

Beach Wrestling Rules

UWW RULES

Scoring for Actions and Holds during the bout

1 point:

- the wrestler who manages to bring any of his opponent's body parts to the ground, except the hands.
 - the wrestler who manages to bring any of his opponent's body parts out of the competition area.
 - the wrestler whose opponent has received a caution for illegal action.
 - the wrestler whose opponent requested a challenge if the initial decision is confirmed.
- Note: the attacker (and only the attacker) can put one knee to the ground when executing an action if this action is finished by the opponent in the ground.

3 points:

- the wrestler who manages to expose his opponent's back to the ground during a takedown or a throw.

Injury and Blood Time

The referee must stop the match and call for injury time if a wrestler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc.). Injury/blood time per match cannot exceed 2 minutes per athlete otherwise the athlete loses his bout by injury

End of the Match

The first athlete to 3 points wins the match. If there is a tie at the end of the match, the following criteria will be used to declare the winner:

- Last point scored
- Weight of the athletes*
- The lowest (smallest) number pulled during the draw/rank

** Their weights (at the official weigh-in of the concerned day) will be checked and the lighter (lightweight) one will be declared as the winner.*

USAW Modifications adopted May 17, 2023 by unanimous vote of Developing Styles/Beach rules committee

U23/U20:

NO MODIFICATIONS

U17

NO RULE MODIFICATIONS FOR NATIONAL EVENTS

Local tournaments LOC may adopt Veterans/U15 & Below USA Modifications

Veterans/U15 & Below:

No scrambles in the sand, stop action, return to standing.

No points for slips or actions the defensive wrestler did nothing to earn. If a wrestler takes action away, score accordingly.

1 point: Push out or step out, **ANY** part of the body out of the ring including one hand or two hands. (Straight arm push out is ok!)

- Foot on boundary line = inbounds
- Foot completely over and out of boundary line = out of bounds
- Foot under boundary line and extended past the boundary line = out of bounds
- 1 point: Freestyle takedown behind the hips with three points of contact down, (must hit knee, elbow or head).

1 point: Feet to **“danger”** i.e.throw that lands on head, shoulder, or correct throw **“wrestler lands on hip/flat on chest”**.

1 point: Offensive snap down to all fours into sand.

3 points feet to **back**. Reward the offensive wrestler for the action from feet to sand.

Veterans/U15 & Below: (continued)

If an Offensive wrestler attacks, touches a knee and continues to a scoring action, reward for continuous action. However, if the offensive wrestler stops and cannot complete the action, lacking a defensive wrestler's counter attack; and knee is in the sand, stop the action (first offense, issue attention; subsequent offenses 1 point to their opponent) and bring them back to standing and restart. If a defensive wrestler counter attacks immediately, score appropriately. No defensive snap downs.

If there is a tie at the end of the match, a 1 minute sudden victory, next point score wins.

INTRODUCTION TO THE FOLLOWING INCLUSION

Teammates, Last summer (2022) I was asked to offer up the Basics of UWW Beach Rules, along with suggestions for creativity in hosting U.S. domestic events, especially for entry level athletes, coaches, parents, referees.

What follows is the result of the hours that I spent on that project.

At this point in our Committee's work, I offer this as reasonable "Food for Thought". I'm anxious to engage with your feedback.

RD

BEACH WRESTLING RULES

With Available Modifications for
U.S. Age Groups
Rusty Davidson, February 2023

RULE AS INTERPRETED INTERNATIONALLY COMPETITION AREA:

7 Meter diameter circle in the sand,
defined by a well-anchored padded,
or non-abrasive ring

MAY BE MODIFIED FOR U.S. AGE GROUPS BY:

*7 Meters is 23 feet diameter... That's a 72 foot
Try using rope or cord, covered with pool noodles
plumbing insulation
When all else fails, use a 75 foot garden
ends joined and covered. Tie down your
ring, best you can, realizing you may need
to continually reshape your circle.*

WEIGHT CLASSES:

