



UNITED WORLD
WRESTLING

MEDICAL REGULATIONS



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TITLE I - GENERAL PROVISIONS

Article 1

These Regulations are set to establish the basic health and hygienic conditions that must be met by the competitors, the National Wrestling Federations, the Organizing Committees (OC) and the United World Wrestling's Medical and Anti-Doping Commission (UWWMC) in the competitions supervised, regulated, controlled, directed or recognized by United World Wrestling (UWW).

These Regulations also contain the basic health protection requirements of the participating competitors who must have received an annual medical certificate from their home doctor authorizing them to practise the sport of wrestling and who must undergo a medical examination carried out by the doctor in charge before the weigh-in.

Article 2

Each National Federation affiliated or associated to UWW has the obligation to draft and adjust its own rules to fully incorporate the various matters covered by the present Regulations.

Article 3

Only those competitors who fully meet and completely satisfy the requirements established by these Regulations are entitled to participate in UWW controlled competitions.

TITLE II - MEDICAL EXAMINATIONS AND CONDITIONS FOR PARTICIPATION IN THE COMPETITION

Article 4

Medical examinations must take place once a year for the senior age group as well as for the junior and cadet age groups at a medical institution approved and authorized by their respective Wrestling Federations. These medical examinations must be carried out by a specialist in sports medicine or by a sports medicine institution and are compulsory to obtain an international licence delivered by UWW.

In the veterans age group, special conditions apply regarding medical examinations. They are described in the UWW General Regulations for the Veteran World Championship.

Article 5

The medical examination shall include:

- a) Medical history and past history
- b) Family history
- c) Complete clinical examination including:
 - cardiopulmonary examination
 - orthopaedic examination
 - neuropsychiatric evaluation
 - dermatological examination
- d) Routine laboratory examination, as well as venereal disease and AIDS detection
- e) Functional and ergonomic evaluation

Article 6

The results of each competitor's examinations and laboratory tests should be recorded and kept either by the wrestler or by the National Federation's doctor or along with the parental authority for wrestlers under 18 for the purpose of assessing and monitoring the athlete's health over his/her sporting career.

Article 7

All competitors selected to participate in a competition supervised by UWW are highly advised to undergo an additional medical examination by a sports medicine specialist of their respective National Federation minimum 3 days prior to the competition.

Article 8

One hour before the weigh-in, each competitor must undergo a medical clearance carried out by a doctor appointed by the UWWMC (UWW doctor). This clearance medical examination is necessary and conducted to inspect for contagious and dermatological diseases.

TITLE III - INELIGIBILITY CRITERIA FOR THE PARTICIPATION IN A COMPETITION

Article 9

Participation in the competition is not authorized if, in the opinion of the UWW doctor:

- a) The competitor has open or infected wounds
- b) The competitor has a condition which, through contact, may develop into open wounds
- c) The competitor is suffering from a condition or a disease which, as a result of strain exerted during the competition, might adversely affect his health or his opponent's health
- d) For health reasons, confirmed by the UWW doctor, the competitor is not in a position to take part in the competition
- e) The competitor carries an infectious disease
- f) For the Cadets category, a wrestler is not able to produce official documents (passport and birth certificate) to evidence of his/her age.

TITLE IV - HEALTH AND HYGIENE – CONDITIONS LAID DOWN FOR THE ORGANIZATION OF A WRESTLING COMPETITION

Article 10

The OC / the National Federation must ensure that all the requirements laid down in these Regulations are met.

Article 11

The OC must ensure that all the health and hygienic requirements set out in these Regulations are met.

The UWWMC Chairman or his representative must approve the quality and adequacy of the medical coverage of the competition.

If the UWWMC Chairman or his representative do not approve the quality and/or the adequacy of the medical coverage, the competition may be cancelled or postponed until the requirements are met.

Article 12

Before the competition, the UWW technical delegate together with the appointed UWW doctor must inspect the conditions of accommodation for competitors, the food and the conditions of preparation and distribution.

Food tests may be carried out throughout the competition. If it is established that the quality of accommodation and/or food do not meet minimum commonly admitted standards, UWW may decide upon a sanction to be imposed to the OC.

Article 13

The organizing committee of any competition supervised by UWW must provide a permanent medical service, headed by a qualified medical doctor, at the place where the competitors are accommodated.

Article 14

The competition must take place in a well prepared and equipped sports hall offering all the necessary sanitary facilities.

The capacity of the hall shall depend on the number of the participating countries as well as on the size and the importance of the event.

The competition hall must be clean, brightly lit and ventilated with temperature control (22 degrees Celsius).

The number of spectators must not exceed the capacity of the hall.

TITLE V - MEDICAL PROCESS AND MEDICAL FACILITIES FOR THE COMPETITION

Article 15

Medical coverage of the UWW controlled competitions must be organized by qualified emergency and/or sports physicians set by the organizing committee under supervision of an appointed UWW doctor. A team doctor can accompany each competitor to assist mat doctors when necessary.

