



Evolution and Adjustments for the New Rules in Wrestling

Harold Tünnemann

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EVOLUTION AND ADJUSTMENTS FOR THE NEW RULES IN WRESTLING

Prof. Dr. Harold Tünnemann

ABSTRACT

Competition rules and their changes have a significant impact on training and competition strategies. Urgently necessary rule changes has been made by FILA with other changes during international competitions in May 2013. As a result of the application of the new rules can be stated that the introduction of the new rules wererewarded principle of success:

- The new rules lead in all three disciplines in a significant increase in victories with technical superiority (ST , SP) at the expense of point victories.
- You caused an improvement of the performance index and the effectiveness of attack, which is reflected in the increase in activity and an enormous improvement in the attack oriented combat behavior.
- The number of realized technical points per bout increased in all three disciplines of the rule changes. The formal appreciation of 2-point ratings lead to a reduction of the 1-point ratings but not to increase the 3 - and 5 - point votes values or to an increase of the pins what cannot be seen as an increase of attractiveness . This is also the occasion for further reflection and for an extensive evaluation of the Senior World Championships in Budapest.

INTRODUCTION

The complex influence of competition rules to the individual technical and tactical competition behavior is obvious and therefore also constantly the subject of discussions and debates. Rule changes have been the subject of several studies in the past. In 1994 the impact of rule changes on the training and competition design of the seventies, eighties and nineties were shown in a scientific paper. Rule changes and their influence on the competition strategy were also studied in the annual Coaches Clinics of FILA. After significant losses of the attractiveness particularly in Greco- Roman wrestling FILA made 2005 ultimate rule changes. This first by focusing on lift techniques led to spectacular actions and overall to a significant increase in attractiveness of the bouts (fig.1,2).

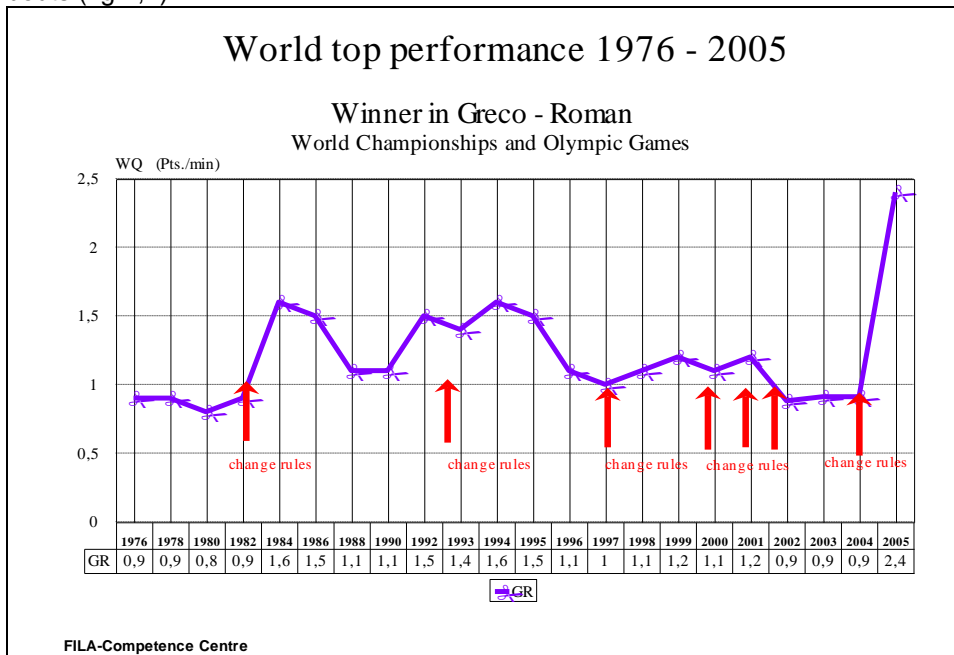
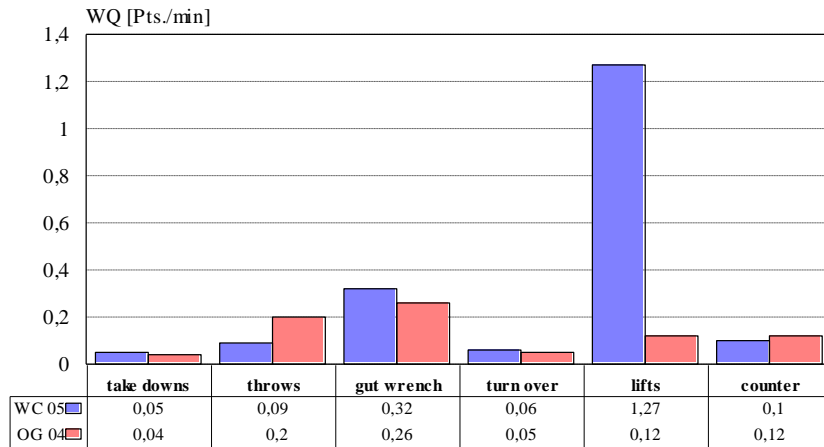


Figure 1 Development of world top performance in Greco - Roman wrestling

Technical structure/Attack efficacy

WC 2005 and OG 2004 **GR** (winner)



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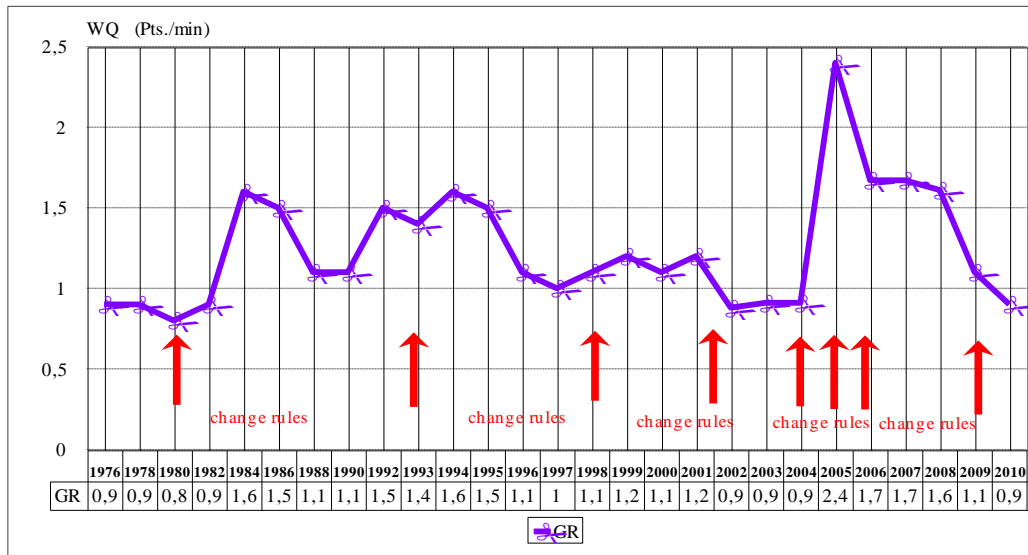
Figure 2 Technical structure of the OG 2004 and the WC 2005

In 2010 we were again on the bad technical level as 2004 before the rule changes.

