



2026 ARMED FORCES WRESTLING CHAMPIONSHIP

1. COMPETITION RULES. Current USA Wrestling and United World Wrestling (UWW) Rules, as amended by the Armed Forces Sports Council (AFSC).

2. TOURNAMENT FORMAT.

- a. Dual Meet – UWW Ranking System during Team Competition applies.
- b. The Greco-Roman and Freestyle competitions are considered separate championships.

3. WEIGHT CLASSES. Greco-Roman (GR), Freestyle (FS) and Women's Freestyle (FW) weight classes are as followed.

Greco-Roman (all weights in kilograms): 55, 60*, 63, 67*, 72, 77*, 82, 87*, 97*, 130*

Men's Freestyle: 57*, 61, 65*, 70, 74*, 79, 86*, 92, 97*, 125*

Women's Freestyle: 50*, 53*, 55, 57*, 59, 62*, 65, 68*, 72, 76*

* denotes Olympic Weight Categories

4. WEIGH-IN AND COMPETITIONS.

a. For all competitions, the weigh-in is organized each morning of the weight-category concerned. All wrestlers will weigh-in once on the day of competition and declare the weight class they intend to compete in the respective style. Competitors wrestling in both Greco-Roman and Freestyle are required to weigh-in on each day of competition.

- b. A 2kg weight allowance is authorized for all styles.

5. DRAW PROCEDURES.

a. Four Teams: First place team prior year competes against fourth place team from prior year for first match, while second place team from prior year opens against third place team from prior year. The winning teams of the first two meets face the opposite losing teams, with the final meets being between the two opening winners and the two opening losing teams. The upper seeded teams in all matches wear red. If a team did not compete the previous championship, then they will be drawn as the fourth place team.

b. Three Teams: The first session shall consist of the second and third highest ranked teams from the previous Armed Forces Championship in the respective style. The second session includes the losing team of the first session, and the highest ranked team from the previous Armed Forces Championship. The final session shall include the winning team of the first session and the highest ranked team from the previous Armed Forces Championship. The upper seeded teams in all matches wear red.

6. SCHEDULED WEIGH-INS AND MEDICAL CHECKS. Combined Weigh-ins and medical checks are conducted IAW current USA Wrestling Rules and supervised by the Tournament Director. Weigh-ins and medical checks are limited to one hour. The host site will provide a medical doctor. All Service representatives must attend. Teams will weigh-in as a team, based upon finish (lowest to highest) from previous championship.

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7. SCORING. The World Cup Scoring System is employed. Each individual bout (weight) will earn team points under the UWW formula of point scoring, with points awarded as follows:

<u>Individual Scoring</u>	<u>Winner</u>	<u>Loser</u>
Victory by Fall	5	0
Technical Superiority (8 points advantage in Greco/ 10 points advantage in Freestyle)		
-Loser has technical points	4	1
-Loser has no technical points	4	0
Injury Default	5	0
Forfeit/Default*	5	0
Decision (1-5 margin)		
-Loser has technical points	3	1
-Loser has no technical points	3	0
Disqualification	5	0
Double Disqualification	0	0

* Wrestlers forfeiting, regardless of reason, shall forfeit the rest of their remaining matches during that day's session (Greco-Roman forfeits do not apply to the following Freestyle matches).

8. FINAL TEAM STANDINGS.

a. Using the UWW Ranking System during Team Competition, the winning team will receive one (1) team point and the losing team will receive zero (0). Applies to all three championships.

b. Women's Freestyle team competition requires four wrestlers from two separate Services to compete to justify team awards.

9. TIE-BREAKER PROCEDURES.

a. If two or more teams have an equal number of team points, the ranking will be determined following these criteria:

- 1) The highest classification points.
- 2) The highest victories by fall.
- 3) The highest match victories by superiority.
- 4) The highest technical points scored.
- 5) The fewest technical points given.
- 6) Their direct match (if applicable).
- 7) The lowest draw number.

b. In case of a tied match (same number of victories like 5-5) between two teams in a team competition, the winner will be determined by successively reviewing the following criteria:

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- 1) The total classification points.
- 2) The most victories by fall.
- 3) The most match victories by superiority.
- 4) The most technical points obtained during the match.
- 5) The fewest technical points given during the match.
- 6) The outcome of the last bout competed.

10. HEADGEAR RULE. Headgear can be worn by wrestlers. If the wrestler's opponent request that the headgear be removed, only a doctor's authorization (verbal or written) will allow it to be worn.

11. FACILITY AND PERSONNEL.

a. Designated Team Area.

1) Only athletes, coaches (of the designated style), and medical staff listed on the official roster are authorized within the designated team area. OIC's, Service Representatives and non-rostered personnel must remain in the spectator areas.

2) Former coaches or family members are not authorized on the mat or in the designated team area during competition.

