

Kurash Sports Federation of the Philippines, Inc. (KSFPI)

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Technical Guidelines

I. REGULATIONS ON COMPETITIONS

The regulations on competition are drawn up by the organization, which arranges this competition, approved by the federation. The regulations should consider the following:

- Type of competition;
- Purpose of competition;
- Age, sex, name of teams and organizations;
- Place and date of conducting of competition;
- Order of conducting of competition;
- Conditions of participation in competition;
- Responsible organization for conducting of competition;
- Board of referees;
- Fight duration;
- Deadline for submitting applications for participation in competition;
- Medical control procedure and maintenance;
- Documents to be submitted to credentials committee;
- Claims submission procedure and their consideration;
- Date and time of conducting of competition in each weight category;
- Procedure of rewarding of winners and prize winners of competition.

II. TYPES OF COMPETITIONS

1. Individual championship.

Individual championship is held to determine the strongest athlete in each weight division during the competition.

2. Team championship.

In team championship, one team is composed of five and minimum of three athletes.

3. Open gilam (tatami) championship.

All champions in all the weight division will compete to determine the champion.

III. UNIFORMS

1. All athletes should wear a dark blue or green yakhtak (uniform), white trousers, a red.
2. The uniform should be made from cotton, be in good condition, the material should not be very rigid or dense.
3. . The following marking is allowed:
 - * State Emblem (on the left chest maximum size: 10x10 cm);
 - * trade mark of manufacturer (3x3 cm in front below the jacket);
 - * shoulder marking (not more than 25 cm, width up to 5 cm);
 - * tabs (25x25 cm, allowed on back, may include athlete's surname).
4. The yakhtak should be 15-20 cm above knees. The yakhtak sleeves should not cover wrists. 8 cm should be between a hand and a sleeve. The trousers should be up to feet. 15-20 cm should be between a trouser-leg and a leg. A belt should be 4-5 cm in width. It should be such in length that after two turns round the waist and tying up, the ends still have not less than 20 cm in length.
5. Women-participants should wear a durable white sports shirt or tricot with short sleeves under their yakhtak, tucked into trousers.
6. Uniforms of athletes should be clean, dry, without a bad smell. Nails on hands and feet should be shortly cut. Long hair should be assembled, in order not to cause inconveniences during competition. Any participant violating rules of hygiene, loses his/her right to participate in competition.

***Note: For this competition, athletes may wear their judo uniforms and wear the blue and green sash before entering the gilam.**

IV. REPRESENTATIVES & COACHES

1. Only the coach or representative may be allowed to directly approach the official table for any clarification.
2. Coaches are responsible for their respective player's uniform, presence during the competition and weigh in.
3. Coaches or representatives must participate during the drawing.
4. During competition, coaches should be on spot, specially allocated for him/her on distance not closer than 2 meters.

5. Coaches or representatives who violates any of the competition rules or showed deliberate conduct unbecoming shall be dismissed from their post and the appropriate organizations should be informed about it.

V. WEIGH IN PROCEDURE

1. Participants of one weight category are weighted on the same day, on the same scales, two hours before the competition.
2. The weight-in should proceed no more than one hour.
3. At weight-in athletes should have their identification cards.
4. Without being weighted an athlete will not be admitted to competitions.
5. During weight-in athletes should wear only shorts or under garments.
6. During the weigh in, there should be a commission composed of the Chief Referee, the Chief Referee deputy, secretary, medical staff member, 2 or 3 referees. After weight-in, surnames of wrestlers are written in the minutes of scaling.

VI. BOUT DURATION

1. Males:
 - from 12 to 15 years — 3 minutes
 - from 16 to 17 years — 4 minutes
2. Females:
 - from 12 to 15 years — 2 minutes
 - from 16 to 17 years — 3 minutes

VII. GENERAL RULES

1. Competitions shall be conducted according to the knock-out system without repechage fights.
2. Forbidden Actions:
 - Grips of trousers of the opponent.
 - Application of methods, which may cause dangerous injuries to opponent
 - Application of painful, strangling techniques.

EVENT NAME	MALE/FEMALE/MIXED	AGE GROUP	WEIGHT CATEGORY
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Kids	Male	12-13 yrs old	U30, U36, U44, U52, U60,U65, U70, +70kg
	Female		U30,U36,U40,U44,U48,U52,U57,+57 kg
Cadets	Male	14-15 yrs old	U46,U50,U55,U60,U65,U71,U77,U83 ,+83kg
	Female		U40,U44,U48,U52,U57,U63,+63kg
Juniors	Male	16-17 yrs old	U50,U55, U60,U65,U71,U77,U83,U90,+90kg
	Female		U44,U48,U52,U57,U63,U70,+70kg
Team	Male	14-15 yrs old	5 competitors; 3competitors minimum
	Female		5 competitors; 3competitors minimum
Team	Male	16-17 yrs old	5 competitors; 3competitors minimum
	Female		5 competitors; 3competitors minimum