World top performance 1976 - 2010

Winner in Greco - Roman

World Championships and Olympic Games



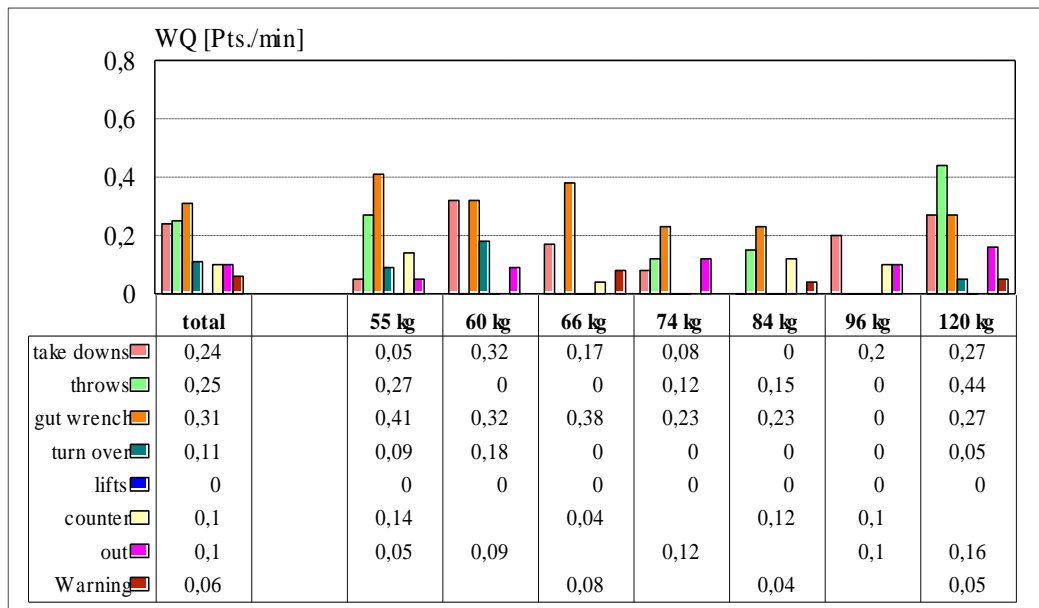
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Figure 3 Development of the points per minute made by the winner since 1976

In Moscow we have had not only less technical points but the attractive lift techniques had disappeared completely in 2010.

Technical structure/Attack efficacy

WC 2010 GR (winner)



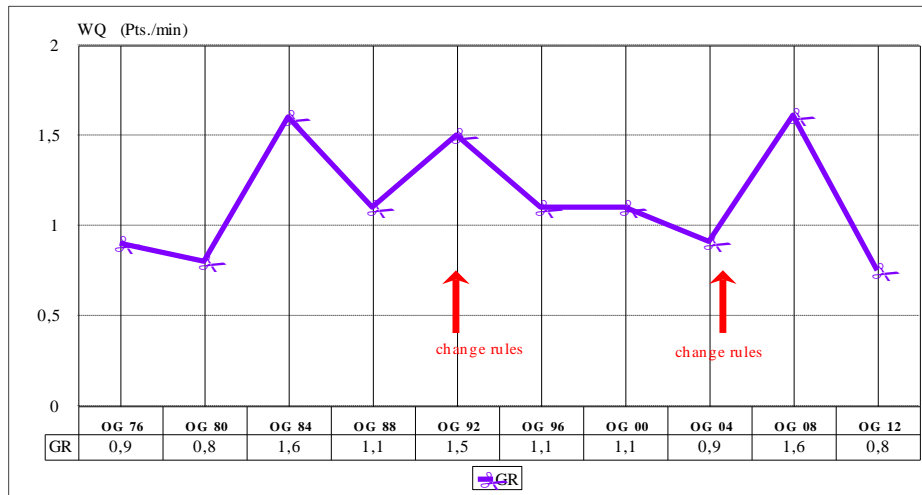
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Figure 4 Technical structure of the winner WC 2010

After 2010, the image of the Greco-Roman wrestling had deteriorated dramatically. The adjustment process of coaches and athletes led to victory oriented defensive strategies with the guidance of defensive action in the parterre position. The negative peak in terms of attractiveness wrestling we have then seen at the Olympic Games in London in 2012, when we have had Olympic champions with an average of less than one technical point per minute and this ensured the win with defense actions.

World top performance 1976 - 2012

Winner in Greco - Roman



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Figure 5 Development of the points per minute made by the winner since 1976 (Olympic Games)

The Figure 6 shows that the negative development of the Greco -Roman wrestling in the freestyle disciplines (men and women) were not as evident.

