



# IGX 2019

## Historical Wrestling Tournament Rules

Last updated September 2019

### [Acknowledgement](#)

### [Expectations & Safety](#)

[Required Equipment](#)

[Forbidden Actions](#)

[3-Tier Penalty System](#)

### [Tournament Logistics](#)

[Play Area](#)

[Tournament Format](#)

[Anticipated Weight Classes](#)

[Conduct of Bouts](#)

[Equipment Failure](#)

[Injuries](#)

### [Scoring Criteria](#)

[Winning](#)

[Overtime](#)

[Scoring Metric](#)

[Scoring Methods & Considerations](#)

[Non-Scoring Actions](#)

[Minor Violations](#)

### [Staff Roles](#)

[Referee](#)

[Judge](#)

[Wrestlers](#)

[Coaches](#)

[Scorekeepers](#)

### [Quick Reference Guide](#)

# Acknowledgement

These rules borrow from the Longpoint Ringen rules, with updates to pursue a rule set strongly based on known historical systems, such as Pietro Monte's discussion on wrestling. This rule set is more true to techniques seen throughout Historic European Wrestling treatises from recognized masters of the art.

## Expectations & Safety

The purpose of this tournament is to create a competitive environment in which the non-lethal or debilitating standing wrestling techniques of 15<sup>th</sup> and 16<sup>th</sup> century Europe can be practiced in competition. The rules have been written to allow the use of as many techniques from medieval wrestling sources as possible while discouraging the use of modern actions not found in historical sources. The focus on standing wrestling is consistent with the focus of known wrestling rule sets from the late Middle Ages and early Renaissance. Equipment requirements are enforced for safety, the promotion of historical grips, and to encourage a cohesive aesthetic.

**This is a full contact event.** Although wrestlers are expected to conduct themselves in a manner that will promote safety, risk of injury is always present. Wrestlers are expected to be in good health with safe falling experience, as well as experience wrestling at full speed against a fully resisting opponent.

## Required Equipment

### Jacket

A durable jacket designed for wrestling or fencing is required for the tournament. Jackets must be closed in the front, and any zippers must be taped down.

- Acceptable examples include: HEMA specific wrestling jackets, gambesons, and fencing jackets.
- Any other jacket must be approved by tournament staff before the start of the event.
- NOT ALLOWED: Sweatshirts, open-front jacket or martial arts gi
  - Exception: [This martial arts top](#) has been approved by the Tournament Organizer

### Pants

Athletic attire is required for the lower body.

- Acceptable examples include: warm-up or sweatpants, fencing knickers, gym or board shorts, and leggings/tights.
- NOT ALLOWED: jeans, cargo pants, or other non-athletic pants or shorts.

## Footwear

No shoes or socks will be worn during competition.

## Optional Gear

- Groin protection
- Mouthguard
- Soft protection for joints
- Soft protection for head and/or ears

## General Hygiene

- All metal piercings and jewelry must be removed
- Long hair must be tied back securely or braided
- Finger/toe nails must be trimmed
- Wrestlers must be free of contagious disease, virus, or fungus.
- Wrestlers must show up to competition as clean as possible, and may be disqualified at the Referee's discretion for any issues related to health or hygiene, including excessive body odor.

## Forbidden Actions

The following actions are ILLEGAL and will be subject to the 3-tier penalty system:

- Choking/strangling or wrenching/cracking the neck
- Punching, kicking, slapping, or striking of any other kind
- Biting, scratching, hair-pulling, eye-gouging or penetrating orifices
- Forcing any joint(s) beyond its normal range of motion (i.e. joint locks, submissions)
- Intentionally throwing an opponent onto their head
- Any action not listed above but carried out with the clear intent of injuring an opponent

Anyone who sees other safety issues should immediately call halt. Bouts will resume once the issue has been remedied.

## 3-Tier Penalty System

### Overview

All events at IGX will use a 3-tier penalty system, enforced by the Referee. The Referee will call a penalty if he/she sees an illegal technique or other unsafe or unsportsmanlike behavior. We expect all competitors to show good sportsmanship at all times. Likewise, we expect visitors/coaches to show good sportsmanship and yield to the final decision of the judges. The ultimate responsibility for maintaining a safe, competitive environment falls on the shoulders of the IGX Tournament Staff.

