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# COMPETITION REGULATIONS

January 2020

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## Introduction

These regulations set out how competitions sanctioned by the BWA should be organised and managed. The BWA Sport Committee oversees the development and application of these regulations. The BWA Sport Committee will review the regulations, and recommend changes from time to time and as appropriate.

Senior Competitions will comply with UWW Regulations as far as practicable.

For Cadet, Schoolchild and younger age competitions, the BWA may adjust the Regulations as considered appropriate, for example to:

- Improve safety, for example through too wide age and weight differences in bouts
- Support the development of talent
- Provide encouragement for athletes of different ages and weights to enter and enjoy competition

Competitions sanctioned by the BWA are covered by the BWA insurance scheme for third party liability. Failure to comply with these regulations may invalidate the insurance cover for that event.

## General Provisions

1. The BWA is the national governing body for the sport of wrestling, and sanctions all wrestling competitions in the UK.
2. Competitions sanctioned by the BWA will be approved by the BWA administration in consultation with the Sport Committee, and then posted in the BWA calendar.
3. All competitions shall be run in accordance with these Regulations, unless variations are approved by the BWA Sport Committee.
4. The BWA Sport Committee manages the calendar of competitions and events, and has the right to refuse or withdraw permission for an event or to require a change of date or change in regulations for that event.
5. The BWA Sport Committee may also require the organisers of a competition or event to apply specific regulations, rules or conditions as considered appropriate
6. The BWA will seek to distribute competitions around the UK on an equitable basis.

7. The BWA will aim to build a calendar of events that supports the development of the sport and the BWA strategic aims, e.g. talent pathways, squad and talent development, structured timetable, presenting a good image.
8. Members of the BWA must comply with the Code of Conduct. Failure to do so may result in disciplinary action.
9. Minimum entry requirement for all competitions will be a BWA Yellow Award.  
*(N.B. This requirement will come into force from the British Junior Championships in 2020 for all junior competitions and from 1<sup>st</sup> January 2021 for all senior competitions)*

## Competition Levels

10. The BWA organises competitions into five different tiers which indicate the requirements and expected level of competition. Those levels are

Tier	Description
<b>5 Star</b>	International – Featuring international teams, entry to these competitions is managed by the national federation and agreement to host a 5 star competition is required by the BWA board
<b>4 Star</b>	National – The highest level of domestic competition in the UK this tier is reserved for British and Home Nation championships. Entrants must demonstrate competition level at 3 Star competitions ahead of entry
<b>3 Star</b>	Club – Competitions which are open to wrestlers from any club of any level
<b>2 Star</b>	Novice – Competitions which are open to wrestlers from any club however these competitions are specifically for wrestlers with limited competitive experience. Wrestlers on the BWA talent pathway are not eligible to enter these competitions.
<b>1 Star</b>	Interclub – Featuring no more than 3 clubs, these competitions are arranged by the clubs involved with limited oversight from the BWA.

## Procedure for organising competitions

11. All BWA affiliated clubs wishing to organise a competition (other than 1 Star competitions) must inform the BWA of its intention at least eight weeks before the event (by email to [admin@britishwrestling.org](mailto:admin@britishwrestling.org)).
12. The successful organisation of a competition or event requires the co-ordination of a number of tasks. These tasks should be allocated to several individuals who can undertake roles which are essential for the effective organisation of a competition or event. The responsibilities of these roles are set out in the Appendices to these regulations.
13. The Sport Committee will review all competition requests to determine whether the request should be approved based on resources available in the sport, and communicate with the competition organiser their decision. If approved the competition details will be published in the BWA Calendar.
14. The responsibilities of the Competition Organiser are set out at Appendix 1. The Organiser shall nominate a Competition Director, who must be approved by the BWA. The Competition Director should be nominated as soon as possible when a competition is submitted and must be approved at least six weeks before the competition or event.
15. The duties of the Competition Director are set out at Appendix 2. The Competition Director is responsible for overseeing the organisation of the competition, with the exception of officials (Pairers, Referees, and Timekeepers), and ensuring the arrangements for the competition comply with BWA regulations.
16. The Organiser must submit the Venue Plan, Venue Selection and Competition Equipment List, and Venue Risk Assessment to the Competition Director for approval as soon as feasible and at least four weeks before the competition.
17. The organiser is responsible for obtaining the equipment and setting up the venue in line with the agreed plans.
18. If requested, the organiser must also provide suitable assurance to the Competition Director regarding the financing of the competition. The BWA cannot accept financial responsibility.
19. The BWA may set conditions regarding sponsorship and the sale of articles at that event. The Organiser should notify the BWA of such sponsorship or commercial activity in advance, and comply with any directions made by the BWA.
20. The BWA will publish a notice setting out details of each competition with a final closing date for entries. All competition entries are to be made online unless with prior agreement with the Competition Director in exceptional circumstances.

