

Welcome to Our Channel

Sports & Physical Education



**Sports & Physical
Education**



Sports and Physical Education



thakuranjna99



Sports and Physical Education



WRESTLING

➤ History of Wrestling:

- First real traces of the development of wrestling date back to the times of the **Sumerians**, 5000 years ago.
Sources: The Epic of Gilgamesh , the sculptures and the low reliefs etc.
- There are also many historical and archaeological traces of wrestling in **Ancient Egypt**.
Sources: The drawings - The tombs of Beni-Hassan - 400 couples of wrestlers
- For **Ancient Greeks**, wrestling was a science and a divine art, and it represented the most important training for young men.

Ancient Olympic Games : 708 B.C. wrestling was the decisive discipline of the Pentathlon.

WRESTLING

- **Modern Olympic Game :**
 - **Greco Roman Wrestling : 1896 Athens**
The first Olympic champion – the German athlete **Schumann**
 - **Freestyle wrestling : 1904 St. Louis**
 - **Female wrestling in Olympic Game : 2004 Athens**

One of the biggest differences is that freestyle wrestling involves all parts of the body. Greco Roman is done primarily while standing, with no contact below the waist. Additionally, Greco Roman wrestling requires constant contact.

WRESTLING



Organization:

- ❑ **Federation International de Lutes Association (FILA) : 1912**
(International Federation of Associated Wrestling / **United world Wrestling**)

Current President: Nenand Lalovicv
Headquarters : Corsier – sur – verey (Switzerland)

- ❑ **Wrestling Federation of India (WFI):**

Current President : Brij Bhushan Sharan Singh
Headquarter : New Delhi

WRESTLING

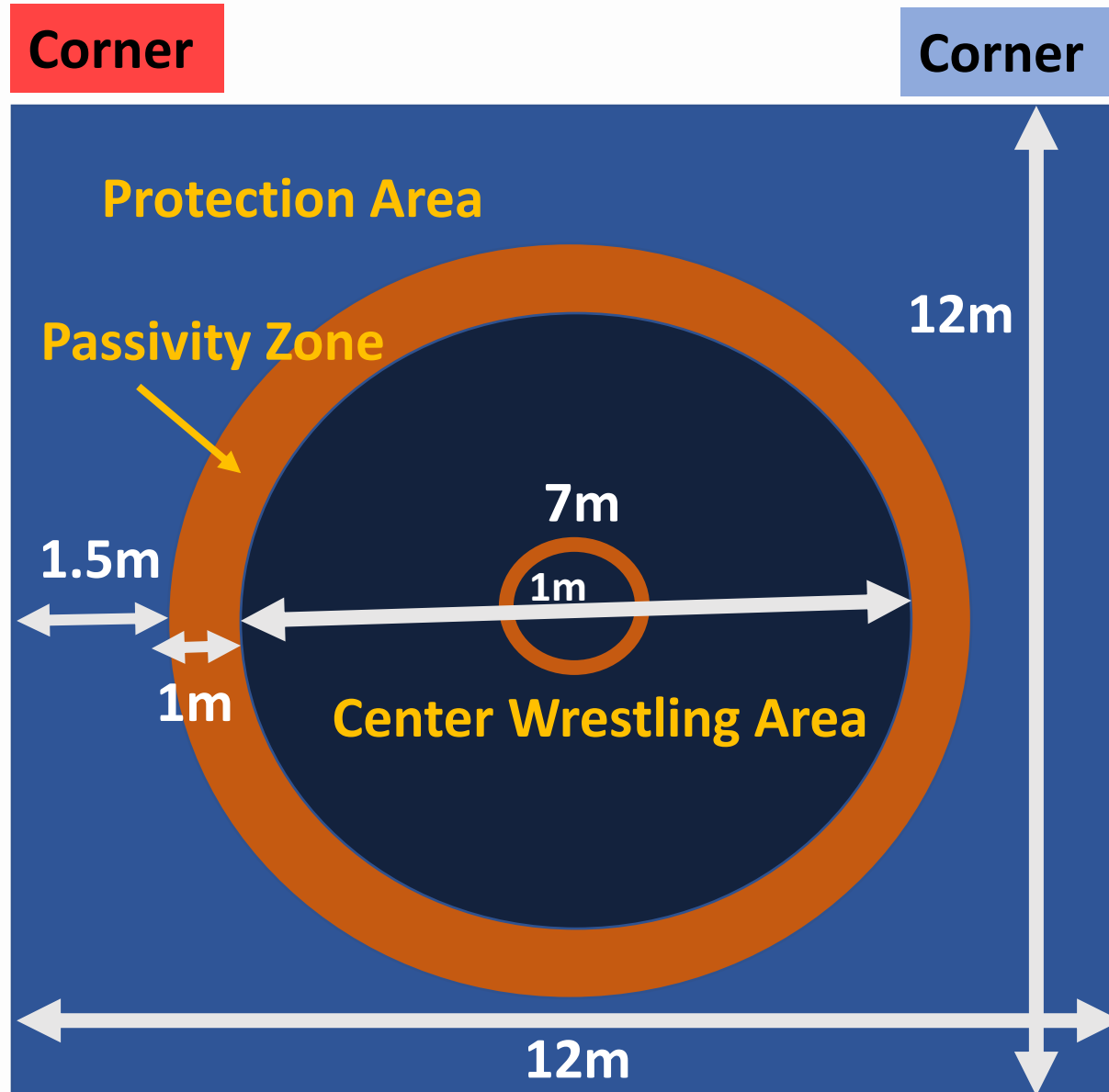
- **First Arjuna Awardee In Wrestling:** Uday Chand (1961)
- **First Rajeev Gandhi Khel Ratana Awardee:** Sushil Kumar(2009)
- **First Woman Rajeev Gandhi Khel Ratana Awardee:** Sakshi Malik(2016)
- **First Dhronacharya Awardee :** Bhalchandra Bhaskar Bhagwat