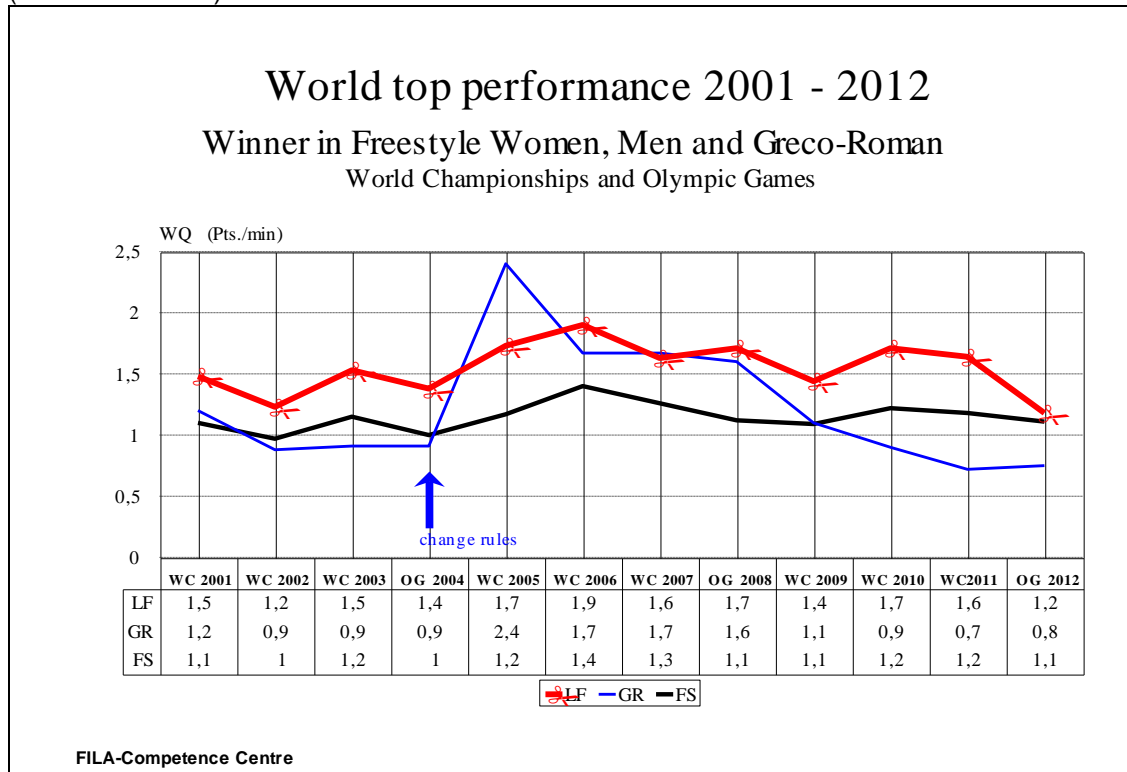


Figure 6 Development of the three wrestling disciplines since 2001

Given this situation, in 2013 extensive rule changes were made in May, accompanied in the aftermath of other adjustments and suggestions for improvement (Sjdziedzic, Cicioglu and others). Competition rules with the complex effect on competition and training strategies require more extensive and in-depth analysis in order to generate long-term positive effects. Scale assessing the effectiveness of the new rules is the objective to make the bouts with attractive technical- tactical actions dynamically. It is necessary to enforce a combat attack - oriented behavior and simplify the rules for a better understanding for the spectators. It is also necessary to prepare the using of new media (apps, tablets and mobile phones) to present specially for the young generation wrestling heroes with attractive and spectacular techniques.

Taking into account this objective, the rule changes show positive aspects and other approaches to the development of rules for the next competition season. In terms of realized technical points per bout, the analysis results certainly support the assessments of Alexander Karelin in Kazan 2013(FILA WEB site). After his opinion there were many bouts with technical superiority, and the duels were conducted with high dynamic range. In fact, there have been numerous spectacular bouts as video examples of the Asian Junior Championships in Phuket, the Universiade in Kazan and the Junior World Championships in Sofia 2013 show (5 clips) .At the Asian Junior Championships scored the wrestlers from KAZ and IRI together 29 technical points (13:16). And in Kazan the Russian wrestler 60 kg showed the spectacular “Yordanov techniques” of the eighties. Sensational were the performances of the junior world champions of 2013. The Turkish wrestler 55 kg GR required for his four fights only 4 minutes and he realized 24 pts. The Iranian wrestler 55 kg FS realized 42 pts in four bouts in a total time of 7 minutes.

Other findings bring detailed statistical analyzes. We have compared for this purpose the first competitions of Phuket, Kazan and Sofia, which were carried out under the new rules with the Junior World Championships in 2011. We are aware of the fact that it is possible to compare these competitions due to their differences in performance is limited. Therefore, a comprehensive comparative analysis of the World Championships 2013 in Budapest with the World Championships 2011 is necessary.

The competitions with the new rules were examined after three focal points:

- Bout results
- Bout time and
- Technical points

A first look at the statistics shows in principle a success of the new rules (Fig. 7, 8, 9).

