



# COMPETITORS, OFFICIALS & COACHES INFORMATION





## VENUE

Premier Suite - The University of Bolton Stadium, De Havilland Way, Bolton, BL6 6SF  
Arrival – 6 pm.

## FACILITIES

Wrestlers will have full use of the leisure facilities which includes gym, sauna, steam room, pool, etc.

Discounted room rates are also available –  
(Quote Snake 1)

There will be a warm up area.

A full hot buffet meal will be available to wrestlers for as and when they wish to eat / have finished their matches.

## AWARDS CEREMONY

At the end of the matches there will be an awards presentation and all competitors will receive an award for their participation. Belts will be distributed to the winners of each weight class.

## EVENING ENTERTAINMENT

There will be the opportunity to enjoy the remainder of the evening with a DJ, singer, finishing off the remainder of the evening.

**THE WHOLE EVENING IS 18+**



# COMPETITORS BASIC REQUIREMENTS

Competitors must be over 18 years of age.

## INSURANCE

Competitors are responsible for obtaining their own insurance.

## PRE-EVENT

Entry forms must be submitted by the **15th September** to [andrea@snakepitwigan.com](mailto:andrea@snakepitwigan.com) with full details completed.

Snake Pit will liaise directly with the corner 1 head coach noted on the form to discuss all matters concerning their wrestler.

Coaches must be made aware that by cornering the wrestler that they are vouching for the information provided on the entry form by them and that the wrestler represents them and their club and a standard of behaviour is expected in accordance with good practice of all athletes.

Weights must be submitted in advance (with the entry form) and there is no weight allowance.

Snake Pit can request any weigh in evidence prior to the commencement of the event and on the day. For example, a photo video of the athlete on the scales with the days newspaper 24 hours before or weigh in on arrival on the day.



# WORLD CHAMPIONSHIPS WEIGHT CATEGORIES

|                           |                      |              |                    |
|---------------------------|----------------------|--------------|--------------------|
| <b>Fly weight</b>         | 8 stone 9 lbs        | 121 lbs      | <b>55kg</b>        |
| <b>Bantam weight</b>      | 9 stone 4 lbs        | 130 lbs      | <b>59 kg</b>       |
| <b>Feather weight</b>     | 10 stone             | 140 lbs      | <b>63 kg</b>       |
| <b>Light weight</b>       | 10 stone 10 lbs      | 150 lbs      | <b>68 kg</b>       |
| <b>Welter weight</b>      | 11 stone 9 lbs       | 163 lbs      | <b>74 kg</b>       |
| <b>Middle weight</b>      | 12 stone 12 lbs      | 180 lbs      | <b>82 kg</b>       |
| <b>Light heavy weight</b> | 14 stone 2 lbs       | 198 lbs      | <b>90 kg</b>       |
| <b>Heavy weight</b>       | 15 stone 10 lbs      | 220 lbs      | <b>100 kg</b>      |
| <b>Super heavy weight</b> | Over 15 stone 10 lbs | Over 220 lbs | <b>Over 100 kg</b> |



# THE AIM OF CATCH WRESTLING

The aim of Catch wrestling is to gain control over your opponent in order to :

## **PIN**

Put their opponent on their back – to pin them. This is with any part of both shoulders or both shoulder blades of your opponent in contact with the mat at the same time. When the opponent is pinned, a win will instantly be given by the referee. Please note that it is irrelevant if you were going for a submission at the time, the rule is to remain off your back at all times.

## **SUBMISSION**

To force your opponent to submit. A submission is when force is used through a legitimate technique in a controlled way, causing pain for that opponent that he wishes to concede. It is for the wrestler to tap or to shout 'tap' and the match will immediately be terminated.

On signal from the referee to confirm the pin or submission, the wrestlers must immediately release the hold. Failure to do so may result in disciplinary action.

**Any serious breach of rules will result in instant disqualification.**

## **WHAT IS ACCEPTABLE**

Ankle lock

Knee lock

Hip lock

Spine lock

Neck lock

Shoulder lock

Elbow lock

Wrist lock

Hand lock

Indirect choke / strangle – for example – an inside arm, front face lock (grovit) is allowed

## **WHAT IS UNACCEPTABLE**

Punching or slapping

Kicking

Biting

Eye gouging

Choking, strangling, no direct contact with the neck

Fish hooks

Hair grabbing



# MATCHES

Pre match requirements on the evening

Wrestlers must attend at 6 pm and be available for weight checks prior to the matches commencing. The wrestler must ensure that their skin is dry of oil, grease and is substance free. They must ensure that they disclose any contagious condition such as ringworm. They must ensure that their nails are short. They must ensure that they are wearing the appropriate attire. Checks will be done by the officiating team.