3) Credentialed media personnel are authorized around the mat and team areas as long as they comply with the head referee's instructions and do not interfere during the match.

b. Host Project Officer shall obtain the following volunteers:

- 1) Camera operator for each mat.
- 2) Computer operator for each mat.
- 3) Tapper (alerts referee that time has expired) for each mat.

c. Host Project Officer shall obtain the following equipment:

- 1) Two (2) 32-inch (or larger) TV/Monitors per mat.
- 2) Splitter and cables for TV/Monitors.
- 3) One (1) Laptop per mat. Plus one (1) for the Jury Table.
- 4) HDMI cables to connect computer to TV/Monitors.
- 5) External monitor/small TV for Jury Table with associated cables to connect to computer.
- 6) Printer, paper, and back-up ink/toner for Head Table.

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7) PA system with microphone/speaker for Head Table.

8) Internet Switch for all laptops to connect to.

9) More specific details coordinated with USA Wrestling Pairings Master.

12. PROTESTS. Protests on rules or eligibility are handled by the protest committee. The protest committee consisting of Service representatives and Chief of Officials will only accept protests when they are submitted in accordance with USA Wrestling rules. Protests must be resolved before a contest can continue.

13. SCHEDULE OF EVENTS. (All times are contingent on local organizers and thus shall be used as a traditional guide)

a. Day One Teams Arrive

b. Day Two Opening Ceremony Rehearsal (If necessary)
Organizational Meeting

c. Day Three Medical Checks/Weigh-ins (Greco-Roman and Women's
Freestyle for those matches competed on day-three)
Team Photos

Opening Ceremony (Optional) - However, the National Anthem must be played prior to the opening game. All six Service flags must be displayed if Service flags are posted. If all Service flags are not available, then the American flag and host Service flag shall be displayed.

GRECO-ROMAN DUAL MEET BEGINS:

First Session - 2 mats for four teams; 1 mat for three teams

Second Session - 30 mins after First Session

Third Session - Time set to three hours after the start of the first session.

d. Day Four Medical Checks/Weigh-ins (Men's Freestyle and Women's Freestyle for
those matches competed on day-four)

FREESTYLE MEET BEGINS:

First Session - 2 mats for four teams; 1 mat for three teams

Second Session - 30 mins after First Session

Third Session - Time set to three hours after the start of the first session.

Awards Ceremony/Closing Banquet - Authorized team members must attend the event in their Service polo or logo shirt, coordinated slacks, and appropriate footwear (exceptions may be made dependent on host site letter of instruction).

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e. Day Five Teams Depart

14. AWARDS.

a. Individual. Awards are given to the champion and runner-up for each weight class in all three styles.

b. Team Award.

1) Greco-Roman Championship. Individual awards are given to each member of the overall first place team and second place team (to include the coaches, team trainer and OIC) based upon the team standings.

2) Men's Freestyle Championship. Individual awards are given to each member of the overall first place team and second place team (to include the coaches, team trainer and OIC) based upon the team standings.

3) Women's Freestyle Championship. Individual awards are given to each member of the overall first place team and second place team (to include the coaches, team trainer and OIC) based upon the team standings.

15. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP.

Roster not to exceed 39 individuals:

10 Greco-Roman Wrestlers (one per weight class)

10 Freestyle Wrestlers (one per weight class)

10 Women Freestyle (one per weight class)

2 Coaches Greco-Roman

2 Coaches Men's Freestyle

2 Coaches Women's Freestyle

1 Certified Trainer/Doctor

1 Ad Libitum

1 OIC

TOTAL: 39

Note: Rosters must be submitted NLT four days prior to championship report date.

** Medical personnel listed on roster must be trained medical providers and properly certified/licensed. Teams are not authorized to substitute this position with an additional coach or statistician.*

16. TEAM COMPOSITION FOR CISM World Military Championships.

(Subject to change based on Host Nation invitation)

10 Greco-Roman Wrestlers (one per weight class)

10 Freestyle Wrestlers (one per weight class)

10 Women Freestyle (one per weight class)

3 Coaches

1 Certified Athletic Trainer/Doctor

1 Team Captain

1 Combined Sports Committee Member

1 Chief of Mission

3 UWW Referees

TOTAL: 40

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17. SELECTION PROCESS – CISM.

a. Athlete Selection Process.

1) The gold medalist within their respective weight class advances to higher level competition. If the gold medalist is not available, the silver medalist advances. If neither gold nor silver medalist is available, the weight class will not be filled unless the AFSWG votes on an exception to policy to allow another qualified athlete to substitute. All athletes advancing to higher-level competition must have competed at the Armed Forces Championship.

2) Dual Medalists. Any wrestler winning both the Greco Roman and Free Style events at the Armed Forces Championship must declare which style he will wrestle at CISM. This declaration will be made prior to the conclusion of the Armed forces Championship. The silver medalist, in the style that the gold medalist does NOT select, will be eligible to advance to CISM. If both the gold and silver medalists are no longer available, the AFSWG shall determine whether to look at the third place finisher or leave the weight class vacant.

b. Coaching Selection.

1) The coaching staff for the Armed Forces Team shall be the overall winning Head Coach of the Greco-Roman, Men's Freestyle, and Women's Freestyle Championships (subject to review by the AFSWG).

2) Should the same coach win two of the championships, the coach will declare which style they will coach during CISM, with the silver medal coach named as the coach for the vacated style.