### **The 3 Tiers are as follows:**

- 1st tier: Verbal warning - typically for accidental/incidental offenses
- 2nd tier: 1 point subtracted from the fighter who executed the unsportsmanlike behavior - typically for arguing with the judges, complaining about the quality of judging, not following reasonable requests from staff, disrupting/intentionally delaying the bout, repeated/intentional offenses, etc.
- 3rd tier: Expulsion from the bout, tournament, or event as appropriate - typically for egregious offenses such as deliberately injuring your opponent, being a danger to yourself or tournament staff or spectators, or other unsportsmanlike behavior.

Two 1st tier penalties (verbal warnings) will automatically result in a 2nd tier penalty (point deduction). Every 1st tier penalty afterward will result in a 2nd tier penalty. It is possible to receive a 2nd or 3rd tier penalty without first receiving a 1st tier penalty.

### **Penalty Guidelines**

The Judge/Referee should make note of the following actions to determine if a penalty should be awarded. The Judge/Referee should immediately call the medical staff to assist in the following situations:

- If a fighter is knocked down and either gets up slowly/with difficulty/with assistance, or does not get up at all
- Damage to safety equipment (i.e. ripped jacket)
- Any other sign of potential injury (i.e. limping, bleeding)

If a wrestler receives an aggressive throw but states he/she is ok (“absolves guilt”) then only a verbal warning shall be issued.

# **Tournament Logistics**

## **Play Area**

### **Mat**

The mat includes the entire padded area used in a match, including auxiliary mats placed around the perimeter of the main wrestling mat for safety.

### **Ring**

The ring is the area in which the match takes place. The boundary is marked and clearly visible to all participants, generally painted on the mat.

## **Starting Lines**

Marked lines on opposite sides of the ring indicating the area from which wrestlers begin their match or return to after a point is scored.

## **Center Mark**

A marked area in the center of the ring from where wrestlers resume when a match is stopped but no point is awarded.

## **Tournament Format**

The Historical Wrestling tournament at IGX 2019 will consist of a single pool phase, where each wrestler will face the other wrestlers in their weight class. Pools will be capped at 6 participants per weight class, so each wrestler will compete in up to a total of 5 matches. Winners will be declared based on overall standings in their weight class. There will not be Eliminations pools or Finals after the Initial Pool phase for this event. The top three competitors from each class will be recognized and receive medals. The wrestlers who deliver the greatest number of Successful Standing Throws and/or get thrown the least across all wrestlers will receive special recognition.

## **Anticipated Weight Classes**

Based on current registration and self-reported fighter weights the following weight classes will be used at IGX 2019:

- Feather - 150 lbs and under
- Light - 175 lbs and under
- Middle - 190 lbs and under
- Light-Heavy - 205 lbs and under
- Heavy - Over 205 lbs

Exact weight classes are subject to change upon official weigh-in at IGX 2019.

## **Conduct of Bouts**

1. Table Staff will announce the immediately scheduled competitors as well as the names of those competing in the following match.
2. Wrestlers will be called to the Center Mark to shake hands, and then take their positions at the Starting Lines. Each wrestler will enter the mat ready and dressed to compete. Wrestlers are expected to be on their guard and ready to wrestle at all times when on the Mat. Only the Referee and two wrestlers will be allowed within the Ring during each bout.
3. The Referee will signal to the wrestlers and scorekeeper that the bout is about to begin.

4. The Referee will call "Fight" to signal that the bout has begun. The wrestlers will now engage and the Scorekeeper will start the clock. (Note: the clock will not be stopped during a match unless a wrestler is injured, equipment malfunctions, or the Referee calls a time out.)
5. Upon witnessing a scoring action, ring out, or illegal action, the Referee will call "Halt" and separate the wrestlers. Both wrestlers will immediately return to their starting positions.
6. The Referee will communicate the score or penalty to the Scorekeeper, who will record the result. The Referee will signal to the wrestlers to continue from the Starting Lines, or from Center Mark as the rules dictate.
7. The Scorekeeper will indicate when the bout has reached the requisite number of points or that time has run out. In the event of a tie when the clock runs out, the Scorekeeper will call "Time."
8. The Referee will summon the wrestlers to Center Mark, then raise the winner's hand. Both wrestlers will quickly exit the mat as the next match is announced.

## **Equipment Failure**

Wrestlers will be granted 2 minutes after the first equipment failure to return to compliance. This will decrease to 1 minute for the second failure. If a wrestler is unable to repair or replace their gear within the time limit, or if they experience a third equipment failure, they will forfeit the match.

