



Pesta Sukan Wrestling & SAMBO Championships 2026

COMPETITION RULES AND REGULATIONS

Venue and dates

The event will be held at: **Delta Sports Hall**, 900 Tiong Bahru Road Singapore 158790 from **Saturday 25th July** to **Sunday 26th July 2026**.

Eligibility

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**.

Participants may register in multiple events in their weight category and age division only, and must provide their coach information for verification.

All individual divisions are inclusive and open to participants of all abilities, including participants with disabilities, who may register and compete in their respective age groups.

All participants must complete the Pesta Sukan 2026 indemnity form using their/their parents/legal guardian's Singpass and provide proof (email) of completion to Registration staff on event day.

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 9th June 2026 to 10th July 2026. The closing date for entries shall be 11:59PM 14th July 2026. Incomplete and/or late entries will not be accepted. The registration fee shall be:

- a. \$10.00 per category (including team event) for kids and youth (17 years and younger)
- b. \$15 per category (including team event) for the adult and masters divisions

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

Rules and Regulations

**2026 PESTA SUKAN
WRESTLING & SPORT SAMBO CHAMPIONSHIP**

	Wrestling	Sport Sambo	Sock-Off Challenge
Eligible Age Groups	<ul style="list-style-type: none"> • Kids (4-6, 7-10, 11-13 yrs) • Youth (14-17 yrs) • Adult (18+ yrs) • Masters (46-55, 56-65, +66 yrs) 	<ul style="list-style-type: none"> • Kids (4-6, 7-10, 11-13 yrs) • Youth (14-17 yrs) • Adult (18+ yrs) • Masters (46-55, 56-65, +66 yrs) 	<ul style="list-style-type: none"> • Kids 4 - 6 years • Kids 7 - 10 years
Weight Categories / Brackets	<ul style="list-style-type: none"> • Kids 4-13: 5 categories per age group • Youth 14-17: 8 Boys & 8 Girls classes • Adult 18+: 10 male/female classes • Masters (46-55, 56-65, +66): 5 Men's Wrestling & 5 Women's Wrestling classes 	<ul style="list-style-type: none"> • Kids 4-13: 5 categories per age group • Youth 14-17: 8 Boys & 8 Girls classes • Adult 18+: M8 & W8 classes • Masters (46-55, 56-65, +66): 5 Men's Sambo & 5 Women's Sambo classes 	<ul style="list-style-type: none"> • Kids 4-6: 5 categories • Kids 7-10: 5 categories
Adaptive Rules (Visually Impaired)	<ul style="list-style-type: none"> • Mandatory grip position start • Instant referee reset if contact breaks 	<ul style="list-style-type: none"> • Mandatory grip position start • Instant referee reset if contact breaks 	<ul style="list-style-type: none"> • Mandatory grip position start • Instant referee reset if contact breaks
Governing Ruleset	United World Wrestling (UWW) base	International Sambo Federation (FIAS) base	Event custom
Starting Position	Standing	Standing	Kneeling (minimum 1 knee on mat)
Immediate Win Condition	Win by Pin	Win by standing throw	Removing opponent's sock
Point Scoring System	Standard UWW rules	Standard FIAS rules	1 point per takedown (chest/back hits)
Tie-Breaker Rule	Standard UWW criteria	Standard FIAS criteria	Contestant scoring the final point
Arm Locks	Permitted for Cadet/Youth (14-17), Adults, and Masters	Permitted for 11-13 division, 17+, Adults, and Masters	Strictly prohibited
Leg Locks	Strictly prohibited (All divisions)	Permitted for 17+, Adults, and Masters only	Strictly prohibited
Footwear Regulations	Wrestling Shoes required (or socks for those without shoes)	Sambo shoes required (or socks for those without shoes)	Socks required (<i>Provided by organizer</i>)

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Required Attire	Wrestling singlet (Blue and Red) or short sleeved rashguard with tights/shorts with no pockets and zippers	Sambo uniform preferred. Grappling uniforms with wrist-length sleeves and pocketless shorts are allowed.	Singlet, or pocketless rashguard and athletic shorts.
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**Note: Women are permitted to wear athletic headcovers for religious purposes across all three formats.*

Participants are guaranteed a minimum of 2 matches in their weight class and division. Categories with only 1 participant shall be cancelled, the participants will be offered an opportunity to compete in the next higher weight category or opt for a refund in smoothcomp credits for future WFS events.

Competitors are required to provide proof of identity on their appointed competition day.

Complete rules and regulations may be viewed at the following links:

Wrestling: https://cdn.uww.org/2026-01/wrestling_rules.pdf

Kids Wrestling: <https://tinyurl.com/Kids-wrestling>

Kids Sock out challenge: <https://tinyurl.com/sock-out>

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

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.

Event information and schedule

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.

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 weight allowance will be given. Participants who fail to make weight shall be disqualified (NO REFUND).

Medical coverage and waiver

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Immediate first aid services, including on-site medical personnel and ambulance support, will be available at the competition venue. Participants requiring further medical attention may be transported to the nearest hospital or appropriate medical facility for treatment. Any costs arising from such treatment, transportation, hospitalization, medication, or related medical services shall be borne solely by the participant.

All participants are strongly encouraged to obtain and maintain adequate medical, personal accident, and travel insurance coverage prior to participating in the event. Participation in the event is voluntary and undertaken entirely at the participant's own risk.

Participants acknowledge and accept the inherent risks associated with wrestling, sambo and combat sports activities, including the risk of serious injury, permanent disability, or death. To the fullest extent permitted by law, the Wrestling Federation of Singapore (WFS), Sport Singapore, the Organising Committee, officials, referees, volunteers, sponsors, venue operators, and any affiliated parties shall not be liable for any injury, illness, death, loss, damage, expense, or other claim arising out of or in connection with participation in, travel to, attendance at, or involvement in the event, except where such liability cannot be excluded by applicable law.

Awards and Ceremony

Up to four (4) medals shall be awarded for each category (Gold, Silver and two (2) bronze). Medals for adult categories 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).

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

Protest

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.

Refund Policy

All registrations are final and non-refundable.

Refunds will only be considered in the following circumstances:

1. **Medical Withdrawal** – A participant is unable to compete due to injury or illness and submits a valid

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medical certificate.

2. **Category Cancellation** – A category with fewer than three (3) participants is cancelled. Affected participants will first be offered the opportunity to compete in the next higher weight category.

Any approved refund will be issued as **Smoothcomp credits** for use at future Wrestling Federation of Singapore (WFS) events. No cash refunds will be provided.

The organiser's decision on all refund matters shall be final.

Other matters

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