3) Should the same coach win three of the championships, the coach will declare which style they will coach during CISM, with the silver medal coach named as the coach for the vacated style(s). Should the silver medal coach be the same in the other styles, then the gold medal coach of all three styles shall select the last remaining coaching position among the assistant coaching pool of the Armed Forces Championship.

4) All positions subject to review by the AFSWG. Additional assistant coaches shall be chosen dependent on the official CISM championship invitation and authorized mission composition.

18. FORMS AND ROSTERS.

a. All final rosters and code of conduct forms shall be submitted in accordance with the deadlines established in the LOI for each respective sport and shall be submitted electronically to the Armed Forces Sports representative. Failure to provide rosters will result in the Service disqualified from participating in the Armed Forces Championship.

b. All athletes and coaches shall complete and sign the Armed Forces Sports Higher Advancement Form (appendix C) electronically for consideration of selection to the Armed Forces Team. All Higher Advancement Forms must be submitted by the Officer in Charge of the respective Service at or before the organizational meeting at the Armed Forces Championship. Teams advancing to higher-level competitions shall not exceed the number of allocations specified for each sport per appendix (B). Failure to do so shall disqualify athletes from advancing to higher level competition.

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c. All athletes, coaches and staff from each Service must sign the Armed Forces Sports Participant Code of Conduct (appendix D) in order to participate at the Armed Forces Championship, higher level competition, and CISM events. The Code of Conduct shall be submitted at the start of the Organizational Meeting, or electronically prior to the Organizational Meeting. If a training camp to higher level competition is conducted without the conduct of an Armed Forces Championship, then Team Captains shall have all participants sign the Code of Conduct immediately upon arrival and prior to any official activity. If an Armed Forces Championship or training camp is not conducted prior to, the Team Captain shall collect the Code of Conduct forms electronically prior to the delegation's departure to higher level competition. Failure to do so shall disqualify athletes from competing at the Armed Forces Championship and advancing to higher level competition.

d. Team Captains, Coaches and Chiefs of Mission shall sign their respective LOI (appendix G/I).

e. Athletes advancing to higher level competition must sign the anti-doping declaration form (appendix L), if applicable.

f. All eligible participants advancing to higher-level competition must complete country/theater clearance trainings per the Foreign Clearance Guide, with Service representative submitting the completed spreadsheet to AFSCS prior to the start of the organization meeting.

g. All forms are available on the Armed Forces Sports Website at:
www.armedforcessports.defense.gov

19. ALCOHOL POLICY. There will be no alcohol consumption at the sports venue by personnel involved in the Armed Forces Sports competition, higher level competition and CISM competition, including sports staff, until all competition for the day has been completed to include the award ceremony on the final day if the awards banquet immediately follows the event. The venue is defined as the playing area, venue parking lot, and the assigned eating/spectator area. This policy will not apply if the awards banquet or ceremony is conducted as a separate event. However, more restrictive installation policies regarding alcohol will take precedence. Violation of this policy shall result in immediate suspension from the remaining championship/event, disqualification from higher-level competition and selection to the All-Tournament Team and shall be subject to further administrative actions by the AFSWG.

20. TOBACCO POLICY. All competitors and staff shall refrain from the use of tobacco related products, to include cigarettes, vaping, chewing tobacco, and other smokeless forms at the competition site. Use of these products shall comply with local installation policies and shall only occur in designated areas.

21. ICEBREAKER SOCIAL.

a. Icebreaker social shall be conducted at all Armed Forces Championships. Food/beverages are optional depending on the availability of funding/authorizations. If the event is conducted outside of a military installation, then the ice-breaker social shall be optional.

b. Authorized team members must attend the event in their Service polo or logo shirt, coordinated slacks, and appropriate footwear (exceptions may be made dependent on host site letter of instruction). Guests may attend with pre-coordination with the host site and Service

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representative. Final decision will be based on availability. Guests will assume costs associated with attending the ice breaker.

c. The Icebreaker Social is an official function and shall be conducted in accordance with local installation policies and all participants are expected to conduct themselves in the highest professional manner. Informal activities such as skits, hazing and other activities that include offensive language/behavior are not authorized.

22. HANDLING OF RULE VIOLATIONS. If there is a violation of the SOP, code of conduct or specific sport rules, the AFS Representative or in their absence, the project officer, will address the respective Service Representative to resolve the issue. Service Representative will resolve the violation before the Service competes in the next game. All code of conduct violations shall be handled according to the Armed Forces SOP (Paragraph 8.b.(4)(f)).

23. SAFETY REQUIREMENTS:

a. Service Branches are highly encouraged to bring their own medical personnel to the competition.

b. The host Service shall have a physician, Certified Athletic Trainer (ATC), or physician assistant who are familiar with wrestling and wrestling related injuries present at all matches. A head physician shall be designated at the host site. At weigh-ins, two to three medical professionals to include one physician are required to inspect each competitor for infectious skin problems. The Head Physician shall make the final decision on whether participants can wrestle if they have an infectious skin condition.

c. Due to the risk of injury, the host Service shall secure an ambulance on site.