21. The organiser shall designate an Official-in-Charge, approved by the BWA. The duties of the Official in Charge are set out in Appendix 3. The Official in Charge is in charge of the work of pairers, referees, and timekeepers. The decision of the Official in Charge on all issues connected with officiating and the conduct and control of wrestling bouts is final and binding on all parties.
22. The Organiser shall designate a Lead Pairer, approved by the BWA. The Lead Pairer duties are set out in Appendix 4, and is responsible for the organisation of all aspects of pairing for the competition. The decision of the Lead Pairer on all such aspects is final and binding on all parties.
23. The organiser is responsible for paying expenses of the officials in attendance at the competition or event, in line with the rates approved by the BWA.
24. The Organiser is responsible for providing medical assistance at the competition or event. The medical assistance must be approved by the competition director, ensuring compliance with standards set out by the BWA Sport Committee.
25. At all competitions where children or young persons are participating, a Safeguarding Officer must be appointed and be present and clearly identifiable throughout. This includes weigh ins. The Safeguarding Officer must be approved by the Competition Director. The duties of the Safeguarding Officer are set out at Appendix 8.
26. Clubs attending competitions and events should also have their own nominee for safeguarding, who must be present during the event. This may be the club Safeguarding Officer, or another responsible adult who is aware of their responsibilities.
27. Each club retains safeguarding responsibility for their own club members. Club safeguarding nominees will support the competition Safeguarding Officer during the competition to help ensure a safe event.
28. The BWA cannot accept financial responsibility for, or liabilities arising from the organisation of competitions or events. The financial responsibility remains with the Organiser.

## Competition Management

27. All competitions sanctioned by the BWA must take place on either an Olympic Wrestling Mat or on a suitable mat approved by the BWA.
28. As far as possible, the venue should have arrangements to ensure spectators remain a safe distance away from the competition area and not able to encroach on the competition mats.

29. Athletes and coaches must comply with the rules and regulations for wrestling set out by UWW. Any variations to these rules must be approved by the BWA Sport Committee and notified in advance of the competition.
30. Athletes must comply with UWW competition regulations. Exceptions may be approved by the Competition Director in consultation with the official in charge.
31. Only an authorised coach is allowed in the corner of any wrestler during a competition. They must supply evidence of a BWA Approved qualification to the Competition Director and be clearly identifiable as a coach before being granted access to the competition area.
32. Clubs entering a competition must provide officials to support the organisers, eg Referee, Judge, Pairer or Timekeeper.
33. Weight categories for senior competitions will follow those set out by UWW. Weight allowances will be approved by the BWA Sport Committee and notified in advance.
34. Eligibility to enter senior competitions will be in accordance with UWW rules. Athletes may be required to provide parental approval and medical certificates.
35. The Director will determine whether video recording of matches should be in place during the competition, and arrange for suitable equipment to be provided to the organiser. The competition officials may only use official recordings during the matches. Private recordings may be used with discretion of the BWA to assist with disciplinary matters.

## Weight and Age Categories

36. In line with UWW regulations, athlete ages for the purposes of competition eligibility are determined by the year of birth, not the birthday.
37. The Lead Pairer will have overall responsibility for the creation of weight and age groups and their decision will be final and binding on all parties. In consultation with the Competition Director, there is discretion to allow groups or matches outside the UWW categories for Junior and Senior wrestlers, including friendly matches.
38. Athletes in Cadet, Schoolchildren and younger competitions, will be matched through a combination of weight and age, and in support of the principles set out in the introduction.
39. Age groups will be defined by a two-year age bracket following the format of UWW age categories and based on year of birth. Namely those categories will be:
  - a. Cadet – the year in which the wrestler will be 17 or under

- b. School – the year in which the wrestler will be 15 or under
  - c. MW13 – the year in which the wrestler will be 13 or under
  - d. MW11 – the year in which the wrestler will be 11 or under
  - e. MW9 – the year in which the wrestler will be 9 or under
40. Weight categories will be calculated using a 10% rule where wrestlers will compete with wrestlers weighing within 10% of the lightest wrestler in the group. Weights are calculated in kilograms to the first decimal place and are based on official weigh in figures.
41. In order to increase the number of competitive bouts for young wrestlers at competitions. Those facing a walkover situation will be offered the opportunity to step up in either weight OR age category at the discretion of the Official In Charge. Any step up will only be allowed to the next category and must be agreed by the Official In Charge and the person acting in loco parentis for the wrestler, usually the coach.
42. The organiser may seek approval from the BWA Sport Committee to run a competition with alternative weight and age groups. The weight and age groups must be clearly specified within the application and the decision of the BWA Sport Committee is final and binding on all parties.

