

DIFFERENT SYSTEMS AND RULES OF WRESTLING COMPETITIONS

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ABSTRACT

The rapid development of physical culture and sports in our country is closely linked with the training of highly qualified specialists. Physical culture and sports play a key role in the comprehensive development of the younger generation. Documents such as the National Program of Personnel Training, produced by our state due to our independence, envisage important measures to improve physical culture and sports in our country and to bring up the young generation that will ensure the development of our country. This article examines the different systems and rules of wrestling competitions.

KEYWORDS: *Sports, Sports Competitions, Wrestling, Sports Psychology, Sports Coach.*

INTRODUCTION

Sports competitions are determined by the individual competitive activities of athletes, the systemic factor of which is the outcome of the sport. Taking into account the division of sports into several groups according to the methods of determining the results of the competition, it is possible to win in all types of wrestling on the basis of two main options. There are also more specific options for determining the winner in wrestling. When a wrestler knocks down an opponent and achieves a technical advantage of 10 or more points, he is considered to have won an honest victory as a result of the opponent's injury, absence, and disqualification. [1]

MAIN PART

The strategy of competitive activity is developed on the basis of the above-mentioned methods of victory of wrestlers in competitive battles, which is now a system of scientific knowledge about the methods, means and laws of activity to achieve specific goals based on the general laws of training. The competition preparation strategy and the wrestling strategy in these competitions can be implemented using three main aspects of a particular strategy: [2]

- 1) adequate knowledge of the structure and content of the training process, the correct application of effective means, methods and procedures of recovery in all aspects of preparation for the optimal dynamics of training and competition;
- 2) the validity of achieving the planned sporting result, taking into account the potential of the athlete and the focus on a specific result;

3) Levels of improving the organizational framework of training, including the necessary levels of material, scientific, methodological and medical support.

The implementation of a strategy based on competition is often determined by the rules of the competition. Even the smallest changes in the rules of the competition are reflected in the quantitative and qualitative indicators of the athlete's performance in the competition and the order of his sports training. [3]

If we consider the rules of the competition as the main working government of the conditions for the implementation of the activities of wrestlers, it should be clearly stated that the changes in the rules should be clearly justified and identify ways to improve the methodology of training athletes. In addition, a detailed analysis of the content of competitive wrestling should be carried out, taking into account the various positive or negative dynamics of the athlete's body on the impact of such changes wrestling. [4]

Unfortunately, the active work of the International Wrestling Federation, which was aimed at increasing the popularity and spectatorship of wrestling, almost did not take into account the objective laws of wrestling, as well as how the victories affect the body of wrestlers. [5]

Since 1970, the international rules of Greco-Roman and freestyle wrestling competitions have been amended and supplemented at least eight times, which is not a positive indicator. In addition to changes in the rules that really increase the spectatorship of wrestlers, the International Wrestling Federation (IWF) has made changes over the years that have had a positive impact on wrestlers' competitive performance, or have negative consequences. [6]

Subsequent changes to the rules of Greco-Roman wrestling and freestyle wrestling in 1975 were more positive. Among such changes is the assessment of finished offensive movements outside the carpet to increase the price for a highly effective throw: marking the area of sluggishness at the edge of the carpet (1m wide); during which the result was canceled. These changes lead to an increase in the number of technical and tactical actions of wrestlers and an increase in the effectiveness of methods. The question of the annulment of the outcome of the struggle only during can be considered controversial. In many sports, there is a draw, and if it was necessary to give it up, it was necessary to immediately set clear criteria (for example, to add extra time to the fight until one of the wrestlers wins). Previously, wrestling was declared the winner of the first wrestler to use the style in equal measure and equal scores for the conducted styles. [7]

According to the rules of the competition, the high demands placed on the activity of the wrestler on the carpet led to a sharp decrease in the intensity of the movement of wrestlers in the 3rd part of the wrestling. This led to the need to reduce the duration of the fight to 6 minutes (2 parts from 3 minutes), and such changes were made after the Moscow Olympics -80. In addition, the wrestler's wrestling bridge) style has been modified in the evaluation. In this way, the wrestler was given extra points for holding the opponent in this style for five seconds or more, which was revoked under the 1981 KXF rules, which negatively affected the attacking wrestler's activity and discouraged him from using this style. [8]

The rule of declaring both wrestlers defeated because of slow wrestling was a common result of such controversial wrestling in the 70s and 80s, and naturally led to justified protests from wrestling experts. In many sports, double defeat is the norm for punishing athletes (e.g., quarrels, immoral treatment of referees, gross violations of the rules). If the result of the month is 0: 0, it is

absurd to consider both football teams defeated. In wrestling, if the fight ends in such a result, both athletes are considered defeated. [9]

The most significant positive change in the rules is the introduction of a women's wrestling regulation, which is, in essence, a type of freestyle wrestling with the participation of female athletes. The limit of nine weight categories for women, the specificity of the participants' weight measurement, the prohibited styles, the form of clothing, and the time (4 minutes without a break) were immediately determined. As such changes draw the audience's attention to wrestling, the number of women wrestling has begun to increase. Currently, in 10 countries of the world, women are engaged in freestyle wrestling. [10]

