestler

It shall be placed on the upper part of the back – either horizontally or in half circle according to the number of letters. The height of the letters forming the surname shall measure between seven and ten centimetres.

Emblem of the National Federation

It must be placed on the front of the singlet (chest) and shall not jut out ten centimetres sideways or in diameter.

Abbreviation of the country (three letters)

It must be placed on the back of the singlet under the name of the wrestler. The maximum height of the letters shall be 10 centimetres.

The letter width is not defined but it must logically vary according to the height of the letters for obtaining a readable and harmonic abbreviation.

TITLE II - EAR PROTECTORS

The ear protectors must be made of flexible and elastic material without any hard buckle. The ear flaps must be elastic and covered with a shock absorbing material presenting no danger for the opponent.

TITLE III - SHOES

The wrestling shoes can be made of several pieces of fabric or leather. The seams must be from edge to edge and not present any roughness which could hurt the opponent.

The lacing must not have any hard eyelet holes. The laces must not have any tips. They must be covered by self adhesive scotch tape or elastic fabric.

The soles must be made of flexible material, not presenting any roughness or any nail.

The upper shoe must cover the sole or be sewn edge to edge and not leave any edge or roughness which could hurt the opponent.



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TITLE IV - LACE OR ANKLE PROTECTORS

They can be of different types, either of elastic fabric or another material, of neutral colour or matching the colour of the singlet (either red or blue). They must cover the top of the shoe and cover the laces which they protect.

TITLE V - ADVERTISING

Apart from during the Olympic Games where the IOC Rules are applied, namely that all forms of manufacturer identification must not cover more than 20 cm² for clothing, competitors can wear one or several sponsors' names on their thigh or on the lower back of their singlet. The maximum height of the letters is 10 cm. The width varies according to the height for obtaining a readable and harmonic result.

Contestants may also wear their sponsors' names on the back or sleeves of their robes or their track suits. Sponsor's lettering and symbols may not be higher than 10 cm.

Advertising for tobacco and alcohol is prohibited.