## Weigh-In Procedure

43. The weigh-in for competitions will be held in accordance with the published competition entry notice.
44. As far as practicable, weigh-in schedules will follow those set out by UWW regulations, which aim to reduce health risks to athletes from rapid and/or extreme weight fluctuations.
45. The weigh-in schedule (day, time, location) must be approved by the BWA Sport Committee for the competition entry notice.
46. It is important that competitions should start promptly on the day. Closing date for entries, and schedules for weigh-ins will be arranged to facilitate pairing, so that matches can commence at the posted start time.
47. The Organiser should ensure there are adequate safeguarding measures for the weigh-in process and location. The official in charge is responsible for overseeing the weigh-in process.
48. The weight of each competitor will be recorded together with their name, club, year of birth and body weight. In younger age competitions, body weight will be specified to the nearest single decimal point.

49. Competitors must weigh-in wearing a wrestling singlet (or other approved competition wear). Any medical certificates or parental approval should be confirmed at this stage.

## Competition Wear

50. The BWA sets minimum standards for competition wear in domestic competitions based on the tiers.
51. At all competition's wrestlers are required to be weighed-in in their competition wear.
52. 5-Star competitions are required to comply with UWW standards.
53. For 3- and 4-Star competitions the BWA requires that a wrestling singlet be worn that is clearly identifiable as red or blue as necessary. Wrestlers can wear full length under garments that are tight fitting and do not conflict with the red/blue designation of the wrestler. All competition wear must be declared at weigh in and must not provide a competitive advantage or safety hazard in the view of the Official-In-Charge.
54. For 1-Star competitions there is no requirement to wear a wrestling singlet however all competition wear should clearly designate the wrestler as red or blue as necessary. All competition wear must be declared at weigh in and must not provide a competitive advantage or safety hazard in the view of the Official-In-Charge.

## Appendix 1 - Role of Competition Organiser

1. Is the main point of contact for the BWA, and who is responsible for arranging the competition.
2. Submit Venue Plan and Competition Equipment List to the Competition Director in accordance with BWA requirements. Arrange for the equipment to be obtained and set up the venue in accordance with the plans.
3. Carry out risk assessment of venue and competition area and submit assessment form to Competition Director.
4. Ensure appropriate cleaning materials are available to disinfect mats prior to competition and to clean mats during course of competition if required.
5. Ensure that competition area is set out in accordance with the Venue Plan and at the end of the competition return the venue to its original state.
6. Provide calibrated scales.
7. Ensure refreshments are provided for all officials. Pay expenses to officials according to the rate set by the BWA
8. Ensure there are enough people available to help with the running of the competition.
9. Provide adequate medical provision during the competition, in agreement with the Competition Director and in accordance with standards set out by the BWA
10. Ensure facilities are available for doping control at senior competitions.
11. Separate male and female changing rooms should be available together with separate showers and toilets.
12. Be aware of safety and evacuation procedures and any other rules governing use of the venue and disseminate such information to all those in attendance at the venue.
13. Complete an accident or incident form for any exceptional occurrence that takes place during the competition (accidents or incidents on the mat are the responsibility of the Official-in-Charge).

## Appendix 2 - Responsibilities of the Competition Director

1. The Competition Director appointed to take charge of any competition sanctioned under BWA rules must first be approved by the BWA.
2. The Competition Director will have overall responsibility for the running of the competition with the exception of the officials (lead pairers, referees, judges and timekeepers).
3. Provide advice to the Competition Organiser on arrangements for the competition.
4. Ensure the venue is appropriate for the competition to be held.
5. Ensure the plan of competition area conforms to BWA specifications.
6. Ensure the principal roles required for a competition are identified and filled (lead pairers, Official In Charge, Safeguarding Officer, medical provision).
7. If there are no warmup mats available ensure that athletes have time to warm up on the competition mats prior to the start of each session.
8. Be fully aware of rules applicable to use of the venue.
9. In conjunction with the Safeguarding Officer, ensure that safeguarding policies and procedures are applied.
10. Supply to BWA Administrator names of all designated personnel assisting in running of competition at least one week prior to the event in order that the administrator may confirm that all designated personnel are suitable for their role.
11. Prior to competition, in conjunction with the Official In Charge, brief club coaches as to their responsibilities and give how the competition is to be run.
12. Collect results after the competition and submit promptly to BWA
13. Enforce the BWA Competition and Events Discipline Policy and report to the Sport Committee as necessary