Men's battle times also changed; they fight for 5 minutes without a break. There are several pros and cons to this innovation, but they don't matter. As another positive change to the rules, it can be shown to give extra time as a result during the main time period. This is undoubtedly a reasonable determination of the winner of the battle when comparing the previous criteria (quality of the methods shown, first or last technical effort). [11]

Unfortunately, negative additions to the rules being analyzed make up the majority. As a rule, the order of weighing and drawing, the duties of participants and judges, repetitions and warnings are common. A funny sentence to say to a wrestler is to show the referee a handkerchief? it is very interesting to know who introduced it. This situation led the wrestler, who is now on the carpet, to shake his handkerchief as if proudly displaying the state flag to the arbitrator. [12]

There are significant shortcomings in the rules under analysis. First and foremost, this applies to the inclusion of the position of supervisor in the judging panel, which is considered to be an additional supervisor of the activities of the judges with the right to participate in the wrestling process. This situation does not help to improve the quality of arbitration, increasing the nervous tension of the judges. [13]

Another unreasonable additional weight category (up to 130 kg) was implemented to limit the weight of wrestlers. Compared to representatives of other sports, it is possible to imagine the results of limiting the height of athletes in basketball or limiting the weight of the athlete in discus throwing or pushing the core. [14]

In an effort to make the sport more aesthetically pleasing, KXF's representatives have been adversely affected by such decisions: it is tall and heavyweight athletes who attract the attention of spectators at competitions, and it is these wrestlers who now compete in Greco-Roman and freestyle wrestling. were deprived of the right to participate. Judoists do not allow such innovations and include athletes in the heavy and absolute weight categories without weight restrictions. [15]

According to the rules of the competition, the weight of women in the heavyweight category in freestyle wrestling (up to 75 kg) is also limited. At the same time, in 1991, the Soviet Federation applied to the KXF to include a heavier weight category for women up to 85 kg. But this request was rejected under the guise of improving the aesthetic appearance of the athletes. It should be noted that 85 kg is not a heavy weight for tall women, and as a result, the strongest representatives of women were excluded from freestyle wrestling competitions. [16]

The KXF leaders, accustomed to regularly “improving” wrestling, introduced a block of other changes and additions to the rules in 1992. Such changes, the content of which was in force until 1999, mainly concerned the system of wrestling competitions. But in addition to these changes, there are less significant changes in the development of the struggle. Starting with the analysis of such changes, we will first mention the most positive of them. An attacking wrestler gets 3 or 5 points in wrestling, using high-efficiency techniques while fully waiting for his opponent on the mat, as well as an additional 1 point. This encourages athletes to perform beautiful and spectacular technical moves. [17]

If a wrestler can hold his opponent for 5 or more seconds in a wrestling “bridge” position, he gets an extra 1 point. However, this case existed until 1980 and for some reason was later abolished.

One of the positive changes is the abolition of the position of supervisor in the competition jury. This change, on the one hand, increases the responsibility of referees who are directly involved in each fight, and on the other hand, reduces the excessive nervous tension associated with the absence of punishment when insignificant mistakes are made. But other changes and additions made in 1993-1996 have their downsides. [18]

For the first time in the 100-year history of modern wrestling, the number of weight categories was limited: from 10 to 8 in men; decreased from 9 to 6 in women. Probably due to the KXF’s attempt to include women’s freestyle wrestling in the Olympic program without increasing the number of medals.

In addition, in one of the rule options, KXF members imposed a weight limit on heavyweight wrestlers (up to 125 kg). According to many practitioners, this restriction was deliberately made to block the path of victory of the famous Russian wrestler A. Karelin, who was forced to lose weight before the competition, weighing 130 kg. The heavy weight limit of up to 125 kg did not last long, and the previous level (up to 130 kg) was soon restored.

KXF leaders have remained true to their tradition of making unfounded additions and changes to the 1999 amendments to bring wrestling into line with the requirements of XXI.

For such a high goal, the authors returned to the previous regulation in 3 minutes and changed the form and duration of the 2nd division fight, but the interval between sections was shortened (30 seconds). All the changes that have taken place in wrestling over the last 25-30 years, according to KXF President M. Erstegan (1990), are due to the intensification of the movement of athletes, which contradicts the competition model of modern wrestlers, but is original. focusing on increasing the spectatorship of wrestling, the President believes that wrestling is on the right track and is now a modern, dynamic and attractive type of sport. Such an opinion of the author is controversial, because it is known from numerous studies of experts that the number of effective and beautiful technical movements of wrestlers in competitions did not increase, according to some data, on the contrary, decreased.

CONCLUSION

The above-mentioned evidence suggests that the system of holding wrestling competitions needs to be repaired or even replaced with a more progressive system. A positive example for the development and application of an optimal system of competition is the system used in judo.

In conclusion, while improving the rules of wrestling competitions and concluding a critical analysis of the trend of different systems of competition, these rules undoubtedly need to be corrected and revised. But these adjustments should be strictly grounded and local in nature, take into account the objective laws of the development of wrestling and help to optimally improve this sport in accordance with the requirements of the XXI century. In order to increase the activity of the participants in the competition meetings, KXF leaders need to take into account the existing situation, to study the detailed justification of the changes, taking into account the additions and details that are supposed to stop the nonsensical race.

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