

WRESTLING

I. Age and weight classes.

A sport to be contested in the high school division, 1) the age class shall be from 13 to 17 years old (come the nationals); 2) with only five weight divisions for boys (in kilograms -42, -46, -50, -54 and -58) and likewise for girls (-40, -44, -48, -52 and -56); and the remaining rules and regulations shall be in accordance with the Olympic cadet freestyle rules. A one kilogram allowance (+1 kg) shall be observed, to discourage drastic weight cutting among our young participants.

II. Competition system.

Round-robin for five (5) competitors or less in a weight class (1 bronze medal), and direct elimination with repechage for six (6) or more in a weight class (2 bronze medals).

III. Illegal holds.

Wrestlers are forbidden to:

- A. Pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw.
- B. Kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth.
- C. Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet.
- D. Cling to or grasp the mat.
- E. Talk during the bout.
- F. Seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- G. Agree with the match result between themselves.

V. Uniform and conduct of wrestling competition in the 2015 national championship.

For the 2015 Palarong Pambansa National Championship, in order to limit the participation costs of our teams, the athletes shall be allowed on the following as substitute for the official Olympic-wrestling standard uniform: 1) sand-and-cycling-shorts combo per athlete, according to their regional team colors, 2) a pair of red and blue wrist bands, and 2) exemption from wearing wrestling shoes, by having them compete barefooted.

VI. Composition of technical officials.

The technical officials shall have fifteen (15) members: one (1) tournament director, one (1) assistant tournament director, one (1) mat judge, one (1) mat chairman, two (2) jury of appeal members, four (4) referees, two(2) scorers, two (2) pairing committee members, two (2) timers, and one (1) video recorder.