

WRESTLING REGULATIONS

Last update 09.06.2026

1. Organization

- a. The Wrestling Committee of the 22nd Maccabiah will be responsible for the Wrestling competitions of the 22nd Maccabiah.
- b. The Wrestling competitions will be conducted according to the United World Wrestling rules.
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 22nd Maccabiah, and is registered for the Wrestling competitions
- d. According to the UWW Regulations each participating country must include in his Delegation UWW licensed referee(s).
- e. The Wrestling competition will be held in three styles: Greco-Roman, Freestyle, Beach Wrestling and Women Beach Wrestling. Wrestlers will be allowed to compete in all styles
- f. Minimum age for wrestlers in the competition is 16 years old (Athlete's age as of December 31st 2025). 2010 Birth year are allowed in GR - 55kg, 60kg, FS – 57kg, 61kg, BW Male – 70kg, BW Female – 50Kg.
- g. Competitions will be held according to the following weight categories:

GR 55, 60, 63, 67, 72, 77, 82, 87, 97, 130

FS 57, 61, 65, 70, 74, 79, 86, 92, 97, 125

BW Male 70, 80, 90, 100, 100+

BW Female 50, 60, 70, 70+

2 Kg tolerance

2. Venues and times

The Sport department of the 22nd Maccabiah will determine the venues and times of the Wrestling competitions and teams will be notified accordingly.

3. System of competition

- a. The Wrestling competitions will be conducted according to the United World Wrestling updated rules.
- b. In the event of two wrestlers achieving the same number of points in the league, the winner will be determined by a contest between the two.

4. Referees

The Wrestling Committee will select a Referees' Committee, which in turn will appoint the referees of the competition.

5. General

- a. These regulations are but one part of the complete 22nd Maccabiah Regulations, and must be read along with the instructions found in "Basic Regulations and Disciplinary Procedures".
- b. In the event of a discrepancy between the regulations written here and those appearing in the "Basic Regulations", the regulations written here will apply and be binding.