## IDENTIFICATION

Wrestlers will be asked to a band to identify their corner colour.

## TIME SCALES

Wrestlers must be warmed up and ready for their match. Once their name has been called, they will have a 1 minute window to come to the mat. It is their responsibility to be ready and failing to do so will lead to immediate disqualification.

## NOTIFICATION OF MATCHES

Information regarding when you are wrestling will be available from the pairing table.

## LENGTH OF MATCHES

Historically, there were no set guidelines regarding time scales. Matches would go on until one of the wrestlers won with a pin or a submission. We have had to put time restrictions on the matches for the event to ensure that it runs smoothly.

This will be confirmed once all entries are received and the evening schedule planned.

No break or rest period.

Once the match commences, there will be no break or rest periods (except in the case of injury time or where the referee may call time to address an issue).

No ingestion of fluid or food during the match.

The wrestlers are not permitted to ingest any fluid or food during the duration of the match.





## **INJURY TIME**

The referee or medical representative has the right to call injury time as and when they feel appropriate.

Dependent on the injury, this can lead to a decision to terminate the bout. For example, in the case of excessive bleeding that cannot be stopped within a reasonable timescale, the match can be terminated by the referee.

## **SAFE ZONE RULES**

The matches will take place on safe, approved mats.

If during the match, either wrestler leaves the wrestling area in a position of disadvantage, the referee will stop the match and bring both wrestlers to the centre of the mat. The match will be restarted with the losing wrestler in either a kneeling position or a flat stomach position or in the position that the wrestler was in when the match was stopped. The bout will then be restarted from the central position of the mat in those positions.

If neither wrestler was in a clear dominant position when the bout was stopped, both wrestlers are brought to the centre of the mat and restarted in the standing position.

## **IN THE EVENT OF NO PIN OR SUBMISSION**

In the event of no pin or submission, the referee will make a decision based on who has been a more dominant wrestler throughout the match.



# OFFICIALS

## SNAKE PIT EVENT MANAGER

The event manager is responsible for the safety of the event. The event manager will also have the responsibility for checking the weights and the matching of opponents and ensuring that they are fit to compete and that all health and safety requirements have been met for the event.

## REFEREES

(a) The central referee has overall say before, during and after the match. He is responsible for ensuring that nails, skin, attire, head guards, protective guards and such standards are met by the wrestlers. This can also include asking wrestlers to remove jewellery that is a risk to themselves or their opponent. The central referees overall responsibility is to ensure that this is kept at all times. It is the responsibility of the referee to apply the rules and cease the wrestling in the event of a pin/ fall or submission. Should the bout run the full time, the referee decides and declares a winner based on the overall dominance of either wrestler. Note – there are no points to be scored in Catch wrestling.

(b) The peripheral referee is there to support the central referee and advise in case of query. They do not have overall say but will support and work with the central referee to aid with decision making.

## TIME KEEPER

It is the responsibility of the timekeeper to ensure that the clock is accurate and pause should injury time be called or if the referee calls for 'time' during the bout.

## DOCTOR/MEDICAL REPRESENTATIVE

It is the responsibility of the doctor / medical representative to ensure the safety of the wrestler as much as possible and work alongside the referee to this effect.

## COACHES

Coaches must be approved by The Snake Pit and must be able to share their credentials and ability to coach and manage their wrestler.

## CORNERS

Each wrestler is allowed one minimum / two maximum people in his corner to coach and manage him. The corners must both have the sufficient competency to be in this position and The Snake Pit may ask in advance for the details of the corners.



# **ATTIRE/CLOTHING**

## **CLOTHING**

Close fitting shorts, full leg tight fitting bottoms, short or long tight sleeve tops / rash guards are permitted. No tracksuit bottoms, hoodies, t shirts, loose shorts will be permitted. Clothing must not be grabbed and so it is the responsibility of the wrestler to ensure that clothing worn cannot be grabbed.

## **FOOTWEAR**

Wrestling boots or bare feet permitted. Trainers or any outdoor footwear is not allowed.

## **MOUTHGUARDS**

Optional

## **HEAD GUARDS OR PROTECTIVE GUARDS**

Headguards or protective guards are at the discretion of the referee as to whether or not they are to be allowed. The referee has the right to refuse the wearing of a head guard or knee guard if he feels that it can be used detrimentally against the opponent. For example, where metal framing forms part of the guard. An example of acceptable attire would be a soft knee guard used to protect the knee needing additional support.

# **TICKETS AVAILABLE FROM:**

**Andrea Wood on 07795 358283**

**or**

**Eventbrite**

**[snake\\_pit\\_catch\\_wrestling\\_world\\_championships.eventbrite.co.uk](https://snake_pit_catch_wrestling_world_championships.eventbrite.co.uk)**