## Appendix 3 - Responsibilities of Official-in-Charge

1. Ensure that there are sufficient referees and judges for the smooth running of the competition, and liaise with the Organiser to ensure that timekeepers and scoreboard operators are available.
2. Ensure the weigh-in complies with the competition rules.
3. Prior to competition, in conjunction with the Competition Director, brief club coaches and officials as to their responsibilities.
4. The decision of the Official-in-Charge on all issues connected with officiating and the conduct and control of wrestling bouts shall be final.
5. The Official-in-Charge may, in order to resolve any dispute arising during competition, view official video footage captured by BWA approved operators. The decision of the Official-in-Charge on this issue will be final.
6. Must ensure that no person is allowed to sit, lie or otherwise encroach upon the edges of the wrestling mat during competition as this presents an obvious danger to those doing so and also to competitors.
7. Must ensure that only one BWA Approved qualified coach is allowed in a wrestler's corner during competition.
8. Must ensure that accident forms are completed in respect of any incident during actual competition where a competitor is injured and as a result is unable to take any further part in the bout.
9. Record the names of the officials who attended for the BWA administrator and senior BWA official to update records of officials' participation and performance
10. Enforce the BWA Competition and Events Discipline Policy and report to the Sport Committee as necessary

## Appendix 4 – Lead Pairer

1. Liaise with the Competition Director and the Official-in-Charge prior to competition to agree entry and competition regulations and confirm weight categories.
2. Ensure there are sufficient pairers to enable the smooth running of the competition.
3. Manage the draw and pairing process in accordance with UWW and BWA regulations. This will also include the weight and age banding for younger athletes.
4. Provide sufficient competition stationery to enable the smooth running of the competition.
5. The Official in Charge will liaise with the Lead Pairer to confirm decisions relating to pairing. The decision of the official in charge will be final.

## Appendix 5 – Official in Charge (Weigh-In)

1. Must be at least National referee/judge at BWA organised Competitions and understand current UWW weigh-in rules.
2. Check designated weigh-in area at least 15 minutes prior to the commencement of the weigh-in ensuring that scales are operating correctly.
3. Ensure that no person under the age of 18 is alone at the weigh-in. Such persons must always be accompanied by an adult.
4. Liaise with the Safeguarding Officer to ensure that adequate provisions are in place for safeguarding.
5. Check the identity of the person being weighed and accurately record his/her weight, club, year of birth. Receive records of parental permissions and medical certificates.
6. Ensure that athletes weigh in wearing singlets (or approved wrestling competition wear). Advise any wrestlers and their coach of any issues relating to appearance and dress that may result in disqualification from the competition.

## Appendix 6 - Responsibilities of Coaches

1. Ensure competition entries have been submitted to the Competition Organiser in accordance with the time specified.
2. The Head Coach accompanying athletes to the competition should be qualified to the standard set out by the BWA.
3. It is the sole responsibility of the Head Coach of member clubs to ensure that wrestlers are of an adequate standard commensurate to the competition.
4. The Head Coach should be in possession of athletes' Personal Information/Consent Forms appertaining to the competition.
5. Ensure there are adequate safeguarding arrangements for athletes travelling to and from competitions and during competitions.
6. Clubs with athletes under 18 must nominate an adult to take responsibility for safeguarding. The club retains safeguarding responsibility for their members.
7. A Club Coach or nominated adult should always accompany wrestlers under the age of 18 to the weigh-in. Athletes under 18 will not be allowed in the weigh-in room on their own.
8. The coach should fully understand the current UWW weigh-in/ competition rules and that non-compliant appearance can result in disqualification from the competition or lose of a bout by "abandon".
9. Coaches accompanying competitors during the actual period of competition must wear a tracksuit.
10. Coaches should ensure that wrestlers are ready when called to the mat and comply with UWW regulations regarding appearance.
11. Coaches should ensure that a towel is provided for the athlete during the competition.
12. Coaches must ensure good behaviour and discipline of club athletes during the course of the competition, including when not competing in a bout.
13. Coaches should ensure that where athletes under the age of 18 are permitted to go outside the venue they are accompanied by an adult.

