

INTERNATIONAL AQUATHLON RULES

<http://aquathlon-int.org/>

1. Description

1.1. Aquathlon is a wrestling sport in the water and under the water. It was created by Igor Ostrovsky, a coach of underwater sports at the beginning of the 1980's. The origins of the name 'Aquathlon' are 'Aqua' – water and 'Athlon' – wrestling.

1.2. The object of Aquathlon is wrestling between two wrestlers, wearing masks, fins, anklebands and ribbons. They wrestle under the water and on the surface in order to tear off an opponent's ribbon from one of his anklebands.

2. The Aquathlon Area

2.1. The Aquathlon Area consists of a square-shaped Ring 5m x 5m and a Free Area around the Ring, which are both bounded by ropes on the surface of the water. The width of the Free Area is 1.5m. On one side of the Ring, ropes are coloured red, and on the other side they are coloured yellow.

2.2. A square-shaped Rug 5m x 5m which is placed under the Ring at the bottom of the pool.

2.3. In the centre of the Rug there is a defined 1m circular area which is used for the Special Round.

2.4. Two hoops (1m in diameter), which are placed on the edges of the Rug opposite each other. The Red hoop is under the Red ropes and the Yellow hoop is under the Yellow ropes of the Ring.

2.5. The required depth of a pool is between 3m and 6m.

3. Individual Equipment

3.1. A tight fitting swimsuit made of a tough material

3.2. A mask (goggles are prohibited)

3.3. Rubber or silicon fins

3.4. Two anklebands. An ankleband is worn around the ankle of each leg of a wrestler. They are attachable with scotch tape. The length of an ankleband is 40cm and the width is 5cm.

3.5. Two ribbons. Each ribbon is attached to an ankleband on the outer side of the ankle. The wrestler on the Red side has Yellow Ribbons, and the wrestler on the Yellow side has Red ribbons. Each ribbon is 20cm long and 2cm wide.

3.6. A cap. The wrestler on the Red Side wears a red (black) cap; and the wrestler on the Yellow Side wears a yellow (white) cap.

4. Age and Weight Categories

Age Groups	Subgroups	Age	Weight categories
Children - I	Boys	10 -11 years old	-
	Girls		-
Children - II	Boys	12 -13 years old	-
	Girls		-
Cadets - I	Boys	14 -15 years old	Up to 50kg; above 50kg
	Girls		Up to 45kg; above 45kg
Cadets - II	Boys	16 -17 years old	Up to 55kg; above 55kg
	Girls		Up to 50kg; above 50kg
Juniors	Men	18 – 20 years old	Up to 60kg; above 60kg

	Women		Up to 55kg; above 55kg
Adults	Men	21 years old and older	Up to 70kg; from 70kg up to 85kg; above 85kg
	Women		Up to 65 kg; from 80kg up to 80kg; above 80kg

5. Holding Competitions

5.1. A Bout consists of 3 Rounds, each of which is 30 seconds long and a Special Round which is held when we have to establish who the winner is in the event of a draw. The break between Rounds is not less than 30 seconds long. And the break between Bouts is not less than 1 minute.

5.2. On the signal, "Ready", the wrestlers enter the Free Area. On the signal, "Steady", the wrestlers must keep their faces above the water. Then there is a five second Countdown and on the sound of one gong, the wrestlers must dive and pass through their hoops within 6 seconds.

5.3. The moment when both ribbons of the wrestler pass through his hoop, the wrestler is officially in the Ring, then he receives 1 point. After that the wrestling begins. Each of the wrestlers tries to tear off one of his opponent's ribbons from his anklebands and then show it on the surface inside the Ring. The wrestler who does this first receives 2 points and wins the Round with the score 3:1.

5.4. If a wrestler does not pass through his hoop within 6 seconds after the sound of a gong, he loses this Round with the score 0:3.

5.5. If a ribbon falls loose in the Free Area, before the wrestler passes through his hoop the Round is stopped. The wrestlers have to return to an upright position and the Round is re-started.

5.6. A wrestler can prevent his opponent from entering the Ring through the opponent's hoop. If he can continue to prevent his opponent from entering the Ring until the expiry of 6 seconds, then he wins the Round with the score 3:0.

5.7. After passing through their hoops, the wrestlers can wrestle under the water or on the surface. During the wrestling the wrestlers can move into the Free Area. However, if they move beyond the Free Area, the Round is stopped. The wrestlers have to return to an upright position and the Round is re-started.

