

Special Section: Summaries of Presentations from the Wrestling Medicine Conference & Wrestling Team Physician Course, United World Wrestling, Budapest, October 24-26, 2019

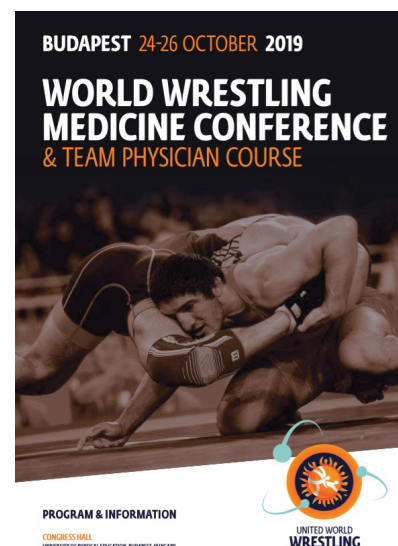
BEACH WRESTLING: DOHA/QATAR 2019 – EXPERIENCES

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BEACH WRESTLING: DOHA/QATAR 2019 – EXPERIENCES

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BEACH WRESTLING – UWW REGULATIONS

SECTION ONE – GENERAL RULES

Article 5 – Wrestlers' Uniforms and Appearance It is prohibited to:

- Apply any greasy or sticky substance to the body.
- Arrive at the call room perspiring for the beginning of the match.
- Wear bandages on fingers, wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.

Also:

- Wrestlers' fingers and toenails shall be neatly trimmed with no sharp edges.
- Long-haired athletes must attach them or have a pony tail.
- Wrestlers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance.

Appearance and hygiene

Wrestlers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders.

Article 6 – Competition area

- All United World Wrestling sanctioned events take place in a 7-meter circle designed by a 8-10-centimeter ribbon of a contrasting color that must contain no metal parts.
- It must be filled with a 30-centimeter (minimum) layer of fine sand free from any stones, shells, or other objects.

SECTION SEVEN – MEDICAL SERVICES

The organizers of United World Wrestling events are responsible for providing medical service. The medical staff will be under the authority of a sport doctor in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the case of an accident or injury and decide whether a wrestler is fit to continue the match.

The Head medical officer has full authority to stop a match at any time if he deems either wrestler to be in danger. He may also stop a match if he feels a wrestler is medically unfit to continue. A wrestler shall not leave the circle in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the wrestler on the spot.

Article 8 – Weigh-In and Medical examination

Weigh-in should be conducted the same day (two hours before the competition) and last 30 minutes. Athletes shall present their United World Wrestling license and accreditation to the appointed referees in charge of the weigh-in. Athletes shall wear their competition uniform (shorts or underwear) and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame.

No weight tolerance shall be granted at the United World Wrestling sanctioned events. The exact weight of each athlete has to be compiled in the weigh-in list by the referee delegate.

The Medical Examination will be organized simultaneously with the weigh-in.

Article 14 – Injury and Blood time

The referee must stop the match and call for injury time if a wrestler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc.). Injury/blood time per match cannot exceed 2* minutes per athlete otherwise the athlete loses his bout by injury. (Obs: Duration of the bout: 1 round of 3 min)

In the event of a wrestler bleeding, the referee shall stop the match and make the competition doctor intervene. The bleeding wrestler must get out of the competition area in order to be treated. Proper cleaning utensils and disinfectant solutions must be readily available at the doctor table. It is the competition doctor duty to determine whether the bleeding and spread of blood have been effectively

stopped and whether or not the athlete may continue competition. In the case of a bloodied or torn garment that must be replaced, all athletes must have a backup uniform available by their corner.

Article 24 – Anti-Doping and Sanitary conditions

All athletes participating in United World Wrestling sanctioned events agree to submit themselves to the United World Wrestling Anti-Doping Regulations and to the World Anti-Doping Code

QATAR 2019: Experience and findings

Injury Data

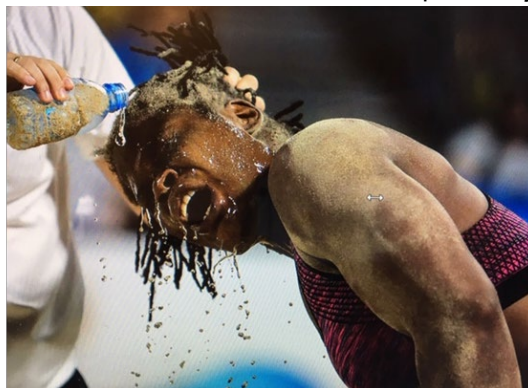
| | |
|---------------------|----|
| Number of Athletes | 80 |
| Mild Injuries | 10 |
| Moderate Injuries | 1 |
| Severe Injuries | 3 |
| Removal to hospital | 3 |

Type of Injury

| | |
|------------------------------------|---|
| Sand in eye(s) | 5 |
| Contusion, ligament sprain of knee | 4 |
| Contusion of shoulder | 2 |
| Contusion of neck | 1 |
| Contusion of finger | 1 |
| Nose bleed | 1 |

DIFFERENT ASPECTS OF BEACH WRESTLING AND THEIR IMPACT

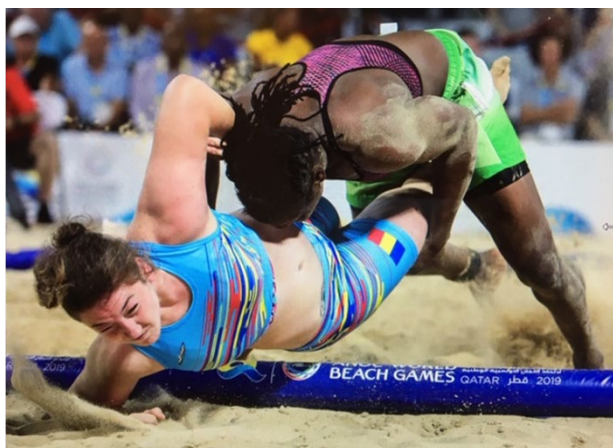
1. FIELD OF PLAY: FOP is the beach, on sand that is used by people going to the beach. Even with continuous cleaning, it is impossible to guarantee that no foreign bodies (glass, metal, wood ...) are present in the sand. The continuous movement of the athletes during the bouts stir up the sand, reaching deeper layers than those eventually cleaned. This may present a risk to be considered. There were some specific injuries



due
to the

condition of the field of play, such as sand in the eyes. OBS: The athlete can use the 'sand in the eye'-moment as a moment to catch his breath. (sand time?)

The soil is unstable (a foot can get stuck in the sand) which can cause a higher incidence of injuries to the knee or other articulations. The material used for demarcation of the FOP is rather soft, but an athlete can break a rib if he or she falls directly on it.



2. WEATHER & CLIMATE CONDITIONS

-Beach wrestling is typically organized in locations with a beach. The sun and the heat are critical wear factors and minimum conditions should be set for competitions to occur in these conditions. In Doha (+40°C during the day) the competitions started only at 16:00h until more or less 22:00h.

Different amenities should be provided, such as sunscreen, extra ice, extra bottles of water and clothes

and hats with UV protection for the personnel. Hyperthermia due to sun exposure should be considered. Medical services should be prepared for adequate treatment (cold saline infusion etc...)