WRESTLING

Specifications of Playfield:

- Diameter of mats 9m
- Diameter of central wrestling surface 7m
- Width of Passivity Zone (Orange) 1m
- Width of Protection Area 1.5m
- Maximum Height of Platform 1.10m
- Inner Diameter of central circle 1m
- The color of marks on the mat Red or Blue
- Duration of Bouts 3-3 minutes, 30s gap

Wrestling Mat



Age and Weight Categories

Age categories:

| CATEGORY | AGE |
|-------------|---------------------|
| U15 | 14-15 Years |
| Cadets | 16-17 Years |
| Juniors | 18-20 Years |
| Seniors U23 | 19-23 Years |
| Seniors | 20 Years and older |
| Veterans | Older than 35 Years |

Weight categories

- The weight categories for Freestyle and Greco-Roman wrestling for Men:

SENIORS, U23 AND JUNIORS

| | Free Style | Greco-Roman |
|----|------------|-------------|
| 1 | 57 kg | 55 kg |
| 2 | 61 kg | 60 |
| 3 | 65 kg | 63 kg |
| 4 | 70 kg | 67 kg |
| 5 | 74 kg | 72 kg |
| 6 | 79 kg | 77 kg |
| 7 | 86 kg | 82 kg |
| 8 | 92 kg | 87 kg |
| 9 | 97 kg | 97 kg |
| 10 | 125 kg | 130 kg |

OLYMPIC WEIGHT CATEGORIES

| | Free Style | Greco-Roman |
|---|------------|-------------|
| 1 | 57 kg | 60 kg |
| 2 | 65 kg | 67 kg |
| 3 | 74 kg | 77 kg |
| 4 | 86 kg | 87 kg |
| 5 | 97 kg | 97 kg |
| 6 | 125 kg | 125 kg |

Weight categories

- The weight categories for Freestyle and Greco-Roman wrestling for Men:

| | U15 | Cadets |
|----|----------|----------|
| 1 | 34-38 kg | 41-45 kg |
| 2 | 41 kg | 48 kg |
| 3 | 44 kg | 51 kg |
| 4 | 48 kg | 55 kg |
| 5 | 52 kg | 60 kg |
| 6 | 57 kg | 65 kg |
| 7 | 62 kg | 71 kg |
| 8 | 68 kg | 80 kg |
| 9 | 75 kg | 92 kg |
| 10 | 85 kg | 110 kg |

➤ The weight categories for Women:

| | SENIORS, U23 AND JUNIORS |
|----|-----------------------------|
| 1 | 50 kg |
| 2 | 53 kg |
| 3 | 55 kg |
| 4 | 57 kg |
| 5 | 59 kg |
| 6 | 62 kg |
| 7 | 65 kg |
| 8 | 68 kg |
| 9 | 72 kg |
| 10 | 76 kg |

| | U 15 |
|----|----------|
| 1 | 29-33 kg |
| 2 | 36 kg |
| 3 | 39 kg |
| 4 | 42 kg |
| 5 | 46 kg |
| 6 | 50 kg |
| 7 | 54 kg |
| 8 | 58 kg |
| 9 | 62 kg |
| 10 | 66 kg |

| | Cadets |
|----|----------|
| 1 | 36-40 kg |
| 2 | 43 kg |
| 3 | 46 kg |
| 4 | 49 kg |
| 5 | 53 kg |
| 6 | 57 kg |
| 7 | 61 kg |
| 8 | 65 kg |
| 9 | 69 kg |
| 10 | 73 kg |

| | OLYMPIC WEIGHT CATEGORIES |
|---|------------------------------|
| 1 | 50 kg |
| 2 | 53 kg |
| 3 | 57 kg |
| 4 | 62 kg |
| 5 | 68 kg |
| 6 | 76 kg |