## **Injuries**

Wrestlers must act in a prudent and reasonable manner at all times to avoid injury to themselves, their opponents, tournament staff, and spectators. Any wrestler who acts in an unsafe or malicious manner may be disqualified from further participation in the tournament at the discretion of the tournament administrator.

No wrestler, coach, or spectator will approach an injured wrestler unless acting as qualified medical staff or called for by the Referee.

An injured wrestler will be allowed a 2 minute period for medical staff to take an assessment and determine if the fighter is well enough to continue. If a wrestler is not well enough to continue, the match is forfeited. A warning may be issued to the injured wrestler's opponent if the injury was caused by reckless, but not illegal or malicious behavior.

In all cases of injury, the judges and tournament administrator will make an assessment as to whether the injury was inflicted maliciously. A wrestler who injures their opponent intentionally will be disqualified from the tournament.

Injury inflicted on any other party (referee, judges, administrative staff, spectators) may result in disqualification, depending on the circumstances and at the discretion of the tournament administrator.

## Scoring Criteria

### Winning

The goal of each match is to win by scoring a total of 6 points. If the requisite number of throws is not reached during the 3 minute time limit then the wrestler with the most points will win the match.

In the event that both wrestlers have the same number of points (and that amount is greater than zero) at the end of the match, Advantage points will be counted to determine the winner. A match cannot be won on Advantages alone in Regular Time; if neither wrestler has scored a point when the clock expires the match will go to Overtime.

In the case of tied points and Advantage points, the wrestlers will wrestle in Overtime.

### Overtime

In Overtime, wrestlers will wrestle for 1 minute, or to the first point. If no throw is scored by the end of Overtime, the wrestler with the most Advantage points will be declared winner. If both points and Advantages are tied at the end of Overtime, then the match will end in a draw.

## Scoring Metric

### Points

Points are awarded when a wrestler successfully throws an opponent. Throws are divided into three categories which are associated with different point values.

- Full Standing Throw - 3 points  
Awarded when one wrestler throws their opponent so that a portion of their body above their hands and/or knees goes to the ground, and the initiating wrestler is able to remain standing. A Full Standing Throw may also be awarded at the Referee's discretion when a wrestler is able to demonstrate full control over their opponent by lifting them bodily from the ground in a manner that shows they could be cast to the ground without actually throwing the controlled participant to the mat (generally, this looks like one wrestling holding the other horizontally).
- Throw with Ground Control - 2 points  
Awarded when a wrestler falls with their opponent but is able to maintain control (defined below) in a manner that a portion of their opponent's body above their hands and/or

knees goes to the ground or when there are three points of contact by the hands and knees (i.e., 1 hand and both knees or 1 knee and both hands touch the mat).

- Touch-Throw - 1 point  
Awarded when a wrestler forces their opponent to touch the mat with only a hand and/or knee.

## **Advantage**

An *Advantage* is awarded when a wrestler forces their opponent out of the ring, or is given to the opponent of a wrestler penalized for [Minor Rule Infractions](#) (see below).

# **Scoring Methods & Considerations**

## **Throw**

A Throw is defined as any technique that forces an opponent to the ground. A Throw will be scored if any body part other than a wrestler's feet makes contact with the ground.

## **Ground Control**

Ground Control is achieved by ensuring the opponent's body hits the ground first.

## **Following an opponent to the ground**

A wrestler may follow their opponent to the ground during a throw but must achieve Ground Control to score a point.

## **Failure to establish Ground Control**

If both wrestlers fall to the mat simultaneously, and neither wrestler lands in a dominant position (i.e., one wrestler on top of the other), the action will be thrown out.

## **Tripping/falling of one's own accord**

Since the purpose of this competition is to remain on one's feet, if a wrestler trips over their own feet and falls within the ring, even with no contact from their opponent, points will be awarded to their opponent according to the scoring metric listed above.

## **Ring-Out**

If a wrestler is forced out of the ring, their opponent will be awarded an Advantage and the match will reset to the center of the ring. A ring-out occurs when both of a wrestler's feet have fully left the ring (i.e., not touching the line). If both wrestlers go out of bounds, no advantage will be awarded, and the match will reset to the center of the ring.

## **Yielding**

At any point during a match, a wrestler may yield to their opponent by yelling "stop," "halt," or "tap." If a wrestler yields, their opponent will be awarded 3 points if no rules were violated.

# Non-Scoring Actions

## Sacrifice Throws

Sacrifice throws are throws in which a competitor intentionally falls backwards or to their side in order to take down their opponent. Sacrifice throws will not be counted as scoring actions for the initiating wrestler, and will award points to their opponent as appropriate.