Article 16

The OC must prepare 3 or 4 large rooms for the medical examination, equipped with tables and chairs and adequate space for the pre-competition examination of the competitors before the weigh-in. The condition and facilities of the examination rooms must be confirmed by the UWW doctor.

Article 17

The OC must provide a wide table and 2 chairs per each wrestling mat in the sports hall for the medical team.

Each medical team should include one qualified medical doctor (mat doctor) with one assistant nurses or technicians, arranged by the OC.

Each table must be adequately supplied with the basic life support equipment and standard first aid materials for the most common minor injuries.

Appendix I lists the mandatory necessary medical equipment, substances and medications that must be available during official competitions.

Article 18

The OC must prepare an emergency room facility equipped for casualty, staffed with emergency specialist and sports medicine physician able to handle the minor to mild injuries. This emergency room will also be used in case of need for first aid to the public or officials.

This emergency station, located in the building of the sports hall, must be provided with all the equipment required for advanced life support and intensive care, i.e.:

- Cardio pulmonary resuscitation equipment
- Defibrillator
- Oxygen breathing apparatus, endotracheal tubes
- ECG systems, sphygmomanometer
- Sterile surgical instruments for suturing lacerations
- Sufficient quantity of splints and bandages
- Sufficient quantity of sterile syringes and needles
- All the necessary medications needed in the following emergency situation: resuscitation, hypersensitivity reactions, pain control and local anaesthesia.

Article 19

A stretcher and an ambulance have to be permanently on site for the immediate transportation of the severely injured competitors to the nearby hospital.

Article 20

A close-by-hospital must be consulted, informed and approved by the doctor in charge of the organization prior to the competition in order to be ready to accept and care for any injured competitor immediately.

TITLE VI - HYGIENIC AND PROPHYLACTIC CARE OF THE WRESTLING MAT

Article 21

The wrestling mat on which the competition is to take place must be clean and meet the UWW standards and requirements.

- a) After each round of the competition, that means at the end of the morning session and at the end of the evening session, the mat must be cleaned with a mop soaked with soap and water and dried.
- b) If a wrestling mat becomes dirty during the course of the competition, the referee must stop the competition to allow the mat to be cleaned and disinfected.
- c) When the wrestling mat is contaminated by blood, it must be cleaned with the special antiseptic solution, selected and approved by the UWWMC.
- d) The bleeding competitor, the source of contamination, must be attended immediately. Under supervision of the UWW doctor, the mat doctor must strive to stop the bleeding. If the laceration is rather severe and the injured competitor cannot be cared for in the four minutes

allocated time, the competition should be terminated for this competitor and he/she should be sent to the emergency room or possibly to the hospital.

- e) When a competitor is injured, he/she must be placed on the protective part of the mat, outside the competition area. The medical intervention should not take place in the wrestling space.
- f) The declaration of the winner of the competition and the awarding of various recognitions or medals should not be done on the wrestling section of the mat.
- g) The wrestling shoes must be worn only on the mat. The competitors are not authorized to walk in their wrestling shoes outside the mat.
- h) Nobody is authorized to step on the wrestling mat wearing ordinary shoes.
- i) For antiseptic measures, the competitor and/or his trainer can choose from one of the following procedures:
 - 1. To apply the shoe covers provided by the OC before stepping on the mat
 - 2. Clean the sole of the wrestling shoes with the antiseptic solution provided by the organizer:
 - a. The antiseptic may be in the form of a spray. The coach should spray the sole of the shoes with antiseptic and dry them with towels. Care must be taken not to spray on the face or skin and not to step on the mat with wet shoes.
 - b. The antiseptic may be provided in the form of a soaked towel. The towel must be rubbed on the bottom of the shoes or the competitor can step on the towel and rub the bottom of his shoes on the soaked towel.

The selected procedure here above is also applicable to the referees before they step on the mat.

TITLE VII - OBLIGATIONS AND APPEARANCE OF COMPETITORS AND OFFICIALS

Article 22

The competitors and all other persons participating in the competition have the obligation to comply with the provisions of these Regulations.

During these competitions, the competitors must wear clean sport clothes and clean shoes. The competitors must have their beard completely shaved. If beards are worn, they must not be shorter than 5 mm.

The nails of all competitors must be cut short.

A competitor may not use hand and finger tapings without medical justification. Medical evidence justifying their use must be provided to the UWW doctor during the pre-competition medical examination. In case of an injury during training or in the course the competition, the UWW doctor's approval is required for their use.

The referees must wear the UWW approved uniform. They are not allowed to step on the mat wearing ordinary shoes.

TITLE VIII - UNITED WORLD WRESTLING MEDICAL & ANTI-DOPING COMMISSION (UWWMC)

Article 23

The members of the UWWMC are appointed by the President of UWW with the approval of the UWW Bureau and on the basis of the candidacies submitted by the National Federations. Prior to their assignment, their credentials must be approved by the chairman of the UWWMC.