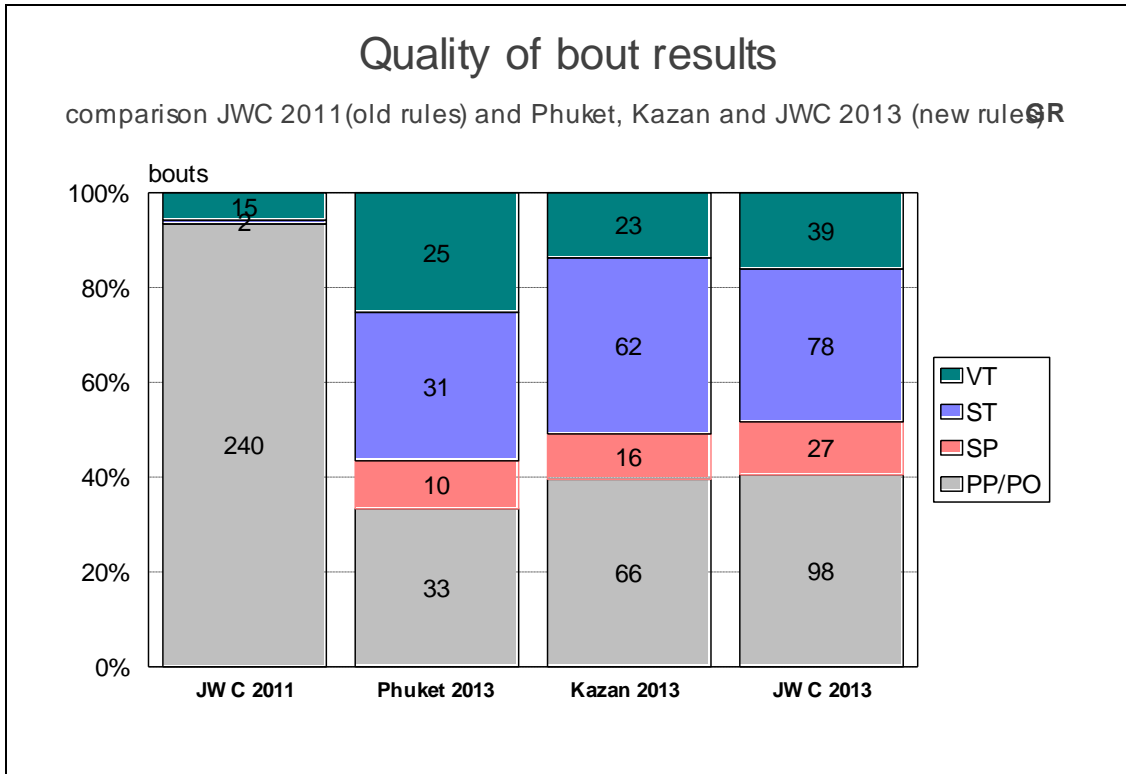


Figure 7 Bout results in Greco-Roman Wrestling

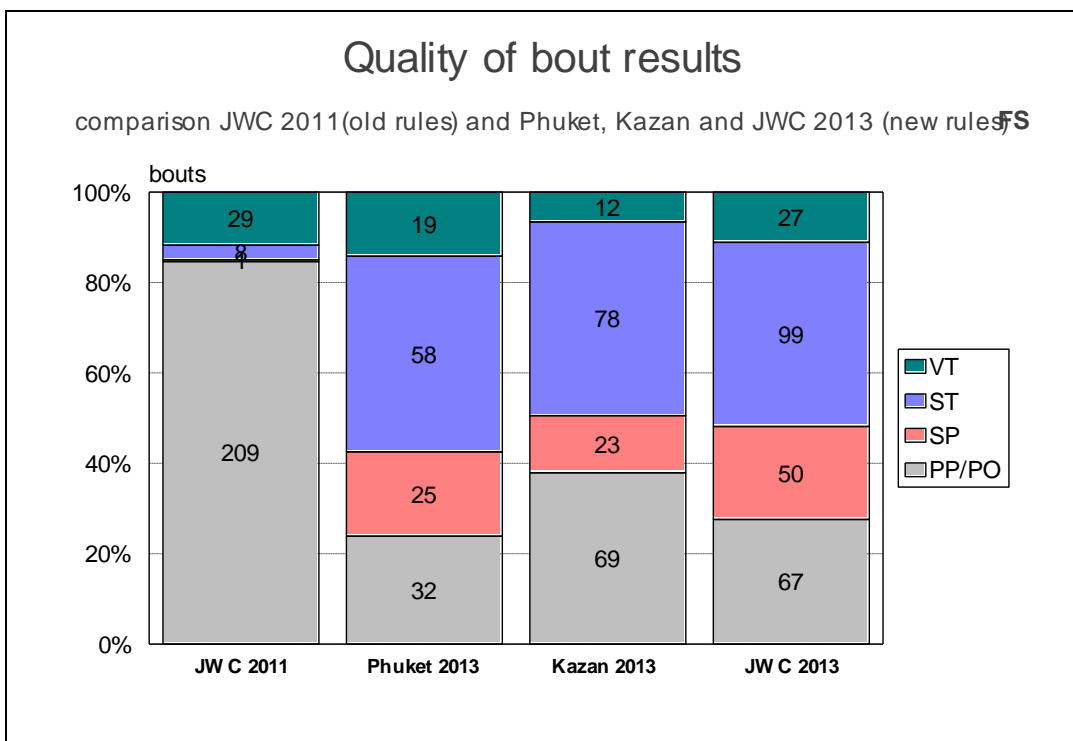


Figure 8 Bout results in Freestyle Wrestling Men

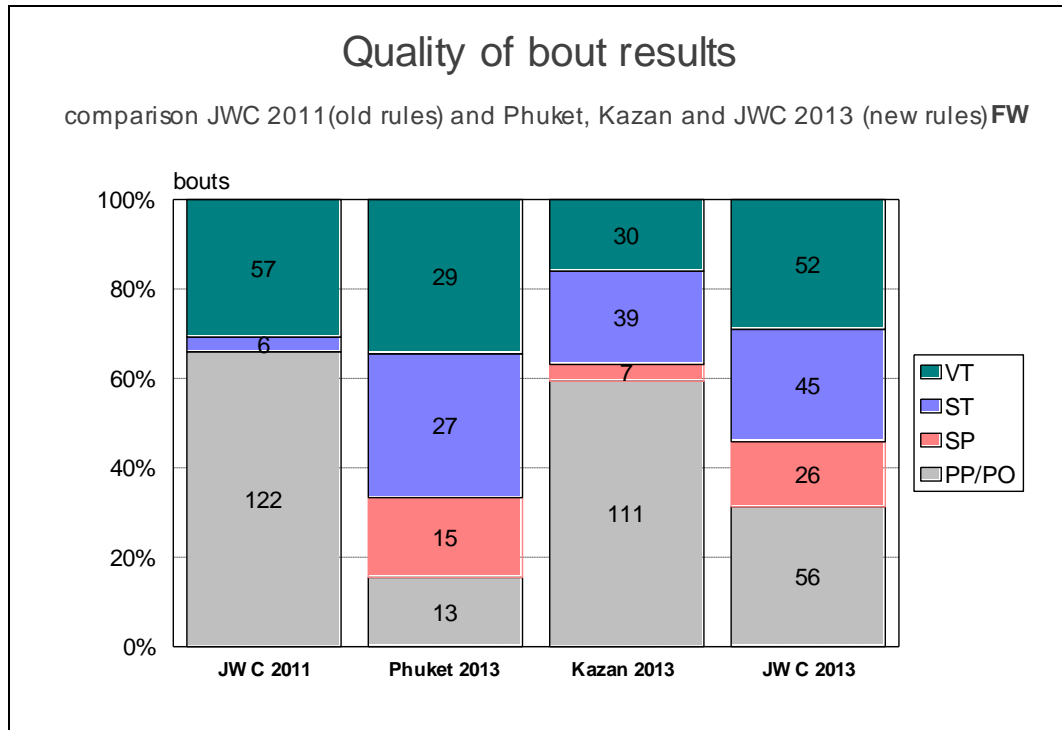


Figure 9 Bout results in Freestyle Wrestling Women

The new rules lead in all three disciplines to a significant increase of victories with technical superiority (ST, SP) at the expense of point victories. In Greco- Roman wrestling, a rise in the number of pins is visible. In both men disciplines the new rules lead to a slight shortening of bout times. The women's wrestling is hardly distinguished from changes in this respect (fig. 10).

