



# CATCH WRESTLING RULES, REGULATIONS & EVENT INFORMATION



# 1. COMPETITORS BASIC REQUIREMENTS

## 1:1 AGE REQUIREMENTS

1:1:1 Competitors must be over 18 years of age.

# 2. WORLD CHAMPIONSHIPS WEIGHT CATEGORIES

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

\*Please note there is a maximum weight of 125kg.

# 3.THE AIM OF CATCH WRESTLING

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

## 3:1 PIN

3:1:1 Put their opponent on their back to pin them. A pin is when you have put your opponent on their back. This is with any part of both shoulders or both shoulder blades of your opponent in contact with the mat at the same time.

3:1:2 When the opponent is pinned, a win will instantly be given by the referee.

3:1:3 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.

## 3:2 SUBMISSION

3:2:1 It is expected that all wrestlers will be responsible when applying pressure on their opponent. A steady pressure should be applied allowing the opponent the opportunity to submit to prevent unnecessary injury.

## 3:3 REFEREE DECISION

3:3:1 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.

3:3:2 Any serious breach of rules will result in instant disqualification.

# 4. RULES

## 4:1 LEGAL TECHNIQUES

- Indirect choke/strangle, e.g. Inside arm, Front face lock (Grovit), Arm triangle (D'Arce, Anaconda) etc. is allowed. As a guideline 'arm in' neck techniques are legal, however a wrestler deliberately attacking the throat will be disqualified, even if the arm is 'in'. **Under no circumstances is directly attacking the throat to block the airway legal.**
- Ankle lock
- Knee lock
- Hip lock
- Spine lock
- Neck lock
- Shoulder lock
- Elbow lock
- Wrist lock
- Hand lock

## 4:2 ILLEGAL TECHNIQUES

- Full nelson
- Punching or slapping
- Kicking
- Biting
- Eye gouging
- Choking, strangling, force applied to the throat area that restricts your opponents air supply. Rear naked chokes intended as blood chokes but without an arm 'in' are illegal
- Fish hooks
- Hair grabbing
- Individual finger locks (minimum three fingers), fingers must not be bent back at any time
- Full nelson
- 3/4 nelson turnover attempt with the opponents leg blocked, restricting the turnover
- Covering nose and mouth to obstruct breathing (Cross face is acceptable, smothering is illegal)
- No grabbing clothes
- There must be no talking to your opponent during a match

**Any breach will result in either a warning or disqualification**

## LEGAL TECHNIQUES



Arm-in choke-Anaconda.



Arm-in choke-  
Arm triangle choke.



Arm-in choke-D'Arce choke.

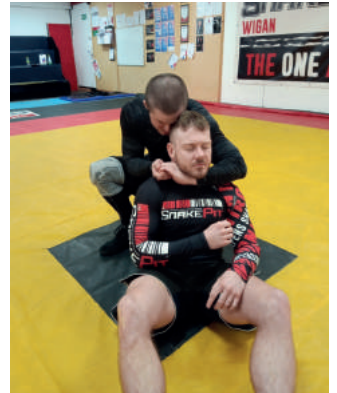
## ILLEGAL TECHNIQUES



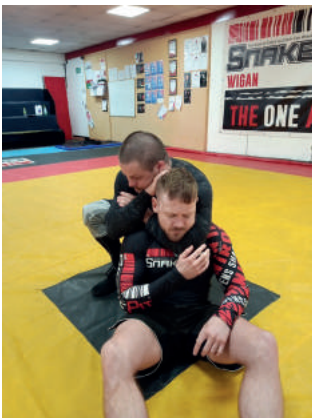
Full Nelson.



3/4 Nelson with leg blocked.



Arm across the throat-  
short choke.



Arm across the throat-  
rear naked choke.



Arm across the throat.

# 5. PRE-MATCH REQUIREMENTS

## 5:1 MEDICAL CHECKS

5:1:1 Wrestlers must be available and compliant for all pre-match medical checks.