SENIOR WOMEN = 50kg, 60kg, 70kg, +70kg
SENIOR MEN = 70kg, 80kg, 90kg, +90kg
U20 (18-20 years old***)
Men: 70, 80, 90, +90kg
Women: 50, 60, 70, +70 kg
U17 (16-17 years old**)
Boys: 50, 60, 70, 80kg

*U.S. events that qualify athletes for
Continental or World Championship
participation typically use UWW weights.
Local, State, Regional events often
customize weight classes to fit entries and
maximize competition. One common
domestic adjustment is the use of*

Girls: 40, 50, 60, 70kg
U15 (14-15 years old*)
Boys: 45, 50, 55, 60, 65, 75kg
Girls: 40, 45, 50, 55, 60, 65kg

the Madison system. Weigh 'em all in, then divide.

- * U15 (from 13 with medical and parental certificate)
- ** U17 (from 15 with medical and parental certificate)
- *** U20 (from 17 with medical and parental certificate)

BRACKETING:

UWW Championship events employ a system of pools, whose winners advance to quarter and semi-finals. The system is complicated and... to many... confusing. If you need to use the UWW system visit www.unitedworldwrestling.org or www.beachwrestling.org

U.S. events that qualify athletes for Continental or World Championship participation typically design Brackets that maximize opportunity, then advance to true championship sequence. Local, State, Regional events typically design bracketing systems, (often creatively), that offer maximum competitive opportunity.

UNIFORMS:

UWW requires either board short or tight fitting shorts for both genders. Women must add a sports bra and/or tight, form fitting top. Athletes must be prepared with both LIGHT and DARK uniforms. Regarding colors and logos, UWW enforces very specific requirements. visit www.unitedworldwrestling.org

Domestic U.S. events may choose to allow Uniform options (including singlets, full length tights, long-sleeved shirts)

SCORING ACTIONS

ONE POINT

- the wrestler who manages to bring any of Their opponent's body parts to the ground, except the hands.
- the wrestler who manages to bring any of their opponent's body parts out of the competition area (including the hands).
- the wrestler whose opponent has received a caution for illegal action.
- the wrestler whose opponent requested a

Events that qualify athletes for Continental or World Championship participation typically are bound by Strict UWW rules and application. Domestic / Local events may choose to modify UWW rules, in the interest of attracting / maintaining American Developing athletes, their coaches and families. The most typical modification allows for the attacker to touch one or both

challenge if the initial decision is confirmed.

Note: the attacker (and only the attacker) can put one knee to the ground when executing an action IF this action is finished (by taking the opponent to the ground), IMMEDIATELY.
athlete

Note: The scoring action must be completed.

Attacks leading to only a step out cannot score once the knee has touched.

THREE POINTS

- the wrestler who manages to expose their opponent's back to the ground during a takedown or a throw.

knees WITHOUT IMMEDIATE PENALTY.

Event Hosts and Refereeing Leadership may choose to offer one or more verbal cautions, prior to awarding the point for offensive knee touch, or they may Choose NOT to penalize. However, scoring by the

Americans are more concerned (Rightfully) with Who Initiated the Throw ?, while UWW Beach wants to know Whose Back Touched First ? Creative hosts / Organizers can easily build in modifications Safeguarding both interests. One example may be, "Should the initiator of any throw contact the surface their own back prior to exposing their opponents, Only ONE point is earned by the initiator" See how simple that was !

INJURY and BLOOD TIME

The referee must stop the match and call for injury time if a wrestler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc.). Injury/blood time per match cannot exceed 2 minutes per athlete. Otherwise the athlete loses his bout by injury

Domestic and local events may exercise a wide variety of protocols, in dealing with blood / injury. Remember frequent eye-rinses are an inherent part of Beach Wrestling. Bout ending Injury and bleeding seem extremely rare, compared to mat wrestling. Do not be afraid to apply "Common Sense" !