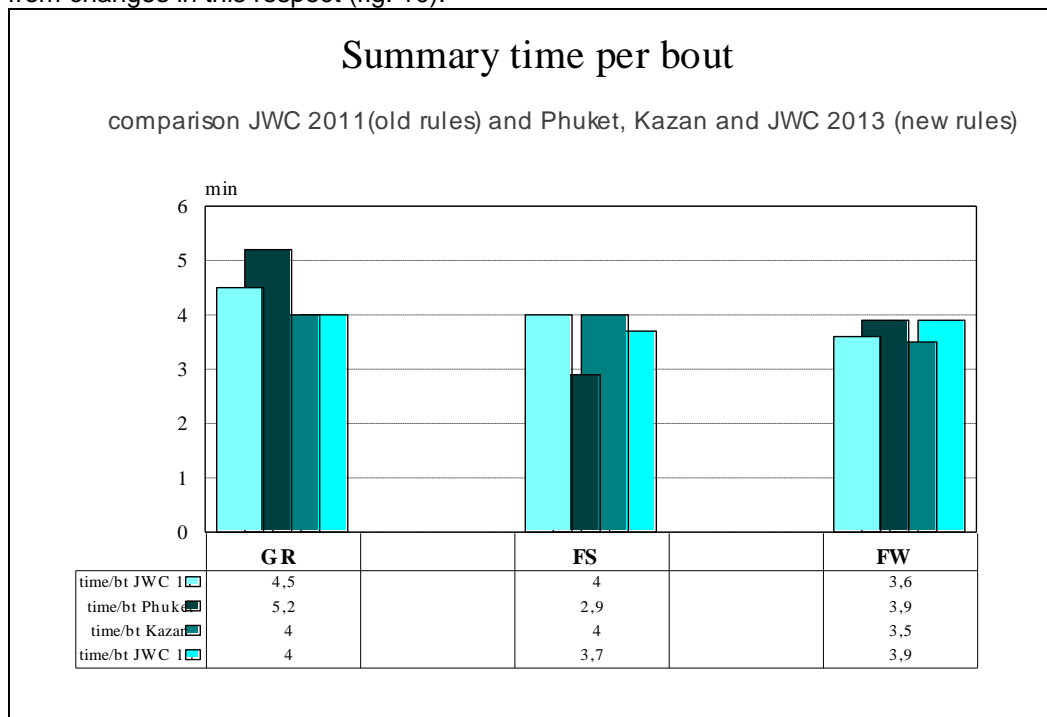


Figure 10 Average time per bout in all three styles

A very important criterion for assessing the performance and the quality of wrestling are the performance index and the quotient of effect (realized number of points per minute) as a measure of the attack strategy .These

factors we have put together since 1976, and we never find such positive values so far (fig. 11).

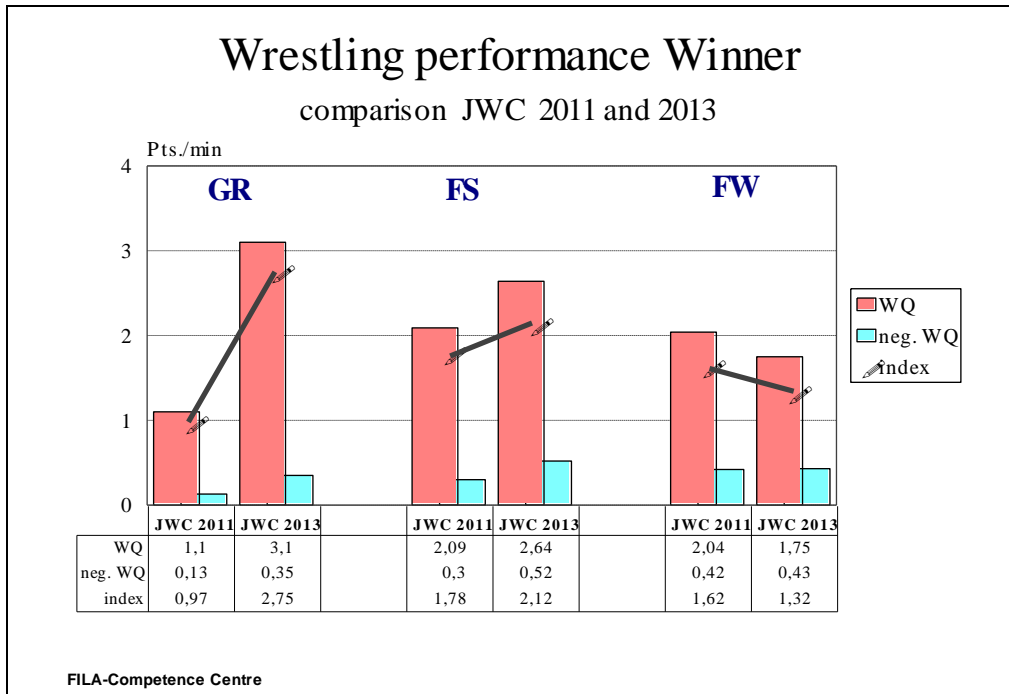


Figure 11 Wrestling performance JWC 2011 and JWC 2013

Particularly positive changes in the comparison between the Junior World Championships in 2011 and 2013 are in the Greco-Roman wrestling (WQ 2011 = 1.1 and WQ 2013 = 3.1 points per minute)!!! Same time, this is a reference to an enormous improvement in the activity increase and attack oriented wrestling strategy. The values in the women's wrestling are slightly negative in this regard.

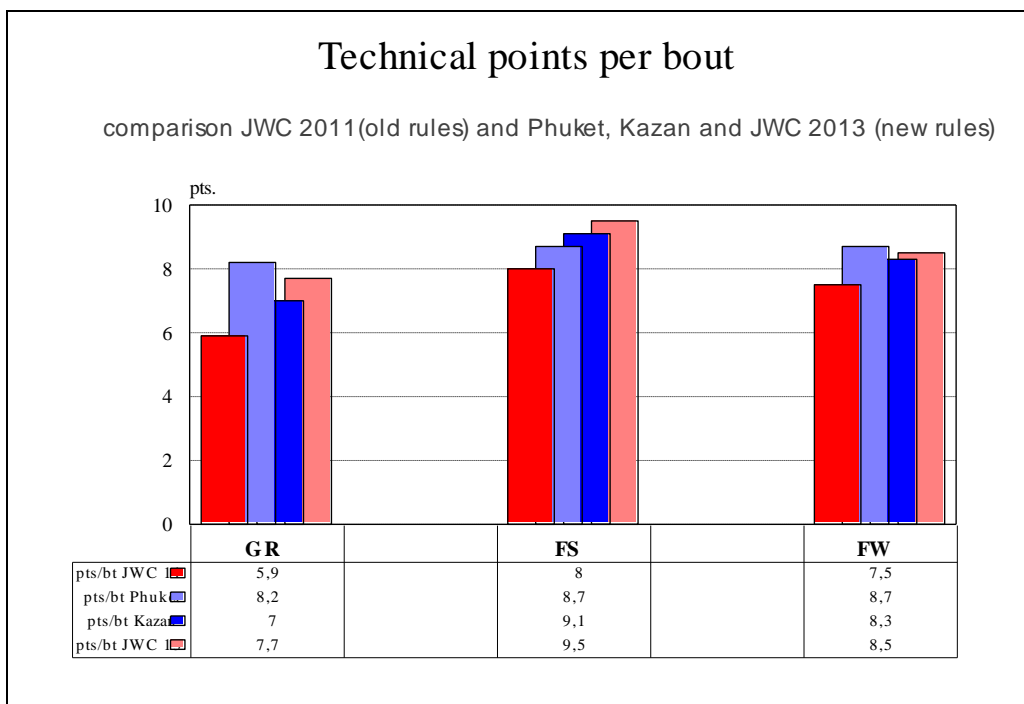


Figure 12 Technical points per bout in all three styles

We can see the same positive sign if we are taking into account the technical points per bout. In all three styles we have an increase of the technical points per bouts after the new rules especially in Greco-Roman wrestling.