## Appendix 7 - Responsibilities of Safeguarding Officer

1. Must have completed suitable safeguarding training.
2. Ensure arrangements for the competition comply with BWA safeguarding policy and procedures for safeguarding at competitions and events.
3. Act as the main contact point for all matters concerning safeguarding at the event. Contact details will be included in the competition notice.
4. Ensure arrangements for the weigh-in comply with safeguarding requirements and BWA policy.
5. Be present at the event and be visible to all (high visibility jacket and identification). Brief coaches before the start of the competition.
6. Advise club coaches and adults supervising athletes and other attendees under 18 of their safeguarding responsibilities.
7. It remains the responsibility of club coaches and nominated adults to ensure the safeguarding of children and young people in their care at all times.
8. Liaise with BWA lead Safeguarding Officer, Director, Organiser, and others as necessary with regards to specific additional safeguarding needs of individuals at the event.
9. Liaise with the venue management to ensure there is appropriate access control at the venue, and that unauthorised persons can be excluded/removed.
10. Ensure BWA safeguarding policy is applied during the event, and address identified concerns promptly.
11. Ensure there is a procedure in place to respond promptly to reports of lost or missing persons, in particular lost or missing children and young people.
12. When notified or becoming aware of a safeguarding incident, take steps to investigate and secure relevant evidence and information. Complete a report of the incident, which must be submitted promptly to the BWA. (Depending on the nature of the incident, the Safeguarding Officer may need to take direct action, e.g. ensure ongoing risks are addressed by the relevant coach/adults, notify police or other authorities.)

## Appendix 8 – Athletes

1. Comply with the BWA code of conduct.
2. Treat others with respect and ensure that you present a positive image for the sport and the BWA.
3. Play within the rules, respect officials and accept their decisions.
4. Demonstrate fair play on and off the mat.
5. Respect others regardless of ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
6. Do not engage in any irresponsible behaviour or actions that may tarnish the image of the sport.

## Appendix 9 - Guidelines for venue selection and competition equipment list

### Venue

The venue location (ease of access by road and rail) and venue parking facilities should be considered when assessing suitability to hold the competition.

### Date of Competition

In order to maximise entries, the competition date should be carefully considered by checking the BWA calendar to see what other events are scheduled and by avoiding bank/school holidays and Ramadan.

### Sports Hall

The size of the sports hall should be large enough to accommodate the number of wrestling mats required for the competition (note a full-size wrestling mat is 12m x 12m). The number of mats used should be maximised, thereby reducing the length of the competition. Rule of thumb at least 1 mat per 50 wrestlers.

There should be bleacher seating where possible (single chairs acceptable in lieu of bleacher seating) and rule of thumb 2 seats for each competitor.

The venue plan should not block any of the fire exits and there should be adequate safe room to walk around.

A risk assessment of the venue should be carried out, equipment (if applicable) should be PAT tested and the possibility of trips and falls minimised.

### Venue Plan

This should be used to provide the venue management with the number of tables and chairs required for the competition area and determine the number and length of extension leads required for the competition. An example venue plan is provided in Appendix 10.

### Competition Equipment List Per Mat

Product	Type	Colour	Quantity	Responsibility	Location	Comments
Alco-wipe Surface Wipes	N/A	N/A	1 box			
Clocks – manual	Stop/Start Facility	N/A	2			Back up for scoreboard failure
Disinfectant	Trigene	N/A	1 gallon			Mats should be cleaned prior to competition and must be dry before the start of competition
First Aid Kit	N/A	N/A	1			Check with First Aid provision to avoid duplication
Electric Scoreboard	Battery back-up if possible		1			1 spare scoreboard should be available in case of equipment failure
Point Challenger	As available	1 red and 1 blue	1 of each			
Mats	UWW Approved	N/A	1			If more than one mat is required for the competition it will improve the competition look if the same design of mat cover are used
Mop & Bucket	Squeedgie Plastic bucket	Any	1			

Paddles	Wooden table tennis bats	Covered in red/blue/white plastic Red & Blue have numbers 1 to 5 1 White, 1 Blue, 1 Red – no numbers	2 sets			Check UWW latest point scoring regulation requirements Note that freestyle point scoring is different to Greco-Roman
PA System	Sports Hall System	N/A	1			
Plastic Bags	Contamination (yellow)	Yellow	5			
Plastic Bags	Standard rubbish	Black	20			
Plastic Gloves	Disposable/sterile	White	1 box			
Scales	Electronic/scales		1			Within calibration period and with a minimum read out to one decimal place
Debris Buckets	Plastic buckets	1 red and 1 blue	1 of each			
Tapes & Strapping	Variety	N/A	As required			
Bout Video Recording	Monitor & camera	N/A	1			This system is not required for schoolboy/girl competitions
Waste Bins	Large	N/A	3			

## Appendix 10 – Venue Plan

