



# Pesta Sukan Wrestling & SAMBO Championships 2026

## COMPETITION RULES AND REGULATIONS

### 1. Venue and dates

The event will be held at: **YIO CHU KANG SPORTS HALL**, 200 Ang Mo Kio Avenue 9, Singapore 569770, from Friday **24<sup>th</sup> July** to **Sunday 27<sup>th</sup> July 2026**.

### 2. Eligibility

- a. Participants **MUST** be Singapore citizens, Permanent Residents, or Non-Citizen Residents on valid passes (MOM / MOE passes). Age divisions shall be based on **YEAR of BIRTH**.
- b. Participants may register in multiple events in their weight category and age division only, and must provide their coach information for verification.
- c. All individual divisions shall be inclusive, and differently abled participants with prior training, may register in their respective age groups.
- d. Participants 17 years and younger (born in or after 2007) must submit a completed SportSG Consent Form (physical copy) to Registration staff on event day.
- e. Participants 18 years and older (born in or before 2006) must complete the indemnity form using their Singpass Pesta Sukan 2026 Indemnity Form | FormSG and provide proof (email) of completion to Registration staff on event day.

### 3. Divisions and categories contested

The following divisions and categories will be contested:

- a. Children 4 - 6 years: Wrestling (5 categories) & Sport Sambo (5 categories) sock challenge
- b. Children 7 - 10 years: Wrestling (5 categories) & Sport Sambo (5 categories) sock challenge
- c. Children 11 - 13 years: Wrestling (5 categories) / Sport Sambo (5 categories)
- d. Youth 14 - 17 years: Wrestling (8B & 8G categories) / Sport Sambo (8B & 8G categories)
- e. Adult 18 years and older: Wrestling (FS10, WW10, GR10 categories) / Sport Sambo (M8 & W8 categories)
- f. Mixed team event\* (2 Male & 1 Female): 10, 13, 17 years and adult division (4 divisions)

*\*Refer to Pg. 4 for more information*

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### **4. Registration and Fees**

Participants may register in multiple disciplines (Sambo / FS / GR / WW / Team) **ONLY** in their respective age division and weight category.

Registrations will be opened from 1st June 2026 to 10th July 2026.

The closing date for entries shall be 11:59PM 10th July 2026. Incomplete and/or late entries will not be accepted,

The registration fee shall be:

- a. \$5.00 per category for differently abled participants
- b. \$10.00 per category (including team event) for children and youth (17 years and younger)
- c. \$15 per category (including team event) for the adult divisions

Competition registration and payment shall be done via [2026 Pesta Sukan Wrestling & Sport Sambo Championship - Smoothcomp.](#)

### **5. Rules and Regulations**

The current rules and regulations of the International Sambo Federation (FIAS) and United World Wrestling (UWW) shall be enforced with the following addendums / exceptions:

- a. Competition attire. Wrestling singlets preferred, or rash guards (short sleeved preferred) and tights (shorts preferred) with no zippers and/or pockets. Sambo uniform preferred, any grappling uniform with sleeves covering the wrist and tights (shorts preferred) accepted. Headcovers for women permitted (for religious purpose only). Wrestling or Sambo shoes are preferred but not mandatory. There will be no exemptions!
- b. No arm bars and leg locks for 10 years and under divisions. To add an element of fun, the 4 - 6 years and 7 - 10 years categories will compete in the sock out challenge guided by the following rules:
  1. Participants will be required to remove the sock off their opponent's foot for an IMMEDIATE WIN. (Sock provided by organiser)
  2. WIN BY SUPERIORITY. A point will be awarded for every takedown when the chest or back of the opponent touches the ground, and at the conclusion of the match, the contestant with the most points shall be declared the winner.
  3. In the event of a draw (same points), the contestant making the last score shall be declared the winner. (Penalties shall be included in the winner computation)
  4. Participants in the 4 - 6 years division shall compete from the kneeling position, at least 1 knee must be on the ground at all times. Participants in the 7 - 10 years division shall start from the standing position.

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- c. Only arm bars permitted for 13 years division. Arm bars and leg locks permitted for 17 years and Adult divisions.
  - d. Participants are guaranteed a minimum of 2 matches in their weight class and division. Categories with less than 3 participants shall be cancelled, the participants will be offered an opportunity to compete in the next higher weight category, or opt for a refund.
  - e. Team event must comprise of 2 male and 1 female athlete with a **combined weight** of:
    - 1. 7 years division: 90kg
    - 2. 10 years division: 120kg
    - 3. 13 years division: 150kg
    - 4. 17 years division: 180kg
    - 5. Adult division: 200kg
  - f. If the team only fields 2 athletes (1 male 1 female, or 2 males), the combined weight will be reduced by 1/3:
    - 1. 7 years division: 60kg
    - 2. 10 years division: 80kg
    - 3. 13 years division: 100kg
    - 4. 17 years division: 120kg
    - 5. Adult division: 133kg
  - g. In the event of a male-female team match up against a team of 2 males, there will only be one match for the male vs. male (closest weight). The second male athlete will not go up against the female athlete on the other team.
- \*Not applicable for 7 years, 10 years and 13 years divisions (gender neutral divisions)
- h. Competitors are required to provide proof of identity on their appointed competition day.
  - i. Compete rules and regulations may be viewed at the following websites:

Wrestling: <https://tinyurl.com/Wrestling-rules>

Sambo: <https://tinyurl.com/Sambo-rules>

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## 6. Contest Area and Officiating

The event (activities and competition) shall be held over 2 standard contest areas. Technical officials and referees shall be appointed by the Technical Delegate in consultation with the WFS officiating and Refereeing Committee.

## 7. Event information and schedule

- a. The contest order for all divisions shall be done at 1200h, 1 day after registration closing. Draws will be done automatically via the SMOOTHCOMP system, and the contest order can be viewed online thereafter. The system will be updated continuously to provide real time information.
- b. Official weigh-in (30 minutes) shall be conducted at least 1 hour prior to commencement of the contested division. Each participant may only weigh-in once during the official weigh-in. No allowance will be given. Participants who fail to make weight shall be disqualified (NO REFUND).

## 8. Medical coverage and waiver

Immediate First Aid (medical care) will be available at the competition venue (Doctor, Medics, and Ambulances). Participants requiring further medical attention will be transported to the nearest medical facility for treatment (at participant's cost).

All participants must have **valid** medical insurance, and third party liability coverage. Sport Singapore, the organiser, officials and volunteers, **will not be held liable** for any incident or personal loss related to the event.

## 9. Awards and Ceremony

Up to four (4) medals shall be awarded for each category (Gold, Silver and two (2) bronze). Medals will only be awarded to participants who have won at least 1 match in their category.

An overall Champion and runner up trophy shall be awarded to the club or group (1 point per registered participant, 2 points for bronze medal, 3 points for silver medal and 5 points for gold medal). Additionally all differently abled athletes shall receive a participation medal.

Prize money (if any) will be transferred to individual winners or the Team manager (For team events) via PayNow

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### **10. Protests**

Disputes or protests must be submitted in writing to the Technical Delegate by the end of day of the incident, along with a fee of \$50.00 (individual) or \$100.00 (team). Should the protest be dismissed, the protest fee shall be forfeited. The decision of the appointed jury shall be final, no further appeal shall be entertained.

### **11. Other matters**

WFS, through its appointed representatives, may add, delete or vary the competition protocol to bring about the safe and successful conclusion of the event.