An interesting development trend in connection with the rule changes is reflected in the analysis of the quality of technical points (Fig. 13, 14, 15). The evaluation of the all technical points from all occupied bouts shows the decline in 1-point votes in favor of the increase of 2-point ratings, due to the formal upgrading of 1-point techniques with 2 points. Given the fact that the rule changes have to lead to any increase in the attractive 3-point and 5-point techniques (a very significant increase in the attractiveness of wrestling) gives rise to further considerations to rule changes by the senior world championships.

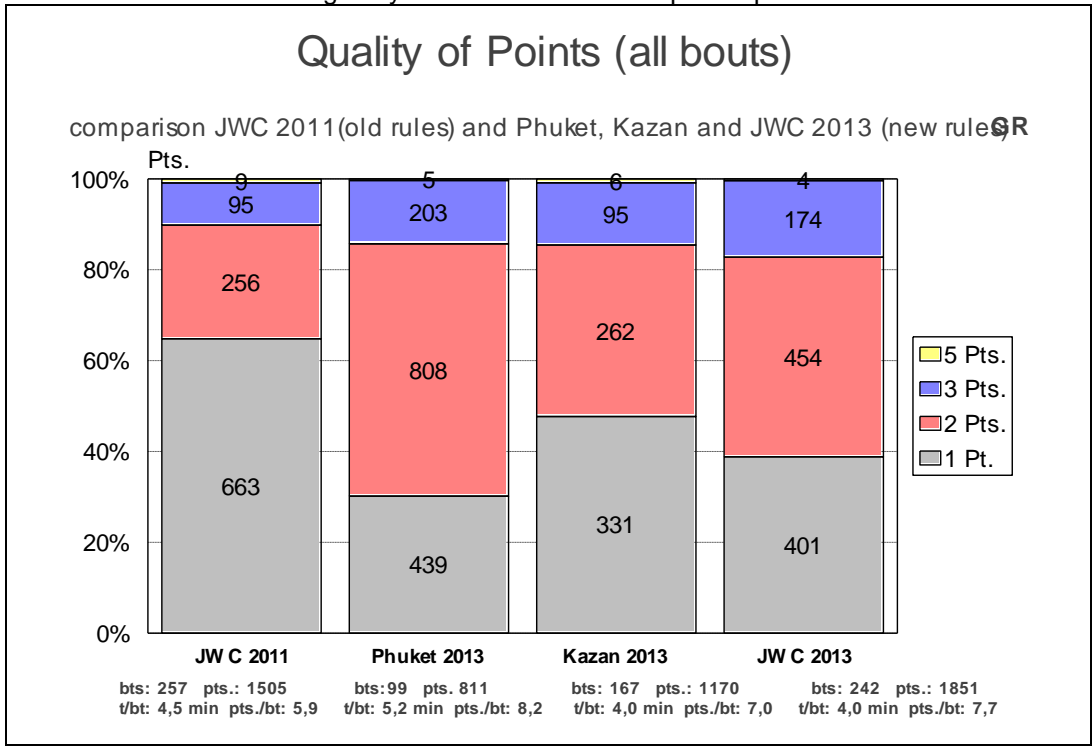


Figure 13 Quality of points in Greco-Roman wrestling

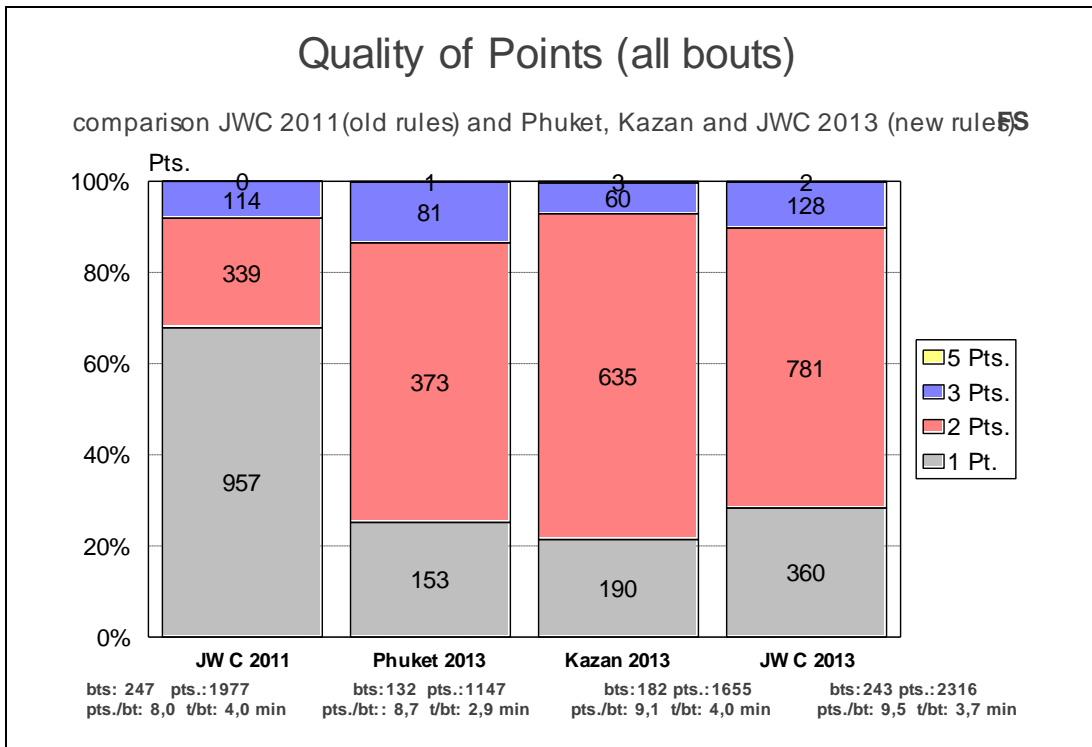


Figure 14 Quality of points in Freestyle wrestling Men

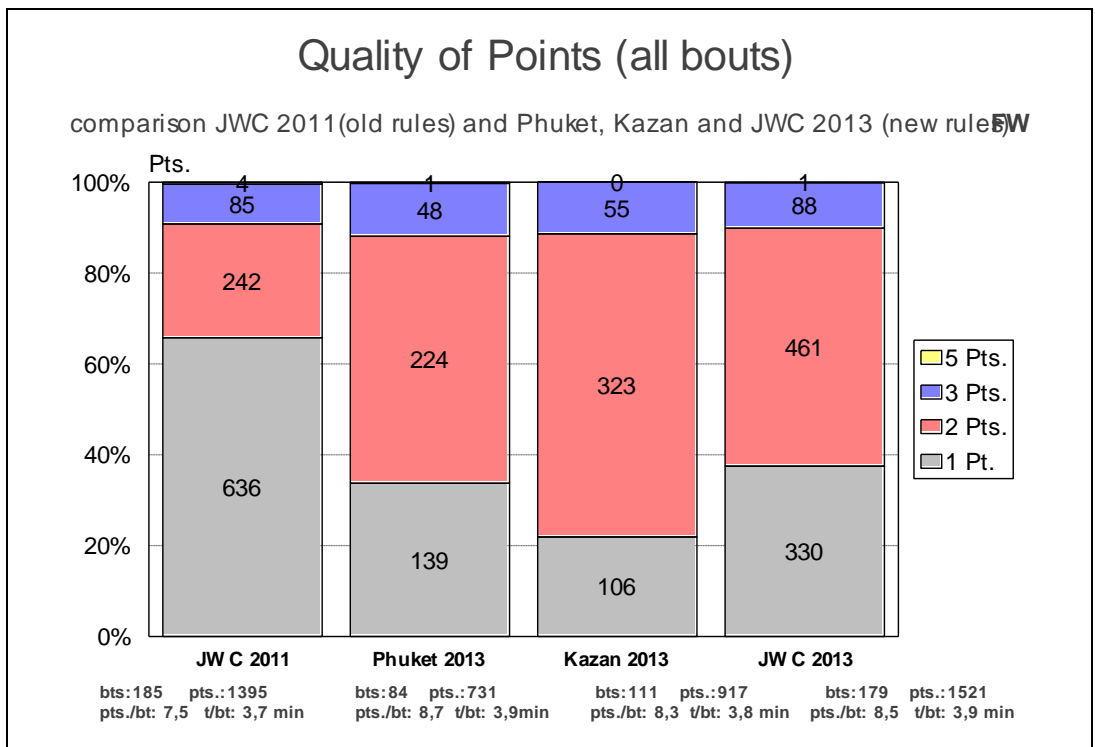


Figure 15 Quality of points in Freestyle wrestling Women

This view is corroborated by the analysis of the wrestling behavior of the Winner (Fig.16, 17, 18).