In the competition they are assigned to, the UWW doctors must wear a distinctive outfit provided by UWW.

Article 24

The Chairman of the UWWMC is suggested by the General Secretary of UWW and appointed by the President of UWW.

The President of UWW has the authority to appoint associated members.

Article 25

The UWW Doctor (if not applicable, the medical officer appointed by the OC) is responsible for the entire organization of health protection and supervision of doping controls during the competition organized under the auspices of UWW.

Article 26

For any UWW controlled competition, the UWW General Secretary appoints a doctor among the members of the UWWMC. The appointed UWW doctor is responsible for:

- a) Assessing accommodation and food
- b) Supervising hygienic requirements of all mats
- c) Supervising medical examination
- d) Managing medical coverage of the competitions
- e) Reviewing injury or medical reports of the competitors issued by the mat doctors to approve and have them recorded in the system provided by UWW
- f) Observing doping control procedure during the competition as the representative of the UWW
- g) Managing all the issues connected to medical matters.

Article 27

Immediately after the completion of the competition, the UWW doctor must ensure that the data on the doping control forms is submitted in ADAMS (Anti-doping Administration and Management System) by the *Sample Collection Authority* contracted by the organizer for the collection of the samples and that the original copies are sent to the UWW headquarters.

The UWW doctor must, within 10 days after the end of the competition, submit a full report to the UWWMC Chairman who will forward a copy, after review, to the UWW Secretary General.

This report should include all information on medical coverage, medical examination, injuries, doping control program, accommodation and food.

It is the UWW President's discretion whether to report or not to the Bureau.

Article 28

Prior to any competition supervised by UWW, the UWWMC Chairman or his deputy, must organize a meeting with all the doctors of the National Federations and provide them with the following information:

- a) The place and time of the medical examination
- b) Names of the doctors who will each in turn provide the medical services required for each day of the competition
- c) Place where the complaints and requests may be submitted
- d) Place, time and requirements of the doping control program
- e) Information and instructions on Therapeutic Use Exemptions or any other issue related to the athletes' rights and obligations regarding doping control program.

TITLE IX - RESPONSIBILITIES OF THE UNITED WORLD WRESTLING DOCTORS ON DUTY DURING THE COMPETITION

Article 29

If one of the competitors is injured, the UWW doctor on duty can request the officiating body and the mat chairman to stop the bout.

Article 30

During the competition, upon request of the referee, the UWW doctor on duty is required to manage and supervise immediate medical assistance to an injured competitor. The UWW doctor assesses the severity of the injury and advises the referee as to whether the said competitor is able to continue the bout or not. The decision of the UWW doctor to forbid the competitor to resume the bout in case of injury is final. In the event of an injury simulation medically admitted, the wrestler concerned will be sanctioned.

In case of bleeding injuries, a total injury time of four (4) minutes over the whole duration of the bout is allocated to each wrestler for a doctor to treat the bleeding. The procedures in this regard are described in the International Wrestling Rules.

Article 31

Each injury should be reported by using the injury report system provided by the UWWMC. The UWW doctor appointed to the competition is responsible to provide this report.

In case of injury during the competition, the injury report must be filled in by the mat doctor and duly signed by the UWW doctor.

In case of injury during the training or at residence, the injury report must be filled by the team doctor, the coach or team leader of the injured wrestler and submitted to the UWW doctor for his or her review and approval.

The form must be submitted for processing under the conditions laid down by the insurance company partnering UWW at the time of the injury.

UWW must provide on its website all forms and necessary information concerning insurance services.

Article 32

If, in the opinion of the UWW doctor on duty, an official seems physically or mentally unable to work or if he is found to be under the influence of alcohol or drugs, he is obliged to inform the Technical Delegate and the head of the Refereeing Commission. If the UWW doctor on duty considers it necessary, he or she may also require a special medical examination including laboratory tests for alcohol and drugs.

In the event of a positive result of these tests, the official concerned will be excluded, notwithstanding the fine to be imposed on the National Federation.

TITLE X - ORGANIZATION OF THE DOPING CONTROL

Article 33

The doping control is governed by specific regulations (for detailed information, refer to the UWW's Anti-doping Rules, WADA's Code and the International Standards).

Unless otherwise agreed with or ordered by UWW, all medal winners (1st, 2nd, and two 3rd place) in each weight category must be drug tested.

Other random or targeted tests may be performed at any time (from the delegations' day of arrival until the departure day).

TITLE XI - HEALTH PROTECTION

Article 34

In accordance with article 2 of these Regulations, all National Federations must organize health protection within the framework of their internal structure.

All National Federations are encouraged to promote health and safety within their organization. Athletes' education programs focusing on healthy nutrition for the management of weight as well as the prevention of injuries through exercise-based programmes must be privileged.

TITLE XII - PROVISIONS REGARDING THE VALIDITY OF THIS TEXT

Article 35

The UWW Bureau is the sole body authorized to approve any modifications or adding to the present Regulations suggested by the UWWMC.

Appendix I