## 5:2 SKIN AND NAILS

5:2:1 Wrestlers must ensure nails are short and ensure to disclose any skin concerns such as ringworm

## 5:3 CLOTHING AND JEWELLERY

5:3:1 Wrestlers must ensure that they are wearing the appropriate attire and that jewellery has been removed.

## 5:4 CO-OPERATION WITH OFFICIALS

5:4:1 There is an expectation that wrestlers co-operate with all Snake Pit officials.

## 5:5 IDENTIFICATION

5:5:1 Wrestlers may be asked to wear a band to identify their corner colour.

## 5:6 MATCH READY

5:6:1 Wrestlers must be warmed up and ready for their match. Once their name has been called, they will have a one minute window to come to the mat. It is their responsibility to be ready and failing to do so will lead to immediate disqualification.

## 5:7 NOTIFICATION OF MATCHES

5:7:1 Information regarding when you are wrestling will be available from the pairing table.

## 5:8 LENGTH OF MATCHES

5:8:1 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 schedule planned.

## 5:9 REST PERIODS

5:9:1 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).

## 5:10 FOOD AND DRINK

5:10:1 The wrestlers are not permitted to ingest any fluid or food during the duration of the match.

# 6.MATCH REQUIREMENTS

## 10:1 SAFE ZONE RULES

- 6:1:1 The matches will take place on safe, approved mats.
- 6:1:2 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.
- 6:1:3 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.

## 6:2 INJURY TIME

- 6:2:1 The referee or medical representative has the right to call injury time when they feel appropriate.
- 6:2:2 Dependent on the injury, this can lead to a decision to terminate the match. For example, in the case of excessive bleeding that cannot be stopped within a reasonable timescale, the match can be terminated by the referee.

## 6:3 RESULT BY DECISION

- 6:3:1 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.



# 7. OFFICIALS

## 7:1 SNAKE PIT EVENT MANAGER

7:1 The event manager is responsible for the overall event.

## 7:2 REFEREES

7:2:1 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.

7:2:2 It is the responsibility of the central referee to apply the rules and cease the wrestling in the event of a pin/ fall or submission.

7:2:3 Should the match run the full time, the referee decides and declares a winner based on the overall dominance of either wrestler.

7:2:4 There are no points to be scored in Catch wrestling.

7:2:5 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.

## 7:3 TIME KEEPER

7:3:1 It is the responsibility of the timekeeper to ensure that the clock is accurate and paused should injury time be called or if the referee calls for 'time' during the match.

## 7:4 DOCTOR/MEDICAL REPRESENTATIVE

7:4:1 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.

## 7:5 COACHES

7:5:1 Coaches must be approved by The Snake Pit and must be able to share their credentials and ability to coach and manage their wrestler.

## 7:6 CORNERS

7:6:1 Each wrestler is allowed one minimum / two maximum people in his / her corner to coach and manage them. The corners must both have the sufficient competency to be in this position and The Snake Pit may ask in advance for their details.

## 8. CONSENT

8:1 We wish to make you aware that the event will have official photographers and media teams working throughout.

## 9. ATTIRE/CLOTHING

### 9:1 CLOTHING

9:1:1 Close fitting shorts, full leg tight fitting bottoms, short or long tight sleeve tops / rashguards and spats are permitted.

9:1:2 No tracksuit bottoms, hoodies, t shirts or loose shorts will be permitted.

9:1:3 Clothing must not be grabbed and so it is the responsibility of the wrestler to ensure that clothing worn cannot be held onto.

9:1:4 In the event that officials feel any competitor shows signs of excessive sweating or excessively oily skin, they may insist the competitor wears rashguards or spats.

### 9:2 FOOTWEAR

9:2:1 Wrestling boots or bare feet permitted. Trainers or any outdoor footwear is not allowed.

### 9:3 MOUTHGUARDS

9:3:1 Optional

### 9:4 HEAD GUARDS OR PROTECTIVE GUARDS

9:4:1 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 / she 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.

## ALL TICKETS AVAILABLE FROM:

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**W:** [www.snakepitwigan.com](http://www.snakepitwigan.com)