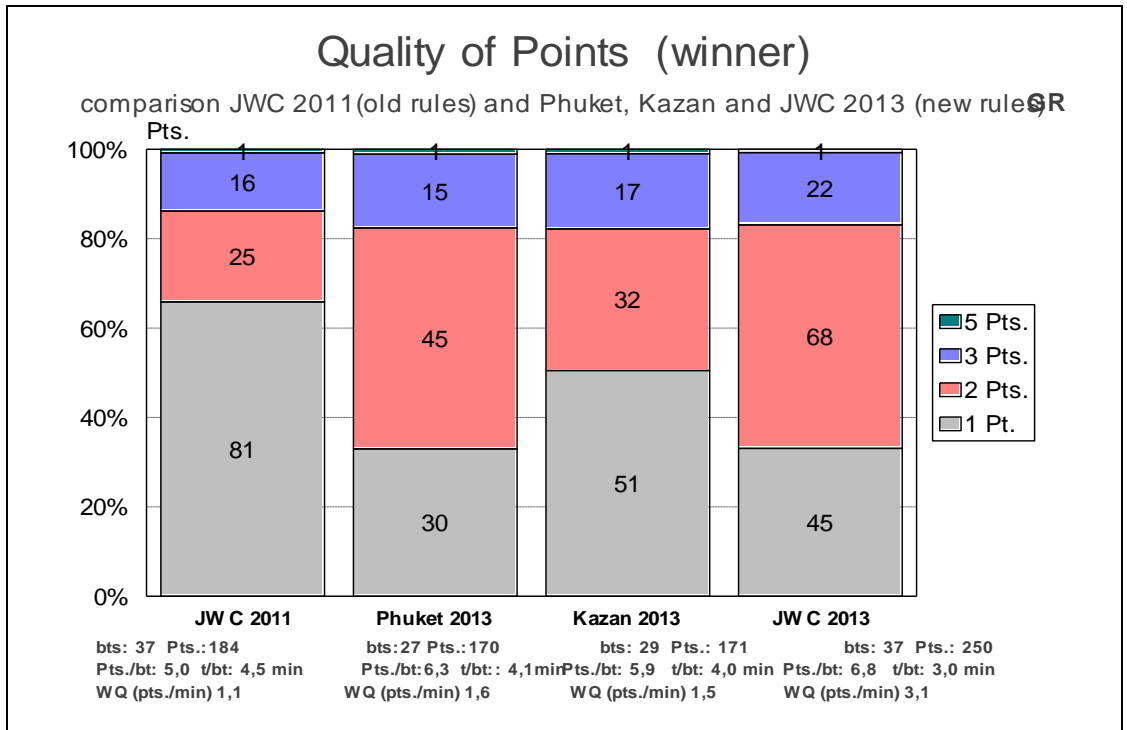


Figure 16 Quality of points of the winner in Greco-Roman wrestling

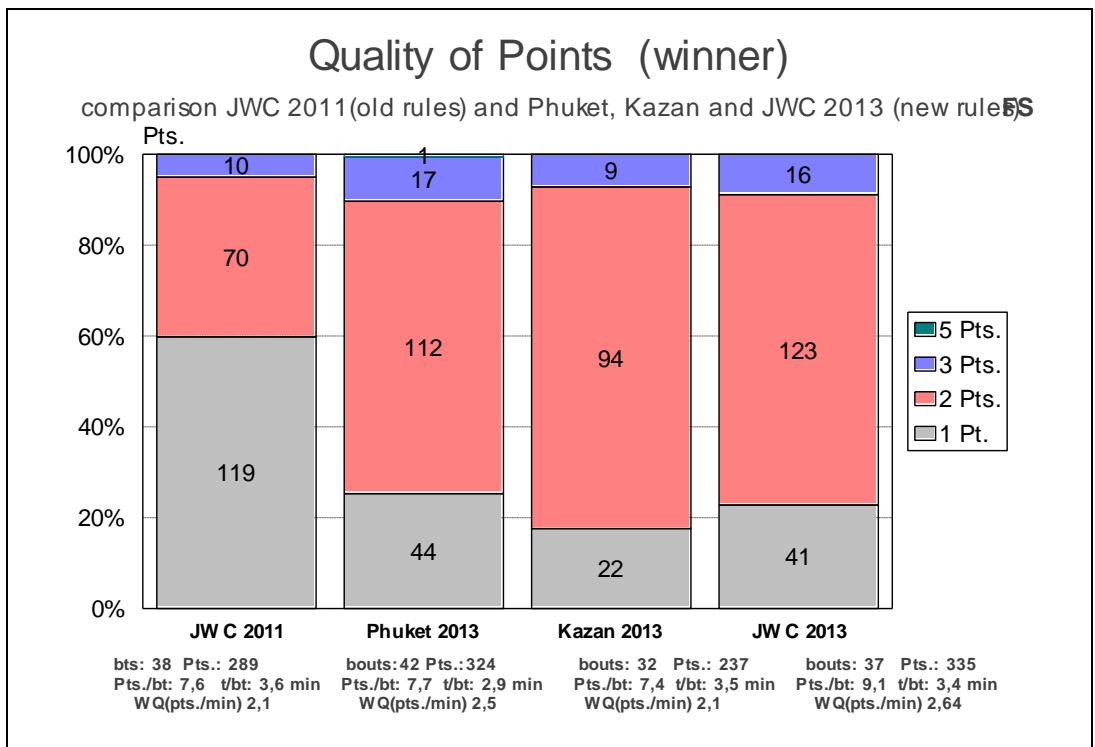


Figure 17 Quality of points of the winner in Freestyle wrestling Men

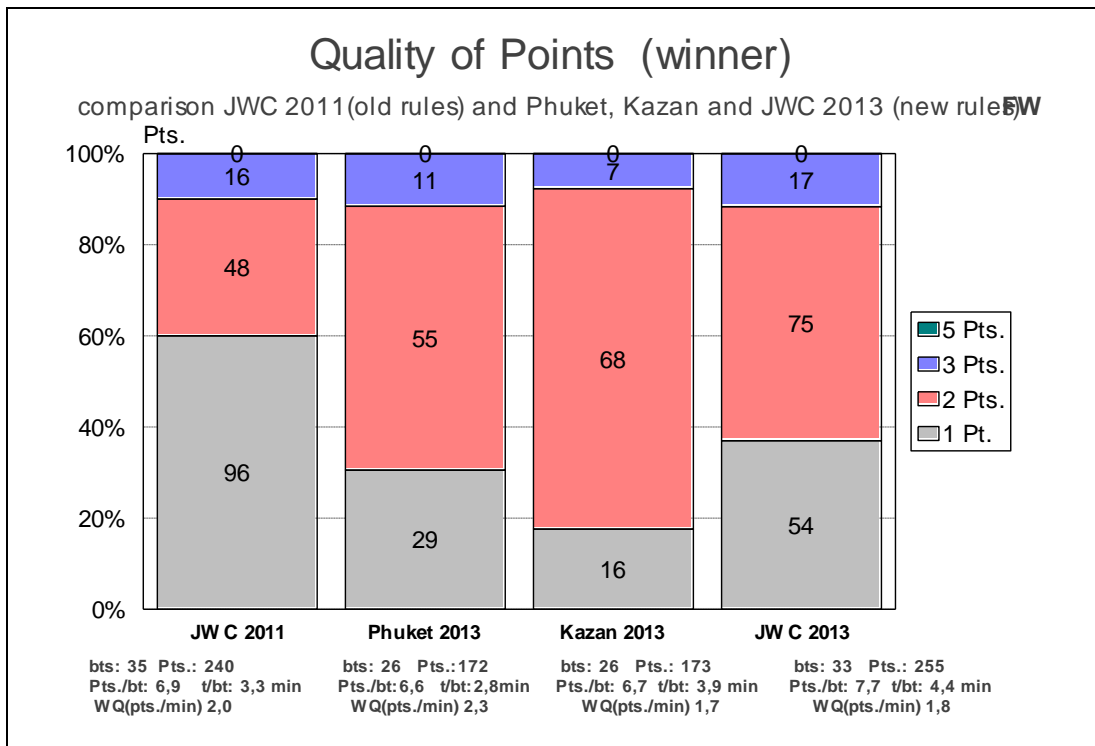
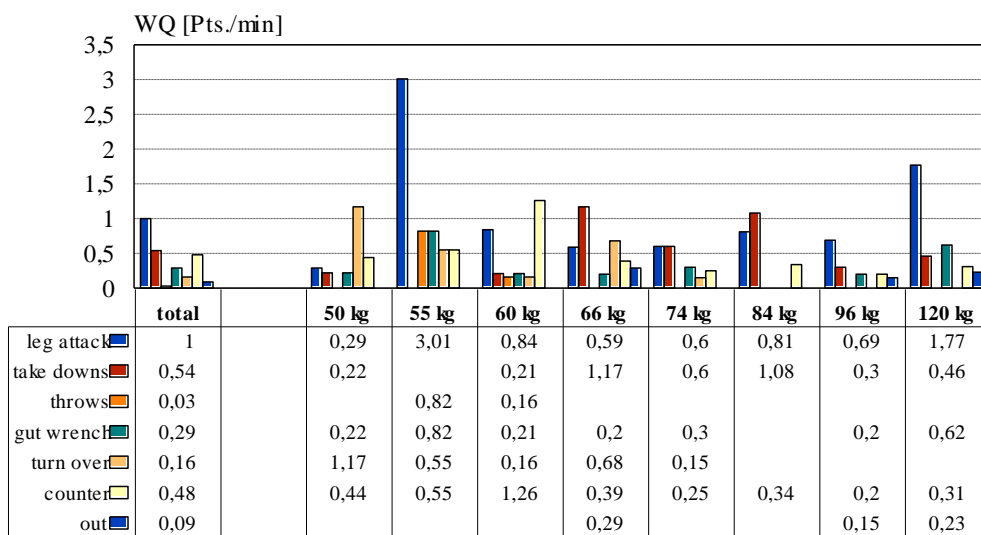


Figure 18 Quality of points of the winner in Freestyle wrestling Women

The champions show the same picture as in the evaluation of all the bouts and they show particularly problematic developments in Freestyle wrestling. A devaluation of attractive techniques in training and competition with respect to the attractiveness of wrestling makes no sense. As a first approach for further discussions, we have therefore realized an analysis of the technical structure of Junior World Champions 2013 (Fig. 19).

Technical structure/Attack efficacy

JWC 2013 FS (winner)



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Figure 19 Technical structure of the winner in Freestyle wrestling Men

Leg attacks, Take downs and counter were the most used techniques of the Winner JWC 2013. These techniques scored after the old rules 1-point and in the new rules 2 –points. Throws almost disappeared and most of the counter we could see against leg attacks. But we never should forget that 3-and 5-point techniques are the basic for attractive wrestling. Therefore are more discussions after the Senior World Championships welcome.

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