END OF THE MATCH PROCEDURE

The first athlete to score three points wins the match. If there is a tie at the end of the match, the following criteria will be used to declare the winner:

- Last point scored
- Weight of the athletes*
- The lowest (smallest) number pulled during the draw/rank

In U.S. qualifiers for World Team membership, we will honor the letter of the rule regarding zero-zero. However, proper application of the rules available will ensure that NO BOUT CONTESTED IN THE U.S can ever end zero – zero !

** Their weights (at the official weigh-in of the concerned day) will be checked and the lighter one will be declared as the winner.*

THE CHALLENGE

Beginning in the spring of 2023, UWW rules provide for Challenge and Video Review, at the championship level. Each athlete has TWO challenges at their disposal: ONE during preliminary POOL play; the SECOND during Championship Quarters, Semis, Medal Matches. The Challenge may only be by the Athlete. Challenges won allow the athlete to retain Challenge Rights through the appropriate round. Challenges lost will add one point to the opponent's score.

Implementation of Challenge procedures and Video Review will be entirely at the discretion of the local host, in consideration of the availability of necessary technology. In 99% of Domestic events, the decision of the Central Referee will be final.

NEGATIVE WRESTLING

UWW rules do not specifically mention PASSIVITY. They DO, however allow for penalizing Negative Wrestling. Refusal to initiate / maintain contact, certain Blocking Tactics, grasping / twisting fingers, pulling of hair, grasping the opponent's uniform, Hand(s) to the face are common examples. When recognized, the bout is stopped. Negative Wrestling is first dealt a strong warning, both verbally and visually. When Negative Wrestling persists, the bout is stopped, a Caution plus One Point awarded. The Referee is responsible for the timing and application of this penalty, assuring that both athletes retain ample time to dictate the bout's outcome through their own action. Properly using these rule applications, it becomes nearly impossible for a bout to end Zero – Zero, allowing all to understand who won and why.

Within developing age groups, both passivity and negative wrestling are rare in Beach Wrestling. In three minute bouts, the sense of urgency generally dictates pace. With more chips on the table, some Senior level athletes have been known to "Work the System". Therefore, in domestic and local events, all stakeholders must be vigilant in promoting action. As an emerging discipline, Beach Wrestling cannot fall victim to zero – zero bouts being decided by weigh in sheets recorded hours ago. It is the responsibility of every referee, in every bout, to stimulate that sense of urgency that results in scoring. Local hosts may certainly be creative in tweaking UWW rules to ensure positive, clearly understandable outcomes.

REFEREE'S UNIFORM AND ROLES

Typically, UWW World Series / Championship events require referees to wear White Shorts and UWW issued Red Polo. Those parameters may be relaxed by the UWW delegate / leadership on site. UWW referees typically do NOT wear colored Wrist-bands. The Bout Secretary sits with timer / scorer and records points on a physical bout sheet. At NO TIME shall the Secretary interrupt the bout to interject their opinion, UNLESS specifically asked by the Referee. The Referee holds total dominion in deciding / offering points and outcomes. When the Referee finds themselves out of position or unsure of any outcome, they MAY approach the Secretary and ask for a second opinion. In UWW World Series / Championship events, It is customary for the referee to guide athletes into and away from the competition circle. With the absence of colored Wrist-Bands, the referee shall observe each action to its completion... the stop action, accompany both athletes back to center, then award point(s) using the hand nearest the scoring athlete. UWW Referees DO touch athletes. They Exchange handshakes both before and after the bout, and raise the winner's hand, presenting them to all spectator angles.

In domestic and local competitions, it is quite common for event hosts to provide tops for volunteer referees. This often helps fund the event via sponsorships and, as such, must be appreciated. In the absence of event provided top-wear, each group of volunteer referees will reach consensus on top-wear appropriate for their event. The same is true for bottom-wear. Domestically it has often been noted that many referees find personal discomfort in wearing white shorts. As such, It has become common for domestic / local volunteer referees to wear darker or brighter colors of shorts that may accent event provided tops. It has not been found necessary for bottom-wear to be uniform.

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