5.8. If a ribbon falls loose during the wrestling, the opponent can take it and ascend with it to the surface inside the ring. He wins the Round with the score 3:1

5.9. If a wrestler tears off one of his opponent's ribbons together with the ankleband, he has to separate this ribbon from its ankleband.

5.10. If both of the wrestlers break the surface with one of their opponent's ribbons at the same time, the winner is determined by camera. If there is no camera in the competition area, the winner is determined by the judges, according to their judgment. The score of this Round will be 3:1

5.11. If a wrestler breaks the surface with an opponent's ribbon in the Free Area, he has to swim to the rope bounding the Ring, and put his hand with the ribbon under the rope inside the Ring. If he achieves this within the time of the Round, the score of this Round will be 3:1

5.12. The Gong is struck three times to indicate the end of the Round.

5.13. If neither of the wrestlers breaks the surface with an opponent's ribbon before the end of the Round, the score will be 1:1.

5.14. The Gong is struck repeatedly if the Round ends before the end of the expiry of 30 seconds.

5.15. A wrestler can stop the Round by making a gesture, repeatedly slapping his opponent's body. In this event, he loses this Round with the score 0:3.

5.16. If the result of a Bout is a draw, a Special Round takes place.

5.17. For a Special Round, two ribbons, one red and the other yellow, are placed in the centre of the Rug at a distance of 1m from each other. The red ribbon is placed on the Yellow side. The yellow ribbon is placed on the Red side. On the signal of a Gong, the wrestlers dive through their hoops, and attempt to pick up their opponent's ribbon and ascend with it to the surface inside the Ring. There are not any ribbons in the wrestlers' anklebands. In a Special Round, there is not a 6 second time limit to pass through hoops. In a Special Round, the wrestlers can wrestle as usual. The winner of the Special Round receives 1 point and wins the Bout.

6. Fouls

- 6.1.** Intentionally punching; choking; twisting or bending arms, fingers or legs.
- 6.2.** Intentionally tearing off an opponent's mask or swimsuit.
- 6.3.** Holding, grabbing or taking one's own ribbon.
- 6.4.** Intentionally moving or changing the shapes of a hoop, the Ring, or the Rug.
- 6.5.** Avoiding any wrestling for the entire Round
- 6.6.** Holding the opponent and not attempting to tear off his ribbon during the entire Round.
- 6.7.** Pushing off from a side of the pool at the start of a Bout.
- 6.8.** A False Start i.e. putting your face into the water at any time from the signal 'Steady' until the Gong is struck.
- 6.9.** A refusal to accept or follow a judge's instruction or decision.
- 6.10.** Arguing against a Judge's decision.
- 6.11.** A violation of discipline; or rude and improper conduct towards an opponent, the judges or the spectators.
- 6.12.** Failure to appear in the Free Area prior to the beginning of a Round.

7. Penalties

- 7.1.** In the event of Fouls 6.1 and 6.2, the wrestling is immediately stopped and the offending wrestler receives a Strong Warning which is recorded in the protocol of the competition. His opponent is declared the winner of the Round with the score 3:0. If the judges are unable to stop the wrestling and the offender breaks the surface with his opponent's ribbon, his result is nullified and the offender loses the Round with the score 0:3. If his opponent wins the Round, the score of this Round will be 3:0. in his favour. In the event that both wrestlers commit one of these fouls, the score of the Round will be 0:0 and both of them receive Strong Warnings which are recorded in the protocol of the competition. A wrestler who receives three Strong Warnings during a competition is disqualified and his results are nullified.
- 7.2.** In the event of Fouls 6.3, 6.4 the wrestling is immediately stopped. The offending wrestler loses the Round and his opponent is declared the winner with the score 3:0.
- 7.3.** In the event of Fouls 6.5, 6.6 the offending wrestler loses the Round with the score 0:1. In the event that both wrestlers commit these fouls, the score will be 0:0.
- 7.4.** In the event of Fouls 6.7 and 6.8; the Round is restarted and the offending wrestler receives a Warning. If the offence is repeated by the same wrestler, he loses this Round with the score 0:3.
- 7.5.** In the event of Fouls 6.9, 6.10, or 6.11; the offending wrestler is disqualified and all of his results are nullified.
- 7.6.** In the event of Foul 6.12, the offender loses the Round with the score 0:3. If a wrestler fails to appear for any of the Rounds, he loses this Bout with the score 0:9.
- 7.7.** If a wrestler fails to appear for fewer than 50% of his Bouts, he does not receive a ranking in the competition. If he is present for 50% or more of his Bouts, his ranking is calculated on the basis that all of his missed Bouts are lost by the Score 0:9.