## Reversals

Reversals are not scoring actions under this rule set.

# Minor Violations

## Stalling

Only the wrestler currently leading in points can be penalized for stalling. A stalling penalty will be issued if a wrestler acts in an overly defensive manner and appears to have no intention to make an offensive action, or for being told repeatedly by the referee to return to the starting position after a halt. If a wrestler is called for stalling, their score will be reduced by 1 point. Additionally, the referee can stop the match at any point and reset wrestlers to prevent stalemate.

## Disallowed Techniques

Certain techniques are disallowed under these rules to encourage the use of techniques found in historical sources instead of modern variations. A wrestler who uses a disallowed technique will score points for their opponent according the point values listed above. Examples of disallowed techniques include:

- Single or double leg grabs and leg takedowns where a wrestler drops to one or more knee to grab their opponents leg.
- Drop throws where a wrestler drops to one or more knee to gain better leverage for a forwards throw (i.e. shoulder or hip throw).

## Intentional Ring-out

Intentionally leaving the ring in order to avoid being thrown or to escape an undesirable position is prohibited. A warning will be issued at the first offense, as well as an Advantage awarded to the wrestler remaining in the ring. Any additional violations will result in the loss of one point.

# Staff Roles

For each Mat there will be:

- 1 Referee
- 1 Judge
- 1 Scorekeeper

## Referee

The Referee starts and stops the fight, communicates with the wrestlers, ensures all participants are ready, controls safety in the ring, interprets the actions, and announces points for the Scorekeeper. At no point should anyone but the Judge, Scorekeeper, or Tournament Manager speak to or otherwise communicate with the Referee for issues unrelated to general safety or the current match. Any wrestler or coach who attempts to do so may receive a warning.

## Judge

The Judge serves as an assistant to the Referee in all matters of conducting fights and scoring points.

## Wrestlers

There will be two wrestlers for every match. No more than two wrestlers are allowed on the mat at a time. Each wrestler may be attended by one coach. Wrestlers must report to the Mat when called. Any wrestler called to the Mat three times in a three-minute period without reporting will forfeit the match.

## Coaches

Coaches may provide moral support, general advice, and tend to wrestlers' equipment/hydration needs. Coaches may only enter the mat if invited by the Referee, but must otherwise stay outside of the ring and may not interfere with the Referee, other wrestlers, or any tournament staff. Coaches may respectfully ask for clarity of a call, but must refrain from arguing with the Referee.

## Scorekeepers

The Scorekeepers track the action of the match as reported by the Referee, and updates the digital scoreboard for the match. Only tournament staff may communicate directly with Scorekeepers; any wrestler or coach who attempts to do so will receive a warning.

# Quick Reference Guide

## Wrestling Conduct

- Be a good sport
- Don't be a jerk
- Keep your opponents in good condition
- Wear appropriate attire
- Stay inside the ring
- Respect all parties at the event.

## Tournament Format

- This tournament format consists of pools only. Ranking will be determined from wrestler performance in their individual weight class pool.
- There will not be Elims or Finals. The Initial Pools are your finals.
- The top three competitors from each weight class will receive medals.
- The wrestlers who deliver the greatest number of Successful Standing Throws and/or get thrown the least across all wrestlers will receive special recognition.
- Bouts are for 3 minutes.

## Scoring

To score points, make your opponent hit the mat before you do.

- Full Standing Throw - 3 points  
Awarded when one wrestler throws their opponent so that a portion of their body above their hands and/or knees goes to the ground, and the initiating wrestler is able to remain standing. A Full Standing Throw may also be awarded at the Referee's discretion when a wrestler is able to demonstrate full control over their opponent by lifting them bodily from the ground in a manner that shows they could be cast to the ground without actually throwing the controlled participant to the mat (generally, this looks like one wrestling holding the other horizontally).
- Throw with Ground Control - 2 points  
Awarded when a wrestler falls with their opponent but is able to maintain control (defined below) in a manner that a portion of their opponent's body above their hands and/or knees goes to the ground or when there are three points of contact by the hands and knees (i.e., 1 hand and both knees or 1 knee and both hands touch the mat).
- Touch-Throw - 1 point  
Awarded when a wrestler forces their opponent to touch the mat with only a hand and/or knee.
- Advantage - 0.5 "point"  
Awarded when you force your opponent out of the ring. Advantages help break ties, but do not count for points.