➤ Wrestling Techniques:-

- Taking Down
- Pin
- Hold
- Back Throw
- Nelson and Crotch
- Head Lock

➤ SCORE:-

1. Standing position to out of Red zone area- **1 Point**
2. Take Down- **2 Point**
3. Standing Position to Danger Position (Near Fall)- **4 Point**
4. Back throw- **5 Point**
5. Pin- **Bout End**

Terminology

- Half Nelson
- Double Nelson
- Front Throw
- Back Throw
- Dog Fall
- Bridge
- Single Leg Attack
- Double Leg Attack
- Mat
- Point
- Fall
- Obstacles in Bout
- Cross Pace
- Cradle Half Takedown
- Slam
- Stickler
- Double Cross Buttock

➤ Bout Start :-

- Before the bout begins, each opponent answers when his name is called and takes his place at the corner of the mat assigned to him.
- The corner is the same color as the singlet he has been assigned to wear.
- The referee, standing in the central circle in the middle of the mat, calls the two wrestlers to his side.
- He then shakes hands with them and examines their dress, checks that they are not covered with any greasy or sticky substance, verifies that they are not perspiring, verifies that their hands are bare.
- The wrestlers greet each other, shake hands and, when the referee blows his whistle, they start the bout.

➤ End of the Bout :-

- The bout ends either when a fall, a disqualification by injury of one of the opponents are declared, or at the end of the regular time.
- A match ends by technical superiority (8 points difference in Greco Roman wrestling and 10 points difference in Freestyle and Women's wrestling).

THE BOUTS

| CATEGORIES | PERIOD | DURATION | BREAK |
|------------------------|--------|-----------|------------|
| U15, Cadets , Veterans | 2 | 2 minutes | 30 seconds |
| Junior, U23, Senior | 2 | 3 minutes | 30 seconds |

A Bout may be won:

- by "fall"
- by injury,
- by 3 cautions given to the opponent during a bout or two leg fouls in Greco-Roman Wrestling
- by technical superiority
- by a disqualification
- by points (by having at least 1 point more after addition of the two periods)

- **FALL:** The fall stop automatically the match whatever the period. In a fall:-
 - Wrestler is held with both shoulders on the mat.
 - At the edge of the mat: Shoulders should be completely in Orange zone and head should not be in the protection area.
 - A fall in protection area is not valid.

- **TECHINICAL SUPERIORITY :** When a wrestler scores 8 points more than his opponent in Greco-Roman Wrestling and 10 points more in Freestyle and Women's Wrestling, he/she wins the match by superiority.

➤ FOULS :-

1. Holding of head within two hands.
2. Gripping in the standing position.
3. Twisting of arm beyond 90 angle.
4. Pulling at hair, ear, skin or costume.
5. Scissoring of body with legs.
6. Picking of quarrel, hurl abuses or attacking etc.
7. Hitting against the belly with elbow or knee.
8. Cling to or grasp the mat
9. Talk during the bout
10. Seize the sole of the opponent's foot.

➤ OFFICIALS :-

1. Mat – chairman
2. Referee
3. Judge

Sports & Physical Education

Indian Wrestling in Olympic

- **KD Jadhav** - Bronze medal at 1952 Helsinki Olympics in men's freestyle 57kg
- **Sushil Kumar** - Bronze medal at Beijing 2008 in men's freestyle 66kg. Silver medal at London 2012 in men's freestyle 66kg . *first Indian wrestler to win the world championships gold medal in 2010.*
- **Yogeshwar Dutt** - Bronze medal at London 2012 in men's freestyle 60kg

Indian Wrestling in Olympic

- **Sakshi Malik** - Bronze medal at Rio 2016 in women's freestyle 58kg. *first Indian female wrestler to win a medal at the Olympics.*
- **Ravi Kumar Dahiya** – Silver medal at Tokyo 2020 in men's freestyle 57kg. *Dahiya is also a bronze medalist from 2019 World Wrestling Championships and a two-time Asian champion.*
- **Bajrang Punia** - Bronze medal at Tokyo 2020 in men's freestyle 65kg. *Punia is the only Indian wrestler to win 3 medals at the World Wrestling Championships.*

➤ **Geeta Phogat:—**

She is a freestyle wrestler who won India's first ever gold medal in wrestling at the Commonwealth Games in 2010. She is also the first Indian female wrestler to have qualified for the Olympic Summer Games.

Sports & Physical Education

Thank You for Watching



Sports and Physical Education



thakuranjna99



Sports and Physical Education

Sports & Physical Education