8. Injuries

- 8.1.** If a wrestler suffers an injury, the doctor decides if the wrestler can or can not continue wrestling.
- 8.2.** If a wrestler injures himself and can not continue wrestling, his opponent is declared the winner of this Round with the score 3:0.
- 8.3.** If a wrestler suffers an injury because of the deliberate act of his opponent; his opponent is disqualified and the opponent's results are nullified.

9. Calculating Scores and Results

- 9.1.** The winner of a Bout is the wrestler who receives more Points in all the Rounds of the Bout.
- 9.2.** If there are 3-4 athletes, the competition is run with a Round Robin system. In this competition, the winner is the wrestler who wins the most Bouts. If two or more wrestlers win the same number of Bouts, their ranking depends on:
 - a.** The Scores of the Bouts between them
 - b.** The largest number of points won.
 - c.** The smallest number of points lost

d. The highest rating

9.3. If there are 5 or more participants, we use the following system. The numbers of the wrestlers are allocated at random except for the wrestler who has the highest rating. He is given the highest number. Then they are divided into pairs according to their numbers (1 with 2; 3 with 4 etc.). If there are an uneven number of participants, then the highest number is free in the first Bouts. Winners of Bouts stay in Group A and the losers go down to Group B. The winners in Group B continue to participate in their group and the losers go out of the competition because they have lost two Bouts. The wrestling continues until there is only one remaining wrestler in Group A and one remaining wrestler in Group B. The wrestler who loses to the winner of Group B is given 3rd place. The winners of Group A and Group B meet each other. If the Group A winner wins this Bout, he receives 1st place and his opponent from Group B is 2nd. If the Group A winner loses this Bout, a second Bout between them takes place. The winner in this second Bout is given 1st place and the loser is given 2nd place.

10. Team Points

10.1 Team Rankings are determined by the following table:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Points	25	22	19	17	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

10.2. Team rankings are decided according to the total and confirmed number of Points that are received by the members of the Team in this tournament.

10.3. If two Teams receive the same number of Points, their Ranking is determined by:

A The number of 1st, 2nd, 3rd etc. places.

B The Team with the most winning Bouts in this tournament.

C The Team with the most winning Points in this tournament.

D The Team with the fewest losing Points in this tournament.

11. Judges

11.1. The Referee watches the wrestling; halts the Round if a serious foul is committed; pays attention to the signals of other judges; discusses the situation with other judges and makes the final decision. He wears a mask, a snorkel and fins.

11.2. Each of the Side Judges watches for a False Start. They watch the wrestler pass through his hoop and confirm this action. They watch the wrestling and participate in the discussion with the Referee on who the winner is. Side Judges wear masks, snorkels and fins.

11.3. Surface Judges are on the edges of the pool and observe who first breaks the surface with a ribbon.

11.4. The Starter announces "Ready, Steady", the 5 second countdown and then strikes the Gong. He also watches for a False Start.

11.5. The Time Keeper keeps the time. After the Gong is struck, he counts the 6 seconds. He also counts down the end of a Round from 25 seconds to 30 seconds.

11.6. The Recording Secretary writes down the results in the protocol of the Bouts.

11.7 The Secretaries receive the protocols of the Bouts from the Recording Secretary and write down the results of all of the Bouts in the protocol of the competition. They arrange the order of new Bouts and send it to the Recording Secretary, Announcer and Commentator.

11.8 The Red and Yellow Side Judges allocate equipment to the wrestlers on their sides.

11.9 The Announcer calls the appropriate wrestlers to the competition area.

11.10 The Commentator introduces the wrestlers, describes the wrestling and declares the results.

12. Sound signals

One Strike	The Round begins
Three Strikes	The Round ends
Repeated Strikes	The wrestling is halted immediately.

12. Judges

12.1 The Referee watches the wrestling; halts the Round if a serious foul is committed; pay attention to the signals of other judges; discusses the situation with other judges and makes the final decision. He wears a mask, a snorkel and fins.

12.2 Each of the Side Judges watches the wrestler pass through his hoop and confirms this action; they watch the wrestling and participate in the discussion with the Referee on who the winner is. Side Judges wear masks, snorkels and fins.

