

Simple Rules

(REVISED International Beach Wrestling Rules* **in red**)

- On sand, inside a **23' diameter** circle (about 3.25' feet bigger than last year)
 - Standing position - no ground wrestling
- 1 period, maximum of 3 minutes
- **3 points** wins the match (**no fall**)
 - 1 point for a Takedown or Push-out.
 - 2 points** for a Takedown **with Back Exposure**
- Tiebreaker criteria:
 - 1st - Wrestler with 2 point move, 2nd - Last person to score**
 - If no score after 3 minutes...match keeps going until someone scores
- No stoppages...No timeouts, No injury time, No blood time.
(Except by decision of referee or to get sand out of face).
- Penalties: **1 Point for an illegal action.** (2nd offense - wrestler defaults match)
 - Illegal Actions:
 - Kicking, slapping or punching (includes malicious crossfaces)
 - Butting heads, attacking the face, or pulling hair
 - Throwing sand or pulling clothing
 - Head-only holds or holds/moves that may lead to dislocation or harm
 - Standing throws with the intent to harm the head or neck
 - Stopping the match for any reason (except sand in face)
- Disqualification will result in defaulting the match:
 - An illegal action where an opposing wrestler is hurt or bleeding and cannot continue
 - Coating the skin with a greasy or slippery substance
 - 2 penalties for illegal actions
- Flagrant Penalties will result in elimination from tournament:
 - Illegal Actions (with intent to harm), Biting
 - Swearing, not shaking hands with opponent
 - Arguing with, threatening or purposeful contact with referee
 - Any action that is deemed unacceptable or irresponsible...
in match, tournament area or State Park

Officiating, Rule Interpretation, and Scoring

- Rules Clinic prior to tournament (everyone should attend)
- Officials' decisions cannot be questioned

*** In Jan. 2015, United World Wrestling announced the updated Rules and Regulations for the discipline of Beach Wrestling. The modifications of the rules comes after several years of tournaments and a desire to ensure fair competition which highlights technique and awards wrestling actions.**

United World Wrestling is the international governing body for the sport of wrestling; its duties include overseeing wrestling at the Olympics. It presides over international competitions for various forms of wrestling, including Greco-Roman and Freestyle wrestling for men and women, as well as other disciplines. (United World Wrestling was formerly known as FILA - Fédération Internationale des Luttes Associées, having assumed its current name in September 2014).

For more information on the rules, please visit:

<http://www.beastofthebeach.com/beachwrestlingrules.html>