12.3 Surface Judges are on the edge of the pool and observe who first breaks the surface with a ribbon.

12.4 The Starter announces "Ready, Steady, the 5 second countdown and then strikes the Gong. He also watches for a False Start.

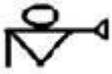
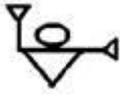
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12.6 The Recording Secretary writes down the results in the protocol.

12.7 The red and Yellow Side judges allocate equipment to the wrestlers on their side.

13. Judges' Gestures

Judges' Gestures

	Gestures	Meanings of the Gestures	Referee	Side Judge	Surface Judge	Description of the Gesture
Number	2	3	4	5	6	7
1		Indicates that a wrestler has passed through his hoop.		X		One hand with an open palm is raised until a wrestler passes through the hoop when it is dropped.
2		Indicates which wrestler breaks the surface with an opponent's ribbon first.		X	X	One hand with an open palm is pointed at the winner.
3		Indicates that the score is: 3:1	X			One hand with an open palm is pointed at the winner. The other hand is held aloft.
4		Indicates that the score is: 3:0	X			One hand with an open palm is pointed at the winner. The other hand is held touching the top of the head.

5		Indicates that the score is: 1:0	X			One hand is held aloft and the other hand is held touching the top of the head.
6		Indicates that the score is: 0:0	X			Both hands are held touching the top of the head.
7		Indicates that the score is: 1:1.	X			Both hands with open palms are held aloft.
8		Indicates that one wrestler has committed a foul.	X	X		Both hands are raised aloft. One wrist is held above the head Then the held hand with a closed fist is pointed at the offending wrestler.
9		Indicates that both wrestlers have committed a fouls.	X	X		Both hands are raised aloft. Both wrists are held above the head. Then both hands with closed fists are pointed at the offenders.
10		Indicates that both wrestlers have to stop wrestling immediately.	X	X		Both hands with open palms are waved above the head.
11		Indicates that judges have to approach the referee.	X			Both hands with open palms are pointed ahead and brought together..

Appendix 1

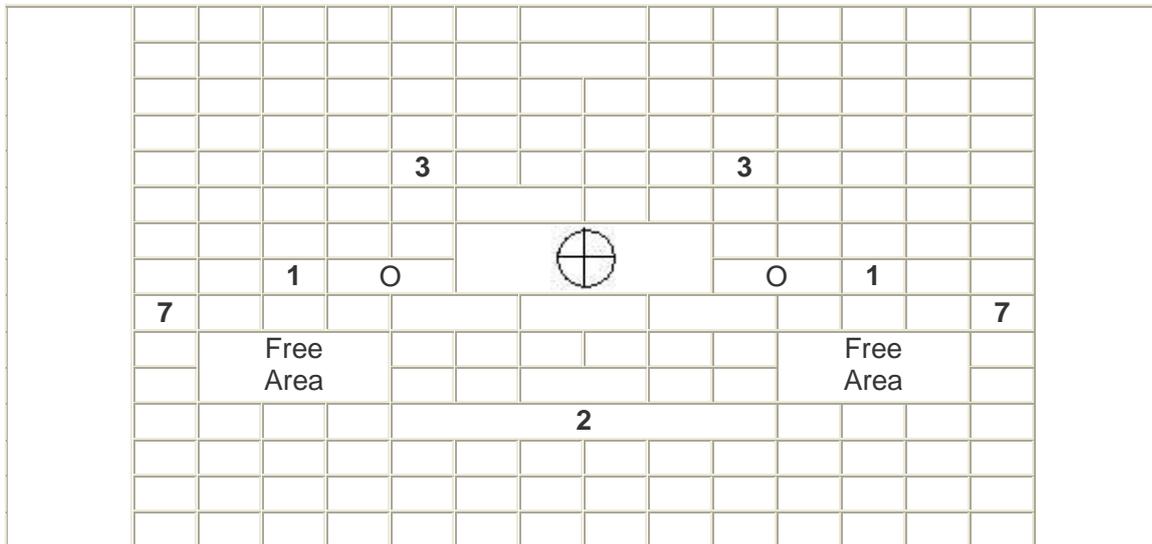
Aquathlon Competition Area

10 11

6 5

4

4



8 9

- 1 Wrestlers
- 2 Referee
- 3 Side Judge
- 4 Surface Judge
- 5 The Recording Secretary
- 6 The Commentator
- 7 Judge on the Yellow Side or Judge on the Red Side
- 8 Starter
- 9 Time Keeper
- 10 Announcer
- 11 Secretaries